

DOMINION ATLANTIC RAILWAY

Steamship Lines

St. John via Digby
Boston via Yarmouth
"Land of Evangeline" Route.

On and after April 5th, 1909, the Steamship and Train Service on this Railway will be as follows (Sunday excepted):

FOR BRIDGETOWN.

Express from Halifax, ... 12.11 p. m.
Express from Yarmouth, ... 1.54 p. m.
Accom. from Richmond, ... 5.20 p. m.
Accom. from Annapolis, ... 7.20 a. m.

Midland Division

Trains of the Midland Division leave Windsor daily. (except Sunday) for Truro at 7.40 a. m., 5.35 p. m., and 6.40 a. m., Monday, Tuesday, Wednesday, Thursday, and Friday, and from Truro at 6.40 a. m., 3.15 p. m., and 12.10 p. m., Monday Tuesday Wednesday, Thursday, and Saturday, connecting at Truro with trains of the Intercolonial Railway, and at Windsor with express trains to and from Halifax and Yarmouth.

Boston Service

Commencing Monday, October 19th the Royal Mail S. S. Boston leaves Yarmouth, N. S., Wednesday and Saturday, immediately on arrival of express trains from Halifax, arriving in Boston next morning. Returning, leaves Long Wharf, Boston, Tuesday and Friday, at 1.00 p. m.

St. JOHN and DIGBY

ROYAL MAIL S. S. YARMOUTH.
Daily Service (Sunday excepted.)
Leaves St. John, ... 7.45 a. m.
Arrives in Digby, ... 10.45 a. m.
Leaves Digby same day after arrival of express train from Halifax.
P. GIFFKINS, General Manager.

ARRIVING THIS WEEK

200 m. Cedar and Spruce Shingles,
60 Casks and Bbls Lime (Morrows)
10 tons Basic Slag
10 " Provincial Bone
10 " Mixed Fertilizers
We have in stock—
5 tons Muriate Potash
75 Bags Coarse Salt

J. H. LONGMIRE AND SONS

March 29th, 1909

Shelf Hardware

Have added a line of Shelf Hardware to our stock.
Carrying in addition, Paints, Oils, and a next fine line of Wall Paper samples.

A. R. BISHOP.

FISHING TACKLE

Flys, Hooks, Lines, Rods, Fishing Baskets; Landing Nets, etc. etc.

BICYCLE SUNDRIES

Tires, Rims, Spokes, Cement, etc. etc.

K. Freeman Grand Central Hotel

BRIDGETOWN, N. S.

Centrally located in the business section of the town. Every attention paid to the comfort and requirements of guests.

Sample rooms in connection.

D. J. PACRIK, Proprietor.

FLOOR dust spreads disease and doubles housework—yet some endure its dangers and bothers—while others banish both with that perfect floor finish:

Floorglaze



It makes floors sanitary and handsome, with a crackles, wear-proof coat of glossy enamel, in any of ten pretty colors. Apply it yourself, quickly, easily; it dries hard in one night. A gallon covers 500 square feet with a waterproof surface that will stand hardest usage. Good for porch and veranda floors, steps, etc., too. Get Floorglaze (in tins, from pint to gallon) from your dealer. Send for free booklet. Imperial Varnish & Color Co., Limited, Toronto.

Recommended and for sale by Karl Freeman, Bridgetown

Bridgetown Boot and Shoe Store EASTER FOOTWEAR

Complete lines for the Easter trade in Ladies' Patent-Boots, Shoes, Slippers and Tan Oxfords at all prices. Our range in Ladies' Fine Slippers is the best for price and quality we have ever had. Also a complete line for Men, Vici, Kid, Patent, and Tan in Bals and Oxfords.

Rubbers for everybody, from the baby up.

You can't be stuck to find what you want in our new Spring Stock.

E. A. Cochrane, Murdoch Block, Granville Street.

The Manufacturers' Life

Record for 1908:

Table with financial data: Net Premium Income \$2,119,583.57, Interest and Rents 458,306.61, Total Income \$2,577,890.18, Payment to Beneficiaries & Policyholders \$663,047.22, Reserve for Protection of \$9,428,591.00

Insurance in Force End of 1908 - \$54,287,420.00

No other Can. company has ever equaled this record at the same age

O. P. GOUCHER General Agent, Western Nova Scotia.

OFFICE—MIDDLETON, N. S.

The E. R. Machum Co., Ltd., St. John, N. B.

MANAGERS FOR MARITIME PROVINCES.

Advertise in the Monitor It Reaches the People

Father Morrissey's "No. 10" (Lung Tonic)

has an honorable record of cures of all kinds of Lung and Throat diseases. For years Father Morrissey prescribed it for Coughs, Colds, Bronchitis, Asthma, Spitting of Blood, Whooping Cough and even Consumption, and the fame of his cures spread throughout the continent.

In the Maritime Provinces, where Father Morrissey was best known, there is scarcely a place where there is not someone who has been benefited or cured by "No. 10," and hundreds have written expressing their gratitude. You don't need to experiment with a Cough Mixture that may cure you—or may not—when you know that "Father Morrissey's No. 10" will cure.

"No. 10" contains no dangerous drugs, such as Opium or Morphine, and is perfectly safe even for the most delicate. Trial size 25c. per bottle. Regular size 50c.

At your dealer's.

Father Morrissey Medicine Co. Ltd. - Chatham, N. B.



Rev. Father Morrissey

Confessions of a Trained Nurse

(continued from page 2.)

at home at that, so that she might eke out a few pennies more toward the weekly pittance. I suppose that during these months at the hospital she enjoyed the only rest she had ever known. We did our best to aid her, to restore her to health and life, and yet I sometimes wonder why, it did seem as if it would have been kinder to save her from the hard, weary years that lay in wait for her. "Ours not to question why." Our profession irrevocably says "Eve." It took three months of constant watching and infinite care to work this girl's cure. She was then very weak, as you can imagine, so the physicians, who had heard her story decided they would each contribute their share toward sending her to the country for three or four weeks, not only that she might fully recover her health, but also to put a little brightness into the dark life they knew stretched out before her. But even this was denied her.

The father appeared and absolutely refused to allow his daughter to go away. Pleadings and threats alike did not move him. This miserable, useless creature, who had lived his life in contented idleness and squalor and who had already stamped out all joy of living in his child, now denied her even the right to get back her proper hold on life itself. She had "to go to work," he said.

What could we do? The law recognizes no distinctions in parental authority. We had to let her go, though we knew what it would mean. But we saw her again, even sooner than we expected. It seems that a week after she got home she was forced back to us. And this time she died. That is all.

Ring up the curtain now for a bit of comedy. An old woman was very ill; also she was very rich. And (shall we say consequently?) about a dozen or more of her relatives were always in attendance upon her. One day the word went forth that she was dying. The kith and the kin up to the third and fourth generations and every thirty-second connection swarmed about her. She had been a very determined, masterful old lady when in health, interested in everything that was going on and with an enormous amount of will power. But now she seemed to have just risen up with a sudden resistance and was in an almost comatose state that we all thought portended death. There was much weeping and wailing. Suddenly one note of sorrow must have penetrated her apathy. She opened her eyes and looked around from one to another of her prematurely grieved relatives. Then a curious smile sort of flickered up and the next minute she said in a voice stronger than any of us had ever expected to hear from her again:

"No use making your eyes red. I ain't going to die yet. My! I didn't know I'd ever have such a large funeral. Well, you can go now; there won't be any funeral for a while yet. And if I was you I wouldn't order my mourning next time until I had heard the will read." was the parting shot. Can you imagine anything so funny as that shamed-beaten-dog-tail-between-his-legs appearance of that disappearing stream of relatives? True to her word, my old lady got well and, as far as I know (and now that she understands, it would be just like her), she may be still disappointing her relatives by a disgracefully healthy old age.

Melodrama, romance, tragedy, comedy, and, to complete our histrionic summing, here are some samples of pure farce: A man came to the hospital one day accompanied by a fine, dashing young woman. The man was one of those loose boned creatures that seem to fit into the world as uncomfortably as they do into their clothes. The only definite thing about him was his large nose, which looked as if it had been broken and turned aside. When he stood by submissively twirling his mustache the girl explained her case with perfect freedom and lack of embarrassment, taking us all enthusiastically into her confidence. This was her young man, and though she had "been keeping company with him for some time," and he was all right, Charlie was, she couldn't see herself marrying a man with a crooked nose. Now, couldn't the hospital fix his nose? Of course "the hospital" could, but it tried to dissuade the man from such an operation. The girl, however, insisted upon it and could the doctors do? That man up the man meekly agreed. So what derwent untold tortures to gain a straight nose and a sweetheart. Now, who will say that this love of the twentieth century is not equal to sacrifice?

Another case once came up similar to this crooked nose story. One day a woman came to the hospital with her husband and insisted that his eyes needed operating upon. She said he squinted, that she had been mar-

ried ten years and she was "just tired of looking at that squint."

And so the grotesque and the dramatic, the pathetic and the ray, pass before your eyes. Can we not say that every hospital is in truth a stage, where the patients play many parts, and the nurse goes behind the scenes and does her best to make the play end happily?

ZAM-BUK CURED HER BABY.

Mothers will find the following statement of more than passing interest, showing, as it does, how Zam-Buk ends the skin diseases of children, even when ordinary remedies have completely failed. Mrs. C. W. Bowerbank, of 126 Denton Avenue Toronto, says:—

"Not long ago my baby's face broke out in an eruption. The spots would crack and be very irritating and sore. At other times they itched fearfully, and caused the child to scratch and rub, thus making the sores very inflamed and painful. I saved, but they somehow did not tried all sorts of ointments and cream able to remove the trouble. Zam-Buk proved very different, and a few applications cured the child relief. The sores are now healed completely.

"Since that time my little daughter has had occasion to use Zam-Buk for skin trouble. She broke out in blotches on her hands and arms, and in her case also Zam-Buk effected a cure.

"We now keep Zam-Buk handy as a household balm, and do not intend to be without it.

"Not only for skin diseases, but for cuts, burns and bruises, it is a fine remedy. The other day I burned my hand badly. An application of Zam-Buk seemed to take the fire out of it at once, and it soon healed. In the course of my experience I have tried pretty nearly all the salves and ointments obtainable, but there is nothing to come near Zam-Buk."

Zam-Buk is Nature's own healing balm, being composed of pure herbal essences. It is a sure cure for pimples and eruptions, eczema, ringworm, ulcers, cuts, burns, bruises, poisoned sores, chronic wounds, bad leg, piles, festering sores, and all skin injuries and diseases. Druggists and Stores everywhere sell at 50c. a box, or post free for nice from Zam-Buk Co., Toronto; 3 boxes \$1.25. You are warned against cheap and harmful imitations sometimes represented to be "just as good."

FAITH.

Whoever plants a seed beneath the sod, And waits to see it push away the clod, He trusts in God.

Whoever says, when clouds are in the sky, "Be patient, heart; light breaketh by and by," Trusts the Most High.

Whoever sees, 'neath winter's fields of snow, The silent harvest of the future grow, God's power must know.

Whoever lies down on his couch to sleep, Content to lock each sense in slumber deep, Knows God will keep.

Whoever says, "To-morrow," "The Unknown," "The Future," trusts the power alone He dares disown.

FATHER FINED FOR GIVING CIGARETTES.

Ottawa, April 13.—Isaac St. George was this morning fined seven dollars by Deputy Magistrate Askwith on the unique charge of supplying his son, who is under sixteen years of age, with a cigarette. The boy was noticed smoking on the street by an officer and when questioned stated that his father had given it to him. Mr. St. George's conviction followed. It was the first case of the kind to be tried in the city.

Exhaustion All Gone

To-Day She is Buoyant with Health and Vital Energy

FIG PILLS quickly impart new vigor to all weak organs. The kidneys and liver are stimulated, disease and poison is carried off. The entire body is renewed and restored. Constipation, headaches, biliousness and pimples caused by impure blood are at once removed by taking these wonderful Fruit Pills. Lack of appetite is changed into keen hunger for food. Digestion is made perfect. Mrs. R. Moore, Toronto, Ont., writes: "I always felt draggy and tired; it was hard work for me to drag myself around. My limbs would ache in the morning. Since taking Fig Pills I have strong vitality, bright, cheery spirits." Fig Pills sold everywhere in 25c. boxes or five boxes for \$1.00.

ASK FOR MINARD'S AND TAKE NO OTHER.

The New Spelling

A London despatch says:—A new spelling book, with abbreviated words, for all the English-speaking nations of the world, is to be compiled by an international assembly of scholars, who will meet during the present year. This announcement was made recently by Mr. William Archer at the Women's Institute. He is secretary of the Simplified Spelling Society, of which Professor Skeat is president, and which is now actively co-operating in the work of spelling reform with the Simplified Spelling Board of the United States.

Both organizations are pledged to cut out all unnecessary letters from the spelling of our words. Their curtailments would be made in the following fashion:

Will-wil; Doubt-dout; Drill-drill; though-tho; asked-askt; early-erly; friend-frend; could-coud; impelled-impeld; alphabet-alfabet.

Because so many people hated change in any form, they opposed this movement, said Mr. Archer. They shuddered to see programme spelt "program"—forgetting such words as "epigram" and "ansagram." But gradual spelling changes were always being made. The word "public" for instance, once had been spelt "publicke," then it became "publick," and ultimately found its present form.

Three spelling "traps" in our present system were mentioned by Mr. Archer:

Believe. Receive. Seize. Siege. Deceit. Receipt.

There were, Mr. Archer added, three outstanding advantages in a system of spelling reform:

- 1. A saving of time and material both of which meant money to writers and printers. 2. A priceless saving of time for children and teachers. 3. An immense advantage for foreigners learning our language.

Opinions favorable to the Simplified Spelling Society's campaign were expressed at Cambridge University.

"I do not think," said Professor J. E. B. Mayor, "that the movement will meet with much opposition in the university, but it is absolutely necessary that it should proceed gradually. A purely phonetic system, however, is very undesirable, for the greatest care must always be taken to differentiate between the spelling of words of a different root. Take for instance, the words bean and bow (the weapon). Under a pure system of phonetic spelling these would both be spelt bo. Again, bread would if spelt phonetically, be indistinguishable from the past participle bred, as would red, the color, from read, the verb.

"It is bad enough that the pronunciation of such words should be the same, and the adoption for them of an identical spelling would lead to the worst possible confusion. "In the case of many of the words which need alteration, however, it is necessary merely to go back to their spelling in the fifteenth or sixteenth century. There is no doubt but all past participles, at present ending in ed, should be spelt with a 't,' as they were in the sixteenth century."

OBJECT TO STRONG MEDICINES.

Many people object to taking the strong medicines usually prescribed by physicians for rheumatism. There is no need of internal treatment in any case of muscular or chronic rheumatism, and more than nine out of every ten cases of the disease are of one or the other of these varieties. When there is no fever and little (if any) swelling, you may know that it is only necessary to apply Chamberlain's Liniment freely to get quick relief. Try it. For sale by W. A. WARREN, BRIDGETOWN, A. E. ATLEE, ANNAPOLIS ROYAL, and BEAR RIVER DRUG STORE.

GENERATE ENERGY IN SLEEP.

If every human being had a never-ending supply of energy within himself and could draw upon it unconditionally at any and all times, the loss of this force might be a matter of small account, but when we know that we ourselves must generate every bit of the energy that we are to use in life the necessity of utilizing such forces wisely becomes more apparent.

And where, you ask, does this energy come from? It comes from the condition of life that is the direct opposite to concentration—repose. In most cases the only source from which people evolve this energy is sleep, and yet, with practice, the supply can be restored without actually experiencing the loss of consciousness. Peace of mind always attracts energy; reverie, meditation—all such mental conditions—are conducive to that result. Its acquisition—like its expenditure—requires deliberate effort and if the store of energy is wasted needlessly on all occasions it will be found almost impossible to keep the basis of supply at the proper level.—Globe and Commercial Advertiser.



What Our Trade-Mark Means to You

IT means that the flour contained in bags and barrels so trade-marked is decidedly whiter, a great deal stronger and more nutritious than other flours.

It means that the flour has been properly aged to mature its full strength.

It means

"More bread and better Bread" and better pastry, too.

It means elimination of uncertainty—"your money back" if Purity fails to give entire satisfaction.

Costs more than the other kind, but worth the difference.

PURITY FLOUR

Western Canada Flour Mills Co., Limited, MILLS AT WINNIPEG, GODEFRICH, BRANDON.

SOLD OBSCENE POSTAL CARDS.

Martin T. Graff, alias Monroe, alias Brown, was placed on trial in the police court, Toronto, to answer a charge of "offering for sale obscene books, pictures and photographs tending to corrupt morals." The case was enlarged for a week, the defendant being sent to jail.

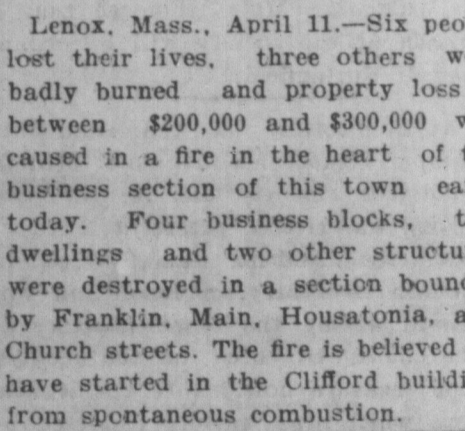
Graff's arrest was carefully planned. He was in Toronto three weeks ago, and according to the police, had then over fifty thousand immoral cards. Detectives were unable to connect him with the sales at that time, however, so quietly prepared to get him on his return. Sunday night Graff came back to the city and registered at the hotel. The police secured evidence that he had made a sale of two hundred dollars worth of cards to a Montreal man, who came to the city to meet him. Inspector of Detectives Duncan, himself, went to the hotel and made the arrest. Graff stoutly denied having anything to do with the trade in cards, even after several grips containing half tone cuts and cards had been found in his room. These grips contained 410 cuts, a stock of sample cards and a number of original photos from which cards were made. These photos, which are of an exceedingly filthy description, were, the police say, made by a well-known local photographer.

SIX LOST THEIR LIVES.

Lenox, Mass., April 11.—Six people lost their lives, three others were badly burned and property loss of between \$200,000 and \$300,000 was caused in a fire in the heart of the business section of this town early today. Four business blocks, two dwellings and two other structures were destroyed in a section bounded by Franklin, Main, Housatonic, and Church streets. The fire is believed to have started in the Clifford building from spontaneous combustion.

SUNLIGHT SOAP

Do you know the difference between working and having the work done for you? Sunlight Soap actually makes the dirt drop out—saves you time and money—but injures neither hands nor clothes. That is just the difference between Sunlight Soap and ordinary soaps.



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Do you know the difference between working and having the work done for you? Sunlight Soap actually makes the dirt drop out—saves you time and money—but injures neither hands nor clothes. That is just the difference between Sunlight Soap and ordinary soaps.

Follow Directions

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."