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Provincial Manager

How to Avoid Tuberculosis

(Issued by the Department of the Public Health, Nova Scotia.)
Of all the infectious disease with which we have to contend, none compares in frequency, in fatality, in widespread prevalence, or in economic importance with tuberculosis—or, as it is commonly called, consumption.
In the last five years, tuberculosis of the lungs alone has been responsible for 4337 deaths in the Province of Nova Scotia.
Inasmuch as everyone is more or less constantly exposed to infection of this disease, this becomes a personal matter for everyone. No one who fails to adopt reasonable precautions has any right to expect to escape attack by this disease.
The following instructions are issued by the Canadian Association for the Prevention of Tuberculosis, on "How to Avoid Tuberculosis."
"A healthy body is the best protection against the tubercle bacillus or any other disease breeding germ. Therefore, keep well by observing the following rules:—
"Live, work and sleep in rooms flooded with fresh air and purified by sunlight every day. See that your sleeping room is thoroughly ventilated.
"Use good nourishing food, and thoroughly masticate what you eat.
"Cultivate clean, temperate and regular habits of living.
"Avoid breathing dust-laden air. In sweeping and dusting use a moist broom and duster.
"Don't spit on the floor of the dwelling, shop, school, public building or on the sidewalk. If you must do so spit in the gutter or into a spittoon.
"If you have a cough do not resort to quackery, but consult a physician or go to a dispensary. Make full use of good food, fresh air and rest. Live as much as possible in the open air, and have your sleeping room always thoroughly ventilated.
"For the protection of others, when coughing or sneezing, hold a handkerchief before your face."

Traitors

Webster defines a traitor as one who aids an enemy to injure or destroy the country. According to that definition we have a great number of traitors in our midst worse than Germans for those we can watch and if necessary confine. But there is an enemy, constantly at work, that is doing more harm than many German spies. It is killing and weakening, especially our young men who should be the defenders of our country in time of need. But when that time comes thousands have been killed and of those that are left one half are not fit to serve in the army.
It is many years since a German commission reported that beer and whiskey were the greatest enemy of the nation and the German Emperor has, for some time, been warning his troops that the great battles of the future would be won by the soberest nations. In this present war Russia, Germany and Norway have prohibited the manufacture and sale of intoxicants and England and France have curtailed their use to a considerable extent. Lord Kitchener forbade even presents of wine being sent to the soldiers and Lord Roberts pleads with the people not to treat soldiers to intoxicants.
What is Canada going to do about this enemy that is destroying the nation? Are our rulers so scared of the liquor traffic that they will let it go on its murderous course unhindered? Will they let it go on weakening the vitality of our young men till it will be easy for a sober people to come and make slaves of our children?
H. ARNOTT, M. B., M. C. P. S.
The entry into Canada of four newspapers published in New York has been prohibited. They are anti-British in tone, and it is a criminal offence to circulate them or have them in one's possession. They are the Staats-Zeitung, The Truth About Germany, The Vital Issue and The Vaterland.

Middleton

Dec. 7th.
Miss Florence Hoop is spending a few days at Outram.
Mr. C. C. Sweeney of Lunenburg, was in town last week.
Mrs. J. H. Cox, of Cambridge, spent a few days at her old home last week.
G. H. Vroom is in Prince Edward Island attending the Fruit Growers' Association.
Mr. and Mrs. C. O. MacDonald left on Friday for their new home at Woodstock, N. B.
Mr. Morton of the Commerce Bank Staff left on Saturday for his home to spend his holidays.
Our new Royal Bank Manager, H. McDaniel and wife are moving to Mrs. W. L. Magee's residence.
While playing foot ball at Salisbury Plains, Vere Mason had his collar bone broken but is improving.
Rev. Arthur Lockhart, of Maine, the well known writer, has been visiting his former home at Lockhartville, N. S.
Mrs. O. R. Potter is assisting in the Post Office during Postal Inspector Reed's holidays. We hope she will do him good.
Mr. and Mrs. Crowe went to Annapolis Royal on Friday. Mr. Crowe took part in the concert. They returned on Saturday.
Mrs. V. L. Roop, of Springfield, was in town last week returning from Halifax where she had been the guest of Mrs. Arthur Andrews.
Mr. Frank Pentz is spending a few weeks in town looking after his drug store. His brother Walter who has been in charge went to Hantsport.
Lt.-Col. Sponagie came home from Halifax on Friday and returned on Saturday accompanied by his wife and daughter Miss Edith. They will remain in Halifax until the doctor goes to the front.
Mr. Frank Cameron of the Commerce Bank Staff has returned and his many friends in Middleton are glad to see him in his old place again after being away for a year in Bristol, N. B. in the bank there.

FALKLAND RIDGE

Dec. 7th.
Miss Mabel Marshall visited friends in Lake Pleasant recently.
The W. M. A. S. convened at the home of Mrs. Robert Swallow.
Miss Edie Spodard spent a couple of days in Middleton this week.
Mr. Willard L. Swallow is visiting friends in the Annapolis Valley.
Miss Hattie Ritcey, of Nietaux, is spending a few days here with her sister.
Mrs. David Allen and daughter of Lake Pleasant, spent the 2nd inst., here with friends.
Mrs. Maud Mason, of Springfield, was the guest of her friend Mrs. Wm. L. Sproule recently.
Mr. Harry Dunn and Mr. Arthur Dorey made a business trip to Bridgewater this week.
Mr. A. A. Bligh, of Brooklyn Corner spent the week-end here the guest of R. W. Swallow.
Since the beginning of the war hundreds of millions of dollars worth of art treasures have been transported to England from the Continent for safe keeping, just as in the days of Napoleonic wars.

MELVERN SQUARE

Dec. 7th.
The Rev. A. E. Wheeler will occupy the Baptist pulpit in Annapolis Royal on Sabbath Dec. 13th.
Mr. Billat, teacher at Farmington, went last Sabbath at the home of Col. and Mrs. McNeil.
The Rev. William Brown of Auburn, was a guest at the home of Mrs. Thoosy Phinney on Tuesday last.
Miss Kiyon, of Boston, arrived in Melvern last week, and will remain the Winter with her mother, Mrs. Kenyon, at the Smith home, on Pleasant St.
Messrs. A. L. Davison, M. P., and F. E. Bentley, of Middleton, spent last Thursday evening at the pleasant home of Mr. and Mrs. D. M. Outhit, of Hillside Farm, Melvern Square.
The ladies of our branch of the Red Cross Society will send out their first lot of completed work, the first of this week and we think it will compare favorably with that of other places.
Mrs. Gaunce, returned missionary from India, is expected to be present in the Baptist Church on Tuesday evening next at an address on Foreign Missions, which will, no doubt, be very interesting to both old and young.
Relatives and friends in this vicinity have lately received very encouraging letters from Pte. Fred Van Baskirk, who enlisted in the first contingent, and is now at Salisbury Plains, England. We are always glad to hear from any of our volunteers, especially our own boys.
Christmas and patriotic concert under the auspices of the Melvern Young Peoples' Society, will be held in the hall on the evening of Dec. 17th. Proceeds for the benefit of the Red Cross work. We have local talent enough to promise a good concert at almost any time and this promises to be one of the very best.
Nearly a whole week of beautiful Indian Summer, has afforded us all a chance for outdoor work, preparing for Winter, etc., and yet, the majority of us fault-finding mortals are not satisfied—we could stand three weeks of just such ideal weather, if it would only abide with us. Such is life! And now a sudden change in the temperature, warns us again of the near approach of Winter.
A long-felt want is being supplied for the people of Melvern, in the form of a nice new horse-shed, which is being erected near the Methodist Church. Under the hands of Messrs. Samuel Tilley, Lawrence VanBaskirk and William McNeil the building is rapidly nearing completion. As a rule, any congregation can enjoy a sermon better if they are sure their faithful horses are not shivering with cold, and the shed has come long and soon.

PORT GEORGE

Dec. 7th.
Born to Mr. and Mrs. Aubrey Lea, a daughter, Dec. 5, 1914. Congratulations.
The Red Cross Society will meet at Mrs. Edward McKenzie's, Thursday evening.
S. S. Ruby L. landed a cargo of freight for L. F. Weaver, Saturday, on her way from St. John.
Mr. Israel Brown from Margaretville has been visiting his sister Mrs. Wm. McKenzie and other relatives here.
Miss Lizzie Woodworth has gone to Manchester, N. H., to spend the Winter with her brother, John Woodworth, formerly of this place.

Lawrencetown

Dec. 7th.
Mrs. Fentca Morris is spending the Winter at Springfield.
Miss Hazel Balcom is spending the week-end with friends at Meadowvale.
Miss Winnie Chute, of Bear River, accompanied by her brother Harry returned home last week.
Mrs. F. A. Pollard spent last Wednesday at Clarence the guest of her sister, Mrs. Leander Elliott.
The ladies of the Baptist Sewing Circle will meet with Mrs. Burpee Whitman on Friday afternoon.
Mrs. (Dr.) F. W. Young who has been in Baltimore, Md., over two months is expected home this week.
Mrs. Landers (nee Miss Mamie Brown) of Yarmouth County is the guest of Dr. and Mrs. V. D. Shaffner.
Prof. W. A. Bradshaw, of Hantsport, spent last week here taking photos and orders for feature painting.
The Lawrencetown Branch of the Red Cross Society meets at the home of Mrs. (Dr.) L. R. Morse on Tuesday afternoon.
Services for Sunday December 13, Baptist 11 a. m., Mission Band, 3 p. m., Episcopal 3 p. m., Methodist, 10 a. m., Sunday School 10 a. m.
The young girls will hold a photographic concert in the Temperance Hall on Tuesday evening. Admission 10c. Proceeds for Belgian children.
Miss Grace Foster who is clerking in the store of Wood & Parks, Bridgetown, spent over Sunday with her parents, Mr. and Mrs. W. B. Foster.
Mr. and Mrs. Alonzo Banks, of Kingston are spending a few days the guests of Mr. and Mrs. John Bishop, and Mr. and Mrs. B. S. Banks.
Mrs. E. A. Phinney is visiting relatives at Berwick and will remain to be present at the Pierce-Marchant wedding which takes place on Wednesday, Dec. 9th.
Mrs. Helen Phinney returned last week from Clarence where she has been spending a fortnight in the capacity of nurse at the home of Mr. and Mrs. Fred Johnstone who welcomed a little son.
Three new buildings are under construction. Mr. Wm. Selig's new residence, a building consisting of two offices and meat market for Mr. Geo. Daniels, also a bungalow for Mr. Chas. Lowell on the lot formerly owned by Dr. L. Saunders.
Rev. Mr. Boyer, Secretary of the British and Foreign Bible Society gave a very interesting and instructive address in the Baptist Church on Friday evening to a fairly large audience, who listened with marked attention. Mr. Boyer is an enthusiastic worker and an eloquent speaker.
Mr. and Mrs. Chas. Hannan, of Falmouth, Maine, welcomed a little daughter on November 16th. Francis Irene. Mrs. Hannan was Miss Nellie Balcom, daughter of Mr. Stephen Balcom of this town. Mr. and Mrs. Hannan have trained for nurse at Monson State Hospital, Palmer, Mass.

PORT GEORGE

Dec. 7th.
The auxiliary met with Mrs. (Dr.) Prinrose on Wednesday last with a good attendance. Rev. Mr. Armitage was present and gave a splendid address on Missions. Miss Joet, of Bridgetown was present at the previous meeting and gave a very interesting talk on Japan, and will favor the society with another address in the near future.
The executive of the Annapolis County Sunday School Association met on Wednesday afternoon at the home of Mrs. L. W. Stoddart to plan work for the year. The motto decided on was "Get Busy."
The superintendents and teachers throughout the county are requested to do better work this year, than ever before, and to make greater efforts to keep the young people in the Sunday School.

XMAS 1914

The Crisis is Passed

With this assurance why be depressed, rather let us be optimistic and make 1914 Festive Season "the best yet"

We placed the usual requirements for our Xmas trade long before War was thought of consequently we have our different departments well stocked with PRIMER CLASS GOODS. Rather than carry any of this stock we purpose selling at very fine prices and we solicit your inspection before placing your Xmas requirements.

Space will not permit us itemizing our large range but we mention a few of the many specials we have to offer.

Groceries		Ladies' Coat	
14 lbs Granulated Sugar	\$1.00	We have a few Ladies Coats left. To clear out quickly we offer a straight	
3 " Xmas Candy	.25		
3 cans Tomatoes	.25		
3 cans Peas	.25		
3 cans Corn	.25		
3 lbs. Bulk Raisins	.25		
1 lb Cream Tartar	.10		
Boy's Reefers, Overcoats		Men's Suits	
25 p. c. off		To reduce stock we have placed 50 Suits on track with a straight	
Only a limited quantity at this sacrifice. A word to the wise is sufficient.		Discount of 25 p. c.	If you want a suit you cannot afford to miss this sale.

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Lawrencetown in the March of Progress

There is some building operations being carried forward in the town this Winter.
Mr. George Daniels, one of our former citizens who recently returned from the States, has purchased a fine property in the west end of the town and is laying the foundation of a building suitable for a double store.
Recently Mr. Charles Lowell bought a fine building lot on Bridge Street from Dr. Saunders. He is now having a cellar dug on which he intends to build an up-to-date residence during the Winter and early Spring.
Mr. Lowell is a builder and contractor, well and favorably known. Doubtless his new house when finished will be the neatest home in the town.
Mr. William Selig is building a neat cottage on Station street, north of the D. A. R.
The progress of the school is gratifying. The rooms are filled to their utmost capacity. It is to be regretted that we are not in a position to accommodate all the pupils who wish to take advantage from school.
We need a bigger and better school plant.
The teachers and pupils enjoyed a visit last week from Dr. J. B. Calkin the former principal of the Provincial Normal College.
On his return to Truro Dr. Calkin was the recipient of a number of letters from the pupils of the school congratulating him on the anniversary of his eighty-fifth birthday. To the writers of each of these letters Dr. Calkin wrote a note expressing his personal thanks.
Principal Banks is as usual suggesting something outside the routine of school work to interest and inspire his pupils. The latest move in this direction is an effort to secure a large picture or photograph of the various universities, colleges, ladies' colleges and other important educational institutions in Nova Scotia, and have them properly framed and hung on the walls of the school room.
The long evenings are here and with them the lecture season.
There are persistent rumors that we shall soon have the pleasure of hearing some of the ablest public speakers in the Province.
We are informed that the outlook for better prices for our apples is more promising now than earlier in the season.
There is some surprise expressed that there has been no steps as yet taken to form a company of "Home Guards" in this community. The drill would be excellent discipline for the men and a fair index of the patriotic spirit of our people in these trying times.
Councillor Fitch and his family are recent welcome residents of our town.

A People's Army

(Montreal - Witness)
One great effect of this war will be the democratization of the armies. Every standing army should be a school. There is no reason why the soldier should not really be at college, learning, along with the military act, all that is necessary to fit him for the higher walks of life. If this were the case, it would remove one of the greatest objections to the wasted years of military service. It would also fit every common soldier, if he had it in him, to rise to the officers' mess, and would thus supply what has been found to be the most serious lack in all the armies, a sufficiency of officers. As it is, the picking off of the officers has made it necessary to give commissions to men from the ranks, and it seems likely that this process will be accelerated as the war goes on. In the German army there has been a good deal of it done already, resulting in, as may be imagined, some distressing social jars. This has not resulted so much from the unfitness of the sergeant-major to sit beside the lieutenant at the dinner table and drink and smoke beside him in the lounge room, as from the unspeakable caddishness of the officer class, who have been bred to an infinite contempt for the men under them and for the people generally. With them it is gentlemanly to use their boots on a soldier, whether disrespectful in his caps or lagging in battle, or to use a horseship on the face of a more than usually adventurous foe who has fallen into their hands.
The British officer, as a rule, not always, is a gentleman. He no longer swears at his men. He is careful of them and friendly to them, and they are fond of him—much fonder than they are of the ungentlemanly non-com. But as education and refinement increase among the people and that is, in different degrees, the case everywhere, the difference will lessen. If the barrier between the soldier and the officer were removed, and promotion was as easy from sergeant-major to lieutenant as from lieutenant to captain, the kind of men that would be found below the present barrier would greatly improve, both by more cultured men entering the ranks and by ambitious improvement after enlisting. We should find sergeants who had mastered the Indian languages and those who could act as despatch runners in the bivouac fields of Europe. We should have constructive engineers and strategists ready to take the first openings for vacant commissions. With every soldier an aspiring officer, there is no reason why there should not still be gentlemen, both at the mess and in the barracks yard. At all events the terrible necessities of this war seem destined to burn the barrier away to force a new order of things.

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