



Just Our Own

Dear Just Our Own Folks—
A friend of mine was making a sofa pillow the other day and after she put the cover on it, it did not look plump and pretty. I advised her to take a deeper seam all around the cover, and she was much pleased with the result. Hereafter she will make all her pillow covers just a trifle smaller than the pillow. She wanted me to pass the hint along to you, and here it is.

99.90% Pure
—That's what makes
St. George's Baking Powder
so satisfactory. It is the purest Cream of Tartar Baking Powder that Science can make.
Send for our free Cook-Book—full of choice new recipes.
National Drug & Chemical Co., 21, of Canada, Limited, Montreal.

ARSENATE OF LEAD AND THE BROWN TAIL MOTH
Inseparably associated in advertising because they cannot live together anywhere else.
You can have which ever you prefer.

A. M. Bell & Co
Agents for Swift's Arsenate of Lead
Halifax' N. S.

Tailor Repair Room
Having opened the rooms formerly occupied by Chas. Hearn for the purpose of repairing cleaning and pressing ladies' and gentlemen's clothing.
I wish to solicit your patronage and assure you that your needs shall be promptly and satisfactorily attended to.

RALPH LANE

It is Grand
To live in a time of such great opportunities. Some years ago, we had difficulty in finding situations for all our graduates. Now it is difficult to keep our students till they graduate, so great is the demand for proficient bookkeepers and stenographers.
We have not yet advanced our rates, but the great advance in almost everything we have to buy may soon compel an increase. Students can enter at any time.

S. KERR & SON
ONDPELL, MO. HALL.

Nova Scotia Fire Insurance Company
LOWEST RATES consistent with safety.
SECURITY FOR POLICY HOLDERS \$480,000.00
STRONGLY REINSURED
HEAD OFFICE: HALIFAX
JOHN PATZANT, ARTHUR BAILLIE, PRESIDENT, MANAGER
F. L. Milner Agen Bridge own



Tenders.
SEALED TENDERS addressed to the Postmaster General, will be received at Ottawa until Noon on Friday, the 4th October, 1907, for the conveyance of His Majesty's Mail, on a proposed Contract for four years, 3, 6, and 12 times per week each way, between
DALHOUSIE ROAD and FALKLAND RIDGE,
FALKLAND RIDGE and SPRINGFIELD,
SPRINGFIELD and H. & S. W. RAILWAY STATION.
from the 1st January next.
Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Office of Dalhousie Road, Falkland Ridge, Springfield, and route offices and at the Office of the Post Office Inspector at Halifax.
G. C. ANDERSON, Superintendent.
POST OFFICE DEPARTMENT,
Mail Contract Branch,
Ottawa, 16th August, 1907.

Just Our Own

Mother's at the sea shore,
Sister's gone away;
Brother Bill is catching perch
Out there on the bay.
Everyone is happy,
Having words of fun;
'Cepting Dad, who never will
Get the dishes done.

Heaped up in the kitchen,
All the dishes stand,
All the common china,
All the Haviland.
Mother's been away a month,
Dad has used them all;
Now he's eating off the plates
That decorate the wall.

Mother, mother, mother,
Come back from the shore;
Dad can only find enough
Plates for two meals more.
He is up against it
While you stay away;
Now he's eating breakfast food
From the large dish tray.

He will not wash the dishes,
He piles them in the sink,
If you could only see them now
I wonder what you'd think.
Oh, hurry, mother, hurry,
Come back to us to-day;
For father hasn't washed a dish
Since first you went away.
—Detroit 'Free Press.'—

A VISIT TO LAKE JOLLY.
A few days ago we paid a visit to Messrs. Clarke Brothers' and Miller's mill at Lake Jolly. This is one of the best spots it has been our pleasure to visit for some time. This summer about four million feet of lumber will be sawed, besides the manufacturing of a large amount of laths, shingles, staves, heading, hardwood flooring and finish and other articles. They have three set boilers and two engines to drive the machinery, which is of the latest patterns, and it is the intention of the firm to add other big-sawing devices this fall. After the log is taken from the Lake, every particle of it that can be utilized is made into some marketable product, even the sawdust being used for fuel. Upwards of fifty men are employed in the mill and yard. This enterprising firm has also erected several neat and comparatively a boulevard, the firm's model of those of their help who have families. They have also had a large school house erected in the mill and yard, and fitted up in a manner of which any section might well be proud. In fact, it is a little village in itself and a place where one who makes it a visit will be well repaid for the time spent. Since this firm started operations here a few years ago, they have been continually making improvements. The road which was then rough and rocky is now comparatively a boulevard, they lay out a considerable amount of money upon it each year, and they are to be congratulated upon the fine property which they have, and the amount of push, pluck and enterprise which they have displayed. May they still continue to prosper.

The St. John board of health decided Wednesday that an inspection of the river passenger boats and some of the passenger boats plying to Nova Scotia should at once be made. It has been reported to the board that the appointments on the steamer Brunswick are unsatisfactory, from a sanitary point of view, and the owners will be notified to remedy the defects. Officers of the board say that they do not make stated examinations of the passenger boats plying to the port of St. John, only doing so when they have grounds of suspecting that something is wrong. It is likely that in future more stringent measures will be adopted to secure the comfort and cleanliness of these vessels.

If every business man in our town could do business on a strictly cash system, it would be a blessing to us all. If we all had to pay cash, we would learn to live within our means. It would save business men the expense of book-keepers and the loss of bad debts, all of which some one has to pay for. If our town could gradually work into a strictly cash system it would be a blessing to us all.

MOVING PICTURE SHOW NEEDS SUPERVISION.
(Annapolis Spectator)
There is a certain line of amusement that needs oversight or reformation so far as this country is concerned. This is the moving picture business. It is a simple manner of amusing and instructing both young and old. Its possibilities as an educator are unlimited. Those who follow it for gain, however, seem to have conceived the idea that the people wish to see pictures such as the majority of them would not care to look at in a book or paper. Scenes of violence, lynchings, murders, etc., such as few of us will ever witness, much less want to, are kept flickering on the canvas till the audience is wearied. The great objection we have, and it is one we owe, is on account of the young. These exhibitions might be one of the greatest educators of the day. While the class of pictures now offered are used, moving picture shows are good places to keep children away from.

A SAD STATE OF AFFAIRS.

Mother's at the sea shore,
Sister's gone away;
Brother Bill is catching perch
Out there on the bay.
Everyone is happy,
Having words of fun;
'Cepting Dad, who never will
Get the dishes done.

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The skin rids the system of more urea than the kidneys?

Nearly one fifth of the waste products of the body is eliminated by the skin. Suppose there is some unsuspected, unscanned skin trouble—the pores are closed—the skin is unable to rid the system of its share of the waste.

Then the blood carries this waste product to the kidneys—immediately they are overworked—they strain to throw off the extra load. What the kidneys can't possibly eliminate, the blood takes up again and deposits on the nerves.

Then come the dull aches in back, hips and head—the nerves unstrung and irritated—the urine charged with impurities and highly colored—and you fear you have "Kidney Trouble."
Nonsense. Your kidneys are overworked—not diseased. What you need is "FRUIT-A-TIVES" to act on the skin.

Fruit-a-tives

(or Fruit Liver Tablets)

open the clogged pores—start up healthy skin action—and let the skin perform its natural function. This instantly relieves the kidneys of overwork—the back-aches stop and the complexion is beautified. There is no excessive waste matter in the blood to bring dull headaches—the urine is cleared—the bowels are opened and regulated—and the kidneys strengthened.

"FRUIT-A-TIVES" act directly on the three great eliminating organs—Skin, Kidneys and Bowels—make them well and keep them well. That is why "FRUIT-A-TIVES" cure so many cases of apparent kidney disease that are really skin troubles.

"FRUIT-A-TIVES" are fruit juices—in which the natural medicinal action of fruit is many times increased by the secret process of making them. Valuable tonics and aniseptics are added and the whole made into tablets—the finest formula known to medicine.
Buy them—try them—and cure yourself at home. 50c a box—6 boxes for \$2.50. At all druggists or sent on receipt of price.
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FRUIT-A-TIVES Limited, OTTAWA.

FEDERAL REGULATION OF FOREST FIRES.

(Boston Transcript.)
Forest fires are no respecters of boundaries, but it is a very rare occurrence when such a conflagration is raging in three States at once, as is the case now in Southern Massachusetts. The flames which three days ago burst out in the woods at East Thompson, Conn., have swept across a corner of Rhode Island and reached far up into Worcester County, Mass., and were last night giving employment to all the fire-fighters that could be mustered in Sutton, Oxford, Uxbridge, and Douglas. The flames are said to have a five-mile front, and to be rolling on. The most stalwart asserter of State rights may yet admit that forest protection and the defense of the community against woodland fires in circumstances such as these is a function that he would be obliged to the Federal Government if it would assume.

A TRAVELLING MAN'S EXPERIENCE.

"I must tell you my experience on an East bound O. R. & N. R. R. train from Lewiston to Letranville, Ore., writes Sam A. Garter, a well known travelling man. "I was in the travelling men when one of them went into the coach and came back and said: 'There is a woman sick unto death in the car.' I at once got up and went out, found her very ill with cramp colic, her hands and arms were drawn up so you could not straighten them, and with a death-like look on her face. Two or three ladies were working with her and giving her whiskey. I went to my suit case and got my bottle of Chamberlain's Colic, Cholera and Diarrhoea Remedy (I never travel without it), ran to the water tank, put a double dose of the medicine in the glass, poured some water into it and stirred it with a pencil; then I had quite a time to get the ladies to let me give it to her, but I succeeded. I could at once see the effect and I worked with her, rubbing her hands, and in twenty minutes I gave her another dose. By this time we were almost into Letranville, where I was to leave the train. I gave the bottle to the husband to be used in case another dose should be needed, but by the time the train ran into Letranville she was all right, and I received the thanks of more passengers than I could count." For sale by W. A. WARREN, Pharm. B.

SEVERE THUNDER AND LIGHTNING STORM.

For four or five hours Sunday Halifax was in the grip of a furious thunder and lightning storm, which while it did no serious damage was very violent. All day long rain had been coming down in torrents and towards four o'clock a heavy thunder storm commenced, which continued until nearly nine o'clock in the evening. Torrents of rain fell and the gutters were filled to overflowing and big gulches were made in some of the side streets by the rushing water.

RACE TRACK FOR WESTERN COUNTIES.

According to the Middleton Outlook men are now at work building the proposed race track at that place. This is to be a regular half mile track 10 feet wide and 30 feet the home stretch. The shape is elliptical, the turns being at the south west and north-east extremities. A road has been built from Main street to the southwest corner of the track, where the main entrance will be placed. The grading is to be completed in about three weeks, and some time in September horsemen will probably have an opportunity to test the new track. The officers of the company are: President, C. I. Bowley; Vice-President, A. J. Morrison; Secy.—Treas., F. L. Shafer. The directors are—W. C. Feindel, (Managing Director), F. W. Foster, L. B. Dodge, H. V. Gates, and G. N. Reagh. Lands for the proposed track were secured from Dr. Louis Saunders. The location is just south of the D. A. R. line. The ground is as level as the floor, and experts say the soil is excellent for the purpose.

An exchange says—A Kansas man

claims to have found a new way to get rid of mosquitoes. He says all that is necessary to do is to smear your face and hands with alum. When a mosquito takes a bite, it puckers up his mouth so he can't sting. Then he sits down in a damp place to get the pucker out, takes cold and dies.

A Dainty, Indeed!
There's nothing more inviting, more appetizing, more satisfying than comes out of the oven, than
Mooney's Perfection Cream Sodas
Deliciously crisp and tasty—a delicacy for every meal and every appetite.
Wrapped in moisture-proof and dustproof paper, and packed in the popular lunch pails.
Your Grocer has them.

Sheriff's Sale

1907, Letter "A," No. 1331.
IN THE SUPREME COURT
Between
THE RELIANCE LOAN AND SAVINGS CO. OF ONTARIO, Plaintiff,
And
FRED M. MURROE, Defendant.

To be sold at public auction by the Sheriff of the County of Annapolis at the Court House in Bridgetown in said County of Annapolis, on Saturday, the 21st day of September, A. D. 1907, at three o'clock in the afternoon, pursuant to an order of foreclosure and sale made herein and dated the 20th day of August, 1907, unless before the day of sale the amount due to the plaintiff on the mortgage foreclosed herein and costs are paid to the plaintiff or into Court, all the estate, right, title, interest and equity of redemption of the defendant and of all persons claiming or entitled by, from or under him, of, in and to

All and singular that certain parcel or tract of land and premises, situate, lying and being in Melvern Square, in the said County of Annapolis,

Beginning on the South side of the Melvern Square Mill Road, at a stake on the West side of Samuel Tilley's gate fence West, following Samuel Tilley's North line to George S. Phinney's East line, thence North along said line to said Melvern Square Mill Road, thence East along said road to Grist Mill fence, thence Northwardly crossing the road and following high water of the Mill Pond along lands owned by Miss Sprowl and Walter Gates to a maple tree marked, thence East across Mill Brook to a willow tree, thence South to a hemlock tree marked, thence Southwardly, following high water mark along lands formerly owned by Rev. O. Parker, Timothy Phinney, Boniah Spinney, S. D. Munroe, Frederick S. Jacques, Estate of the widow Eliza Gates, deceased, and Norman B. Phinney, crossing the aforesaid Melvern Square Mill Road, thence East on the South side of said road to a stake or corner, thence South two rods to the place of beginning, containing by estimation, sixteen acres, and all the mills, mill buildings, and machinery thereon, the said lands and premises having been conveyed by deed by J. A. Ward, Morse, High Sheriff, to Edwin J. Miller, bearing date the 27th day of October, A. D. 1888, and recorded in Liber 89, Folios 360, 361 and 362, and by deed conveyed to Henry Munro by the said Edwin J. Miller on the 15th day of October, A. D. 1870.

Terms—Ten per cent deposit at time of sale. Remainder on delivery of deed.
EDWIN GATES,
High Sheriff for the County of Annapolis.
O. T. DANIELS,
Plaintiff's Solicitor.
Dated the 20th day of August, 1907.

LOOKING for LIME JUICE? LOOK FOR THIS MARK
SOVEREIGN LIME JUICE
ON THE LABEL!
NATIONAL DRUG & CHEMICAL CO.