

# PLEASE PUBLISH MY TESTIMONIAL

So Other Sufferers Will Take "Fruit-a-lives" And Be Cured

Gratitude—heartfelt gratitude—prompted this letter. Madame Langlois was so thankful to "Fruit-a-lives" for restoring her to health and strength, that she gladly allowed her letter to be published.



MADAME VALERE LANGLOIS

ST. ROMUALD, QUE., SEPT. 23rd, 1912. I have pleasure in stating that I have been cured of severe Dyspepsia and Chronic Constipation by using "Fruit-a-lives." I was a terrible sufferer from severe constipation for many years, and I tried every remedy I heard of, and also was treated by physicians without any permanent benefits.

Then I tried "Fruit-a-lives", and this fruit medicine has completely cured both the Constipation and Indigestion. I cannot praise "Fruit-a-lives" enough!

MADAME VALERE LANGLOIS. 50c. a box, 6 for \$2.50—trial size 25c. At dealers or sent postpaid on receipt of price by Fruit-a-lives Limited, Ottawa.

## MOVING PICTURES TAKEN DEEP, DOWN INTO THE SEA.

It's not a dream. It's not a hope. It's not a possibility. It's a sure thing.

The thing—the great, big "movie" public—that is growing larger each week is to have the chance to sit leisurely in the comfortable theatre seat and watch the inhabitants of the deep sea moving, eating, living in their daily haunts.

It is to see the wonders of marine vegetation in its natural environment!

And it is to see, maybe, the remains of sunken Spanish galleys which went down in hurricanes long ago, while divers ransack for lost treasure.

Fish will play about before the human eye at a depth of five hundred feet below the surface! Sharks will flash by. Hideous devil fish will writhe through the water. Strange shapes, never seen before in their native element, will peer out from among swaying seaweeds!

All this is practicable, because Ernest L. Williamson, Norfolk, Va., the Jules Verne of the camera field, has discovered how to take pictures under water.

"I was cured of diarrhoea by one dose of Chamberlain's Colic, Cholera and Diarrhoea Remedy," writes M.E. Gebhardt, Oriole, Pa. There is nothing better. For sale by all dealers.

## The Worth of Deep Breathing

(By John B. Murphy, M.D.)

If every boy would really try to understand and practice deep breathing he would soon discover that his physical condition was improving by leaps and bounds.

As near as I have been able to estimate, there are twenty-seven different ways in which deep breathing affects the entire physical system for the better. It is not necessary for me to mention the entire twenty-seven. But I will detail the most important ones.

How to breathe deeply is not easily learned. Before the habit is acquired it must be long practiced until breathing from the bottom of the lungs and stomach instead of the top of the lungs is second nature. No deep breather uses the mouth to take in air. The nostrils are solely employed for that purpose. The mouth is for speech, but not for inhalation.

The first perceptible effect of deep breathing, of making a practice of drawing in large quantities of air, is to keep the channels of the nostrils clear. Poisonous deposits which may accumulate there are not allowed to stay. There is a free passage to the lungs, permitting them to secure all the oxygen they need. The second effect is to give the blood a faster circulation. People who do not exercise, who eat heavily, who sit a great deal, have their blood so stagnant. This produces indigestion, headaches and nervousness. By deep breathing in the morning and evening and keeping up the practice during the day, the blood receives the oxygen it requires and then flows freer. The brain is kept from clogging and the body muscles feel alert.

Baseball players, runners, swimmers, all understand this, and where they are successful all reveal the value of deep breathing. Another effect of this practice is to expand the chest. The human chest and abdomen or stomach is the great machine shop of the body, above which sits the chief engineer, the brain. The chest cannot be too much normally expanded. The heart, the lungs, the liver and kidneys and the stomach require space. If they are confined they will not perform their duties properly. Deep breathing expands the space above them and their operation is freer and more healthy.

Deep breathing extends its benefits beyond the lungs and the stomach. If one has made more practice with it, it will be found that the muscles of the groin and the back muscles of the calves of the legs begin to harden.

For maintaining good health it is absolutely necessary that the stomach should digest the food. The liver distributes it, and the lungs must be free to take in all the fresh air possible. No one of these three functions can approach regularity without the regularity of deep breathing. It is as closely allied to their good conditions as an engineer is with the running of his locomotive. When the oxygen supply furnished by deep breathing is diminished, then

## The Home

## Joker's Corner

STICK-AT-IVE-NESS.

Stick-at-ive-ness is the fundamental quality which tells to advantage in every profession, trade and calling of life. Hawthorne's "Scarlet Letter" took twenty years of drudgery, but the author kept at it, mumbling, "My time will come, my time will come." It did come; he produced one of the master-classes of the English language. Buiver scored nothing but failure after failure, yet he kept writing and writing until the world was compelled to notice and acknowledge him as one of the greatest masters of modern fiction. Some of the greatest actors, like Talma of France, when they first appeared, were hissed off the stage. The same is true of orators. Richard Brinsley Sheridan in his maiden speech, hopelessly broke down, but he muttered: "It is in me, and will come out." Disraeli, uttered almost the same words when taunted on his first effort. Success is measured, not so much by what is accomplished, as by the opposition which is overcome. The most perilous hour is that in which you are tempted to give up.

## HOUSEHOLD HINTS.

A good supper dish is made by buttering rounds of toast, then spreading sardine paste over them before the Welsh rarebit is poured on. When a cloth dress becomes spotted, sponge it with equal parts of hot water and turpentine. Iron the parts when dry over a damp cloth. Pieces of old kid gloves are excellent for mending the back seam of children's shoes. Sew the patch neatly on the inside of the worn place. If a package of value is to be sent a great distance, it is an excellent plan to provide the box with a cover of unbleached muslin securely sewn in place.

The white of an egg beaten in lemon juice and slightly sweetened is a simple remedy for hoarseness. The mixture should be slowly dissolved in the mouth before swallowing. To clean lacquered silver, brush with hot water and mild soap, wiping and drying before the fire and finishing with a soft cloth. Do not use alkali or soda. It will remove the lacquer.

A vast amount of ill health is due to impaired digestion. When the stomach fails to perform its functions properly the whole system becomes deranged. A few doses of Chamberlain's Tablets is all you need. They will strengthen your digestion, invigorate your liver, and regulate your bowels, entirely doing away with that miserable feeling due to faulty digestion. Try it. Many others have been permanently cured—why not you? For sale by all dealers.

WHEN MIDDLE NAMES WERE BANNED. People have not always been allowed the pleasure of having as many names as they wish; indeed, four hundred years ago not even a middle name was allowed in England. It was illegal. The old English law was definite and admitted of no infraction of its ruling.

The only exception made to this iron-clad regulation was in the case of persons of royal rank. If they really wished it they could boast a middle name, but woe to the person of ordinary rank who was sufficiently unwise or obstinate to insist on having more than two appellations.

For the first offence he would very likely be tied to a whipping post and severely lashed. For a second offence he would endure some more lasting punishment, perhaps the removal of his thumbs or his ears. And if he still persisted in his stubbornness he would be hanged.

Fireless Canning. The following easy method of canning is available in every kitchen. A scientist who demonstrated that fruit may be preserved as well by long exposure to low heat as by short exposure to a high temperature.

The laboratory utensils needed by the housekeeper for this method of canning are a common clothes-boiler, several large kettles of boiling water, the fruit, the syrup, and a heavy old blanket or quilt.

The fruits that may best be put up by this method are the softer berries, such as peaches and all kinds of berries. Pears and quinces do not become sufficiently tender to be palatable. Strawberries retain their color and plumpness to a degree far above that attained by ordinary old-fashioned methods, and all fruits canned by this process retain flavor to a surprising extent.

Put the peeled and halved peaches or hulled and washed berries, in your favorite kind of fruit jar. Shake down well to make the jar hold as much as possible. Have ready a quantity of syrup—one cupful of sugar to a cupful of water is a good proportion. Let the water and sugar boil thoroughly while you are filling the jars with the cold fruit.

Set the filled jars, one at a time, on a hot, wet towel, and fill to overflowing with the boiling syrup. Now seal the jar just as if you were using screw-tops, adjust rubbers and screw-tops as tightly as possible. If vacuum-sealing jars are used, adjust cover and spring or snapper. Place the jars side by side on the bottom of a large clothes-boiler. You may place the clothes-boiler anywhere on the back porch, if you like, for you are not going to apply fire under it.

Have several kettles of boiling water ready, and pour boiling water into the clothes-boiler until the jars are well under water. To prevent accidental cracking of glass let the water run from the kettle against the side of the clothes-boiler rather than directly on the jars. If you have a large boiler and only a few jars of fruit, cover with the boiling water four or five inches over the tops of the jars. If the bottom of the boiler is fairly well covered with jars, add as much boiling water as the boiler will hold. The more jars, the more water needed.

Adjust the cover of the boiler carefully and cover with a heavy blanket, tucking it all around. Your canning is finished. Next day, twenty-four hours later, you may remove the jars from the boiler. Tighten screw-tops one more before setting away.

Of course, this kind of canning does not permit of carelessness or half-methods. The syrup must have boiled at least five minutes and must be boiling when poured over the fruit; the jars must be placed in the boiler promptly, and the water to cover must be boiling—not merely hot. The blanket-wrapper boiler must be left undisturbed for the twenty-four hours

## Joker's Corner

"Is she making him a good wife?" "Well, not exactly, but she's making him a good husband."

"Listen to this charming bit of obituary sentiment," said a cynical bachelor. "He had been married forty years and was prepared to die."

Hostess—"That is Mr. Bullion who has just come in. I hear he has done some very clever things in the city."

Guest—"Er—um—yes" As a matter of fact, I was one of them."

"That is an eight-day clock, madam," explained the antique dealer to a Christmas purchaser from the country. "It will go eight days without winding."

"Gracious!" exclaimed the customer, "and how long will it go if you wind it?"

In the late campaign the following incident took place, as related by a man who was in the audience.

"I am willing," said the candidate after he had hit the table a terrific blow with his fist, "to trust the people."

"Great Scott!" yelled a little man in the audience. "I wish you'd open a grocer's shop."

A little girl was lost on the street, and was brought into the police station. The officers tried in every way to learn her name. Finally one of the officers said:—

"Tell me, little girl, what name does your mother call you father?" "Why," responded the child, innocently, "she don't call him any names; she likes him."

He went into a store to buy his friend a comb for Christmas. He was a Boston man and careful of his grammar and of other folk's grammar. He asked for a man's comb.

"Do you want a narrow man's comb?" asked the clerk. "No," said the careful grammarian. "I want a comb for a stout man with rubber teeth."

The teacher was trying to break James of saying, "I have went," but the task seemed hopeless. So as a last resort, she hid him stay after school and write twenty times on the blackboard, "I have gone home."

While the child was occupied the teacher left the room and was still absent when James finished the task. And to acquaint her with the fact he wrote:—

"Dear Teacher—I have wrote what you told me, and I have went home."

A Frenchman arrived in England and began the struggle with the language. One day he came with his conversation book to an English friend:—

"Ze polar bear—vat does he do?" "What's that?" said the puzzled friend.

"Ze polar bear—what does he do?" "Oh, he don't do a darned thing but sit on the ice and eat fish."

"Non, non! I not accept." "Why's that?" "I been invite to be polar bear at a funeral."

The young man and the girl were standing outside the front door on a certain avenue in Westmont, having a final chat after his evening call. He was leaning against the door post, talking in low tones. Presently the young lady looked round to discover her father in the doorway, clad in a dressing gown.

"Why, father, what in the world is the matter?" she inquired. "John," said the father, addressing himself to the young man, "you know I have never complained about your staying late, and I am not going to complain of that now; but for goodness sake stop leaning against the bell-push and let the rest of the family get some sleep."

## WAS A CONFIRMED DYSPLECTIC

Now Finds It a Pleasure to Enjoy Meals

Here is a case which seemed as bad and as hopeless as yours can possibly be. This is the experience of Mr. H. J. Brown, 384 Bathurst St., Toronto, in his own words:—

"Gentlemen—I have much pleasure in mentioning to you the benefits received from your Na-Dru-Co Dyspepsia Tablets and can cheerfully recommend them. I simply had confirmed dyspepsia with all its wretched symptoms, and tried about all the advertised cures with no success. You have in Na-Dru-Co Dyspepsia Tablets the best curative agent I could find. It is now such a pleasure to enjoy meals with their consequent nourishment that I want to mention this for the benefit of others."

The fact that a lot of prescriptions of so-called "cures" have failed to help you is no sign that you have got to go on suffering. Try Na-Dru-Co Dyspepsia Tablets and see how quickly this sterling remedy will give you relief and start your stomach working properly. If it doesn't help you, you get your money back. See a box at your druggist's, compounded by the National Drug and Chemical Co. of Canada, Limited, Montreal.

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THE PERFECT SHOE FOR SUMMER SPORTS ASK YOUR DEALER.

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Meats, Fish, Etc.

I will continue the cash system introduced by Mr. Moses and will therefore be in a position to sell at lowest prices.

THOMAS MACK

### Railway & S. S. Lines

### DOMINION ATLANTIC RAILWAY

—AND— Steamship Lines —TO—

St. John via Digby

—AND— Boston via Yarmouth

"Land of Evangeline" Route.

On and after June 30, 1913, train service of this railway is as follows:

Express for Yarmouth	12.04 p.m.
Bluenose for Halifax	12.57 p.m.
Bluenose for Yarmouth	2.35 p.m.
Express for Halifax	7.30 p.m.
Express for Annapolis,	
Saturday only	7.50 p.m.
Express for Halifax, Mon-	4.13 a.m.
day only	

### Midland Division

Trains of the Midland Division leave Windsor daily (except Sunday) for Truro at 7.05 a.m. 5.10 p.m. and 7.15 a.m. and from Truro at 6.55 a.m. 2.30 p.m. and 12.10 noon, connecting at Truro with trains of the Intercolonial Railway, and at Windsor with express trains to and from Halifax and Yarmouth.

Cafe and Parlor Car service on Bluenose and Mail Express trains.

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leaves St. John daily except Sunday at 7.30 a.m. Returning, leaves Digby at 1.55 p.m. making connection at Digby with express trains east and west and at St. John with Canadian Pacific trains for Western points.

Cafe and Parlor Car service on Bluenose and Mail Express trains.

### Boston Service

Steamers of the Boston & Yarmouth S. S. Company sail from Yarmouth for Boston after arrival Express train from Halifax and Truro daily, except Sunday.

P. GIFFKINS, General Manager, Kentville

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STEAMSHIP LINERS

LONDON, HALIFAX & ST. JOHN, N. B. SERVICE.

From London.	From Halifax
Steamer	July 19
-Shenandoah	July 19
-Rappahannock	Aug 2
July 8 (Via St. John's)	Aug 11
July 19 -Kanawha	Aug 26
Aug. 7 -Shenandoah	

From Liverpool.	From Halifax
Steamer	July 17
-Tabasco	Aug 2
July 17 -Digby	Aug. 25
Aug. 5 -Tabasco	

### H. & S. W. RAILWAY

Accom. Mon. & Fri. Time Table in effect June 10th, 1913. Accom. Mon. & Fri.

Read down.	Stations	Read up
11.32	Lv. Middleton Ar.	16.00
11.58	* Clarence	15.32
12.15	Bridgetown	15.16
12.43	* Granville Centre	14.51
12.59	* Granville Ferry	14.36
13.15	* Karadale	14.20
13.35	Ar. Port Wade Lv.	14.00

\*Flag Stations. Trains stop on signal.

CONNECTION AT MIDDLETON WITH ALL POINTS ON H. & S. W. RY AND D. A. RY.

P. MOONEY General Freight and Passenger Agent

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Fine country residence, just on the limits of the town, suitable for summer house or all-year-round residence. House modern, commodious and convenient, with good stable. Orchard yielding over three hundred barrels of apples, besides other fruit. Fine situation, beautiful view of river and valley. For information apply to The MONITOR PUBLISHING COMPANY, Limited.

FARM FOR SALE.

At Albany, farm of 250 acres; 18 acres under cultivation, part arable, 56 acres pasture, balance wood and timber land, including 25 acres hardwood never cut. Good house of 8 rooms; barn, carriage house, etc. For terms and other information apply to The MONITOR PUBLISHING COMPANY, Limited.

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A pipe-full of MASTER WORKMAN tobacco is a great soother when some deep thinking has to be done. This world-famous brand may now be had at all tobacconists for 15c. per cut.

Minard's Liniment Cures Colds, Etc.