

DEERS

ewood and

Sovereign.

S
Champion,
perb.

ES

Blast and

men from the
guaranteed.

range or fur-
ful experience
staking effort
manufacturing
s, which have

ative folders.

IMITED

GETOWN, N. S.

NOTICE

Automobile Owners

are now open to receive Autos for repairs for the balance of season, at Flett's Garage. It is well for those who do not store same for winter to have them repaired at this time, as they will be ready for the spring season. Have your painting done at same time. We are still doing business at the old address.

FLETT'S GARAGE

111 Street Phone 69

RAMEY'S
EAT MARKET

occu y the store on the corner of Queen and Albert streets, one south of B. N. MESSINGER'S. We are prepared to supply the public with all kinds of FISH etc. at reasonable prices. SPECIAL ORDER SOLICITED. Send a team through the country once a week.

LIAS RAMEY Proprietor.

one No. 56.

FOR SALE

TER PAPER, printed or plain, can also be supplied with name, etc., specially printed to suit. Send all orders to THE WEEKLY MONITOR, Bridgetown, N. S.

DANGER LURKS IN EVERY ONE OF US

We Are As Full of Deadly Poisons As A Germ Laboratory.

AUTO-INTOXICATION OR SELF-POISONING

"FRUIT-A-TIVES" Absolutely Prevents This Dangerous Condition.

The chief cause of poor health is our neglect of the bowels. Waste matter, instead of passing from the lower intestine regularly every day, is allowed to remain there, generating poisons which are absorbed by the blood.

In other words, a person who is habitually constipated, is poisoning himself. We know now that Auto-intoxication, due to non-action of the bowels, is directly responsible for serious Kidney and Bladder Troubles; that it upsets the Stomach, causes Indigestion, Loss of Appetite and Sleeplessness; that Chronic Rheumatism, Gout, Pain In The Back, are relieved as soon as the bowels become regular; and that Pimples, Rash, Eczema and other Skin Affections disappear when "Fruit-a-tives" are taken to correct Constipation.

"Fruit-a-tives" will protect you against Auto-intoxication because this wonderful fruit medicine acts directly on all the eliminating organs. 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

TRAVELLERS' GUIDE

DOMINION ATLANTIC RAILWAY

TIME TABLE REVISED TO WEDNESDAY JANUARY 1ST, 1919.

GOING WEST

Station	Express Daily	Mixed Daily
Middleton	11.35	6.00
Lawrencetown	11.50	6.25
Paradise	11.57	6.40
Bridgetown	12.08	7.00
Tupperville	12.18	7.35
Roundhill	12.28	7.45
Annapolis Royal	12.42	8.30
Upper Clements	12.53	8.45
Clementsport	12.59	8.55
Deep Brook	1.06	9.10
Bear River	1.15	9.25
Imbertville	1.18	9.35
Smith's Cove	1.22	9.55
Digby	1.37	

GOING EAST

Station	Express Daily	Mixed Daily
Digby	12.05	1.37
Smith's Cove	12.20	1.57
Imbertville	12.24	
Bear River	12.28	12.12
Deep Brook	12.37	12.27
Clementsport	12.44	12.42
Upper Clements	12.53	12.52
Annapolis Royal	1.07	1.30
Round Hill	1.32	1.40
Tupperville	1.32	1.40
Bridgetown	1.45	5.10
Paradise	1.56	5.35
Lawrencetown	2.03	5.55
Middleton	2.20	6.30

R. U. PARKER,
General Passenger Agent.
GEO. E. GRAHAM,
General Manager.

H. & S. W. RAILWAY

Accom.	TIME TABLE	Accom.
Wednes- days only	IN EFFECT Jan. 5th 1919	Wednes- days only
Read down	STATIONS	Read up
11.10 a.m.	Lv. Middleton Ar.	5.00 p.m.
11.41 a.m.	"Clarence	4.23 p.m.
12.00 m.	Bridgetown	4.10 p.m.
12.32 p.m.	Granville Centre	3.43 p.m.
12.49 p.m.	Granville Ferry	3.25 p.m.
12.52 p.m.	*Karsdale	3.05 p.m.
1.12 p.m.	Ar Port Wade Lv.	2.45 p.m.

Connection at Middleton with all points on H. & S. W. Railway and Dominion Atlantic Railway.

W. A. CUNNINGHAM,
Div. F. & P. Agent.

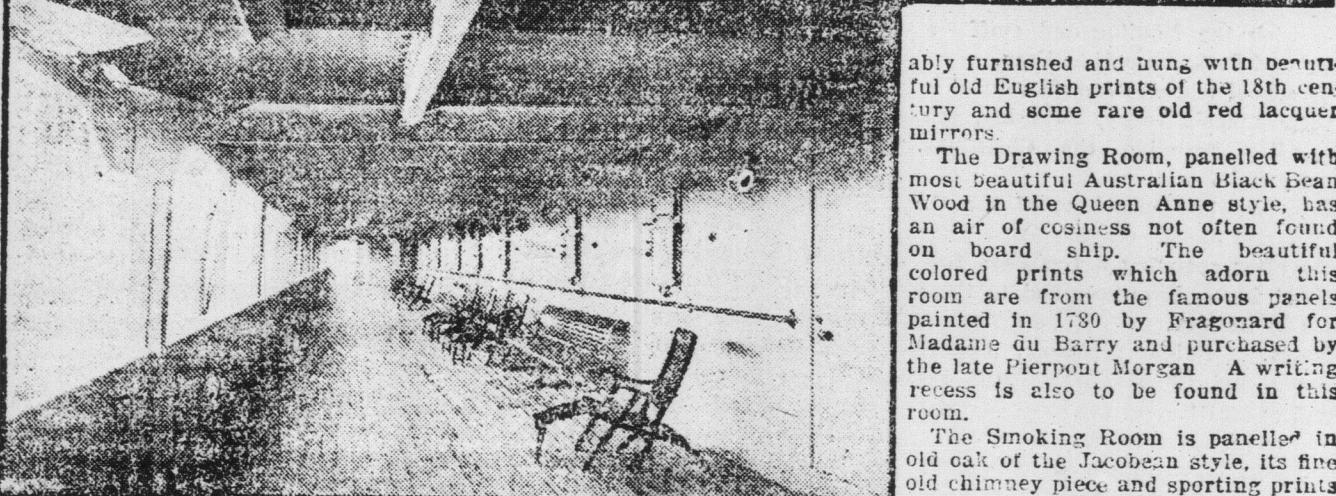
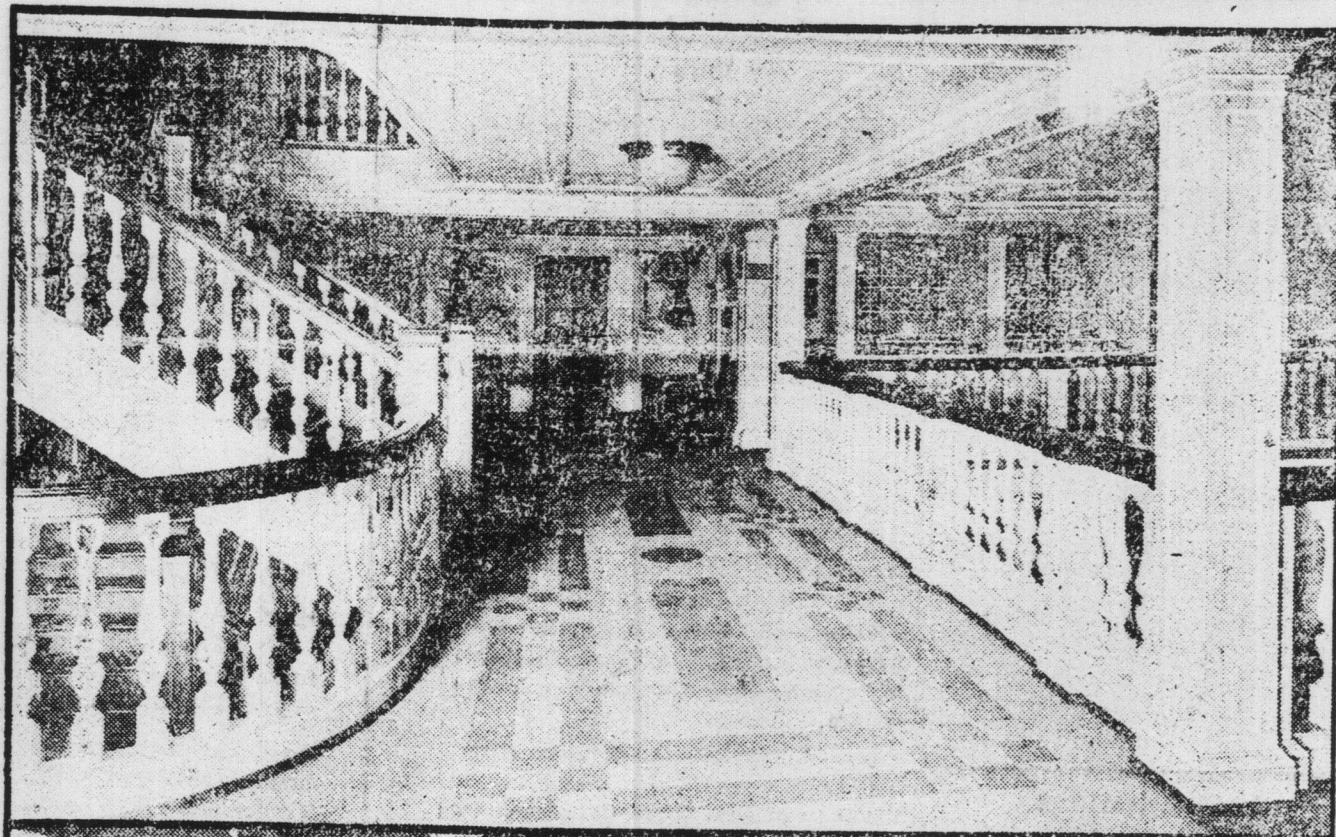
Dominion Atlantic R'y To BOSTON, MONTREAL

and all points in WESTERN CANADA and UNITED STATES via DIGBY and CANADIAN PACIFIC LINES

at Lowest Rates For fares, sleeping accommodation and other information telephone or write to

R. U. PARKER
General Passenger Agent
117 Hollis Street, HALIFAX, N. S.
2317

NEW C.P.O.S. LINERS



THE part played by the Canadian Pacific Ocean Services in the great European war will make a big chapter in Canadian history. Undoubtedly the sea supremacy of Great Britain was one of the most potent factors in the winning of the victory which was obtained, and the ships of the C. P. O. S. took a big part in making Great Britain supreme at sea. There are few branches of sea service in which they did not take a part. Mounted with guns some of them were where there was fighting to be done.

Over 4,000,000 tons of cargo and munitions of war have been carried in addition to many thousands of horses and mules.

The C. P. O. S. have carried from the outbreak of hostilities to October 31st, 1918, 1,041,000 troops and passengers all over the world, embracing ports in China and Japan, Singapore, Bombay, Mesopotamia, Suez, Gallipoli, ports in the Mediterranean, Colombo, Dares-Salaam, Delagoa Bay, Durban, and Mauritius, in addition to the west coast of North and South America, and the United States and Canadian ports. The total loss of troops carried caused by enemy action and irrespective of disease has been eight in number. On one consecutive continuous voyage one of the company's vessels steamed 28,441 miles.

Over 300 officers and engineers were found out of the company's service for the Royal Navy. Lieut. R. N. Stuart, one of these, has won the D.S.O. and the V.C., while many others have received decorations and been mentioned in despatches.

The Missanabie, a C. P. O. S. steamer, was the first big vessel to sail on her maiden voyage from Great Britain to Canada after the outbreak of the war in 1914, a sister ship, the Metagama, sailed on her maiden voyage from Liverpool, March 26th, 1915. These two splendid ships have been followed by two larger ships, the Melita, which sailed from Liverpool Jan. 30th, 1918, and her sister ship, the Minnedosa, on her maiden trip from Liverpool Dec. 5th, 1918 to St. John—the first steamer to sail since hostilities ended. The Minnedosa is a splendid acquisition to the already large fleet of C. P. O. S. vessels. She has a gross tonnage of 14,000, length 546 feet, width 67 feet, depth 45 feet and a total cargo capacity of 458,000 cubic feet.

There is accommodation for approximately 500 cabin and 1450 third class passengers. The Gymnasium on "A" Deck (or Boat Deck) is fitted with the latest mechanical devices for exercise and amusement. On "B" Deck (or Upper Promenade Deck) are located the Cabin Smoking Room, Cabin Drawing Room and Cabin Lounge.

The Entrance Hall from the extensive Promenade Deck with its panoramic view of the sea, is an attractive approach to the Dining Saloon.

The Spacious Lounge with its charming old English fireplace and large windows is fitted with comfortable green panelling. It is most comfortable and furnished with beautiful old English prints of the 18th century and some rare old red lacquer mirrors.

The Drawing Room, panelled with most beautiful Australian Black Bean Wood in the Queen Anne style, has an air of coziness not often found on board ship. The beautiful colored prints which adorn this room are from the famous panels painted in 1730 by Fragonard for Madame du Barry and purchased by the late Pierpont Morgan. A writing recess is also to be found in this room.

The Smoking Room is panelled in old oak of the Jacobean style, its fine old chimney piece and sporting prints being noteworthy features.

A small number of two-berth staterooms are provided on this deck.

On Deck "C" (or Lower Promenade Deck) is to be found the Bureau and Ticket Office. A special feature is the spacious square and gallery round the well over the Dining Saloon. A good number of well appointed, airy and commodious staterooms are provided amidships for cabin passengers containing three and four berths. At the forward end an entrance for third class passengers is provided.

On "D" Deck is situated the Dining Room, which extends the whole breadth of the ship and has seating accommodation for 300 persons, placed at small and large tables. It is tastefully decorated in the Georgian style, a special feature being the open staircase. There is accommodation for 60 cabin passengers on this deck in four berth staterooms.

At the extreme after end of "D" Deck, the Third Class Smoking and also Third Class Ladies' Room is to be found, whilst at the forward end there is a Third Class Dining Saloon, with seating capacity for 140 persons, another Smoking Room and also a General Room. The Main Third Class Dining Saloon, seating over 400, is also on this deck.

On the starboard side of Deck "E" are a number of Cabin Staterooms containing two and four berths, whilst another Third Class Dining Saloon, with a seating capacity for 122 persons, is situated in the after end of the ship.

The Missanabie was torpedoed and sunk by a German submarine in 1914.

In The Hills Above Ice River



THIS man is not carving his name on a stump. By looking closely one will identify the claws on the downward right forepaw as those of a good sized black bear. So the human operator is removing a handsome black coat from a sleek, fat fall bruin that had ventured in innocent ignorance out on the open in search of mice and such interesting changes from a diet of berries. He did not know that men with guns were creeping up the slope toward him because the wind was sweeping down from the peaks above and the only scent it took to his keen nostrils was that of the fresh, sweet snow that was already whirling in the peaks above Ice River, north of the C. P. R. transcontinental line.

So the bear waddled along with an investigating nose close to the sticks and stones he turned over with his great paws. He paused at a rotting log that had fallen before the peaks in the decades past, and he turned it over with an ease that spoke highly of strong claws and big muscles; he found some grubs and he licked them up; he started to investigate a bundle of weeds and dried grasses that looked as if it might contain some tender young mice. A hundred yards away, down the slope, a man's weak ankle that had been strained in a game by a skating twist, turned on a

stone and sent it clattering down through bushes and stumps. Bruin over the rise and out of sight, reared to his haunches in curiosity. He spied the crown of a hat rising slowly over the ridge and he turned and sped away with an awkward, shuffling swiftness that could be second only to that of a mouse in fallen timber, and there is nothing more awkward appearing yet nothing living so destructive to distance as a mouse that is really up and going with full energies through his favorite racing ground in the swamps.

A steel-jacketed bullet whistled when it larked dust out of the running bear's coat when it burned across the shoulder. Bruin snarled and went faster. Another bullet struck his ribs and he stopped to snap in anger at the hurt and to glare back at the source of his worry. Then, as he growled low in his throat he prepared to resume his flight a third bullet broke his neck, and his body huddled forward and settled down like a huge chunk of jelly that had scarce 'set.' And there we skinned him, far above the gleaming river where so recently he had gorged on the luscious berries and watched the deer and moose as they too gorged themselves on the rich foods that suited their cravings as satisfactorily as berries satisfied his.

—L. V. K.

The Bridgetown Red Cross

At a gathering of Red Cross members at the home of Mrs. Daniels on Monday afternoon, it was decided that the meetings of the Red Cross be discontinued for the present at least as the need of the work we have been doing is now uncertain.

Will all who are knitting, please return sox soon as finished to Miss Hamilton or Mrs. Craig.

Our Treasure has in deposit at the bank something over \$100., with the promise of as much more, which amount, at the time of the big meeting of the citizens of Bridgetown spoken of in another column, will be handed over to the Committee appointed to receive it as a beginning of our Hospital fund.

The Red Cross wishes to heartily thank all those who have so kindly and generously helped them in the carrying on the work of these four years.

MARY S. JOST, Secy

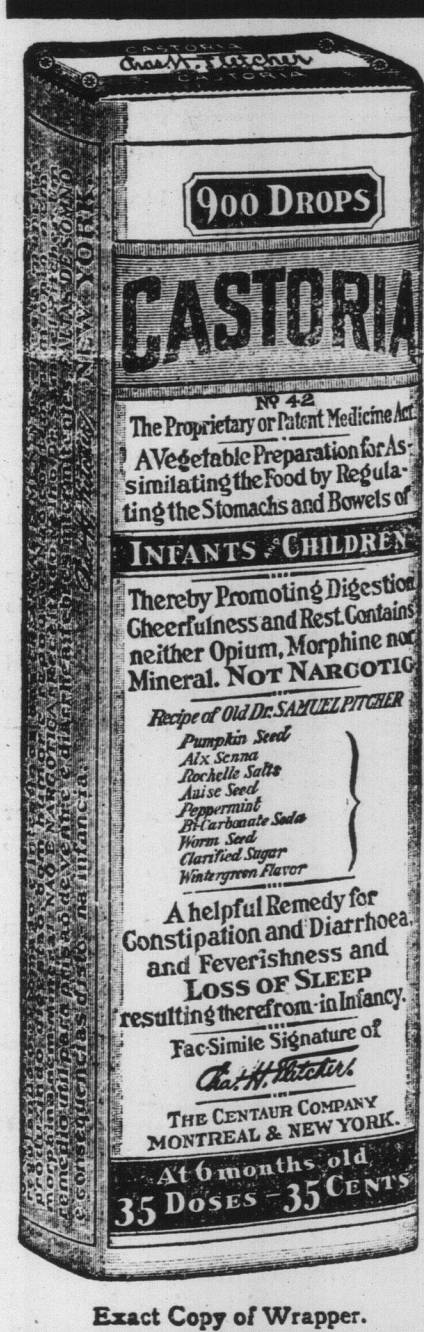
YOUTH-TIME

The important time to lay a strong foundation for robust manhood is while life is young and the body developing. A growing child needs every possible help to conserve energy and confirm the body in vigorous health. To a developing child

SCOTT'S EMULSION

comes with particular help. Thousands of the strong men and women of today were in youth-time nourished and strengthened to withstand the inroads of disease by the consistent use of Scott's.

Scott & Bowne, Toronto, Ont.



CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature of

Use For Over Thirty Years CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

DUSTING "40 Acres A Day" A Successful Orchard Practice

The up-to-date fruit grower has learned by experience that Spraying pays. He is now anxious to learn and practice a cleaner, quicker, easier method of securing equal protection.

Dust is the Answer

"We will dust again next season," is the verdict of every fruit grower who used the Niagara Dusting Method.

Niagara Dusting Materials are ground to the finest possible powder—measured accurately and combined in proper proportions. Niagara Dusting Machines are designed and built solely for dusting. Be sure that you purchase Niagara Materials and Machines—they are the best.

Send for price list and free book on dusting.

STANLEY CRAZE, KENTVILLE, N. S. Distributing agent for Nova Scotia

Our Readers are Always Satisfied

What is more annoying than starting to read a local or personal column and find amongst the items paid ads.? We believe in system. In the MONITOR there is a place for ads. and a place for news. A paper which studies the reader's interests immediately gets a big circulation and that is what the advertiser is looking for—a good advertising medium. The advantage of advertising in a paper carrying a classified column for small ads. is that every advertisement is read, big or small. Try it and you will prove that our statement is correct.

TODD'S SEASONABLE GOODS

Cream OF THE West Flour

OF J. E. LLOYD & SONS

THE OLD STAND

GROCERY

THE OLD STAND

Suscribe for the Bridgetown Weekly Monitor.