

INDIGESTION AND CONSTIPATION

Quickly Relieved By "Fruit-a-tives"

Rochon, P. Q. "I suffered for many years with indigestion and constipation. A neighbor advised me to try 'Fruit-a-tives'...

CORINE GAUDREAU. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

TRAVELLERS' GUIDE

DOMINION ATLANTIC RAILWAY

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

Table with columns: GOING WEST, GOING EAST, Station, Express Daily, Mixed Daily. Lists stations like Middleton, Lawrenceville, etc.

R. U. PARKER, General Passenger Agent. GEO. E. GRAHAM, General Manager.

H. & S. W. RAILWAY

Table with columns: Accom. Wednesdays only, TIME TABLE IN EFFECT March 10, 1918, Accom. Wednesdays only. Lists stations like Middleton, Lawrenceville, etc.

Connection at Middleton with all points 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 CANADIAN PACIFIC LINES

at Lowest Rates

For fares, sleeping accommodation and other information telephone or write to

R. U. PARKER, General Passenger Agent

117 Hollis Street, HALIFAX, N. S.

2217

MAIL CONTRACT

SEALED TENDERS, addressed to the Postmaster General will be received at Ottawa, until noon on Friday, 10th January, for the conveyance of His Majesty's Mails, six times per week, over

Bridgetown No. 4 Rural Mail Route under a proposed contract for four years, to commence at the Postmaster General's pleasure. Printed notices containing further information 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 Inspector.

W. E. MACLELLAN, P. O. Inspector

Post Office Inspector's Office, Halifax, 25th November, 1918.

36-31

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

These plants (for there are many species of Sphagnum) grow best in a climate that is moist and only moderately warm in summer. They are one of the chief forms of vegetation to be found growing in the swampy regions known as "Muskegs".

The Sphagnum plant consists of a stem and branches which are clothed with small, numerous, overlapping leaves. They differ from most other mosses in being entirely devoid of rootlets. Another peculiarity of Sphagnum is that the leaf never has a central vein or midrib.

But it is owing to its use since the beginning of the war in the form of absorbent pads for dressing wounds that Sphagnum has recently gained an importance hitherto unknown.

Of the species of Sphagnum found growing on this continent four are used for the purpose. When collecting the moss great care should be taken to have it free from any admixture of leaves, twigs or roots of other plants which may be growing in the immediate vicinity.

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.

Don't Throw Away Frozen Potatoes. 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.

All men are anxious for favor, but some will accept money as a substitute. The proof of a woman's temper is the arrival of an unexpected guest to dinner.

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.

SCOTT'S EMULSION

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.

18-11

Peace Brings No Let Up For The "Y"

An example of what many women in the Old Country have done, and are daily doing for Canadian boys on leave is told by Mrs. George Davidson, one of the most unselfish and effective Voluntary Workers the Canadian Y. M. C. A. in London has had during its operation of the Little Theatre and the Beaver Hut.

This interesting work of directing boys on leave and assisting them to reach whatever point in the British Isles that they fancy, has since the experience given by Mrs. Davidson been expanded into a large and important work by the Leave Department which has its main office in the Beaver Hut.

The Leave Scheme, as it has been organized by the Y. M. C. A. has been carried further and Red Triangle Tour Agencies have been opened at such strategic centres as the Maple Leaf Clubs and the Visiting offices in London.

DID NOT CATCH THE INFLUENZA

Hundred Volunteers Swallowed the Germs But No Cases Developed

Boston, December 13.—Experiments undertaken by the Navy Department at the Navy Public Health Service Hospital on Gallups Island to ascertain the cause and spread of influenza, have had negative results, according to a report given out today.

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 private consumption, has been removed. The war time restrictions on the method of serving sugar in public eating places are also withdrawn.

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.

Maintaining Beef, Cattle a Public Service

FARMERS who developed their cattle business yesterday are reaping large profits to-day; those who are developing it to-day will be well remunerated in the future. Because the year more money in cattle in the next few years than ever there has been in the past, far sighted men are buying stock and holding them.

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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," says 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.

In the operation of C. P. R. trains, the troop trains 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 from a regular passenger train, is to be used to handle the troop train, so that it will incur the least possible delay.

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BUY War-Savings Stamps

On Sale at all MONEY-ORDER POST OFFICES BANKS AND

WHEREVER THIS SIGN IS DISPLAYED

BUY War-Savings Stamps for \$4.00 each, place 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 Stamp 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

5

Minard's Liniment cures Colds, &c.

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 personal supervision since its infancy.

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.

GENUINE CASTORIA ALWAYS Bears the Signature of CHARLES H. FLETCHER. In Use For Over 30 Years The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

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The proof of a woman's temper is the arrival of an unexpected guest to dinner. The cancellation of so many rules which war had imposed on Canadian use of sugar has been made possible through unexpected improvement in stocks, but the Food Board desires the public still to be reasonably restrained, and to avoid anything like extravagance of any of these articles, because it will still be some weeks before supplies and distribution can beget all compared to prewar conditions.

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fine assorted stock of... a few as follows:

Electric Lamps, Work Baskets, Smokers' Sets, Tobacco Jars, Clocks and Watches, Tea and Coffee, Picture Frames, Glass Cooking, etc.

Aluminum

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

BRIDGETOWN, N. S.

Christmas Nuts.

Christmas

GOOD THINGS

KEY BONDS, DRESSES, MED BURN PEANUT BUTTER, BUTTER CARAMELS

CUTS

Almonds, Bitternuts and Peanuts, Shelled Walnuts, Almonds

Layer, Eggs, Package, Storage or bulk, Prunes, Marmalade, Plain and Spiced, Sour Pickles, Raspberry and Peanut Butter, Honey, Cream packets.

DELIVERED FREE

ALL

Bridgetown, N. S.

NOTICE

Automobile Owners

We are now open to receive Automobiles for repairs for the balance of the season, at Flett's Garage. It will be well for those who do not propose storing same for winter to have their cars in soon as possible, as overhauling at this garage will be stored and cared for during the winter months free of charge, if desired. Have your painting repairs done at same time. We are still doing business at the stand.

FLETT'S GARAGE

117 Hollis Street

RAMEY'S MEAT MARKET

now occupy the store on the corner of Queen and Albert streets, opposite the public with all kinds of MEAT, FISH, etc., at reasonable prices. TRIAL ORDER SOLICITED. We send a team through the districts once a week.

ELIAS RAMEY Proprietor.

Telephone No. 56.