

How Iron Vitamines Compound Puts on Firm Flesh

Increase Your Energy, Banish Skin Eruptions, and Beautify the Complexion

EASY AND ECONOMICAL TO TAKE. RESULTS QUICK!

Thin or run-down folks will find this simple test well worth trying. First weigh yourself and measure yourself. Next take IRON VITAMINES COMPOUND, half-teaspoonful with every meal. Then weigh and measure yourself each week and continue taking IRON VITAMINES COMPOUND regularly until you are satisfied with your gain in weight "pep" and energy.

IRON VITAMINES COMPOUND is now being used by thousands who appreciate its convenience, economy and quick results. By increasing the nourishing power of what you eat, IRON VITAMINES COMPOUND supplies just what your body needs to feed the shrunken tissues, strengthen internal organs, clear the skin, and renew shattered nerve force. IRON VITAMINES COMPOUND does not upset the stomach—does not cause bloating and belching. It leaves you with a comfortable, elated feeling. Under its influence pimples, boils and skin eruptions seem to vanish as if by magic, and the complexion becomes radiantly clear and beautiful. But it is not only a question of how much better you look and feel—or how much renewed strength and energy you may seem to have, how much more beautiful your skin may become, or what your friends may say and think—let the scales and tape measure tell their own story. A two weeks' test should surprise you.

Just What Iron Vitamines Compound is:

What Vitamines are and why they are used as a basis for Iron Vitamines Compound

Vitamines are wonderful health-giving elements contained in many raw foods. There are THREE kinds of vitamines, and all THREE are regarded as absolutely necessary for perfect health, vigor, and proper physical development. By a special process of concentration a proper dose of all three known vitamines is contained in an active state in IRON VITAMINES COMPOUND. It contains also iron for the blood, phosphorus for the bones, teeth and brain. Lime for the bones and teeth. Albumin for the blood and muscles—potash and soda to prevent acidity—sulphur for the blood—magnesia for the body fluids—sugar to provide energy. IRON VITAMINES COMPOUND contains highly concentrated yeast—vitamines as well as the two other still more important vitamines (Fat soluble A and Water

soluble C) all of which Science says you must have to be strong, well and fully developed. Yeast is rich in one class of Vitamines—Water Soluble B. But most of the scientists say that yeast contains only one of the THREE vitamines Science has thus far discovered. There are two other known Vitamines—Fat Soluble A—normally present in raw milk, cod-liver oil and certain plants. And Water Soluble C, contained in certain fruits and vegetables. IRON VITAMINES COMPOUND containing all THREE Vitamines, highly concentrated, is ideal for mixing with your daily food, as it supplies all the needed Vitamines which are lacking in the average daily menu. It aids digestion and by acting in a natural way as a general conditioner of the whole system helps to put on firm flesh, clear the complexion, correct constipation, and increase energy.

SOLD BY ALL DRUGGISTS—\$1.00

THE IRON VITAMINES COMPOUND COMPANY
Distributing Office, Sydney, N. S.

Spring Selling

NEW GOODS NEW STYLES
NEW PRICES

- Women's Brown Calf Oxfords, low heel, wide toe, \$4.50
- Brown Calf Pump, two straps, medium heel 4.50
- Brown Dongola Kid, 2 strap Pump, medium heel 4.00
- Patent Oxfords, stylish last (Gracia) 5.00
- Patent Pump, one strap, low heel (Regina) 5.00
- White Canvas Oxfords, low, medium and high heel 3.00
- White Canvas Pump, 1 and 2 straps 2.75 and 3.00
- Combination Oxford, black and white, low heel 3.00
- Men's Brown Borgue Oxfords, calf skin rubber heel 5.90
- Dongola Kid Cushion Sole (Overland) 7.25
- Brown and Black high shoes, wide toe, recede toe and box toe, prices from 5.00 to 9.50

MEN'S OVERLAND AND UNICUS SPECIAL

LLOYD'S SHOE STORE

(Shoe Distributing Centre)

MAKING MONEY

You can make money in business. You can make money in stocks. Property will make money for you, select your property, set it to work, you can carry on your business just the same, while the property keeps not only turning an income, but increasing in value, especially if located at Bridgetown or vicinity. Our service is at your command.

Lloyd's Real Estate Agency
BRIDGETOWN, N. S.

Builders Attention

CLEARANCE SALE OF BUILDING MATERIAL

500 Rolls Bird's Nest Parrot Roofing—in two grades: Light and Heavy.

Prices to clear, very low.

Also one car Bishopric Stucco Board @ \$4.00 per square—Usually retails @ \$7.00.

Above must be sold—All first-class stock.

FLOORING: In Edge Grain Fir and Silver Fir—B. C. and Hardwood—in all grades. Very low—Prices on application. All excellent stock.

SHINGLES: Best Grades British Columbia Red Cedar. All grades N. B.

Cedars. Various colors of Shingle Stain.

—ALSO—

A large stock of Brantford Roofings—in Rolls and Slate Shingles. Prices beyond competition.

A large stock of Beaver Board—in different sizes.

Windows, Doors, Glass, etc.

In fact, everything required in building.

These stocks must be sold. Look after your requirements early.

Call, write or phone.

The Telfer-Crowe Woodworkers
BRIDGEWATER, N. S.
3-41.
Minard's Linalment for Colds, Etc.

Nova Scotia Maple Sugar

AND
Maple Cream

GUARANTEED ABSOLUTELY PURE

Fancy Box Chocolates

APPROPRIATE FOR Easter Gifts

Easter Eggs and un-nies for the Kiddies

W. H. MAXWELL
Queen St., Bridgetown

Removal

We wish to notify the public that in future our office will be found at Longmire's Wharf, foot of Water Street.

J. H. Longmire & Sons
BRIDGETOWN

The prices for the big attraction at the Court House, Bridgetown, Wednesday, April 26th, will be: Adults 85c, and 75c; Children 35c.

LOCAL HAPPENINGS

There will be no 11 a.m. service in St. James' Church next Sunday. The Sunday School will meet at the usual hour and there will be service in the evening at 7.30.

Demonstration of new dances will be given by Prof. Rubenoff with his five melodic men in their tour of the province. Wonderful chance to hear splendid orchestra. Every member is an artist, each one playing two or more instruments. If you cannot dance, come and hear the music. Do not miss the biggest dance of the year. Latest music. Bridgetown Court House, Monday evening, April 24th.

Little Miss Margaret Armstrong daughter of Dr. M. E. Armstrong and Mrs. Armstrong, entertained a number of her girl friends on Saturday afternoon on the occasion of her 11th birthday. The guests brought a number of pleasing mementoes of the day. Music and games followed by a dainty supper brought to a conclusion an afternoon greatly enjoyed by the young guests.

The MONITOR enjoyed a pleasant call on Saturday from Mr. Silas Banks, of Mount Rose, and father of Mr. Guilford Banks of this town. Mr. Banks, who is hale and hearty and bears his eighty years lightly, has been a valued subscriber of The MONITOR for twenty-two consecutive years, and on Saturday handed in his subscription for the twenty-third year.

Phillip Hilsley, Manager of the Valley Real Estate Company, Wolfville, has returned from a visit of some weeks to California, returning through the Western Fruit belt and the Canadian West, also visiting Chicago and New York. Mr. Hilsley returned home more optimistic than ever before, for the future of the Annapolis Valley. All in all it was the most prosperous section of country he passed through during his entire trip.

Dr. N. R. Warey begs to announce her removal from the Beckwith House, Queen Street, to the Primrose Block, Granville Street, Bridgetown, one door east of the Drug Store, on May 1st, 1922. Dr. Warey wishes to take this opportunity of thanking the people of Bridgetown and vicinity for their many kindnesses shown to her during the last year, and to assure them of her earnest endeavor at all times to prove worthy of the confidence reposed in her.

The Clergy of the Annapolis Rural Deanery will hold their series of Spring "Chapter" meetings at Granville Ferry on Monday and Tuesday of next week. Besides routine work papers for discussion will be read by the Rev'ds Canon Morris, T. Reeks, T. C. Mellor, and E. Underwood. The "ad clerum" preacher will be the Rev. M. Taylor, Rector of Weymouth. Other preachers will be, Rural Dean Dr. Dr. Dr. at Granville Ferry on Monday evening, and the Rev. E. Underwood at All Saints, Granville Centre, on Tuesday evening.

Captain Friend, of the Salvation Army, Yarmouth, was in Bridgetown on Thursday in connection with the Army drive for funds in connection with their general work. He secured a committee of the following gentlemen to act in the matter in Bridgetown:—G. H. Warey, Chairman; H. B. Hicks, Vice-Chairman; Dr. M. E. Armstrong, Mayor W. A. Warren, H. T. McKenzie, V. A. Lloyd, W. H. Maxwell. If we recollect correctly, the amount raised last year in the county was \$2,500 and of this amount over \$200 was raised in Bridgetown.

Mr. James Bacon, of Montreal, who has been visiting here since last September, the guest of his son, Mr. Charles Bacon, leaves for his home on Thursday. Mr. Bacon is an old veteran who saw service in the South African War, and is the possessor of five ribbons, Kings, Queens, Long Service, and in late war army and service one, and Navy Veterans Montreal. Mr. Bacon has had a very pleasant visit here and in conversation with The MONITOR representative remarked laughingly, that in the course of his long experience he had often been told to go to H—but in the course of this last trip he had entered Paradise.

A welcome visitor in town this week was Mr. J. E. Connell, of Kentville. He has a wealth of reminiscences of the early days of newspaper work in this county from the old days when the "Free Press" was established by Noble Thomas down to the present. Mr. Connell informed The MONITOR that he was associated with Messrs. J. E. Sancton and Henry Piper in the establishment of The MONITOR, and also spent forty years with the "Western Chronicle" and a number of years with the Halifax Chronicle, and is thus well up among the older members of the profession in the Province of Nova Scotia.

Hereafter all persons in Bridgetown paying a poll-tax only, will be required to pay \$4.00 instead of \$2.00, as formerly.

There will be an Easter service (with Holy Communion) in St. Peter's-by-the-Sea, Young's Cove, next Sunday morning, commencing at eleven o'clock.

The American House, Middleton, for many years under the management of F. L. Shafner, has been sold to the present manager, K. H. McNeil.

Mr. Joseph Worthylake, Paradise, a subscriber of some thirty years standing to The MONITOR, called at the office on Tuesday morning and settled his subscription. It always affords us great pleasure to meet old and tried friends, and supporters of the paper.

The death took place on Wednesday at the Annapolis County Hospital, at the age of fifty-five, of Miss Jennie Lockman. Services were held at the institution by Rev. J. H. Freestone and interment was in Woodlawn cemetery, Annapolis, where the services were conducted by Rev. C. A. Munro.

The local theatre manager is to be congratulated on screening that wonderful picture, "The Four Horsemen of the Apocalypse," which appeared at the Primrose Theatre last Wednesday evening. A large number of citizens took advantage of witnessing this high class production, which was greatly enjoyed and declared to be the best picture ever shown on a local screen.

A meeting of the Chautauqua guarantors will be held in the Board of Trade room on Friday, the 21st, at 4 p.m. All guarantors and those interested are urged to be present. There are special committees to be formed and an important matter to be discussed. The Chautauqua dates for 1922 are or will be August 31st and September 3rd.

In response to the appeal by the Anglican Primate of all Canada on behalf of the "Save the Children Fund", Russian Relief, which was read in all Anglican Churches on Sunday, April 2nd, and which we published in our last issue, the Rev. E. Underwood reports that the parish of Bridgetown (i.e. including St. Mary's, Belleisle, and St. Peter's-by-the-Sea, Young's Cove) has contributed \$126.53. This is in addition to the generous response made to the former appeal. The need is still great.

Mr. E. R. Orlando returned from St. Margaret's Bay to spend the Easter season at his home on Granville Street. Mr. Orlando has an eleven mile road contract under the Provincial Highways Board from St. Margaret's Bay to Hubbards. Work is now going on and it is expected that the entire distance will be completed by the middle of October. About one hundred and fifty men will be employed in this stretch of road. Mr. Orlando proposes to have it done in the best possible manner with funds available.

On Thursday afternoon last the lessees of The MONITOR were delighted to have a visit from Mr. J. Murray Lawson, Most of the Order of Grand Master of the Masonic Order in Nova Scotia and the Nestor of Newspaper proprietors and publishers in the province. Still hale and hearty and full of vim, he is going forward to greater things when many a man would be easing the load from his shoulders. Within a very short time he is having installed a duplex angle bar Web press and is having other improvements introduced which will greatly increase the effectiveness of the Yarmouth Herald which has so long and splendidly served its large and important constituency.

A very pleasant event took place at the home of Mr. and Mrs. Curtis Foster, Hampton, on Friday evening, April 14th, when over fifty guests attended the wedding reception of their eldest daughter, Alma Pearle, and Mr. Harry Tomlinson. The bride was charmingly dressed in Periwinkle blue crepe with shell trimmings. The rooms were decorated in white and green with Easter lilies and white poppies. After congratulations, refreshments were served by friends of the bride. The gifts consisted of silver, china and a goodly sum of money. Mr. Tomlinson formerly of England, is an employee of the Gordall Worsted Co., Maine. After a short honeymoon with parents and friends, the happy couple will return to their future home in Kennebunk, Maine.

FITS
Stinson's home treatment for epilepsy. Twenty years' success. Thousands of testimonials. No case should be considered hopeless. Write immediately for free booklet.
Wm. Stinson Remedy Co.,
of Canada
2611 Yonge Street, Toronto, Ontario



RED ROSE TEA is good tea
Keeps Fresh and Fragrant in the Sealed Package

Biggest DANCE Of the Year

Will Be Held In The
Bridgetown Court House
Monday Night
April 24th

Professor Rubenoff and His Five Melody Men
Lately of Copley Plaza, Boston

Absolutely the Best Dance Orchestra In Nova Scotia

Introducing Sobbing Saxophone, Laughing Trombone, Banjo, Violin, Trap, Drum, etc. Took Halifax by Storm YOU Cannot Afford to Miss This Big Informal Dance.

Prof. Rubenoff will Give a Demonstration on New Dance Steps

Come and Dance! Come and Listen to the Music!

A great treat is in Store for you. Everybody Come!

Admission	Gentlemen	\$1.00
	Ladies	.75
	Spectators	.25

SPRINGTIME'S SHOES

Springtime is one time of the year when a Shoe Store is filled with new and interesting styles.

Daily arrivals of the newest ideas in Spring Shoes is bringing our stock to a point that will interest you, if only "just for a look"

But Remember—SPRING is right upon us and you'll surely have to get new shoes this year, the days are already getting warm, the streets drying up, so the old shoes simply won't do.



The question of appropriate Spring Footwear ought to be settled here and now. Just drop in for a look, you'll be pleased with our Styles and find our prices

Suprisingly Low

C. B. LONGMIRE
"THE HOME OF GOOD SHOES"
BRIDGETOWN AND ANNAPOLIS ROYAL

Every Added Subscription Helps to Make This paper better for everybody

No. 4.

SO GALLAGHER LET HER GO

Click Actor Victimizes Number of Local People Who Would Like His Address

A number of business men and others in Bridgetown would be very pleased to know the address of one William Gallagher or better still to get within speaking or grabbing distance of the gentleman aforesaid. As a tippling says, thereby hangs a tale, the hero of this brief sketch came here some months ago from Granville Centre and was for some time previous to his arrival in this vicinity employed as a section man on the Dominion Atlantic Railway. Renting a property at Carleton Corner, he retired from very active exertions for the time being and proceeded to ingratiate himself with the business men and with citizens generally. A man of good address and handing out a rather pleasing line of talk, he secured credit and in a number of cases endorsement of notes. He spoke largely of buying one or more properties and on the strength of these coming deals managed to use at least one of them as a lever to secure credit from a relative of the party who was presumably about to sell. By these and other pleasing methods he diverted a portion of the public for some weeks while the big real estate deal was coming to a head and the endorsed notes were nearing maturity. Before the fullness of time had arrived the ingenious worker of the public disposed of his household furnishings, "folded his tent like the Arab, and as silently stole away". His whereabouts are unknown but it is thought that he returned from whence he came, from the country where millions of uninformed citizens still live the delusion that they win the War.

SKATER'S AND CURLERS' RINK

On Friday afternoon the Provisional Directors of the Bridgetown Athletic Club, with members of the Executive of the Bridgetown Athletic Club, visited and examined places available and suitable for the erection of a Skating and Curling Rink.

The committee recommend that the site be chosen on the Athletic grounds, and the matter will be taken up at a full meeting to be held after plans are prepared for the new rink.

On Saturday afternoon, Architect Leslie R. Fair arrived in town and met the Provisional Rink Directors at the Riverside Inn where some discussion took place regarding the proposed building.

Mr. Fair recommended one building to contain accommodation for both skating and curling. The ice space is to be at least 60 to 100 feet long and the curlers space for two rinks. Plans will be ready in about two or three weeks' time, and these as well as the matter of location, will come before a full meeting.

Directors present were: Messrs. O. C. Jones, Chairman; Karl Freeman, and H. T. McKenzie. The other director, E. R. Orlando, is now at St. Margaret's Bay, superintending road construction. The new rink will cost around \$10,000 and its construction will round out Bridgetown yearly athletics and sports programme in a splendid manner.

Fulness After Eating

If you have fulness after meals, a bad taste in your mouth in the morning, fur on the tongue, flatulence after meals and no appetite, take Mother Sigitt's Syrup. It will clean your tongue, renew your appetite, give you relief for food and the power to digest it thoroughly and easily. Sold in 50c. and \$1.00 bottles at drug stores.