

HE NOW BELIEVES IN "FRUIT-A-TIVES"

Because He No Longer Suffers With Headaches

TAYLORVILLE, ONT. "I was a sufferer from Fearful Headaches for over two years. Sometimes they were so bad that I was unable to work for days at a time. I took all kinds of medicine, was treated by physicians, but yet the Headaches persisted.

A short time ago, I was advised to try "Fruit-a-tives" and I did so, with I must confess, very little faith. But after I had taken them for three days, my Headaches were easier and in a week they left me.

After I had taken a box of these tablets, my headaches were quite cured. My appetite was always poor and my stomach bad—and now my appetite is splendid and my digestion excellent. I had become thin and weak from the constant Headaches but now not only have I been cured of all these awful Headaches, but my strength is growing up once more and I feel like a new man!

BERT CORNELL. Take "Fruit-a-tives". See a box, 6 for \$2.50—trial size, 25c. At dealers or from Fruit-a-tives Limited, Ottawa.

PLAN FOR A LARGER MILK

What virtue is there in heredity when it comes to abundant milk production per cow? Many a dairyman notices a cow is good, her heifers may turn out to be good milkers, sometimes they do not. What is the trouble? Apart from such considerations as feed, care and health, look for one moment at the possible value of the sire.

It has been noted many a time that the cows bred to a particular bull have dropped good milking progeny; that bull came from good milking ancestry. There is the virtue of heredity worth thousands of dollars to our dairy industry. The melancholy reflection is that scores of these good milkers can be traced to sires that have been sold for beef long before their real value had become known.

Every dairyman who is doing anything at testing his individual cows, and all progressive dairymen appreciate the far-reaching benefits of such study, knows that it would be worth at least 1,200 pounds of milk extra per cow to secure the right bull. All members of cow testing associations should co-operate in the purchase of good pure bred sires, changing them round after two years in one section, and prove thereby the immense value of heredity in their owners.

C. F. W. Dominion Dept. of Agriculture, Ottawa.

During the summer months mothers of young children should watch for any unnatural looseness of the bowels. When given prompt attention at this time serious trouble may be avoided. Chamberlain's Colic, Cholera and Diarrhoea Remedy can always be depended upon. For sale by all dealers.

WHEN THE MIND FAILS.

"In every line of mental research it is admitted that prevention is more important than cure—with the exception of mental diseases," says Clifford Whittingham Beers, who created a sensation a few years ago when, under the title "A Mind that Found Itself," he published a record of his years of insanity and of his awakening from mental death. "Our scientific attitude toward diseases of the mind is truly amazing. We consider them as something unavoidable. We watch stupidly the disease running its course from a slight disturbance of mental processes until the first violent manifestations of insanity."

"If a man presents the slightest symptoms of pneumonia or even measles he receives immediate treatment of some kind. On the other hand, a patient who is suffering from disease of the mind, the most threatening calamity of life, must be so far advanced in the disease and so disordered in action or in speech as to satisfy a lay tribunal of the necessity of justification of the forcible deprivation of his liberty, must be 'adjudged insane' and 'committed' by a court to an institution for the insane before he can receive the treatment best adapted to the restoration of his health.

"The public should be convinced that insanity is a disease like any other disease; people must be taught to seek intelligent advice promptly whenever something 'seems to be the matter with their nerves,' instead of concealing their fears for mere shame.

"Had I, for instance, at the age of eighteen, when I began to worry myself into a state of depression, had access to advice and information, and had I, as a result of an established and widespread interest in mental hygiene, sought such advice as a matter of course, as persons threatened with tuberculosis now seek the help and advice they need, I am confident that I should not have suffered the affliction of mental disorder. Though I took medicine for 'nerves,' I did not find the remedy I needed, which was a verbal corrective for thought and fears which were to prove my temporary undoing.

"It may take some time before a sick man is no more ashamed of calling on a physician for incipient insanity than for a cold in his head, but let us hope that time will arrive eventually. A campaign of education is sorely needed to dispel the superstitions still prevalent in the public mind as to the cause of insanity."

ATE 61 EGGS AND WON \$25.

Cairo, Ill., June 22.—Frank Blake, clerk in a railway office here, won a bet of \$25 yesterday by eating sixty-one eggs. The world's record is supposed to have been sixty. The eggs were cooked as follows: scrambled, 15; soft boiled, 16; hard boiled, 15; fried, 15.

Minard's Liniment cures Diphtheria.

MILITANTS OF 18TH CENTURY.

A letter written in 1740 by Lady Mary Wortley Montagu goes to prove that there is nothing new under the sun, not even England's militant suffragettes.

Lady Mary in her letter describes an incident in the House of Lords which made a prodigious sensation in 1739.

While a warm debate was in progress it was voted that there should be no crowd of unnecessary auditors; consequently women were excluded and the gallery was reserved for members of the House of Commons. "Notwithstanding which determination," wrote Lady Mary Wortley Montagu, "a tribe of dames resolved to show on this occasion that neither men nor laws could resist them."

Yet though it would appear tame now the demonstration of this fashionable band of militants was bold enough in 1739. They presented themselves at the stairs at nine o'clock in the morning and demanded admission and were respectfully informed of the order issued by the Chancellor. But his name commanded no more attention than that of Chancellor Lloyd-George today.

The Duchess of Queensbury, as head of the squadron, pished at the ill-breeding of a mere lawyer, and desired them to let them upstairs privately. After some modest refusals he swore he would not let them in. Her grace, with a noble warmth, answered they would come in in spite of the Chancellor and the whole House.

The peers resolved to starve them out, and an order was made that the doors should not be opened until they had raised their siege. But they were already practising for the hunger strike.

These amazons now showed themselves qualified for the duty even of foot soldiers; they stood there till five in the afternoon, every now and then playing volleys of thumps, kicks and raps against the door, with so much violence that the speakers in the House were scarce heard. When the Lords were not to be conquered by this, the two Duchesses (very well apprised to the use of stratagems in war) commanded a dead silence for half an hour; and the Chancellor, who thought this a certain proof of their absence—the Commons also being very impatient to enter—gave order for the opening of the door, upon which they all rushed in, pushed aside their competitors, and placed themselves in the front rows of the gallery. After which demonstration they proceeded to show their animosity, "not only by smiles and winks (which have always been allowed in these cases), but by noisy laughter and apparent contempt."

If you are a housewife you cannot reasonably hope to be healthy or beautiful by washing dishes, sweeping and doing housework all day, and crawling into bed dead tired at night. You must get out into the open air and sunlight. If you do this every day and keep your stomach and bowels in good order by taking Chamberlain's Tablets when needed, you should become both healthy and beautiful. For sale by all dealers.

The Home

KEEPING OUR SOULS ALIVE.

"Keep your souls alive, your lives interested, and think of some things, sometimes, besides cooking," said a silver-haired farm mother to an audience of one hundred and twenty-five persons as the first note of its kind in an hour's discussion of farm women's problems. One of these things to think a great deal, one side of the mother's soul to keep very much alive, is her attitude to the unfolding lives of her children, writes Alta Hooper, in The Breeder's Gazette.

It is the interested understanding mother who leaves her dishes with a smile to obey that excited little voice, "O, mamma, come and see the crocuses—six of them right under the window," and she will revel in their beauty as much as her child.

Other things of more consequence than making the beds every morning at a certain hour (instead of letting the sun and air frolic over them all day) are training in little gentlemanly habits and table manners, the sense of a polite duty to mother, and an easy, happy air in the presence of visitors. Not many boys know or care whether mother sweeps under their beds twice a week, but they do feel it when she is too tired and cross to talk of their little affairs. Boys and girls dearly love good things to eat, but how proud and glad they are to have a bit of mother herself, all interested and bright, for their very own, now and then. It is a crime to repress or neglect the finer side of a child's nature, and the far-seeing mother does not always have a task to perform when there is an interesting story to read with the children. She thinks more of the all-round development of the boy and girl than of the immaculate condition of her house or the reputation of gleaning the most fruit in the neighborhood.

All honor to the thorough housekeeper and artistic cook, but if she cannot remember her own youth or see the importance of giving herself to her children, then she has fallen short of her mission. Who has a better opportunity than the farm mother to talk to her children of the deep, true things of life, encouraging them to express these childish thoughts and imaginings and helping the disentangle the puzzles, and leading them on to get an education for greater efficiency and happiness as they grow into life?

It is one of the saddest things in the world if the mother herself has never delved into the deep joy and beauty of living, and never sings at her work. There are many such mothers, for they have permitted the hard, dull cares of life to quench all beauty. Their children are stunted, and in the coming years when they should be enjoying broad, lovely lives they will only be learning the lessons of life so late that they will seem bitter and out of place. Too often children are taught to work, at the expense of a yearning for music, books and beauty. Teach them to see the beauty of the outdoors, and to find satisfaction in the real things of life that are all around them. A June sunset, just after a brisk shower, with gleaming green fields and heavily foliaged trees illumined by the gorgeous tints above, is a piece of the highest art that no farm mother need send her boy or girl to Europe to see. If this is done today the farm woman of tomorrow will be better and happier.

HOUSEHOLD HINTS.

If a glass jar will not open set it down in an inch or two of hot water. When grease kettles must set over fire, grate bottoms and the smut will readily wash off.

Apple rose is a delicious dessert, made with steamed apples filled with jelly, covered with a meringue and browned.

In roasting meat turn it over with a spoon instead of a fork, as the latter pierces the meat and lets the juice out.

In making cream sauce to use with a vegetable, add just a few drops of vinegar after it is made. It improves the flavor greatly.

Handkerchiefs and white clothes that have become yellow from use of too much soap, or any other cause, may be whitened in the following manner: After washing let them soak overnight in a tub of clear water, to which is added a teaspoonful of cream of tartar. When ironed they will be white as snow.

DUMPLINGS FOR STEW.

Two cups flour, 1 teaspoon salt, 2 teaspoons baking powder (not heaping), milk enough to make soft dough. I mix with a silver knife and handle very little. Roll out and cut in shape and steam in a greased colander over boiling water twenty or twenty-five minutes.

Minard's Liniment Cures Colds, etc.

Joker's Corner

Men's trousers and coats will be skintight this fall and derby hats are likely to have crowns two inches high, says a fashion note. What awful things the women are wearing this year—aren't they?

SERVED HIM RIGHT.

Two Irishmen, meeting one day, were discussing local news. "Do you know Jim Skelly," asked Pat.

"Faith," said Mike, "an' I do." "Well," said Pat, "he has had his appendix taken away from him."

"Ye don't say so," said Mike. Well it serves him right. He should have had it in his wife's name."

FOR LEGITIMATE REASONS.

Solicitor—"Have you ever been to this court before, sir?" Witness—"Yes, sir; I have been here often."

Solicitor—"Ha, ha. Been here often have you? Now tell the court what for."

Witness (slowly)—"Well, I have been here at least half a dozen times to try and collect that tailor's bill you owe me."

The Sunday School lesson was about the Prodigal Son, and the teacher was dwelling on the character of the elder brother.

"But amid all the rejoicing," she said, "there was one to whom the feast brought no joy; to whom the prodigal's return brought only bitterness; one who did not approve of the feast and who had no wish to attend. Now who was this?"

Silence for a moment, then a small voice said: "Please, ma'am, it was the fatted calf."

TWO CANNY SCOTS.

Jock and Sandy were playing an eighteen hole match. Jock drove over a high embankment. The two hunted for the ball, but could not find it. Sandy wanted his opponent to give it up, but Jock wouldn't, for a lost ball meant a lost hole. Finally the latter took a new ball from his pocket rolled it in the dust and pretended to find it. "Here 'tis, Sandy," he called out. "Ye're a leear, Jock," responded Sandy. "I'm no leear! Here 'tis," "Ye're a leear," repeated Sandy, "for I've had it in ma pocket for fifteen meenits."

Two colored men were on an expedition to the Colonel's hen roost one dark night. Mose had planted the ladder, climbing up to where the chickens were roosting and was passing them down to Ephraim, who put them in a bag. Suddenly Mose stopped.

"What's de mattah, Brudder Mose, inquired Ephraim anxiously.

"Is just been thinkin', Brudder Ephraim, how me and you is membabs up de church, an' wedder it's right to lake de cunnel's chickings?"

"Brudder Mose," said Ephraim, "dat am a great moral question which you an' me ain't fit ter wrastle wid. Pass down anudder chicking."

There are some things in this world for which not even the most profound rural philosopher can account to her own satisfaction. "I never saw an animal move so slowly before in all my life!" cried an exasperated traveller in an Essex carrier's cart, behind which the clouds of a rapidly rising storm were growing blacker every moment. "Can't the horse go any faster? You had an excellent one fifteen years ago, when I used to spend the summers here."

"That's the curious thing about it," said the driver, gazing first at his steed and then at the uneasy passenger, in a mildly speculative way. "This horse is the very same, identical horse that I drove that summer. I don't know what on earth's the matter with him! He seems to have lost his animation."

"MY STOMACH IS FINE

Since Taking Na-Dru-Co Dyspepsia Tablets"

Mrs. J. Merkhuger, Waterloo, Ont., enthusiastically recommends Na-Dru-Co Dyspepsia Tablets. Her experience with them, as she outlines it, explains why.

"I was greatly troubled with my stomach," she writes. "I had taken so much medicine that I might say to take any more would only be making it worse. My stomach just felt raw. I read of Na-Dru-Co Dyspepsia Tablets, and a lady friend told me they were very easy to take, so I thought I would give them a trial and really they worked wonders. Anyone having anything wrong with his stomach should give Na-Dru-Co Dyspepsia Tablets a trial, they will do the rest. My stomach is fine now and I can eat any food."

One of the many good features of Na-Dru-Co Dyspepsia Tablets is that they are so pleasant and easy to take. The relief they give from heartburn, flatulence, biliousness and dyspepsia is prompt and permanent. Try one after each meal—they'll make you feel like a new person. See a box at your druggist's compounded by the National Drug and Chemical Co. of Canada, Limited, Montreal.

Railway & S. S. Lines

DOMINION ATLANTIC RAILWAY

—AND—
Steamship Lines
—TO—
St. John via Digby
—AND—
Boston via Yarmouth
"Land of Evangeline" Route.

On and after June 16, 1913, train service of this railway is as follows:
Express for Yarmouth 12.04 p.m.
Express for Halifax 2.00 p.m.
Accom. for Halifax 7.50 a.m.
Accom. for Yarmouth 5.50 p.m.

Midland Division

Trains of the Midland Division leave Windsor daily (except Sunday) for Truro at 7.30 a.m. 5.35 p.m. and 7.45 a.m. and from Truro at 6.50 a.m. 8.20 p.m. and 12.45 noon, connecting at Truro with trains of the Intercolonial Railway, and at Windsor with express trains to and from Halifax and Yarmouth.

St. JOHN and DIGBY

R. M. S. PRINCE RUPERT leaves St. John daily except Sunday at 7.30 a.m. returning, leaves Digby at 1.55 p.m. making connection at Digby with express trains east and west and at St. John with Canadian Pacific trains for Western points.

Boston Service

Steamers of the Boston & Yarmouth S. S. Co. sail from Yarmouth for Boston after arrival Express train from Halifax and Truro on Monday, Wednesday, Friday and Saturday afternoons.
P. GIFFKINS, General Manager, Kentville

FURNESS, WITBY & CO., LTD STEAMSHIP LINERS

LONDON, HALIFAX & ST. JOHN, N. B., SERVICE.

From London.	From Halifax
—Kanawha	June 30
—Shenandoah	July 12
July 3 (via St. John's, Nfld.)	
—Rappahannock	July 25
—Kanawha	August 8

From Liverpool.	From Halifax
—Digby	June 28
—Tabasco	July 15
—Digby	July 29

FURNESS, WITBY & CO., LTD. Agents, Halifax, N. S.

H. & S. W. RAILWAY

Accom. Mon. & Fri.	Time Table in effect June 16th, 1913.	Accom. Mon. & Fri.
Read down.	Stations	Read up.
11.32	Lv. Middleton A.R.	16.09
11.58	* Clarence	15.32
12.15	Bridgetown	15.16
12.43	* Granville Centre	14.51
12.59	* Granville Ferry	14.36
13.15	* Karsdale	14.20
13.35	Ar. Port Wade Lv.	14.00

*Flag Stations. Trains stop on signal. CONNECTION AT MIDDLETON WITH ALL POINTS ON H. & S. W. RY AND D. A. RY.

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For \$20.00

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Write for full description and for special price on SPRING TOOTH HARROWS and LAND ROLLERS.

BRIDGETOWN FOUNDRY Co. Ltd Bridgetown, N. S.

Real Estate

For Sale or To Let

My residential property on Crawville street, including house, stable and half acre of land in garden. A number of fruit trees and small fruits. Possession given on or about July 1st.
Apply to E. L. Fisher, Bridgetown, A. S. BURNS, M.D. Bridgetown, June 18th, t.f.

HOME FOR SALE.

Fine country residence, just on the limits of the town, suitable for summer house or all-year-round residence. House modern, commodious and convenient, with good stable. Orchard yielding over three hundred barrels of apples, besides other fruit. Fine situation, beautiful view of river and valley. For information apply to The MONITOR PUBLISHING COMPANY, Limited.

FARM FOR SALE.

At Albany, farm of 250 acres; 18 acres under cultivation, part orchard, 50 acres pasture, balance wood and timber land, including 23 acres hard wood never cut. Good house of 8 rooms, barn, carriage house, etc. For terms and other information apply to The MONITOR PUBLISHING COMPANY, Limited.

NOTICE

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What Next?

Many young persons are completing their last year at the Public School. The perplexing problem is the choice of a profession. We have a free booklet that will help you decide. There is no work more remunerative than that of a competent stenographer—male or female. Correspondence promptly answered.

Maritime Business College Halifax, N. S. E. Kaulbach, C. A. PRINCIPAL

No Summer Vacation

We would greatly enjoy one, but as many of our students come from long distances, and are anxious to be ready for situations as soon as possible our classes will be continued without interruption. Then, St. John's cool summer weather makes study during the warmest months just as pleasant as at any other time. Students can enter at any time. Send for our Catalogue.

S. KERR, Principal