

THE FRUITS OF THE EARTH

Seem To Be Nature's Provision For Keeping Man Healthy and Warding Off Disease.

Cereals, vegetables and meat supply the elements needed for man's nourishment. Yet fruit—though it has very little food value—has proved to be absolutely necessary for perfect health.

Careful investigation has shown that all the common fruits act on the Liver, Kidneys, Bowels and Skin. These are the organs that rid the body of dead tissue and waste products, and the fruit juices stir them up to more vigorous action, thus keeping the whole body clean and healthy.

But few people know enough fruit. Realizing this, after several years of experimenting, a prominent Canadian physician succeeded in combining the juices of apples, oranges, figs and prunes in such a way that the medicinal action is many times multiplied. Then he added valuable tonics and made the combination into tablets called "Fruit-a-lives." They are really Nature's cure for indigestion, Biliousness and Stomach Trouble. Mild as Nature itself—but more prompt and effective. Sold by Dealers at 50c. a box—5 boxes for \$2.50—trial size box 50c. Fruit-a-lives Limited, Ottawa.

CANADIAN CHEESE.

Prices for Canadian cheese at British markets have made further advances, and the averages per cwt. for the month of July were: London 59s. and 58s.; Bristol 58s. and 57s.; Liverpool 58s. and 57s.; Glasgow 58s. and 56s. The quality of Canadian cheese now reaching England is reported as generally good, but it is stated that much immature cheese is being sent, owing doubtless to the eagerness of Canadian cheese-makers to take advantage of the present remunerative prices. At the end of August prices Bristol, 61s. and 59s. 6d.; Liverpool, a large make of English cheese is in progress, especially in the north, but per cwt. were: London, 62s. and 61s.; Bristol, 61s. and 60s.; Glasgow, 61s. and 60s. in the south and west of England there will possibly be less than usual owing to the dry weather and to the good prices obtained for the sale of milk in towns.

WELL KNOWN HOTEL KEEPER USES AND RECOMMENDS CHAMBERLAIN'S COLIC, CEOLERA AND DIARRHOEA REMEDY.

"I take pleasure in saying that I have kept Chamberlain's Colic, Cholera and Diarrhoea Remedy in my family medicine chest for about fifteen years, and have always had satisfactory results from its use. I have administered it to a great many traveling men who were suffering from troubles for which it is recommended, and have never failed to relieve them," says J. C. Jenkins, of Glasgow, Ky. This remedy is for sale by A. E. ATLEE, ANNAPOLIS, W. A. WARREN, BRIDGETOWN, and BEAR RIVER DRUG STORE.

FEWER IDLE CARS.

New York, Sept. 28.—The fortnightly bulletin of the American Railway Association shows that on September 15 the number of idle cars was 43,045 less than on September 2, the date of the last previous compilation. The decrease is the greatest for any fortnightly period since the surplus of cars was at a maximum. It brought the number of idle cars down to 173,587, as compared with 413,000 on April 23. The improvement in business has been most marked in the northwest, where cars are in demand for crop moving, and in New England. The latter improvement is attributed to increased activity in manufacturing. In New England practically all the box cars are in service.

Does the Baby Thrive

If not, something must be wrong with its food. If the mother's milk doesn't nourish it, she needs Scott's Emulsion. It supplies the elements of fat required for the baby. If baby is not nourished by its artificial food, then it requires

SCOTT'S EMULSION

Half a teaspoonful three or four times a day in its bottle will have the desired effect. It seems to have a magical effect upon babies and children. A fifty-cent bottle will prove the truth of our statements.

Send this advertisement, together with name of paper in which it appears, your address and your cents to cover postage, and we will send you a "Complete Handy Atlas of the World."

SCOTT & BOWNE
136 Wellington Street W., TORONTO, ONT.

The Dress that Sarah Wore to the Wedding

(Continued from page two)

"Just hear the boy talk!" Sarah exclaimed laughing, while she wiped away the stream of tears caused by her violent fit of coughing. "He thinks I am a vain frivolous creature who can't think of anything but silks and frills, when all the time he knows how sensible I am. Truly, John, I'm glad it isn't silk," she added, and nearly had a relapse into another fit of coughing as she imagined herself arrayed in a silk dress that was covered with all those bouquets of many-colored flowers.

"You aren't touching your breakfast a little later, and your cheeks are very red. You're not sick, are you?"

Sarah laughed. "How romantic you are, father, to think that I would feast on Johnny-cake and hoon when I have a chance to feast my eyes on all these pretty flowers!"

But after her father and John had gone to the field Sarah sat down in the big rocking-chair with the new dress in her lap, and laughed until she cried, and then cried until she laughed again.

Then she grew sober, and faced the situation squarely.

"It doesn't make any difference how dreadful it is," she told herself with a vigorously little nod of the dark head. "John would feel dreadfully if I didn't make it up and wear it to the wedding, and I'm going to do it. I'd wear it if the flowers were as big as bushel-baskets and six dozen different colors, and if there were a hundred cousins from the East going to be there. John went and sold his watch-chain, and lost a day's work, and drove clear to town just to get it for me; and he's never going to know but what it's just lovely. I suppose it will make a story for that cousin from the East to tell all the rest of her life; she'll describe how they dress out West to all her friends but I don't care if she does; I'm going to wear it, anyway. So there!"

Sarah sewed busily for nearly two weeks, for it was slow work with the little sewing-machine that served on to the edge of the table, and must be run by one hand while the other guided the work, and that made a chain stitch that sometimes unravelled all out the entire length of the seam if the end was not properly fastened.

A good many times the hot tears dropped on the brilliant flowers while she worked, but there was never any trace of them by the time John and her father came in from the field.

At last the dress was finished. Sarah tried it on, and went to look at herself in the glass. The sight of the completed reflection was too much. She dropped down in a brilliant little heap on the floor, and laughed until the tears streamed down her cheeks.

"I'll keep it on to show to John," she thought, going on into a fresh paroxysm of laughter. "I wonder what he'll say, anyway."

So, when John came in from the field, she appeared before him in all her splendor. John blinked his eyes as if the brilliance rather dazzled him. "Well," he said slowly, "as he looked at the dress critically, 'now that is what I call real pretty!'"

Sarah ran out of the room quickly, coughing very hard.

At last the evening of the wedding arrived. Chores were hurried out of the way, and by half-past seven John and Sarah were on their way to the festivities.

Sarah felt like a martyr going to the stake, but she only talked and laughed the more merrily. "They never shall know that I care," she told herself with a brave little toss of the head. "I shall pretend that I think I look just fine!"

Oxen move slowly, and prairie roads were poor; but Sarah would have been glad if it had taken ten times as long to reach Martin's. There was quite a gathering there when they drew up by the door, and Sarah's heart sank lower and lower, but she only held her head the higher.

Yes, every eye was turned toward her as she had expected the moment she stepped into the room; she felt her cheeks growing hot and hotter; then she stopped in wonder, her eyes fixed on a young lady with Mrs. Martin. Why, that must be the cousin from the East, and—what in the world—she had on a dress like her own, only that the flowers were bigger and more gaudy!

Just then Mrs. Martin hastened across the room. "Oh," she exclaimed, looking at Sarah admiringly, "if you haven't a Dolly Varden dress, too! I do want one so much myself! Do you know I never even heard of them till my cousin came with hers, but she says they are all the rage in the East. Now you mustn't be too puffed up with pride because you are in the height of fashion and all the rest of us are green with envy!"

Sarah gave a queer little laugh, while a weight seemed to roll off her mind. "No," she said, "I'll try not to be."

THREE SHIPS IN ONE.

A revolution in shipbuilding is foreshadowed in a booklet entitled "The Ocean Express of the Future," recently published in London.

The writer, Mr. James Dickie, states that for years past shipbuilders have been working on wrong lines with antiquated ideas. Despite every improvement in propelling power, the old "ship shape" has been steadily adhered to, and every extra knot or two shown by the newest ocean greyhounds has only been obtained at an enormous and unnecessary expenditure.

Great speed and perfect safety are to be obtained in the ship of the future in quite a new way. Instead of one hull, the new ship is to have three, long, narrow hulls or runners, pointed at each end, all three being connected by the decks and upper works.

No less novel is the method of applying the propelling power. Instead of being concentrated at the stern of the vessel it is distributed through its entire length by a series of propellers which project from the sides of the hulls into the water channel between.

WE LAY US DOWN TO SLEEP.

We lay us down to sleep,
And leave to God the rest;
Whether to wake and weep
Or wake no more be best.

Why vex our souls with care?
The grave is cool and low—
Have we found life so fair,
That we should dread to go?

We've kissed love's sweet, red lips
And left them sweet and red;
The rose will fade and wither,
Blooms on when he is dead.

Some faithful friends we've found,
But they who love us best,
When we are under the ground,
Will laugh on with the rest.

No task have we begun,
But other hands can take;
No work beneath the sun
For which we need to wake.

Then hold us fast, sweet Death,
If so it seemeth best;
To Him who gave us breath
That we should go to rest.

We lay us down to sleep;
Our weary eyes we close;
Whether to wake and weep
Or wake no more, he knows.

—Louise Chandler Moulton.

MORE THAN ENOUGH IS TOO MUCH.

To maintain health, a mature man or woman needs just enough food to repair the waste and supply energy and body heat. The habitual consumption of more food than is necessary for these purposes is the prime cause of stomach troubles, rheumatism and disorders of the kidneys. If troubled with indigestion, revise your diet, let reason and not appetite control and take a few doses of Chamberlain's Stomach and Liver Tablets and you will soon be all right again. For sale by A. E. ATLEE, ANNAPOLIS, W. A. WARREN, BRIDGETOWN, and BEAR RIVER DRUG STORE.

THE APPLE MARKETS.

Howard Blish & Sons, on the 2nd inst., received the following cables regarding the English apple markets from W. Dennis & Sons, London: Market remains the same. Kanawha sold as follows: Gravensteins, 7-10; Ribstones, 14-16; Blenheim, 13-14.

From Woodhall & Co., Liverpool: Halifax City, selling, quality and condition of fruit satisfactory. Gravensteins, No. 1's, 12 to 13.9; No. 2's, 9.10.

DEATH OF S. J. NICHOLLS.

The death occurred last Monday the oldest merchant in Berwick at the age of 75 years. At one time he was Captain of the Militia. He started business there in 1869. He had morning, Sept. 25th, of S. J. Nicholls been in poor health for some months, but had only been confined to the house about ten days. He leaves a wife, who was a Miss Marshall, of Clarence, and six children, May and Lily, both of whom are married in Yorkton, Sask.; Estelle, at home; Dan, in Vancouver; Paul, at home; and Wylie, in Yorkton. Wilful Nichols of Harborsville, and William Nichols of New Germany, are brothers. The funeral was on Wednesday afternoon. —Berwick Register.

1908---FALL---1908

The cold weather will soon be here. Be prepared.

MEN'S OVERCOATS of the famous Failless brand, in black, blue, fancy stripes and checks. PRICES VERY LOW.

UNDERWEAR STANFIELD'S unshrinkable, fleece-lined, and woolen in great variety.

A look at our **LADIES' JACKETS AND SKIRTS**, everyone that they are the best.

FLANNELS AND FLANNEL-LETTES, a big range selected from. Do your shopping here and SAVE \$\$\$.

JACOBSON & SON

Business Change

Having purchased the entire stock in trade of Captain John Anthony, Port Lorne, the undersigned wish to inform the public that business will be carried on at the old stand under the head of Anthony & Cropley. Your patronage solicited.

Y. ANTHONY,
C. W. CROPLEY.
Port Lorne, Aug. 27th, 1908.

Black Watch

Chewing Tobacco
Rich and satisfying.
The big black plug.

THE FARM TRANSFORMED.

Judging from the following remarks, the strenuous life has not the rural population in its grip:

"About five years ago the old cook stove got so unpopular with women folk that we simply had to buy one of those big steel ranges that set us back \$60.

"When this great bakery was installed it made some other thing in the kitchen look like three dimes. A lot of modern steel and tin ware had to come soon afterward, the old things wouldn't work on the new range.

"Then a neighbor just the other day telephoned a testimonial about an oil stove, just the thing for the kitchen in summer time, so we have got to buy one.

"Then the women got the kitchen work lessened they had more time for other parts of the house. Of course one of the daughters in the family had taken some music lessons. She butted in and urged the purchase of a piano.

"That piano of ours drew a new centre table into the parlor, then a new fangled lamp and Lord knows how the endless chain is going to drag out.

"Two years ago, these busy bodies, women, took up the bathroom proposition. Now we have a bathroom with a big porcelain tub in it; but other tools got that out of us. We had better rivers to cross; we had to drill a well, put in a windmill, construct a tower, and build a reservoir.

"Then there was a lot of pipin' and plumbing to do. And while we were at work we put in a lighting plant, acetylene gas. The windmill got lazy on still days on which there seemed more than wind enough, so we had to buy an engine to do its work.

"Then there was more trouble. This engine was hard to keep in business—it cleaned up all the work we could find for it, so we had to get busy and devise new chores for it.

"Why not buy a cream separator to run with the engine? Why not buy a feed grinder to work it? Yes, get a fanning mill, a new meat chopper, a sheep-shearing machine and a few other tools to work this confounded gasoline engine.

"Now, efficient farm labor is getting scarce, and we are trying to reduce our requirements for it, so we purchased some two-row cultivators. Wanting to get the most out of our corn crop, we have built a silo; that will call for a silage cutter, also a corn blinder.

"As hay is a short crop we are going to bale a lot of oat and wheat straw—this will compel us to buy a baling press. New ideas as to corn culture have caused us to invest in several water and one-horse harrows to use at the last cultivation.

"Of course, we must keep pace in the family, or, in other words, the women folk demand their appropriate for their department every year. This is increasing right along. But the best of it is, that the more things we buy, the more money we can make, and the better we can live, so I guess we are getting along all right after all.

"Our women folk get to town more than ever before, read more and plan more. The men also get out and mix more with one another, and with business men. This broadens us and makes us want some of the things city people heretofore have had as their exclusive possessions. We are using printed stationery, operate a typewriter, and have a copy press."—Agricultural Advertising.

Paper overprints are sold in thousands in Paris; they are said to be the best possible cold excluders.

PANDORA RANGE

The Recipe "Ladies, here's my recipe for Apple Custard Pie:—
Two eggs, four or five apples, grated, a little nutmeg; sweetened to taste; one-half pint of new milk or cream; pour into pastry—then



The Result "Four—pies—that—don't—last—long."
Four pies and pans of bread can be baked in a "Pandora" oven at one time.

McClary's

London, Toronto, Montreal, Winnipeg, Vancouver, St. John, N.B., Hamilton, Calgary.

Bridgetown Foundry Co. Local Agents

WALL PAPERS

I have on hand an immense stock of Wall Papers that must be closed out to make room for new goods.

Give me a call or write me and I will sell you Wall Papers in pretty designs, cheaper than you can buy anywhere else in Canada.

F. B. BISHOP

Stoves 1908 Stoves

The Queen still leads. We have it! Also Hall Stoves in all the latest patterns; parlor and heating stoves for coal or wood at lowest prices.

Kitchen Cooks and Ranges.

Hot Air Furnace Heating and Plumbing a specialty.

R. Allen Crowe

The Manufacturers Life in 1907

A Comparison Showing Remarkable Progress.

ITEM	1906	1907	INCREASE
Net Premium Income	\$1,847,286.06	\$2,011,973.53	\$164,687.47
Interest and Rents	326,630.96	420,982.81	94,351.85
Total Income	2,193,519.19	2,433,114.15	239,594.96
Assets	8,472,371.52	9,459,230.69	986,859.17

Insurance in Force Dec. 31, 1907—\$51,237,157.00

No other Canadian Company has ever equalled this record at the same age

O. P. GOUCHER General Agent, Western Nova Scotia.
OFFICE—MIDDLETON, N. S.

The E. R. Machum Co., Ltd., St. John, N. B.
MANAGERS FOR MARITIME PROVINCES.



THE CONNER BALL-BEARING WASHER

will wash delicate lace curtains without breaking a thread. The heaviest clothing can be washed as easily as ordinary clothes. For sale at the Bridgetown Hardware Store. We also keep a supply of Tubs, Wringers, Cothes Lines and Pins.

K. Freeman

For Sale
A nice, neat and attractive home, situated on Granville St. West Bridgetown.

Consisting of two story modern cottage, eight rooms and halls, furnace heated, good stable and carriage room.

Half acre land with all kinds native fruit trees just coming in bearing.

Buildings all new and in thorough repair, within five minutes walk of school, churches, etc. This place will be sold right to an immediate purchaser. For further particulars apply to

ARTHUR C. CHARLTON
Bridgetown, Sept. 8th, 1908

Farm for Sale

The subscriber offers for sale his valuable farm in Granville, a short distance from Bridgetown.

Nice orchard with standard varieties. Buildings in good repair. Possession given any time. For particulars apply at—MONITOR OFFICE.

Our SEPTEMBER RUSH Has Begun. Send for Catalogue.

S. KERR,
Prindep,
Old Fellows Hall

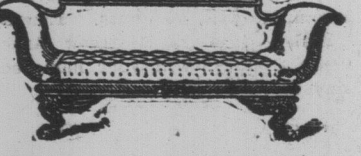
We Keep the Purest

Oils and Leads that are put on the market. Dressing for Linoleum and Furniture Polish.

The latest patterns of American Wall Paper. Paints for all inside and outside use mixed to order.

A. R. BISHOP

WANTED.



Will give \$10 to \$30 for old Carved Mahogany Lion Foot Sofas same as cut. Address.

WANTED.

A LARGE QUANTITY OF HIDES, PELTS, CALF SKINS & TALLOW

Cash paid at the Highest Market Prices
McKENZIE CROWE & Co., Ltd.