

fine assorted stock of gest a few as follows:

tric Lamps. y Work Baskets. s Smokers' Sets. s Tobacco Jars. ks and Watches le Tea and Coffee

ire Frames. x Glass Cooking

minum

to secure enough of pecial sale, however. offer from the 14th

hristmas d Nuts.

Christmas"

OD THINGS

M CARAMELS UT CARAMELS

UTS

Alberts, Butternuts and Per-

Layer Figs Package Mgs Sour Pickles, Raspbergy and

S DELIVERED, FREE

Bridgetawn, N. S.

NOTICE Automobile Owners

FLETT'S GARAGE

RAMEY'S LEAT MARKET

TRIAL ORDER SOLIC end a team through the districts once a week. ELIAS RAMEY Proprietor. INDIGESTION AND Quickly Relieved By

"Fruit-a-tives" ROCHON, P.Q. soffered for many years with terrible Indigestion and Constipation. peighbor advised me to try "Fruit-a-tives". I did so and to the purprise of my doctor, I began to improve and he advised me to go on ath "Fruit-a-tives".

I consider that I owe my life to Fruit-a-tives" and I want to say to these who suffer from Indigestion. Constipation or Headaches - try "Fruit-a-tives" and you will get well". CORINE GAUDREAU.

10c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Proita-tives Limited, Ottawa.

TRAVELLERS' GUIDE

DOMINION ATLANTIC RAILWAY where the ly damp.

THE TABLE REVISED TO MONDAY. SEPT. 29th, 1918.

GOING WEST12.18 Annapolis Royal12.42

GOING EAST

General Passenger Agent. GEO. E. GRAHAM, General Manager.

H. & S. W. RAII	LWAY
Accom. TIME TABLE	Accom.
Wednes- IN EFFECT	Wednes-
days only March 10, 1918	days only
Readdown STATIONS 11.10 a.m. Lv. Middleton Ar.	Read up
11.41 a.m. *Clarence	4.28 p. m.
12.00 m. Bridgetown	4.10 p.m.
12.32 p.m. Granville Centre	8.43 p. m.
12.49 p.m. Granville Ferry	3.25 p. m.
13.12 p.m. *Karsdale	3.05 p. m.

Connection at Middleton with all oints on H. & S. W. Railway and Dominion Atlantic Railway.

W. A. CUNNINGHAM, Div. F. & P. Agent.

Dominion Atlantic R'y To BOSTON, MONTREAL

and all points in WESTERN CANADA and UNITED STATES via DIGBY and CANA-DIAN PACIFIC LINES

at Lowest Rates

For fares, sleeping accommodation ther information telephone or

R. U. PARKER General Passenger Agent Hollis Street, HALIFAX, N. S



Bridgetown No. 4 Rural Mail Route Printed notices containing further informa-tion as to the conditions of proposed contract may be seen and blank forms of Tender may be obtained at the Post Offices of terminal and route offices, and at the office of the Post Office In-

W. E. MACLELLAN,

Pest Office Inspector's Office. Halifax, 29th November, 1918.

"The Uses of Sphagnum Moss" (Experimental Farms Note.)

or midrib. The outer part of the stem and spiritually uplifted him." as well as a considerable part of the leaf is composed of a large number of special boys on leave and assisting them to up and hold water like a sponge. The that they fancy, has since the experience amount of water absorbed varies accord- given by Mrs. Davidson been expanded ing to the species, but ranges from ten into a large and important work by the to twenty times the weight of the dry Leave Department which has its main Sphagnum. Owing to the ability of office in the Beaver Hut. During the these cells to absorb the water required month of September this Department by the plant for its development the presented its Tour Agency Scheme for presence of rootlets is unnecessary. the benefit of men shortly to go on leave Sphagnum usually grows in a situation to 3200 men in the various camps in where the soil underneath is permanent. England. It received and replied to

for a considerable period as a packing Its representatives met 8403 men at the material for plants. Owing to its power London Railway Stations and directed of retaining moisture, it helps to keep them to hostels or to points outside the rooted plants in a fresh condition until city. The Department directly served they arrive at their destination. It is in this way 12, 151 men, advising them also extremely useful when dried as as to where to go on leave, how to get bedding material for horses.

so largely in demand for the manufac- Department. ture of explosives that some subsitute four to five times its own weight. Of Agencies have been opened at such purpose. When collecting the moss The desired cooperation secured at these private cousumption, has been removed. great care should be taken to have it free centres has greatly contributed to the The war time restrictions on the method from any admixture of leaves, twigs or roots of other plants which may be growing in the immediate vicinity. Each DID NOT CATCH THE INFLUENZA uary 1st white or granulated sugar may handful should be squeezed gently to remove excessive moisture, but care should be taken not break the main stem. The moss should be spread in thin layers to dry. Before the drying process is complete it should be gone over carefully and sorted, after which the the Navy Public Health Service Hospital ations, beers, and soft drinks, desserts dried moss may be packed into bags or on Gallupus Island to ascertain the cause light boxes for despatch to the depot and spread of influenza, have had nega- on chewing gum, will not be in force where it is required. The final making tive results, according to a report given For the manufacturer, sugar may be purup into pads of the sizes required out today. One hundred volunteers who chased without the regular permit, but

of the war Department. At the present time Scotland is turning out these pads at the rate of four millions per month while Canada during the year 1918 was asked to supply twenty millions of such pads.

Do not throw away frozen potatoes An American Chemical Society bulletin says if they are kept frozen until they are used, they will be just as wholesome, nutritious and palatable as if they had not been frozen at all. It is only when prematurely thawed that they are spoiled. It would be difficult to estimate the waste that has been caused by the mistaken belief that potatoes are unfit for food merely because they have been

All men are anxious for favor, but some will accept money as a substi-

The proof of a woman's temper is the arrival of an unexpected guest to

AN UP-BUILDING FORCE

Regardless of climate or environment. Nature exacts her toll of wear and tear on the system and there is frequent need for an effectual aid to restore strength and vitality.

a systemic strengthener, free from harmful drugs, nourishes and replenishes the needs of the body naturally. Scott's may

be used daily, in any climate, with benefit and strength to the body. Take Scott's Emulsion-

it builds up the body. ~ Scott & Bowne, Toronto, Ont.

Peace Brings No Let Up For The "Y"

An example of what many women in These plants (for there are many the Old Country have done, and are pecies of Sphagnum) grow best in a daily doing for Canadian boys on leave climate that is moist and only moderately is told by Mrs. George Davidson, one warm in summer. They are one of the of the most unselfish and effective chief forms of vegetation to be found Voluntary Workers the Canadian Y. M. growing in the swampy regions known C. A. in London has had during its as, "Muskegs". Sphagnum bogs occur operation of the Little Theatre and the principally in Newfoundland, the Mari- Beaver Hut. She says: "A Canadian time Provinces, Northeastern Quebec, was going to Scotland to visit the birth-Labrador, and the western parts of place of his mother-a small village I know well, on the west coast of Scotland. The Sphagnum plant consists of a His geograpy was frail, my local knowstem and branches which are clothed ledge of the spot accurate, so I was able with small, numerous, overlapping and delighted to sketch out the tour he leaves. They differ from most other finally took to the home of his ancestors, mosses in being entirely devoid of root- He left me, full of gratitude to the Y. lets. Another peculiarity of Sphagnum M. C. A. which had housed and fed him, is that the leaf never has a central vein specially arranged his tour, and morally

This interesting work of directing 'absorpent cells" which are able to take reach whatever point in the British Isles 2399 application blanks from men in the Sphagnum or Bog Moss has been used | camps and hospitals due to go on leave.

there, where to leave their kits, where But it is owing to its use since the to spend the night and where to go for beginning of the war in the form of further information. In the larger 7.35 absorbent pads for dressing wounds centres of Great Britain these men would that Sphagnum has recently gained an be welcomed, guided and directed by importance hitherto unknown. Cotton is local consuls representing the Leave The Leave Scheme, as it has been or had to be found and in any case cotton ganized by the Y. M. C. A. has been wool has an absorptive power of only carried further and Red Triangle Tour

the species of Sphagnum found growing strategic centres as the Maple Leaf on this continent four are used for the Clubs and the Viseing offices in London.

Hundred Volunteers Swallowed the

Germs But No Cases Developed

undertaken by the Navy Department at pharmaceutical and medicinal preparup into pads of the sizes required should be left to be done by the experts of the war Department out today. One hundred volunteers who it must be noted that the restrictions in have been under observation for several public eating places on the use of beef, weeks have had influenza germs placed butter and fats, and for the use of all in their nostrils and throats and have animal fats by manufacturers still remain eaten them with their food and some in force. have been inoculated with serums, but no which war had imposed on Canadian cases of the disease has developed thus use of sugar has been made possible

Minard's Liniment cures Colds, &c. prewar conditions.

"SOLDIERS FIRST"

IS C. P. R. SLOGAN

Troop trains with returning soldiers are to be given preference over all other trains, including regular. passenger trains on the C. P. R., in so far as is consistent with safety, according to a circular just issued by Vice-President A. D. MacTier. This was the rule on the C. P R, when our soldiers were hurrying to the front and it is to be the rule now that they are returning to their homes. "What is particularly desired." says the circular, "is that all officers and employers concerned shall, in so far as possible place themselves in the position of the father, mother, wife, sister, or other relative of the returning soldier, and deal with them as they would wish to be dealt with under similar conditions.

"All this being accomplished, it will add substantially to the welcome the company desires to give to returned soldiers, as well as to the comfort and convenience of relatives and friends who desire to welcome

In order that relatives and friends desiring to meet troop trains should have information as to the hour of arrival very particular instructions are given. "Station staffs" save the circular "at destination points should be fully and promptly advised of the expected time of arrival of troop trains, with all particulars available as to the names of steamships from which the passengers come and any other known details. AThis information should be promealy and regularly posted on station bulletin boards and corrected from time to ime as may be necessary. Operators should keep in close touch with the movement of the trains so that the information posted may be up to the minute. Train enquiry clerks should be at all times fully informed in connection with the trains and their novement, and they as well as other station staff concerned, will be expected to deal courteously and patiently with all enquirers, giving t.em correctly and clearly the fullest information possible in response to their enquiries

In the operation of C. P. R. trains. the troop train is to be considered first. In the event of a troop train locomotive breakdown on the road, the locomotive which can be made most quickly available, even if taken om a regular passenger train, is to he used to handle the troop train, so

Canada Removes Ban on Sugar

Ottawa, December 13 - The ban on the use of sugar for making pastry, iced cakes and biscuits, for candy, and for of serving sugar in public eating places are also withdrawn. On and after Janbe used in making bread, etc., so, too, the restrictions on the use of sugar in the manufacture of canned goods, biscuits, cake, dough products, candies, Boston, December 13-Experiments chocolate, table syrups and the like, and jelly powders, ice cream and even

far. Increased appetite and more vigor- through unexpected improvement in ous health have been the only noticeable stocks, but the Food Board desires the Don't Throw Away Frezen Potatoes results of the experiments, according to public still to be reasonably restrained, the physicians. The tests will be con- of any of these articles, because it will still be some weeks before supplies and distribution can be at all compared to

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his per-Sonal supervision since its infancy.

Allow no one to deceive you in this.

All Counterfeits, Imitations and "Just-as-good" are but

Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

What is CASTORIA
Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

In Use For Over 30 Years The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

BUY **War-Savings Stamps**

MONEY-ORDER POST OFFICES BANKS AND

THIS SIGN



DISPLAYED

DUY War-Savings Stamps for \$4.00 each, place B them on the Certificate, which will be given to you; have your Stamps registered against loss, free of charge at any Money-Order Post Office; and on the first day of 1924, Canada will pay you \$5.00 each for your stamps.

As an aid to the purchase of W.-S. S. you can buy THRIFT Stamps for 25 cents each. Sixteen of these Thrift Stamps on a Thrift Card will be exchanged for a W.-S. S. Thrift Stamps do not bear interest. Their virtue is that they enable you to apply every 25 cents you can save towards the purchase of a Government, interest-bearing security.

"If high rates of interest must be paid on Government borrowings it is but right that every man, woman, and child should have the opportunity to earn this interest."-Sir Thomas White.

\$5.00 for \$4.00

Maintaining Beef, Cattle a Public Service



ARMERS who developed their numbers of animals brught to macattle business yesterday are turity. The figures of Saskatchewan, reaping targe profits to-day; which are now available, convey an those who are developing it to-day idea of what is going on throughout will be well remunerated in the fu- the prairie west of Canada. In 1915, ture. Because the see more money farmers of this province purchased in cattle in the next few years than 9,380 head of immature live stock at ever there as been in the past, far the Union Stock fards at Winnipeg sighted men are buying stock and for the purpose of finishing; in 1916, holding them. The enormous deple 29,246 ead were imported; while in tion that has been going on in Europe 1917 the number increased to 36,323. for the last four years, and which is During this period, from 1915 to 1917 now taking place on this continent, the number of live stock exported has already placed good cattle at a from the province rose from 60,378 to premium. The demand will not be 137,357. Despite this doubling of the modified by the termination of the number of cattle exported in a period war. Then will be the time when the of two years a steady increase in the herds will have to be built up again number of cattl remaining on the And the building up process will re farms is being maintained. quire years. All this points to high Two recent instances will show how prices for a long while to come, which remunerative the finishing of cattle will benefit the man who is devoting is proving to Western Canadian

se evidenced by the increase in the

himself to the cattle business now. farmers. On March 4th last, James was \$105.56 a head, the purchase a distance of more than two bundred More than in any other country, Tully, a Manitoba farmer, purchased price being \$105.04 a head, and the miles, was just over \$62 a head, or More than in any other country, tany, a mainton tarmer, parentages price being \$105.04 a head, and the miles, was just over \$62 a head, or perhaps, is there room for the expantage twenty-five head of cattle weighing selling price \$210.60. The total expansion of the live stock industry in an average 1,040 pounds a head at penses, including commission at the sold last month for \$5,000 at the local western Canada. Here are still \$10.10 a hundred pounds. Six months time of buying, freight to the farm, station. As was the case with Mr. western Canada. Here are still stolled inducted pounds, six mounts time of buying, freight to the farm, station. As was the case with Mr. care on the range, freight to market, Tully's cattle these animals were practically unused. Here can the scales showing an average weight of most nutritious fodders be grown in 1,442½ pounds, and were sold for most nutritious fodders be grown in 1,442½ pounds, and were sold for mission, on the sale, was less than they were fed on bran and straw, and

most nutritious fodders be grown in 1,442½ pounds, and were sold for sufficient quantity to support many \$14.60. The animals had no special times the number of cattle row being supported. For a number of years supported. For a number of years the finishing of cattle has been an important phase in the efforts of a grass began to grow. No grain was comparatively few farmers, who given to them. They were practically grass fed steers. An average gain of years at Winnipeg. The price he paid have found it a very paying business grass fed steers. An average gain of Yards at Winnipeg a little over a worked out at an average of \$69.10 a That more and more farmers are four hundred and two pounds per beginning to realize how favorable head was made, and with te increase beginning to realize how favorable in price of \$4.50 a hundred nounds are cont. Their test continuous age of profit on these animals will be beginning to realize the Canadian in price of \$4.50 a hundred pounds per cent. Their total cost, including equally as great, is not greater, than the finishing of cattle the gross profit on the transaction the freight from Winnipeg to Senlac, on the cattle he has sold this year.