

PARALYSED AND COULD NOT WALK

"Fruit-a-tives" Completely Restored New Brunswick Merchant to Health.



BRISTOL, N. B., JULY 25th, 1911. "I am unable to say enough in favor of "Fruit-a-tives" as it saved my life and restored me to health, when I had given up all hope and when the doctors had failed to do anything more for me. I had a stroke of Paralysis in March, 1910, and this left me unable to walk or help myself, and the Constipation of the bowels was terrible. Nothing did me any good and I was wretched in every way. Finally, I took "Fruit-a-tives" for the Constipation, and it not only cured me of that trouble but gradually this fruit medicine toned up the nerves and actually cured the paralysis. Under the use of "Fruit-a-tives", I grew stronger and stronger until all the palsy and weakness left me. I am now well again and attend my store every day and all day."

ALVA PHILLIPS. "Fruit-a-tives" is the only remedy in the world that is made of fruit juices and tonics. Soc. a box, 6 for \$2.50—trial size, 25c. At dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

BACKBONE VS. WISHBONE.

(By Karl Ludwig, Kraft.) Proportionately, if a man's backbone weakens his "wishbone" develops.

The nine-dollar-per clerk wastes his time in wishing he had the luck of a Rockefeller, a Carnegie, or a Morgan—wishing that he had this, that, or the other job—continually wishing.

The material parts of the human body, muscle or bone, develop only by usage. There is not, in nature, any spontaneous generation; everything comes by propagation.

Which are you developing—your backbone or your "wishbone"? Do not complain. By constantly using your "wishbone," it will develop in undue proportions. On the other hand, in properly strengthening your backbone you should have no cause to wish.

"Brace up," stand erect; strengthen your backbone—also, your wishbone. Learn to say "I will," instead of that monotonous "I wish." The world bestows prizes on men with a backbone, while to those with a "wishbone," asking for fish, she gives a serpent.

Motion propagates motion and life throws off life. Wishing you were fabulously rich leads you to the bread line.—The Bookkeeper.

Don't be surprised if you have an attack of rheumatism this spring. Just rub the affected parts freely with Chamberlain's Liniment and it will soon disappear. Sold by all dealers.

The Boy Problem II.—THE KEY TO THE CITADEL.

The first step towards winning us boys is to thoroughly understand us. That is the strategic position, it is the key to the citadel. You must step down from your pedestal of adult maturity and enter again into the realm of youthhood. We live in a mental world of our own, and if you desire to influence us it is obviously essential that you get into sympathetic touch with all our various tastes and tendencies, our ambitions, visions, hopes and fears.

We are constantly underestimated and hence misunderstood. It is a mistake to regard us merely as gangs of be-nickered bipeds—thoughtless herds of empty-headed boys. Believe it, or not, our minds are teeming with thoughts, and some of them big thoughts, to thoughts that would mightily astonish you if you could only reach and probe them. We see visions, and dream dreams, and "think things." Clamorous with ir-repressible life as we are, yet we also have our moments of meditation.

We sometimes pause to ponder and weigh and criticise. We gaze, at times into the future and wonder, and ask, and question.

Longfellow understood us when he wrote—"How beautiful is youth, how bright it gleams. With its illusions, aspirations, dreams Book of beginnings, story without end Each maid a heroine, and each man a friend."

You must delve beneath the surface if you want to understand us. You must mix and mingle if you want to know us. Get the boy's standpoint and you have got the boy. Remember it is no good to talk to us, it is everything to talk with us.

We are frequently told that we are self-opinionated and conceited. Our critics tell us that we "think we know it all," that we give no heed either to age or experience, and that we regard our elders as "old fogies" and far behind the times.

Now I am fully prepared to admit that we boys do cherish a pretty good conceit of ourselves. The reason is quite simple we have arrived at that stage where we emerge from the nursery and are just beginning, so to speak, to feel our feet. We feel ourselves enjoying greater freedom and liberty than hitherto we have known.

We are beginning to rejoice, as the sacred writer puts it, in our youth. It is not natural, therefore, that in this first thrilling flush of our dawn; manhood our breast begins to swell with feelings of importance? Absurd importance it may be, but the fact remains, nevertheless. We do feel important, and all your ridicule, all your efforts to curb and crush it out of us are vain and futile.

The pastor that once snubs a boy never has a chance with that boy again. He has belittled the fellow and he feels degraded. The man who, on the other hand, respects our "feeling of importance" seeks to approach us along that line and thus wisely turns it to his own advantage for he wins not only our esteem—but us. In the acorn he already sees the oak and he

straightway acts accordingly. Titian, the celebrated painter chanced one day to see a roguish, somewhat boastful boy drawing rough sketches on a public wall, to which, with all his boyish self-importance, he called the attention of the passers by. They were poor, paltry little sketches, but Titian did not jeer or ridicule the boastful boy, he paused to utter a word of encouragement and praise. That lad was Tintoretto, who lived to share with Titian himself all the artistic glory of the city of Venice. Ah! how very few seem able to understand us boys.

If you would only view us in the light of the after years how you would seek to make our acquaintance and understand us now. The importance which we feel is really a potential importance, for no man is great merely for what he is, but for what he may become.

Treat us now with a view to then. At present we are boys with all the characteristics peculiar to our age. It is but folly to try and uproot and destroy these characteristics, it is however the highest wisdom to recognize them and divert them into the channels that will make us men.—By H. T. R. in Presbyterian Witness.

DON'TS FOR YOUNG MEN.

Don't call your father the "old man," nor your mother the "old woman" or "old ma'am." Show respect for a man who does not respect his parents.

Don't forget that smoking cigarettes and drinking liquor never made men out of boys, but it has made fools out of men.

Don't try to see how quickly you can get a thing done, but work well. Keep your eye on your work, and not on the clock. We are here to do things right.

Don't forget that it is better to chase a baseball than a highball, and in college keep after the sheepskin as well as the pigskin.

Don't fail to treat the other fellow's sister as well as you want him to treat yours. When getting married, your wife has as much right to expect a good past from you as you have to expect it from her.

Don't fall in love with a girl simply because she is good looking, a good dresser or a good dancer. Temperament is the thing you live with after the first year of married life. Nothing can take the place of a cheerful disposition and a good character.

Don't forget that honesty is better than shrewdness. Character is the capital on which a man does business, and is the same in heaven or on earth.

Don't think that you can drop in a nickel in the slot and take out an education, a position or a fortune. Hard work is the price men pay for success in everything. Remember that alazy man is worse than a dead one, because he takes up more room.

Don't live for self or sin. Selfish living is the quickest dying. The world does not owe you a living as much as you owe it a life. If has a right to your best. Nothing less than your best is good enough for God and your fellow men.

Don't forsake your mother's church nor your father's God. The Christian religion was good enough for them; it is good enough for you. They lived in its faith and died in its strength. If you want to meet them again, you must do the same thing.—Herald and Presbyter.

CITY CIRCULATION AGENT

Of Leading Montreal Daily Endorses GIN PILLS



I have been suffering from Kidney trouble for over five long years. I had all kinds of treatments, but nothing helped. I met one of our leading hotelkeepers, who had been cured by your famous GIN PILLS, and he advised me to try them. So I bought two boxes at my druggist's and before I had used one box I felt a big change. Before I finished the second one I was completely cured. I can assure you I can hardly believe it for I had only known what I know now I would not have spent over One Hundred Dollars for nothing when two boxes of GIN PILLS cured me."

EUGENE QUESNEL. GIN PILLS are gaining a world-wide reputation, by the way they conquer the most obstinate cases of Rheumatism and all kinds of Kidney Troubles. Soc. a box, 6 for \$2.50. Sample free if you write National Drug and Chemical Co. of Canada, Limited, Toronto. 149

"BUTTER-MILK" A LIFE-SAVER.

MEDICINAL PROPERTIES.

Prof. Metchnikoff, of the Pasteur Institute of Paris, says the longevity of the Bulgarian, and some other oriental people, is due to their continued and free use of sour milk. He, as well as Prof. Massol, of Geneva, and other European authorities, state that for diseases of the intestinal tract, butter-milk is a valuable remedy. As a medicine, the lactic acid of butter-milk retards the growth of putrefactive and pathogenic organisms and its use as a curative agent, in digestive disorders, dates back for several centuries. These medicinal properties are due to the fact of the presence of the strong lactic acid bacteria in the butter-milk being able to overcome the harmful bacteria, these bacteria having been the cause of diseases in the body. Professor Metchnikoff states further—"by the simple process of drinking a glass of butter-milk you allow an enormous fighting army of good microbes, well trained and thoroughly equipped for war, to enter your body, they know no enemy but the bad microbes and they proceed to slaughter these before they can do you any more harm."

FOOD VALUE. As a food sour milk has been used since the beginning of history and has the advantage over sweet milk in that its casing is so changed and subdivided as to produce a smaller curd, therefore, more easily digested, and if properly prepared, free from harmful bacteria. Butter-milk has also proven useful in the modified feeding of babies, infants and adults as an addition to the diet in exhausting diseases. In typhoid fever it is both a food and a medicine, furnishing energy and retarding the intestinal putrefaction which adds so much to the toxemia of the disease. A glass of butter-milk contains as much nourishment as half a pint of oysters, two ounces of bread or a good sized potato.

COMPOSITION AND CHARACTERISTICS. Looking into the composition of butter-milk we find that it contains about eight per cent solids, composed of sugar of milk, a trace of butter-fat, casein and albumen and some ash and mineral matter. When butter-milk is allowed to stand for a day or two usually almost all the casein and albumen settles to the bottom of the can, leaving a clear liquid which the butter-milk contains and the milk sugar, fats and ash rise into the upper strata of the liquid, forming a transparent liquid on top and a white liquid below, in other words "the butter-milk whey" contains as follows: Now you might pour off this transparent liquid from day to day until you have nothing left but two or three per cent of caseous matter, originally contained in the butter-milk. In other words you have thrown away nearly all of your mineral matter, all of the fat and some of the casein. You have poured off the most easily digested, the part that contains the lactic acid bacteria and all of the medicinal properties of the butter-milk, and have retained only a part of the casein. While the casein is of food value, it has no medicinal value. To make the point still stronger, the casein is extensively used for the manufacturing of cottage cheese, cheap skim milk cheeses, buttons, combs, paper stings, etc., etc., while out of the whey, sugar-of-milk, that we use for the modifying of infant foods is extracted. Unless your butter-milk becomes too sour, do not pour off the whey or watery appearing liquid which forms on the top of the butter-milk, but "shake well before using." Butter-milk would not be better-milk if it were not for the presence of this whey. The caseous matter would not have the sour taste if it were not for the fact that the lactic acid of the whey is present.

Joker's Corner.

ONE WAY TO USE IT.

A physician tells a story of a philanthropist doctor in a Pennsylvania coal mining town who presented each household with a nice-new thermometer and told the people the necessity of maintaining proper temperature. When making his rounds one day he observed his thermometer hanging in the room. He inquired of the woman of the house if she had remembered his instructions.

"Indeed, sir, I do!" was the response. "I hang the thing right up there and I watch it carefully to see that it does not get too high."

"Good!" exclaimed the doctor. "And what do you do when the temperature rises above seventy degrees?"

"Why, sir," answered the woman, with the air of one faithful to a trust, "when it gets too high, I take it down and put it outside until it cools off."

United States Senator Vardman, so the story goes, once rented a plot of several acres to one of his black neighbors. The land was to be planted in corn, and the senator, then governor, was to receive one-fourth. The corn was duly harvested, but the senator did not receive his fourth.

Meeting the negro one day he said: "Look here, Sam, have you harvested your corn?"

"Well, wasn't I to get a fourth?" "Well, wasn't I to get a fourth?" "Yes, sah, boss, dat's de truf, but dar wasn't no fo'th. Dere was jes' three loads and dey was mine."

When he had carefully examined the shoes the physician had brought in for repairs, the German cobbler handed them back, saying: "Dem shoes ain't worth mending, doctor."

"Very well, Hans," said the doctor, "then of course I won't have anything done to them."

"Vell, but I sharge you feety cents already yet." "Why, what for?" "Vy, ven I came to see you de udder day you sharged me three dollars for telling me dot dere ain't no doddings der matter mit me."

A little girl, who attracted all the passengers on the tramcar with her singular sweetness, was asked by a lady who sat next to her, "And did you get a dolly for your birthday?"

"Why yes, indeed," said the little girl, and all the passengers smiled, while the mother beamed at the attention her child was receiving. "I got two dolls," continued the child to the strange lady, "and do you know, the hair on one of my dolls' heads comes off—just like mamma's."

And everyone smiled again but the mother.

Germany is being blamed for the story of a factory notice now going the rounds. Prominently displayed near all the live wires, it reads: "To touch these wires means instant death. Anyone failing to respect this warning will be prosecuted and fined."

No one has, up to the present, had to be prosecuted.

A young sport with loud hose and a cigarette dropped into a restaurant and ordered a veal cutlet. When it arrived he yelled:

"Do you call that a veal cutlet? Why that's an insult to a calf to call that a veal cutlet."

"I didn't mean to insult you sir," said the waiter.

A very fat man was much amused by the ludicrous appearance of a bow-legged youth, who called upon him with a message. "By jingo," he exclaimed, "you look as if you'd been riding a barrel!"

The bow-legged one smiled as he retorted, "And you look as if you'd been swallowing one!"

Singing teacher—"Now, children, give us 'Little Drops of Water' and put some spirit in it."

Principal (whispering)—"Careful, sir. This is a temperance school. Say 'put some ginger in it.'"

The Countryman (after wrestling with a French menu, and alighting upon the music program): "Waiter, bring me some o' that."

The Waiter: "Sorry, sir, but the band's just playing it."

Saxon tourist: "It's a fine morning Sandy." Sandy grunts. Saxon tourist: "I said it was a very fine morning, Sandy." Sandy: "Verra weel, verra weel! I dinna want to argue!"

Gerald—"Your father refuses to let me marry you." Geraldine—"Do you know, I sometimes think that father is in his right mind."

"Are you the same man who ate my mince pie last night?" "No, mum. I'll never be the same man again!"

The Barytone—"Lots of people say I ought to go to Europe and sing." Source—"I'd suggest Africa—it's farther."

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