

Many People Report Big Gains in Weight

THOUSANDS OF THIN, FRAIL PEOPLE RESTORED TO HEALTH BY TANLAC

MANY REMARKABLE EXPERIENCES TOLD

People in all Ranks of Life Tell What Celebrated Medicine Has Done for Them

ONE of the most noteworthy features in connection with Tanlac and the one that stands out more prominently than any other, perhaps, is the large number of well known men and women from all parts of the country who have recently reported astonishing and rapid increases in weight as a result of its use.

When so many well known people of unquestioned integrity make statement after statement, each corroborating the other, the truth of such statements can no longer be doubted.

Thousands have testified that this famous medicine has completely restored them to health and strength after every other medicine and the most skilled medical treatment have failed.

One of the most remarkable cases on record is that of Mrs. Viola Ives, of 315 Cross street, Little Rock, Ark., whose statement appears below.

"In May of 1913," said Mrs. Ives, "I suffered a complete breakdown of my nerves and my entire system gave way. About six weeks afterwards I was carried to the hospital. I became perfectly helpless—couldn't move any part of my body and just lay there in bed for five months not knowing anything or anybody. I was brought home in October, 1913, and tried all kinds of medicine and everything I was told about.

"I read about so many people getting relief by taking Tanlac and my husband got me a bottle. After taking three bottles I began to feel better. I have taken several bottles of Tanlac now and I can walk anywhere and sleep like a child. When I took my first dose of Tanlac I weighed only one hundred and twenty two pounds. I now weigh one hundred and sixty two, an actual gain of forty pounds since I started on Tanlac."

Texas Man Testifies
Another remarkable case was that of John M. Crabtree, a general merchant of Five Mile Station A, Dallas, Texas.

"I have actually gained thirty four pounds on three bottles of Tanlac and I now know what it is to enjoy good health after suffering for twenty years," said Mr. Crabtree.

"I suffered with catarrh of the stomach and indigestion for twenty years and for eighteen months, before I started taking Tanlac. I had to live almost entirely on cereals. I spent nearly all of one whole year in bed and was unable to do anything at all and I fell off in weight to 118 pounds.

"After using my third bottle of Tanlac I found I had increased in weight from 118 pounds to 152 pounds making an actual gain of thirty four pounds—all my troubles were gone, and I was feeling like another man."

Captain Jeff D. Riggs, popular Y. & M. V. engineer, running between Vicksburg and New Orleans and residing at 2020 Pearl Street, Vicksburg, in speaking of his experience with Tanlac said: "Yes, sir, it's an actual fact, I have gained twenty five pounds on Tanlac."

"When I began taking the medicine," continued Captain Riggs, "I was simply a nervous and physical wreck and had dropped down in weight from one hundred and forty to one hundred and ten pounds.

"I have just finished my second bottle of Tanlac, have gained twenty

SUMMER HEAT HARD ON BABY

No season of the year is so dangerous to the life of little ones as is the summer. The excessive heat throws the little stomach out of order—so quickly that unless prompt aid is at hand the baby may be beyond all human help before the mother realizes he is ill. Summer is the season when diarrhoea, cholera infantum, dysentery and colic are most prevalent. Any one of these troubles may prove deadly if not promptly treated. During the summer the mother's best friend is Baby's Own Tablets. They regulate the bowels, sweeten the stomach and keep baby healthy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Minard's Linctum Cures Diphtheria.

Mrs. Chas. Peden Gains 27 Pounds

WAS TWICE EXAMINED AND TOLD OPERATION WOULD BE HER ONLY HOPE

I HAVE just finished my third bottle of Tanlac and have gained twenty seven pounds," was the truly remarkable statement made by Mrs. Charles Peden, residing at 55 Mill Street, Huntsville, Ala.

"When I commenced taking the medicine," she continued, "I only weighed ninety eight (98) pounds; now I weigh 125 pounds, and never felt better in my life. For years I have suffered with a bad form of stomach trouble, constipation and pains in my side and back. At times the pains took the form of torture, and I was twice examined and each time I was told that I had appendicitis and that an operation would be my only hope.

"I had made all preparations for the operation and called in my sister to tell her good by, as I did not know whether I would live to see her again or not. My sister begged and pleaded with me not to allow them to cut on me and told me to wait and try a good tonic for awhile. The next day, as I returned from the consultation room, I thought of what she said, and as I heard so much about Tanlac, I decided to try it and got a bottle."

"I never returned for the operation, but just kept taking the Tanlac. Right from the start I began to feel better. The medicine seemed to take hold right at once.

"I was so happy over the wonderful improvement in my condition that I sent for my neighbors to tell them how much better I felt. I sent and got another bottle of Tanlac, and have just finished taking my third bottle and feel as if I have been made all over again into a new woman."

Five pounds and I feel like a new woman."

Old Time Engineer Talks

Engineer Chas. J. Weeks, who runs the Seaboard Air Line fast train "Fox" between Jacksonville and Tampa, bears the distinction of being the second oldest engineer in point of service with this road, having been with the company for thirty five years.

"I have gained twenty pounds on seven bottles of Tanlac and feel as well and happy as I did when a boy," said Mr. Weeks.

"For twenty years I suffered with nervous indigestion of the worst sort," he continued, "and at times during the past fifteen years I didn't think I would last much longer. To tell you the truth, I finally reached the point where I didn't much care whether I lived or died."

Thousands of other people all over the country have reported the same astonishing gains in weight after taking Tanlac. Among these are: Mrs. E. O. Wilson, of 197 Bass St., Atlanta, Ga., who gained 25 pounds; Edward Reno, 1721 Broadway, Kansas City, Mo., who gained 25 pounds; Mrs. W. C. Cochran, of Juliaetta, Idaho, who gained 22 pounds; Mrs. Doll Davis, of 108 Samuel Ave., Peoria, Ill., who gained 30 pounds; Chas. E. Shaffer, 508 W. Charleston St., Portland, Ore., who gained 24 pounds; Mrs. Amelia Mann, R. F. D. No. 2, Ogden, Utah, who gained 25 pounds; W. S. Hukill, 7308 Park Ave., Tacoma, Wash., who gained 20 pounds; Mrs. B. W. Smith, 3113 Burdett St., Omaha, Neb., who gained 35 pounds; Fred W. Saunders, 710 Market St., San Francisco, Cal., who gained 24 pounds and many other too numerous to mention.

Tanlac is sold in Bridgetown by S. N. Wear, in Middleton by Clifford A. Mumford, and in Bear River by L. V. Harris.

Copies of the Nova Scotia Game Laws, with penalties for violation of the Act, etc., license fees, etc., can be had on application to R. S. Kelley, Yarmouth, N. S.

ZAM-BUK

is the best remedy known for sunburn, heat rashes, eczema, sore feet, stings and blisters. A skin food!

All Druggists and Stores—50c.

AN OTTAWA LETTER

To the Editor of the MONITOR.
Dear Sir: I once more take the opportunity of sending you a line to let you know your valued sheet arrives regularly on time and the perusal of the same is as interesting to me as ever. One of those things we feel we require as much as our three meals a day.

I suppose you are already aware how our country has been turned into a veritable hot bed by the many strikes by labor from Vancouver to Halifax and Ottawa has had her share. First the machinists, which did not last long, then the employees of the Ottawa car company, about six hundred strong, went out on the first day of July and our service was completely tied up for ten days, but fortunately a very good jitney service was established, which gave some relief. Finally the Ottawa car company was determined to run their cars any way and took about 150 men, trained them and sent out some cars. Naturally there was some little "rough house" for a day or two but the car company received the protection of the city and the government, so after eighteen days out the employees returned and were given as many jobs as the Company had at its disposal, but the new men retain their positions.

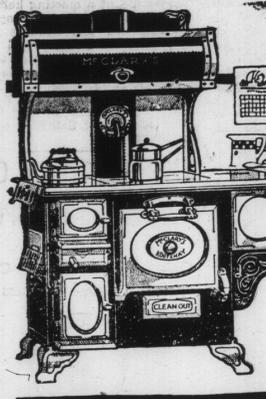
Too often hot heads lacking in ballast succeed in leading groups into wrong action, which is bound to fail. This could scarcely be if the men were well informed and had wise leaders—so much depends on leadership. There is much need to day for labor in its own interest to get rid of many fundamentally wrong ideas which are propagated among them. Take two examples. Industries must be for use and not for profit. What could be more absurd? What would induce men to risk money in an enterprise where there was no hope of profit? But this is new, and perhaps has not taken any serious hold yet so let it pass. A second that has taken strong grip and is incessantly talked among certain classes of labor is "Labor creates capital," meaning of course manual labor. Manual labor without mental labor can get nowhere. It is intelligence that creates capital. A skilled accountant sits at his desk transferring ink from a bottle to a white page of a book, whilst a child on the floor is doing the same thing. What gives the man's work far reaching significance, lacking in that of the child? Is it not intelligence and preparedness which the child has not? A man lacking education and preparedness works in the yard at three dollars a day, whilst a skilled expert works in a shop and gets fifteen dollars a day. If this is all wrong and the skilled should get no more than the unskilled what will induce men to spend many years and much money getting knowledge and skill. There is great trouble in our school today to get boys to prepare themselves for highly skilled work because they can make big money without all those years of schooling and training. Without the expert, labor becomes valueless. These labor agitators are off unreasonable and ask unreasonable things of the employer. It surely takes brains to build up a great industry. Again one enterprise fails, does labor shoulder the blame. Another succeeds, why should labor claim the credit? Then without capital no enterprise can carry on and therefore no employment for labor and I might say in summing up abideth these, labor, capital, and intelligence, but the greatest of these is intelligence.

In glancing back over history we see Egypt, once a monarchy, then a republic, then much labor unrest and finally a collapse of both democracy and civilization and Egyptians sunk to almost the level of savages. The great Greek Empire passed through the same trouble and then the dark ages, also the mighty Roman Empire, mistress of the world, practically a parallel case, and down to ruin. I might say ere I close that I am in sympathy with labor and believe if they will only seek out intelligent leaders much of this unrest can be avoided. Surely this is a time when all sane people should think seriously of the dangers of these agitations being carried too far and learn that just such agitations as I have already noted and just such struggles as we are now passing through have been the cause of revolutions in many nations. We should all try to think clearly on all these matters so as to prevent trouble.

Our city was quite busy preparing for the great Liberal Convention. Harvick Hall has been transformed into a great arena with a seating capacity of over four thousand and sleeping accommodation for about six hundred of the delegates. Last Tuesday, the 5th of August, saw a great gathering of Liberals from coast to coast, mainly select a leader to succeed Sir Wilfred Laurier and lay down a platform for the party.

Her First Kiss
An old maid writes as follows: Though deadly germs in kisses hide, Even at this price, the cost is small; 'Tis better to have kissed and died, Than never to have kissed at all.

LIFT OFF CORNS!
Apply few drops then lift sore, touchy corns off with fingers

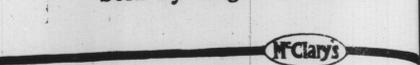


McClary's Kootenay

SURELY it is every woman's right to have a range like the Kootenay—a range that she can depend on—a range that is a real joy to work with—a range easy to keep clean—a range that "keeps the oven hot" with a small fire.

The cooking-top is burnished brighter than steel—never needs blacklead. The oven wall of nickle-plated steel is easily cleaned. The duplex grates clean down the front with a single swing of the lever. See this famous range.

Sold By Magee & Charlton



A plebiscite is to be taken in September in Ontario on prohibition and possibly a general local election at the same time. It is difficult to predict the outcome when it does take place. Prohibition should carry, that is sure.

Fearing I am making my letter too long, will close.

H. W. M.

RISQUE GARB AND RISUE RHYME

By the Post Low Rate (Dedicated to the College of Prudes by a member of the "Satanic Schools.")

Little girl, you look so small. Don't you wear no clothes at all? Don't you wear no shimmy shirt. Don't you wear no petty skirt. Stead your corsets and your hose—Are those all your underclothes? Little girl, you look so slight. When I see you in the light. With your skirts cut rather high. Won't you catch a cold and die? Ain't you 'fraid to show your calf? It must make some fellers laugh.

Little girl, what is the cause. Why your clothes is made of gauze? Don't you wear no undervest. When you go out fully dressed? Do you like those peek a boo's? Stead of normal underclothes? Little girl, your spenders show. When the sunlight plays on you. I can see your tinted flesh. Through your little gown of mesh. Is it modest, do you s'pose. Not to wear no underclothes? Little girl, your socks has shoals. Of those little tiny holes. Why you want to show your limb. I don't know—is it a whim? Do you want to catch the eye. Of each feller passin' by? Little girl, where is the charm. In your long uncovered arm. In the V behind your neck. Is it there for birds to peck? Little girl, I tell you those. Ain't so nice as underclothes.

Little girl, now listen here. You would be just twice as dear. If you'd cover up your charms. Neck, back, legs and both your arms. I would take you to the shows. If you'd wear some underclothes. Little girl, your mystery. Luring charm and modesty. Is what makes us fellers keen. To possess a little Queen; But no lover—goodness knows—Wants a girl sans underclothes.

I must wear a coat of mail. Clothe from head to big toe nail. I must cover up my form. Even when the weather's warm; Can't enjoy the swimmer's throes. Less I garb in underclothes.

The Civilian (Ottawa.)

100% SANITARY

Germs flourish in the seams and joints of ordinary milk-pails. No matter how carefully you scald and cleanse, you never can be quite sure that some crevice does not harbor a colony which will make trouble later on.

EDDY'S INDURATED FIBREWARE MILK PAILS

are 100 per cent sanitary, because there are no joints or seams to clean. They are made in one piece, from wood pulp, under tremendous hydraulic pressure. The hard, glazed surface is baked on at high temperature, and is absolutely impervious to liquids. Eddy's Milk Pails are practically indestructible. They cannot be dented and no cracks can develop on the surface. Just cannot attack them and no ordinary accident will do them injury. They cost no more than ordinary milk pails. They will save you labor now, and in the long run they will save you money.

The E. B. EDDY CO. Limited
HULL, Canada
Makers of the Famous Eddy Matches

TODD'S We Have in Stock

Corn Flour
Feed Flour
Corn Meal
Cracked Corn
Oats
Middlings
Bran
Monarch Hog Feed
Calf Meal

GROCERY

WANTED At Once

One Good Coat Maker

\$4 per Coat

G. O. THIES
BRIDGETOWN NOVA SCOTIA

Administrator's Notice
All persons having legal demands against the estate of the late William Spurr of Clarence in the County of Annapolis, are requested to render the same duly attested to the undersigned within three months of this date and all persons interested to said estate are requested to make immediate payment to

CHAS. WILLIAM SPURR, Administrator
Clarence, July 22, 1919.

TREES! TREES!
ALL kinds of Fruit and Ornamental Trees, Grape Vines, Gooseberry, Blackberry, Strawberry Bushes, Flowering Evergreens, Roses, Clematis. Everything in the Nursery Department. List of your Wants for Free. DIRECT AT LOWEST PRICES. also Free.

J. H. WISMER & Sons
Nurserymen, Port Eglise

TRAVELLER'S GUIDE Dominion Atlantic Railway

Table Revised to April 1st, 1919

GOING WEST			
Station	Express Daily a. m.	Express Daily p. m.	Mixed Daily p. m.
Halifax	11.37	8.10	6.00
St. John's	11.44	8.18	6.06
Bridgetown	11.51	8.25	6.13
St. John's	11.58	8.32	6.20
Bridgetown	12.05	8.39	6.27
St. John's	12.12	8.46	6.34
Bridgetown	12.19	8.53	6.41
St. John's	12.26	9.00	6.48
Bridgetown	12.33	9.07	6.55
St. John's	12.40	9.14	7.02
Bridgetown	12.47	9.21	7.09
St. John's	12.54	9.28	7.16
Bridgetown	13.01	9.35	7.23
St. John's	13.08	9.42	7.30
Bridgetown	13.15	9.49	7.37
St. John's	13.22	9.56	7.44
Bridgetown	13.29	10.03	7.51
St. John's	13.36	10.10	7.58
Bridgetown	13.43	10.17	8.05
St. John's	13.50	10.24	8.12
Bridgetown	13.57	10.31	8.19
St. John's	14.04	10.38	8.26
Bridgetown	14.11	10.45	8.33
St. John's	14.18	10.52	8.40
Bridgetown	14.25	10.59	8.47
St. John's	14.32	11.06	8.54
Bridgetown	14.39	11.13	9.01
St. John's	14.46	11.20	9.08
Bridgetown	14.53	11.27	9.15
St. John's	15.00	11.34	9.22
Bridgetown	15.07	11.41	9.29
St. John's	15.14	11.48	9.36
Bridgetown	15.21	11.55	9.43
St. John's	15.28	12.02	9.50
Bridgetown	15.35	12.09	9.57
St. John's	15.42	12.16	10.04
Bridgetown	15.49	12.23	10.11
St. John's	15.56	12.30	10.18
Bridgetown	16.03	12.37	10.25
St. John's	16.10	12.44	10.32
Bridgetown	16.17	12.51	10.39
St. John's	16.24	12.58	10.46
Bridgetown	16.31	13.05	10.53
St. John's	16.38	13.12	11.00
Bridgetown	16.45	13.19	11.07
St. John's	16.52	13.26	11.14
Bridgetown	16.59	13.33	11.21
St. John's	17.06	13.40	11.28
Bridgetown	17.13	13.47	11.35
St. John's	17.20	13.54	11.42
Bridgetown	17.27	14.01	11.49
St. John's	17.34	14.08	11.56
Bridgetown	17.41	14.15	12.03
St. John's	17.48	14.22	12.10
Bridgetown	17.55	14.29	12.17
St. John's	18.02	14.36	12.24
Bridgetown	18.09	14.43	12.31
St. John's	18.16	14.50	12.38
Bridgetown	18.23	14.57	12.45
St. John's	18.30	15.04	12.52
Bridgetown	18.37	15.11	12.59
St. John's	18.44	15.18	13.06
Bridgetown	18.51	15.25	13.13
St. John's	18.58	15.32	13.20
Bridgetown	19.05	15.39	13.27
St. John's	19.12	15.46	13.34
Bridgetown	19.19	15.53	13.41
St. John's	19.26	16.00	13.48
Bridgetown	19.33	16.07	13.55
St. John's	19.40	16.14	14.02
Bridgetown	19.47	16.21	14.09
St. John's	19.54	16.28	14.16
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St. John's	20.08	16.42	14.30
Bridgetown	20.15	16.49	14.37
St. John's	20.22	16.56	14.44
Bridgetown	20.29	17.03	14.51
St. John's	20.36	17.10	14.58
Bridgetown	20.43	17.17	15.05
St. John's	20.50	17.24	15.12
Bridgetown	20.57	17.31	15.19
St. John's	21.04	17.38	15.26
Bridgetown	21.11	17.45	15.33
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St. John's	22.14	18.48	16.36
Bridgetown	22.21	18.55	16.43
St. John's	22.28	19.02	16.50
Bridgetown	22.35	19.09	16.57
St. John's	22.42	19.16	17.04
Bridgetown	22.49	19.23	17.11
St. John's	22.56	19.30	17.18
Bridgetown	23.03	19.37	17.25
St. John's	23.10	19.44	17.32
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St. John's	23.24	19.58	17.46
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St. John's	24.20	20.54	18.42
Bridgetown	24.27	21.01	18.49
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St. John's	24.48	21.22	19.10
Bridgetown	24.55	21.29	19.17
St. John's	25.02	21.36	19.24
Bridgetown	25.09	21.43	19.31
St. John's	25.16	21.50	19.38
Bridgetown	25.23	21.57	19.45
St. John's	25.30	22.04	19.52
Bridgetown	25.37	22.11	19.59
St. John's	25.44	22.18	20.06
Bridgetown	25.51	22.25	20.13
St. John's	25.58	22.32	20.20
Bridgetown	26.05	22.39	20.27
St. John's	26.12	22.46	20.34
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St. John's	27.08	23.42	21.30
Bridgetown	27.15	23.49	21.37
St. John's	27.22	23.56	21.44
Bridgetown	27.29	24.03	21.51
St. John's	27.36	24.10	21.58
Bridgetown	27.43	24.17	22.05
St. John's	27.50	24.24	22.12
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