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Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

- Colds
- Toothache
- Earache
- Headache
- Neuralgia
- Lumbago
- Rheumatism
- Neuritis
- Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacid of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

LARGEST TROUT OF THE SEASON IN CAPE BRETON

The Sydney Post offered prizes for the largest trout caught by a Cape Bretonian in any of the waters of that island this year.

James E. MacDonald 1st—Five and a quarter pounds—from Catalone Lake.

R. L. McLennan 2nd—Four pounds and ten ounces from Catalone Lake.

R. G. McLean, Glace Bay, caught a trout in the Catalone Lake weighing four pounds and three ounces and Percy Murphy landed one at St. Esprit which tipped the scales at three pounds and fourteen ounces.

The heaviest trout caught in Cape Breton this year hooked by Charlie Weaver, of Philadelphia, it weighed five pounds and fourteen ounces. It was caught in Baddeck River.

PAINT NOW

Autumn is the Best time for Painting, and Paint is probably Lower in Price than it will be Next Spring.

We Carry only the Best grade of Lead and Martin Senour Paints.

Heating Stoves

We have a Good Assortment of Heating Stoves & Ranges At Reasonable Prices

KARL FREEMAN

BRIDGETOWN, N. S.

HEAVY AND SHELF HARDWARE



Steep---Stir Steep!

You've heard of the cook who threw away the cabbage and kept the water it was boiled in. Many of us have been doing that with our tea. The right way to make the right tea, Rakwana, brings out the full flavor that has been kept for you by the lead packets:

Measure out a scant teaspoonful. Pour on violently boiling fresh water. Steep three minutes. Stir well. Steep a minute or so more.

Result: 3 cups from one spoonful of Rakwana Golden Orange Pekoe, 160 spoonfuls to a pound, more than 450 cups! The best costs less in the long run:

Rakwana Golden Orange Pekoe

The Best of the First Flush

Advertise in "The Monitor"

NEW YORK BOARD PROBES CHARGES OF MALNUTRITION

Appalling Conditions Related to Housing Commission as Horrible and Inhuman Scenes Are Described and Depleted.

New York—Stories of whole families suffering from malnutrition because they could not pay the rent and buy food too, of mothers starving that their babies might eat; of tenement districts where the average infant was six pounds under weight of "safety-last" fire escapes and gougling landlords—all because of the shortage of homes and exorbitant rents—were related before the Housing Commission recently. Judges and welfare workers, professors, wage earners and mothers with babes-in-arms, appealed to the commission to recommend renewal of the emergency rent laws so that when they expire next February thousands of families may not be thrown upon the mercy of landlords.

The climax in a steady recital of conditions variously described as horrible, inhuman, indecent and deplorable, came when the commission asked Justice Aaron I. Levy, President of the Board of Municipal Court Justices, if he would suggest any amendment of the emergency rent laws.

"Yes," answered the Justice. "I would wipe out the rent laws and abolish the landlords' right to summary proceedings and eviction of tenants. He still would have the common law to fall back upon."

Contrary to previous testimony presented by Dr. Samuel M. Lindsay, Professor of Social Legislation at Columbia University, an emergency exists in the housing situation and there is no doubt widespread suffering, Justice Levy declared. He cited that during the first nine months of the year landlords brought action to evict 65,000 families who were unable to pay rent increases demanded of them and unable to find other homes. Seventeen thousand rental cases now await jury trial in Greater New York, and it will be years before the courts can dispose of them, the Justice said. Last year, he asserted, \$6,000 such cases were tried in the greater city.

There were stories of whole sections, hitherto devoted to homes for the moderate salaried man or wage earner which were now exclusive high-priced houses. Greenwich Village, with its antiquated tumble-down, gas lights and absence of plumbing, has thus become an exclusive residential centre for wealthy disciples of "Bohemia," it was testified.

"Old Chelsea," once reserved to the families of moderate salary earners, has become an overcrowded rooming house section. Women and children of the East Side are becoming wage earners in rapidly growing numbers. They have to help husbands and fathers pay the rent, the commission was told. Settlement workers testified that more and more under-nourished children were being taken from unsanitary, crowded tenements, to be fed and given charity, sunlight and air.

BOBBED HAIR AND SILK STOCKINGS

A correspondent of the Montreal Gazette writes to that journal as follows: "It is now, perhaps, a week or ten days ago that I came across a little item of news in your paper from a town in the United States of America. It seems that there was some bold attempt made to discipline the girls in the public schools of that city; there was a plan discussed to ban bobbed hair and silk stockings. But the girls got early wind of what was in the air and carried the meeting triumphantly with a rush with a deft little rhyme:

"I can show my shoulders, I can show my knees, I am a free-born American citizen And can show what I please." The situation in the United States at present, therefore, is as follows: "All the little girls are recognized as free-born Americans and wear what they please. But the thick-set, hard-headed, deep-headed, deep-chested, sturdy muscular men, the men who went "over the front" against the German bayonets and dived under the sea for the German ships, the men who have worn deep wrinkles on their brows earning interest to buy the clothing, and gone blind studying out the habits of the silk-worm, the men who have dug coal out of the bowels of the earth to keep the girls warm in winter, or trudge behind the plough in order to grow the grain to make bread; these men cannot drink a glass of sherry wine or a bottle of lager beer without being fined for it, or sent to prison, or stigmatized as "boot-leggers." Although I cannot easily see why "boots" are not at least as well adapted to human legs as are silk stockings.

One of the strongest arguments used in favor of the policy of breaking up the saloon was that this would set the money free for use in the home. This is the way that the money apparently is used at home. It is just as healthy for little girls to go bare-legged, is it not, as to wear silk stockings?"

CRIPPLED BY RHEUMATISM

Began to Improve After Taking "Fruit-a-tives"

The Medicine Made From Fruit

You can get rid of Rheumatism. You can be free of pain—of swollen hands and feet—of aching arms, legs and back.

"Fruit-a-tives" will drive the cause of Rheumatism out of the system and give you permanent relief. "For over three years, I was confined to bed with Rheumatism. Finally I decided to try "Fruit-a-tives". Before using half a box, I noticed improvement. I continued taking "Fruit-a-tives" improving all the time. I can now walk about two miles and do chores around the place".

ALEX. MUNRO, Lorne, Ont. 50c a box, 6 for \$2.50, trial size 25c. At dealers or from Fruit-a-tives Limited, Ottawa, Ont.

THE MIRACULOUS CHRISTMAS GIFT

It's a very nice thing to make a gift that will please all the members of the family. A box of candy will do that or a crate of fruit. But usually some one in that family gets the lion's share. That is not possible when the gift is a subscription to "The Youth's Companion." It is like that fabulous pitcher of milk of the Greeks; though everyone drank deep the pitcher remained full. Everyone has a lion's share in the good things of "The Companion"; everyone skims his own cream, yet there is the very choicest cream left for the next comer. What better Christmas present can you make than a periodical with such fabulous powers of inviting yet keeping it all intact.

The 52 issues of 1924 will be crowded with serial stories, short stories, editorials, poetry, facts and fun. Subscribe now and receive:

1. The Youth's Companion—52 issues in 1924.
 2. All the remaining issues of 1923.
 3. The Companion Home Calendar for 1924.
 4. Or include McCall's Magazine, the monthly authority on fashions. Both publications, only \$3.00.
- THE YOUTH'S COMPANION
Commonwealth Ave. & St. Paul St., Boston, Mass.
- New Subscriptions Received at this Office.

Coal? Coal!

We have a good supply of Soft and Hard Coal on Hand.

New Fall Suitings & Overcoatings Just In.

E. L. FISHER

RECORD SHATTERED IN 1923 SERIES

391,430 Persons Paid \$1,063,815 to See Six Games in World's Series.

New York.—Three hundred and one thousand four hundred and thirty persons paid \$1,063,815 to see the six games of the world's series of 1923. These figures shattered all previous records, the old record having been established in 1921 when the Giants and Yankees in an eight game series attracted 289,977 persons with receipts of \$900,233.

Advisory Council's share \$20,887.50. Each club's share \$59,182.10. Figures for six games: Attendance 301,430. Receipts \$1,063,815. Advisory Council's share \$165,572.25. Each club's share \$267,729.86. The players' pool this year \$362,783.04, was more than \$100,000 larger than ever before. Seventy-five per cent. of this amount is to be divided among the Yankees and Giants. The Yankees, for their victory, will receive sixty per cent. and the Giants forty per cent. Figured on a basis of 25 eligible players, each Yankee will receive about \$6,530 and each Giant about \$4,383.

Each second place club will receive about \$27,208 and each third place club about \$18,158.

HEALTH

Keep your health. Always keep MINARD'S handy. The universal remedy for every ill.

MINARD'S "KING OF PAIN" LINIMENT



NATIONAL FISH DAY

If the young of one single species of fish—for example the herring—were allowed to mature without interference by man or molestation by natural enemies in the sea, in the matter of a few years the seas would be unable to contain that single species alone. And it all the thousands of fishes matured one hundred per cent. of their progeny, in a surprisingly brief time the seas would be impassable to ships.

This probably illustrates better than anything else the cupiousness of the fishery resources of the world, and fortunately for Canada, we dominate waters which are the most fertile on earth and which of themselves are capable of supplying the fish demands of its entire population.

Even before Columbus struck this continent, it is believed that Basques regularly visited the waters off our shores in quest of the silvery harvest. Icelanders, too, records would indicate, came in the wake of Lief Ericson long years before Columbus and fished off our coast. Four hundred years ago there were fishing stations on the Gaspesian shores. Not long afterwards thriving fishing villages sprang into life in Nova Scotia. But with four hundred years in written history behind the industry in Canada and an unverified and legendary history antedating by centuries the coming of Columbus, the fishery resources available to Canada are today in the infancy of their development. Each year fleets come from France, Portugal, Iceland, Great Britain, and sometimes from more remote countries, to reap a harvest on our North Atlantic fishing banks. Yet we here in Canada, with these vast storehouses right at our door, spurn the food Our natural heritage is wantonly cast aside. Anyone who comes to claim it, but the protesting contempt that comes from proximity sets us seeking for foods less accessible and less economical and generally without the alimentary qualities of sea foods.

The North Atlantic fishing banks are undoubtedly the most productive fishing areas in the world. They are directly off our shores and are more readily reached from our Maritime ports than from anywhere else. Yet our American consuls take three times the quantity of fish that we take there. Other comparisons similarly illustrate our negligence and shortsightedness. Only recently the decline of the North Sea fisheries has turned the attention of Great Britain to our Atlantic banks and it is not improbable that in a few years a fleet of British trawlers will be invading our waters to secure supplies of fresh fish for Old Country folk.

Is it not time that we should make greater use of our vast natural source of food? We have the mechanical resources and the intrepid, hardy citizenship to prosecute our fisheries to the maximum, but unfortunately our population does not patronize the industry to justify more intensive fishing than at present. Our inshore fisheries are being reduced because demand will not maintain the former population engaged in the industry.

National Fish Day—October 31st—is set aside to focus attention upon our great natural resource and to commemorate the brave fishermen who have sacrificed their lives to secure food for us. The most practical way in which Canada can help the industry and show appreciation for the fishermen, is to make greater use of sea products thus making the calling a more remunerative one for the men who go down to the sea in ships. It is an appreciation of nature's gift to recognize fish as a food and it is also wise policy from a nutritive and economic viewpoint.

NEW REBEKAH LODGE INSTITUTED

Digby.—A new Rebekah Lodge was instituted at Freeport last Thursday evening with 43 members. The name adopted was "Fair Isle" and the installing officer was Special Deputy Grand Master Elizabeth Mattail, Vice-President of the Maritime Provinces and her work by Miss Bessie Hooper, of Digby, as Acting Grand Marshal. Mrs. Bessie Hooper, of Digby, as Acting Deputy Grand Master and Mrs. Bertha Peters, of Digby, as Acting Grand Secretary. The degree team of Zelma Rebekah Lodge, of Digby, was present and exemplified the degree.

The following staff of officers was elected and installed:— N. G.—Florence Blackford. V. G.—Bessie Weir. R. S.—Bessie Thurber. F. S.—Lillian Thurber. T.—Maud Haines. Warden—Virginia Stevens. Conductor—Dorcas Powell. R. S. N. G.—Archibald Thurber. L. S. N. G.—Beatrice Westcott. R. S. V. G.—Lea Perry. L. S. V. G.—Eva Stevens. I. G.—Irene Thurber. O. G.—Oda Thurber.

The installation ceremony was conducted by the District Deputy President, Mrs. Bessie Hooper, of Digby, assisted by a full staff made up from the visiting degree team.

Professional Cards

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Dental Surgeon
Graduate of University of Maryland
Office: Queen St.
BRIDGETOWN, N. S.
Hours:—9 to 5.

Dr. WM. C. ARCHIBALD
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Special attention given to repairs.
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Hours: 10—12 a.m.
2—4 p.m.
7—8 p.m.
Telephone, Residence, 122.
22-11.

UNA E. CAMERON
Stenographer and Typist
Hours: 10—12 a.m. and 2—4 p.m.
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Lessons given in shorthand.
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Undertaking.
We do undertaking in all its branches. Hearse sent to any part of the county.
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Prime Beef, Fresh Pork, Lamb, Chicken, Hams and Bacon, Sausages, Headcheese, Pressed Beef, Mince Meat, Corned Beef and Pork, Salt Mackerel, Boneless Cod.
Fresh Fish Every Thursday

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D. A. R. TIMETABLE

Train service as it effects Bridgetown:—
No. 95—From Halifax, arrives 12:27 p.m.
No. 98—From Yarmouth, arrives 1:05 p.m.
No. 99—From Halifax, Tuesday, Friday and Sunday, arrives 2:35 a.m.
No. 100—From Yarmouth, Monday, Wednesday, Saturday, arrives 1:45 a.m.
No. 96—From Annapolis, 6:25.
No. 97—From Halifax, 8:43.

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