

## FREE OF TERRIBLE KIDNEY TROUBLE

After Three Years of Suffering, "FRUIT-A-LIVES" Brought Relief



MADAME HORMIDAS FOISY

624 Champlain St., Montreal.  
"For three years, I was ill and exhausted and I suffered constantly from Kidney Trouble and Liver Disease. My health was miserable and nothing in the way of medicine did me any good. Then I started to use 'Fruit-a-lives' and the effect was remarkable."

I began to improve immediately and this wonderful fruit medicine entirely restored me to health. All the old pains, headaches, indigestion and constipation were relieved and once more I was well.

To all who suffer from Indigestion, Constipation, Rheumatic Pains or great Fatigue, I advise the use of 'Fruit-a-lives'."

Madame HORMIDAS FOISY.

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa, Ont.



Whizz a minute and walk a mile

That's tobogganing—a swift slide down hill, and a long walk up hill. A cold is generally like that—it comes quickly and easily, but it is a hard uphill pull to get back to normal health.

## SHARP'S BALSAM

of Horehound and Anise Seed assures a rapid recovery from colds, coughs, and other bronchial and pulmonary affections.

It has been the most popular and reliable cold remedy in the Maritime Provinces for the last 70 years.

See a bottle of this insurance against colds, at any drug or general store. The Canadian Drug Co., Limited, ST. JOHN, N.B.

## MESSINGER'S GROCERY

and get prices on the following before buying:

Purity Flour in Bbls., 98c and 24 lb. Bags.

also

Middlings

Brans

Corn Meal

Cracked Corn

Feed Oats

Feed Wheat

Staple and Fancy Groceries of all kinds.

**B. N. MESSINGER**

GROCER

Telephone No. 78

WANTED

BEFORE Jan 31st 200 subscribers to settle their accounts at the MONITOR Office. Make all remittances payable to O. S. DUNHAM, Bridgetown

## Among the Churches

Parish of St. James, Bridgetown  
Rev. E. Underwood, Rector

The following are the usual services in the different parts of the parish during the winter months.

### BRIDGETOWN SUNDAYS

Holy Communion 1st, 3rd, and 5th Sundays at 8 a. m. 2nd and 4th Sundays at the 11 o'clock service.

Other Services, 11 a. m. (except the first Sunday in the month when the service is omitted) and 7 p. m. Sunday School at 10 a. m.

### WEEK DAYS

Tuesdays, C. G. I. T., Jun'or, 6.30; p. m.; Senior, 8 o'clock.  
Wednesdays, 7 p. m. Tuxis Nov. Minn. and we are confident that a new world's record will be established on our Hill this Carnival. We have decided to offer a substantial cash prize to the man who can beat the present world's record and to supplement this cash prize with a further prize of \$10.00 for every foot or portion of a foot by which the record is broken on our hill. We will also follow the same principle in connection with the amateur championship only in that case the inducement or reward will be in the shape of an especially attractive prize. We have at the present time four different jumps so that we will be in a position to stage competitions in all classes of this very spectacular and hair-raising sport.

ST. MARY'S, BELLEFLE  
1st Sunday in month, Holy Communion and sermon 10.30 a. m. All other Sundays, usual service 8 p. m. Sunday School at usual hour.

## ST. PETERS BY THE SEA, YOUNG'S COVE

1st Sunday in the month, 2.30 p. m.

Special services and meetings are held according to notices given in Church or announced in our "Local" column on page 4.

## Bridgetown United Baptist Church

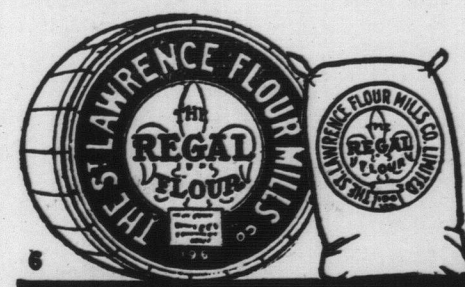
Rev. M. S. Richardson, Pastor

Sunday School at 10 a. m. Preaching service at 11 a. m. and 7.00 p. m. B Y P U Friday evening 7.30. Weekly prayer service of the church on Wednesday evening at 7.30.

### TREES! TREES!

All kinds of Fruit and Ornamental Trees. Grape Vines, Currant, Gooseberry, Blackberry and Raspberry bushes, Flowering Shrubs, Evergreens, Roses, Climbers etc. Everything in the Nursery Line. Send list of your wants for prices. DEAL DIRECT AT LOWEST COST. Catalogue Free J. H. WISMER & SON, Nurserymen, Port of Spain, Ontario 41 3 1

# REGAL

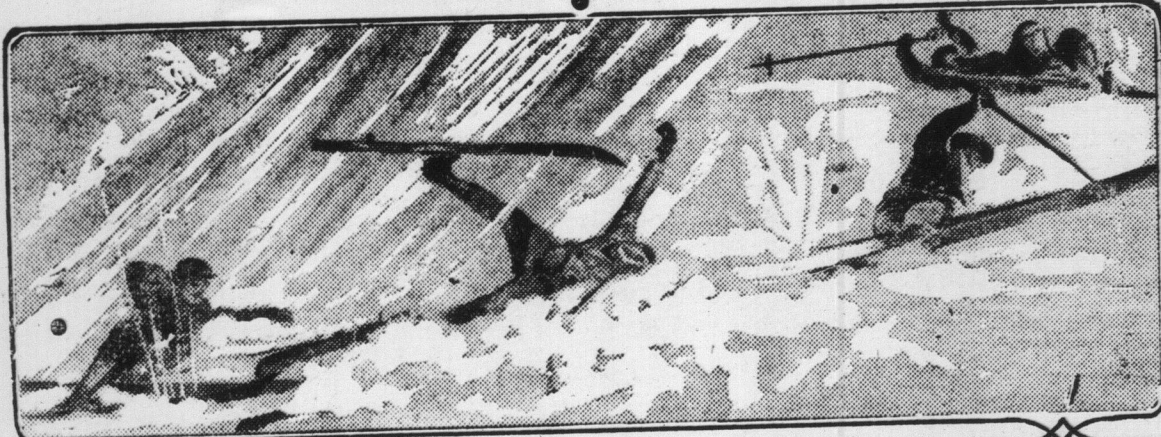


The Big Value in FLOUR for Bread, Cakes & Pastry

The St. Lawrence Flour Mills Co.

Montreal, P.Q. LIMITED Halifax, N.S.

## A PARADISE FOR SKI-MEN



Preparations are already being made for the annual carnival to be held at Banff amidst the glories of the Canadian Pacific Rockies. Banff is ideally situated for winter sports and this season the dates have been fixed from January 29th to February 6th inclusive. The Secretary writes that the programme is to be considerably extended. He says: "Our Ski Hill has now been completed in accordance with the suggestions made by the world's champion, Anders Haugen of Brocken, Minn. and we are confident that a new world's record will be established on our Hill this Carnival. We have decided to offer a substantial cash prize to the man who can beat the present world's record and to supplement this cash prize with a further prize of \$10.00 for every foot or portion of a foot by which the record is broken on our hill. We will also follow the same principle in connection with the amateur championship only in that case the inducement or reward will be in the shape of an especially attractive prize. We have at the present time four different jumps so that we will be in a position to stage competitions in all classes of this very spectacular and hair-raising sport."

"We expect that ladies hockey will be a very important factor in our sports this season. We have already been advised that the ladies of Vancouver under the leadership of Mr. Frank Patrick, of professional hockey fame, expect to compete. The Regents, the Champions of Western Canada, of Calgary, the Patricias also of Calgary, a team from Edmonton, a team from Vulcan, Alberta, and perhaps teams from Winnipeg and



1. Where falls are good fun. 2. Ski-ing in the Canadian Rockies. On these occasions will be most interesting. "Special attention will again be given to art and fancy skiing and competition in these items on our programme promise to be very interesting. The Cowanaght Skating Club of Vancouver with a membership of almost three hundred, has written saying that the Club will be well represented and if we could be assured of some entries from Eastern Canada and the States together with the assured entries we will have from Winnipeg, Calgary, Edmonton and Saskatoon this feature of our programme would be one of the biggest events ever attempted in Canada. Application will be made to the Amateur Athletic Union of Canada to have all these contests representative of the Canadian Championships."

## VICTORIA AND VANCOUVER ISLAND WHERE GRASS IS ALWAYS GREEN AND GOLFERS PLAY AT CHRISTMAS



"THE LIONS" FROM VANCOUVER  
FROM VANCOUVER TO VICTORIA



THE EMPRESS, VICTORIA

Vancouver Island folk pick roses in the garden when the Christmas bells are ringing, and the golfer is never off his game, so far as being able to play is concerned, because there he can drive, approach the green and putt almost every day in the year. In the fall and during the winter the grass is rich and green, and bloom is perpetual. This is due to the warming influence of the Japan current, which is the Gulf Stream of the Pacific Ocean. Vancouver Island was named after Captain George Vancouver, of the British Navy, who discovered it in 1792, and has an estimated area of 15,000 square miles. Its trees, among them the stately Douglas fir, which towers 300 feet above the roads over which the traveller glides by automobile, or by the Esquimalt and Nanaimo Railway, which runs northward through half the length of the island, are magnificent beyond description, some of them being 6 or 7 feet in diameter. Along

the road are many comfortable hotels and country chalets, many of them like the Inns one finds on English country roads. Victoria, the capital of British Columbia, is a city of rare charm with its beautiful drives, its golf courses, its Chinese quarter, its turbaned Hindoos, its Empress Hotel and its beautiful Capitol buildings. Every year at least 5,000 American golfers visit one course in Victoria, the Victoria Golf Club course and thousands of automobiles leave Seattle annually for Victoria and Vancouver. There is splendid inland and deep sea fishing in and on the coast of Vancouver Island, and the ambitious fisherman who really wanted to do something sensational has even gone out on the west coast waters of the Pacific and caught a real whale for breakfast. Needless to say, he did not have it served on toast.

## FOR One Week Only

All lines of Gents' furnishings will be sold at

## 25 p. c. Discount

## G. O. THIES

MERCHANT TAILOR

RALPH LANE, Manager

## Amateur Photographers

Send us your Developing and printing orders. We guarantee satisfaction or refund your money. Mail orders returned promptly.

## Bear River Drug Store

L. V. HARRIS, Proprietor Nova Scotia

Send THE MONITOR to an Absent Friend

## BUY YOUR Flour Feed

## Heavy and Light Groceries

—AT—

## J. I. FOSTER'S

AND GET

## Fresh Goods at Right Prices

Telephone No 55

People applaud the villain on the stage for doing things they would have him arrested for doing in real life.

## PATERSON'S BISCUITS

Drop in Price

All of the following lines:

Mary Pickford  
Orange Blossom  
Countess  
Theda Bara  
Ripe Strawberry

Koko Kremes  
Cherry Maple  
Cocoanut Bars  
Marshmallow Bars

Apple Blossoms  
Ruffles  
Afternoon Tea  
Cream Sandwich  
Water Ice Wafers

## W. H. MAXWELL

Queen St. Bridgetown

The railroad restaurant at Digby which has been under the management of G. A. Vye for many years past, has been taken over by the D. A. R., and is now under the management of James Merkel.

## SPECIAL TAILORING ANNOUNCEMENT

I wish to announce to my customers that Mr. Boates, of Kentville, will take charge of my tailoring establishment this week. Mr. Boates does both gentlemen's and ladies' tailoring. Good work guaranteed.

## E. L. FISHER

## The New Grocery

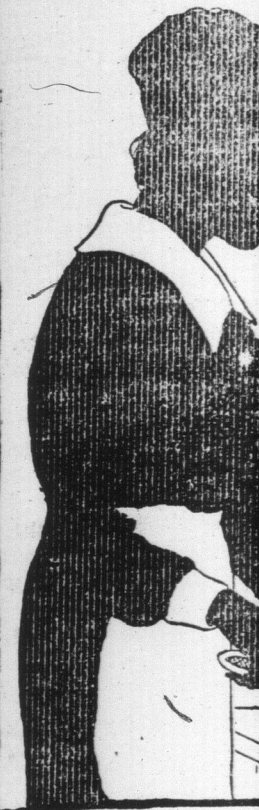
Try our Clero Clean Washing Compound, Rideau Hall Coffee, Davis & Frasers' Sausage, Rawleigh's Extracts and spices. All guaranteed Satisfactory or money refunded.

N. T. Rockwell

Next door to Post Office.

Advertise in the MONITOR

## CREAM



## Com Bl

For a short stock of Comfort

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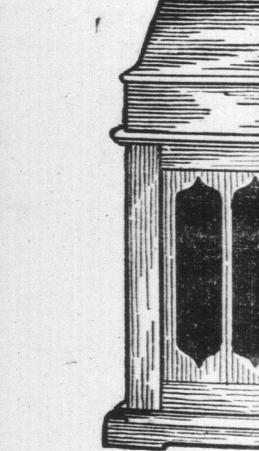
Call and take Price.

## J. H. H

Queen St.

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Ask for free trial Ma

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## TODD'S

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