

A MESSAGE FROM A WOMAN TO WOMEN

"Every Woman Should Take 'Fruit-a-tives'"

LAKELET, ONT., MAY 12th, 1911
"Kindly publish this letter of mine if you think it will benefit other women who might be afflicted with the diseases I have had in the past, but am now, thanks to 'Fruit-a-tives', completely cured. It is my firm belief that every woman should take 'Fruit-a-tives' if she wants to keep herself in good health."

Before taking 'Fruit-a-tives', I was constantly troubled with what is commonly known as 'Nerves' or severe Nervousness. This Nervousness brought on the most violent attacks of Sick Headache, for which I was constantly taking doctors' medicine without any permanent relief. Constipation was also a source of great trouble to me and for which the Doctors said "I would have to take medicine all my life", but 'Fruit-a-tives' banished all these troubles and now I am a well woman!

Mrs. FRED. GADKE,
Box 6 for \$2.50—trial size, 25c.
At dealers or sent prepaid on receipt of price by Fruit-a-tives Limited, Ottawa.

LARGE CONSIGNMENT OF FOXES SHIPPED FROM WEST TO EAST.

Edmonton, Alta., July 21.—Two hundred and ninety-five foxes ranging from black silver to red crosses, valued at \$320,000, have been shipped from Edmonton to points in the provinces of Nova Scotia, Prince Edward Island, Alberta and New York and Pennsylvania since the opening of the season. The most valuable consignment, which went forward yesterday, consisted of ten pure black puppies, for which Kane Brothers of Brooklyn, N. Y., paid \$30,000. The animals were sent to Ogdon, Penn., for propagation purposes.

Frederick M. Lee, president of the Western Fur Company, who recently shipped thirty-four foxes, valued at \$31,000, to breeders in Prince Edward Island, announces that he will not dispose of any more animals to eastern ranchers, having decided to establish a fox farm at Tess, Alta., where forty foxes are now domiciled. He said:

"Advices from eastern Canada are that prices of live foxes have decreased during the last thirty days. This slump is accounted for by large shipments through Edmonton from all over the northern country, between the Yukon and the province of Saskatchewan. There will be a reaction next fall, when prices will be higher than they have been during the last few months."

"Fur trappers in the north are reaping a veritable harvest now, as the foxes are easily obtained by digging the pups out of the holes before they have left the nests. After this month the young foxes will leave their dams and can only be caught singly in traps. This means fewer animals and higher prices."

Minard's Liniment cures Distemper.

Fish Hatcheries and Fish Food

Available Food Supply Must be Considered.

Some people have the idea that all that fishes require is water. Given a Providence will accomplish the rest, pond or lake or stream, all that is necessary is to put in a few thousand eggs or fry and a beneficent But no intelligent farmer would sow on soil not containing the plant food necessary to growth and fruition. Similarly, to ensure success in the introduction of fish fry, they must be known that food of the right kind introduced into waters in which it is not in sufficient quantity is present. Of this food, insect life forms, in fresh waters, the preponderating element.

For a number of years the Department of Marine and Fisheries has been carrying on the work of restocking and of introducing new species, on a large scale. The fish fry distributed in 1911 consisted (exclusive of salmon) of various species of trout and also of white fish and pike. Altogether 332,278,000 fry of these species were distributed. In view of what we know as to the requirements of fishes in the way of food, the question naturally arises whether, in this distribution, the available insect food was sufficient and of the right kind. Are we certain that the species of trout placed in a certain lake would find the right kind of food there and sufficient quantity of that food?

If the farmer, wishing to sow his seed, finds the soil poor in nitrogen food, what does he do? Everyone knows he sows a crop such as clover, that will give the soil the necessary nitrogen, or, by many of the known fertilizers he supplies the deficiency, whatever it may be. In fresh water fishery work the same methods should be followed. Associated with the fish hatchery there should be, if it is found necessary, an insect hatchery. When in fishery work, a stage of advancement equivalent to the present stage of advancement in agriculture is reached, we shall have the cultivation of the food of fishes carried on in conjunction with the hatching and introduction of the fry.—Selected from an address by D. C. Gorlion Hewitt, printed in the Fourth Annual Report of the Commission of Conservation.

If you are a housewife you cannot reasonably hope to be healthy or beautiful by washing dishes, sweeping and doing housework all day, and crawling into bed dead tired at night. You must get out into the open air and sunlight. If you do this every day and keep your stomach and bowels in good order by taking Chamberlain's Tablets when needed, you should become both healthy and beautiful. For sale by all dealers.

In Fort William and Fort Arthur they conserve daylight. The "Twin Cities" are geographically in the Central Time belt, but use Eastern Standard, which is one hour earlier.

Minard's Liniment Cures Colds, etc.

An Amazing Verdict

A transaction occurred recently in a Philadelphia court which must have caused great astonishment as well as no little uneasiness among stockholders in financial concerns. An official of a trust company had stolen \$1,400,000 in cash and securities from the company. He absconded to foreign parts and by successful speculation so increased his holdings that he was in a position to refund what he had stolen. He then entered into negotiations with the trust company which led to his return and appearance in court for trial upon the understanding that complete immunity would be granted him in return for restitution of the funds he had embezzled. This was accomplished through the judge ordering the jury to find a verdict of not guilty. That he did this in compliance with the urgent plea of the trust company that it was the only way in which the concern could be saved, and great loss and suffering to depositors be prevented, was stated in the report of the proceeding in the dispatches. To an outsider this whole case seems an extraordinary transaction, and how it could be possible or how it could be compatible with anything like an observance of the requirements of the law, not to speak of the first principles of justice, it is difficult to see. But according to the Philadelphia "Ledger" the transaction was legal. The "Ledger" says: "Was there any thing underhand in this remarkable miscarriage of justice? On the contrary, it was entered into deliberately by the Attorney-General of the State the District-Attorney, and the attorneys in the case, themselves officers of the court. Nor does it appear that the transaction was illegal for Judge Hall points out that a statute enacted in 1909 specifically makes embezzlement subject to settlement. Embezzlement itself, states the Judge, is not a felony, it is a misdemeanor. So it seems the law holds out an invitation to dishonesty. It encourages trust officers to be recreant to their trust. 'Be not alarmed,' says the law in effect, 'if you have embezzled thousands of dollars, for you can effect a settlement with those despoiled by returning all or a part of the money. You can arrange to receive immunity from prosecutions.' The 'Ledger' speaks out strongly and firmly for the repeal of the law. It is a flagrant violation of the requirements of criminal justice, whether viewed from the standpoint of morality or of expediency. Its direct effect on the class of crimes immediately involved may become most serious; according to the 'Ledger' the bonding companies have become alarmed at the prospect of what this exhibition of immunity may lead to. But more important is the general moral effect. The spectacle of this wealthy rogue being given a clean bill of health by the court, while poor men are daily sentenced to long terms of imprisonment for petty stealing, is incalculably demoralizing.—Presbyterian Witness.

Minard's Liniment Cures Colds, etc.

The Home

DO NOT BE A FRETTER.

There is one sin which is everywhere underestimated and quite too often much overlooked in valuation of character. It is the sin of fretting. It is as common as air, as speech, so common that unless it rose above its usual monotone, we do not even observe it. Watch any ordinary coming together of people and see how many minutes it will be before somebody frets; that is, makes more or less complaining statements of something or other which most probably everyone in the room, or in the car, or on the street corner, it may be, knew before, and which probably nobody can help. Why say anything about it? It is cold, it is hot, it is dry, somebody has broken an appointment, ill cooked a meal; stupidity or bad faith has resulted in discomfort. There are plenty of things to fret about. It is simply astonishing how much annoyance may be found in the course of every day's living even at the simplest, if one only keeps a sharp eye out on that side of things. Even Holy Writ says we are prone to trouble "as sparks fly upwards." But even to the sparks that fly upwards, in the blackest smoke, there is a blue sky above, and the less time they waste on the road, the sooner they will reach it. Fretting is all "time wasted on the road."

WHAT THE BABY NEEDS.

Sleeping robes for babies in sizes up to two years are made of soft white wool elderdown, with satin ribbon bindings of pink, blue or white. They are shaped something like grown-up sleeping bags, with a hood over the head, and are excellent for the baby carriage, for the crib or for use on any occasion when the baby should be kept out of a draft.

Folding bath tabs made of rubber on light wood frames and used for babies, are especially serviceable for use in small quarters or when travelling. They are water tight.

Nowadays little blankets for babies can be decorated with bears and bunnies, chickens and other objects of interest to small children.

Wooden pens, inside which a baby can play, safe from harm, are made of white enameled bars. In the centre of each of the four sides is placed a group of cut-out animals,—cats, horses, dogs or squirrels.

A baby's bathrobe is made of coarsely quilted cheesecloth, on cotton wadding, with a dainty touch of color in the form of baby ribbon rosettes. Being of cotton, it is washable, yet it is thick enough to be really warm.

HOUSEHOLD HINTS.

Keep a bit of cut lemon near the sink and rub the faucets with it occasionally if you would have them bright.

If the oven is too hot after placing cake in it, set a pan of water beside the cake. It will keep it from burning.

Common floor wax rubbed on the surface of a scratched table will make it look like new. Polish with a soft dry flannel.

A very little boiled beef mutton or fowl once a day is sufficient meat allowance for a child old enough to eat meat at all.

When making apple pie the flavor is much improved and the apples will keep in good color if a few drops of lemon juice are squeezed over the apples just before the crust is put on.

Remove grease stains by saturating the spots with alcohol rather than benzine, as the alcohol will not leave the ring around the spots that is left by the benzine. Wash with cold water.

Nothing is more helpful in dusting polished floors than the absorbent broom bag, which can be purchased for a few cents or may be made at home from a piece of cotton flannel.

HATPIN GUARDS.

There are many devices for protecting the points of hatpins and the wonder is that so many thousands of women still go forth with points sticking dangerously out.

There are the useful little acorn-shaped guards which fasten firmly on the point of the pins and can be taken off in a moment, in fact, helping women to find the position of pins themselves, often very elusive, especially when one is unhatting in a hurry. To grope for them at their business ends is likely to result in a scratch, whereas the little guard is easily found.

It may not be generally known that some score of women are in prison in Sydney, New South Wales, their offence having been the wearing of protruding hatpins and refusing to pay their fines on conviction.

Joker's Corner

"Father," said the little boy at the dinner table, "what is a suffragette?" "Well, boy," replied the father, "a suffragette is a being who has ceased to be a lady and is no gentleman."

The Old "Un"—"Pluck, my boy, pluck; first and last, that is the one essential to success in business."

The Young "Un"—"Oh, of course, I quite understand that; the trouble is finding someone to pluck."

Old Lady (to beggar at door)—"What's this gilded paper? You'll have to tell me what it says, for I haven't my glasses."

Beggar—"Please, mum, it can you spare me a few cents?"

Smith is a young New York lawyer clever in many ways, but very forgetful. He was recently sent to St. Louis to interview an important client in regard to a case then pending in the Missouri courts. Later the head of his firm received this telegram from St. Louis:

"Have forgotten name of client. Please wire at once."

"Client's name Jenkins. Your name Smith."

NOT PLAYIN'.

Pat, thinking to enliven the party, stated with watch in hand, "I'll present a box of candy to the lady that makes the homeliest face within the next three minutes."

The time expired, Pat announced: "Ah, Mrs. McGuire, you get the prize."

"But," protested Mrs. McGuire, "go way wid ye! I wasn't playin' at all."

IT WAS SAFE.

The captain of a merchant vessel gave an Irish seaman his spyglass, of which he was very proud, and told him to clean it carefully. "Pat met with an accident during the cleaning, and went to the captain, asking: "Captain, will yez tell me if a thing can be said to be lost when one knows where it is?"

"Lost when one knows where it is?" said the Captain, "why, of course, not. How foolish you are, Pat."

"Well, sor," said Pat, "thin yer spyglass is safe, for it's at the bottom of the sea."

AN ELOQUENT SERMON.

The young pastor considered himself quite an orator, but he sometimes slipped up in his sermons where older and more experienced preachers passed in safety. He was preaching about the omnipotence of the Creator and wound up with the following flight of eloquence, which surpassed all previous efforts: "He made the mountains and He made the valleys. He made the mighty rivers and He made the babbling brooks. He made the giant trees of the forest and He made the grass. He made the elephant and He made the mouse. He made me and He made a daisy."

James C. McReynolds, who investigated the Tobacco Trust for the American Government, thereby bringing on quite a lot of things, says that just after he started practicing law in a small town down in Tennessee, a few years ago, a very stout hillsman came into his office one day and announced that he desired to sue a neighbor for ten thousand dollars damage.

"Two years ago," he stated, "he called me a hippopotamus."

"Two years ago!" echoed McReynolds. "Why didn't you sue him sooner?"

"Well, suh," said the injured party "until that there circus come through here last week I thought all the time he waz payin' me a compliment."

NOT NOW.

A girl, a great lover of Nature, went to the seashore for a holiday, and, approaching a typical fisherman, said:

"Ah, sir, how well you must know the face of Nature, and know it in all its moods! Have you ever seen the sun sinking in such a glaze of glory that it swallows up the horizon with fire? Have you not seen the mist gliding down the hilltop like a sceptre? Have you never," she went on impassionedly, "seen the moon struggling to stake off the gap of the ragged, rugged storm-cloud?"

"No, miss," responded the fisherman. "I used to see dem things, but I'm on the water wagon now."

Dysentery is always serious and often a dangerous disease, but it can be cured. Chamberlain's Colic, Cholera and Diarrhoea Remedy has cured it even when malignant and epidemic. For sale by all dealers.

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I will continue the cash system introduced by Mr. Moses and will therefore be in a position to sell at lowest prices.
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Express for Halifax 7.30 p.m.
Express for Annapolis, Saturday only 7.50 p.m.
Express for Halifax, Monday only 4.13 a.m.

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—Shenandoah July 19

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—Rappabannock Aug 2
July 19—Kanawha Aug. 11
Aug. 7—Shenandoah Aug. 26

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

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H. & S. W. RAILWAY

Accom. Time Table in effect. Accom.
Mon. & Fri. June 16th, 1913. 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

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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

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