

SUFFERED TERRIBLY WITH HAY FEVER

Until "Fruit-a-tives" Completely Cured Her



MRS. HENRY KEMP. CORNWALL CENTRE, ONT., NOVEMBER 27th, 1911.

"I was a martyr to Hay Fever for probably fifteen years and I suffered terribly at times. I consulted many physicians and took their treatment—and I tried every remedy I heard of as good for Hay Fever. But nothing did me any good. Then I tried "Fruit-a-tives" and this remedy cured me completely. I am now well, and I wish to say to every sufferer from Hay Fever—"Try Fruit-a-tives". This fruit medicine cured me when every other treatment failed and I believe it is a perfect cure for this dreadful disease."

MRS. HENRY KEMP. Soc. a box, 6 for \$2.50—trial size, 25c. At dealers or from Fruit-a-tives Limited, Ottawa.

HOW MARK TWAIN PROVED IT.

When Mark Twain was living in Hartford, Connecticut, where Dr. Doane, now Bishop of Albany, was rector of an Episcopal church, he went to hear one of the clergyman's best sermons. After it was over Mark approached the Doctor and said politely:

"I have enjoyed your sermon this morning. I welcomed it as I would an old friend. I have a book at home in my library that contains every word of it."

"Why, that can't be, Mr. Clemens' replied the rector.

"All the same, it is so," said Twain.

"Well, I certainly should like to see that book," rejoined the rector with dignity.

"All right," replied Mark, "you shall have it," and the next morning Doctor Doane received with Mark Twain's compliments a dictionary.

During the summer months mothers of young children should watch for any unnatural looseness of the bowels. When given prompt attention at this time serious trouble may be avoided. Chamberlain's Colic, Cholera and Diarrhoea Remedy can always be depended upon. For sale by all dealers.

JULY A BIG MONTH FOR MACKEREL.

It is asserted by reputable authorities that Nova Scotia will see more mackerel the present year than for nearly a decade past. The mackerel are moving in a remarkably unusual manner this month, in that there is a large run of the smaller species following direct on the trail of the large fish that moved north three weeks ago to the spawning grounds in the St. Lawrence Gulf. Conditions therefore, are identical with those of 1905 and warrant the belief that the younger mackerel will be in range of the fishermen throughout July. Formerly July was the month when the big run passed up, but in late years the migration has occurred four weeks earlier.

The pursuit of mackerel is entirely too limited and thousands of dollars are lost annually by their characteristic elusiveness. Nothing is heard of them until they appear off the coast of the United States in March and start in a northerly direction. They return in the autumn, but none know to what destination. The chief purpose of the big fish is to go to the gulf to spawn. Gradually the fishermen along the coast of North America are learning more of the mackerel but very slowly. Formerly they were only met in May, but latterly vessels cruise south from Gloucester and find fish in March. This has been the most outstanding feature in the history of progressive mackerel fishing.

THE GENERAL BOOTH MEMORIAL HOSPITAL.

Early next summer the Salvation Army expects to begin the erection of its big General Booth Memorial Hospital, at the corner of Outremont avenue and St. Just street, Outremont. Had it not been for the building of the Training College in Toronto this season, the work of constructing the memorial to the founder of the Salvation Army would have been under way now. The site is one of the finest in the city and was purchased last winter.—Montreal Witness.

Buy it now. Chamberlain's Colic, Cholera and Diarrhoea Remedy, is almost certain to be needed before the summer is over. Buy it now and the prepared for such an emergency. For sale by all dealers.

CANADA BARRED FROM DAKOTA FAIRS.

Canadian exhibits are excluded from the fairs of North Dakota.

"The finest compliment that could be paid to us," said J. Bruce Walker, Commissioner of Immigration, upon receipt of advice to that effect.

Communicating this decision to Winnipeg exhibitors, the Secretary of the North Dakota Fair Association states the reason, which is the fear that local exhibitors will be discouraged because of the good showing made by Canadian exhibits.

Minard's Liniment Cures Distemper.

EVERYDAY PHRASES.

Most of Them Had Their Origin in a Casual Incident or Remark.

"What is a popular phrase?" someone once asked. "Something we all repeat like parrots, without knowing its real original meaning," was the reply of the cynic; and to a certain extent he was right. How many of us, for instance, can tell how these common phrases "tuff-hunters" and "fools' paradise" arose? We have an idea that the former refers to the person who seeks the society and apes the manners of the "Upper Ten"; for the fool who shuts his eyes to threatening troubles and dangers, satisfied with the enjoyment of the moment.

As a matter of fact, the latter phrase originated in the theological argument that there is a place for fools just outside paradise, while the term "tuff-hunting" took its rise at the Universities of Oxford and Cambridge, where at one time the young nobleman wore a peculiarly-formed cap with a tuft which presumably attracted hangers-on.

Many other curious stories of the origin of popular phrases are given in "Everyday Phrases Explained" (Pearson). It is related that "Hobson's choice" arose from the fact that Hobson, a noted carrier in Cambridge, would only let out his horses and coaches for hire in rotation, refusing to allow his customers to choose, a customer being compelled to take the horse nearest the door. Thus it became customary, when anything was forced upon one, to say "Hobson's choice."

"Eating humble pie" is a phrase which really arose from the corruption of the word "ambles" or "numbles," the coarser parts of a deer killed in hunting, which, when made into a pie, were formerly reserved for the lower hunt servants; while "cooking his goose" is a phrase which originated when the King of Sweden, on approaching a hostile town, excited the contempt of the inhabitants by the smallness of his army. To express this they hung out a goose for him to shoot at, whereupon the king set fire to the town to "cook their goose."

Long ago unscrupulous people used to take a cat bird in a bag to market, where they tried to sell it for a pig. If, however, a purchaser opened the bag before buying, the cat, of course, jumped out, displaying the fraud. Hence the term "letting the cat out of the bag."

"Going to the dogs" comes from the East, where dogs are scavengers of the streets, and become so unclean as to be unfit to touch; while the expression "Tell it to the marines" is used to show disbelief in the truth of a story, arose from the fact that when the marines first went aboard they were naturally rather "tetch" concerning nautical affairs, and someone who related a very tall yarn was told to "tell it to the marines" the idea being that they could be more easily gulled.

It is a curious fact that the phrase, "Bald as a badger," owes its origin to authors of the past who had no exact knowledge of natural history, and who, because the forehead of a badger is covered with smooth, white hairs, came to the conclusion that it was bald.

The Home

COOKERY POINTS.

ICED CHOCOLATES.

There are various ways of preparing iced chocolate, but this method permits all the labor of preparation to be done hours in advance of serving time. Scrape or grate a quarter of a pound of unsweetened chocolate and put into a porcelain lined or aluminum saucepan with three-quarters of a cupful of sugar and one cupful of boiling water. Stir and cook steadily until a smooth, shiny paste is formed, but take care it does not burn. Add one and a half pints of boiling water and let boil slowly until a syrup is formed, then remove from the fire every few minutes until cool. Flavor with vanilla and a suggestion of cinnamon, pour into a preserve jar, seal tight and stand in the refrigerator. When ready to serve add three-quarters of a cupful of rich cream and beat with an egg, whip until light. Half fill the glasses with crushed ice, up with the syrup and top with a teaspoonful of whipped cream.

NUT SHINGLES.

Nut shingles are sure to be well received. Cream together one-quarter cupful each of butter, lard and boiling water, then mix in one-half cupful of molasses into which has been stirred one teaspoonful of soda. To one-half cupful of brown sugar and one-half tablespoonful of ginger, a little grated nutmeg and clove and a pinch of salt and add all this to the other ingredients. This amount will require about three cupfuls of flour. The mixture should be chilled and then rolled very thin and cut into strips about three inches long and one inch wide. Spread chopped nuts over these and bake in a good oven. The baking requires only ten minutes or so.

RASPBERRY SHERBERT.

Place in a bowl one-half pound granulated sugar, one quart lukewarm water. Squeeze in the juice of three lemons the grated rind of one and the white of an egg. Press through a cheese-cloth into a bowl one half pint preserved raspberries, add two drops carmine coloring and one tablespoon Swiss kirschwasser and add the mixture to the water lemon juice, thoroughly mix with a silver spoon for five minutes. Strain through a small ice cream freezer. Pack around with a liberal amount of ice and salt and let the mixture stand until well frozen. Serve immediately.

POINTS FOR MOTHERS

It is almost time to lay away materials for the "rainy day closet," a device intended for the alleviation of the care of mothers. Interest is now centering in school, playthings are tossed aside for the more serious business of life, but they should not be tossed so far that they cannot be found again in case of need. Into the "rainy day closet" should go the toys from which the interest has temporarily departed, together with the accumulation of summer magazines, to be cut out and pasted in scrapbooks later, and specimens of rocks and shells brought home from the seashore. This closet should contain story books for children of all ages, riddle books, old picture postcards, old paper napkins, costing almost nothing, with the assistance of pins, will make the grandest kind of fancy costumes and with their aid all kinds of dramatic performances are possible. Paper for making flowers, clay for moulding purposes, bits of pretty wall paper for covering boxes should find their way to this treasure house.

Envelopes from which the used stamps are to be cut will afford some boy amusement. All the odds and ends of lead pencils and crayons can go into the closet and some day find a use. There are sure to be "out in" days, many of them, when all this apparent trash will be welcomed. In families where "the rainy day closet" has become an institution the room is kept carefully locked, so that its opening on rainy days or sick days is looked upon as an event of great importance. The articles are carefully arranged on shelves or in drawers, and an older sister, or even an "old maid aunt"—for such there still be—is appointed custodian. Among the rules and regulations one to the effect that no one must ask for a new article to play with inside an hour, though articles may be amicably interchanged among the group of little folks who have been cut off by the weather from their customary amusements.

Minard's Liniment Cures Colds, Etc.

Joker's Corner

A FOXY SCHEME.

"Tommy, if you'll saw some wood I'll tell you what I'll do."
"What's that, dad?"
"I'll let you have the sawdust to play circus with."

"I admire everything that is beautiful," he said.
"You mustn't say such things to me," she replied. "We have only known each other a little while."

Willie and his little sister were visiting at a mountain resort, where they heard a great deal of talk of the fine view. One day the sister fell over the edge of the piazza, and Willie ran screaming to his mother: "Oh, mamma! Come quick! Bessie has fallen into the view."

Little Brother (who had just been given some candy): "If I were you I shouldn't take sister yachting this afternoon."

Ardent Suitor—"Why do you say that?"

Little Brother: "Well, I heard her tell mother this morning that she feared she'd have to throw you over."

Some country youths were visiting London. They went into the British Museum and saw a mummy, over which hung a card on which was printed: "B. C. 87."

They were mystified, and one said: "What do you make of that, Sam?"
"Well, said Sam, "I should say it was the number of the motor car that killed him."

The president of a small college was visiting the little town that had been his former home and had been asked to address an audience of his former neighbors. In order to assure them that his care had not caused him to put on airs he began his address thus:

"My dear friends—I won't call you ladies and gentlemen—I know you too well to say that."

"Jane," said Bobby at the breakfast table, "did Mr. Julius take any of the umbrellas or hats from the rack when he went home last night?"
"Why, of course not, Bobby," laughed Jane, "why should he?"
"That's just what I'd like to know," said Bobby, "because when he went out I heard him say: 'I'm going to steal just one, and—why what's the matter, Jane?'"

An old lady was searching in the dim bric-a-brac shop for something odd to take home with her. Finally she noticed a quaint figure, the head and shoulders of which appeared above the counter at the farthest end of the room. She turned to the clerk and said: "What's that queer old Japanese idol over there worth?"
The clerk answered in a subdued tone: "About fifty thousand dollars, ma'am. That's the proprietor."

"Children," said the teacher, instructing the class in composition, "you should not attempt any flights of fancy; simply be yourselves and write what is in you. Do not imitate any other person's writings nor draw inspiration from outside sources."

As a result of this advice one bright lad turned in the following: "We should not attempt any flights of fancy, but write what is in us. In me there is my stomach, lungs, heart liver, two apples, one piece of pie, one stick of lemon candy and my dinner."

A WAY THEY HAVE.

"Mrs. Avroo came for a visit to her sister's home, and her little niece, Charlotte, was delighted to see her.
"What became of the black kitten that you had when I was here before, dear?" asked Mrs. Whit.
"Why, don't you know?" asked Charlotte, much surprised.
"I haven't heard a word," replied the aunt. "Was he poisoned?"
"No, ma'am," said Charlotte.
"Drowned?"
"Oh, no."
"Stolen?"
"No, ma'am."
"Hurt in any way?"
"No, ma'am."
"Well," said Mrs. Whit. "I can't guess dear. What became of him?"
"He grew into a cat," said Charlotte.

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are not a new and untried remedy—our grandfathers used them. Half a century ago, before Confederation, they were on sale in nearly every drug or general store in the Canada of that day, and were the recognized cure in thousands of homes for Constipation, Indigestion, Biliousness, Rheumatism and Kidney and Liver Troubles. To-day they are just as effective, just as reliable as ever, and nothing better has yet been devised.

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—AND—
Boston via Yarmouth
"Land of Evangeline" Route.

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Express for Yarmouth 12.04 p.m.
Bluenose for Halifax 12.57 p.m.
Bluenose for Yarmouth 2.35 p.m.
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.

Midland Division
Trains of the Midland Division leave Windsor daily (except Sunday) for Truro at 7.05 a.m., 5.10 p.m. and 7.15 a.m., and from Truro at 6.55 a.m., 2.30 p.m. and 12.10 noon, connecting at Truro with trains of the Intercolonial Railway, and at Windsor with express trains to and from Halifax and Yarmouth.
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leaves St. John daily except Sunday at 7.30 a.m.; returning, leaves Digby at 1.55 p.m., making connection at Digby with express trains east and west and at St. John with Canadian Pacific trains for Western points.

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July 8 (Via St. John's)	Aug 2
—Reppahannock	Aug 11
July 19 —Kanawha	Aug 26
Aug. 7 —Shenandoah	

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

H. & S. W. RAILWAY

Accom. Mon. & Fri.	Time Table in effect June 16th, 1913.	Accom. Mon. & Fri.
Read down.	Stations	Read up.
11.32	Lv. Middleton AR.	16.09
11.58	* Clarence	15.32
12.15	Bridgetown	15.16
12.42	* Granville Centre	14.51
12.59	Granville Ferry	14.36
13.15	* Karlsdale	14.20
13.35	AR. Port Wade LV.	14.00

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