

Before Breakfast



Do YOU take a cup of tea first thing in the morning? A great many people do, and know well its beneficial effect. They say it clears the head, and fits them better for the day's work. But at this time particularly, the Tea used should be of *Choice quality and purest flavor*. KING COLE Orange Pekoe is eminently fitted for this special service. It is indeed "The 'Extra' in Choice Tea."

KING COLE ORANGE PEKOE

Ask your Grocer for it by the full name.

SOLD IN SEALED PACKAGES ONLY.



THE EXTRA in CHOICE TEA

How Iron Vitamines Compound Puts on Firm Flesh

Increase Your Energy, Banish Skin Eruptions, and Beautify the Complexion

EASY AND ECONOMICAL TO TAKE. RESULTS QUICK!

Thin or run-down folks will find this simple test well worth trying. First weigh yourself and measure yourself. Next take IRON VITAMINES COMPOUND, half-teaspoonful with every meal. Then weigh and measure yourself each week and continue taking IRON VITAMINES COMPOUND regularly until you are satisfied with your gain in weight "pep" and energy.

IRON VITAMINES COMPOUND is now being used by thousands who appreciate its convenience, economy and quick results. By increasing the nourishing power of what you eat, IRON VITAMINES COMPOUND supplies just what your body needs to feed the shrunken tissues strengthen internal organs, clear the skin, and renew shattered nerve force. IRON VITAMINES COMPOUND does not upset the stomach—does not cause bloating and belching. It leaves you with a comfortable, elated feeling. Under its influence pimples, boils and skin eruptions seem to vanish as if by magic, and the complexion becomes radiantly clear and beautiful. But it is not only a question of how much better you look and feel—or how much renewed strength and energy you may seem to have, or how much more beautiful your skin may become, or what your friends may say and think—let the scales and tape measure tell their own story. A two weeks' test should surprise you.

Just What Iron Vitamines Compound is:

What Vitamines are and why they are used as a basis for Iron Vitamines Compound

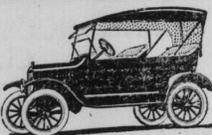
Vitamines are wonderful health-giving elements contained in many raw foods. There are THREE kinds of vitamines, and all THREE are regarded as absolutely necessary for perfect health, vigor, and proper physical development. By a special process of concentration a proper dose of all three known vitamines is contained in an active state in IRON VITAMINES COMPOUND. It contains also iron for the blood. Phosphorus for the bones, teeth and brain. Lime for the bones and teeth. Albumin for the blood and muscles—potash and soda to prevent acidity—sulfur for the blood—magnesia for the body fluids—sugar to provide energy. IRON VITAMINES COMPOUND contains highly concentrated yeast—vitamines as well as the two other still more important Vitamines (Fat soluble A and Water soluble C) all of which Science says you must have to be strong, well and fully developed. Yeast is rich in one class of Vitamines—Water Soluble B. But most of the scientists say that yeast contains only one of the THREE vitamines Science has thus far discovered. There are two other known Vitamines—Fat Soluble A—normally present in raw milk, cod-liver oil and certain plants. And Water Soluble C, contained in certain fruits and vegetables. IRON VITAMINES COMPOUND containing all THREE Vitamines, highly concentrated, is ideal for mixing with your daily food, as it supplies all the needed Vitamines which are lacking in the average daily menu. It aids digestion and by acting in a natural way as a general conditioner of the whole system helps to put on firm flesh, clear the complexion, correct constipation, and increase energy.

SOLD BY ALL DRUGGISTS—\$1.00

THE IRON VITAMINES COMPOUND COMPANY
Distributing Office, Sydney, N. S.

FORD

FORD TOURING CAR \$535.00
L. B. Dodge, Ontario, Government
Sales Tax Extra.



Highest Re-Sale or Trade in Value

YOU cannot lose out when you buy a Ford. The first cost is so low, it costs so little to operate, repairs and replacements are so easily obtained that the demand for used Ford cars reduces depreciation to a minimum.

BUY A FORD—on easy terms if you wish.

L. B. DODGE, Ford Dealer
MIDDLETON, N. S.

NOTICE

We are offering for the next thirty days all our heavy weight English serges, fancy suitings and heavy overcoatings at greatly reduced prices.

E. L. FISHER
T. J. Marshall, Cutter

WANTED

WANTED TO BUY—If you would like to turn into cash that something you don't need, try a For Sale or Want Ad. The cost is trifling. You are reading this ad., others will read yours.

MT. HANLEY

Miss Elva Stocomb spent the past week with her friend, Miss Hattie Cartier, Middleton.
Mr. Durling, Granville, is visiting at the home of Mr. Lemuel Elliott for an indefinite period.
Mr. Clarence Fritz, Douglasville, spent April 16th, the guest of his uncle, Mr. J. J. Fritz.
Mr. and Mrs. Oscar Nelly, Middleton, spent April 9th, with Mr. and Mrs. Benjamin Bartheaux.
Mr. and Mrs. Ralph Bennett, Kentville, spent a few days last week, the guests of friends in this place.
Mrs. Sydney Stephens and daughter, Luth, spent Sunday, April 9th, at the home of B. M. Armstrong.
Mr. and Mrs. Aubrey Nelly, Brooklyn, spent April 9th, the guest of the latter's brother, Mr. Gerald Hines.
Mr. Perley Mosher, Victoria Vale, spent Sunday, April 9th, with his parents, Mr. and Mrs. Frank Mosher.
Mr. and Mrs. Stuart Elliott, Clarence, spent April 9th with the former's parents, Mr. and Mrs. Elmer Elliott.
Mr. and Mrs. David Fritz and children, Douglasville, spent April 14th with the former's brother, Mr. J. J. Fritz.

We are glad to report Mr. Archie Pierce much improved at time of writing. We still wish him a speedy recovery.
Mr. Hardy Elliott, Kentville, was called home to attend the funeral of his grandmother, Mrs. Zebulon Elliott on April 9th.
Mr. and Mrs. George Foster and children, Port George, spent Sunday, April 9th, with Mrs. Foster's brother, Mr. Andrew Lee.
Preaching service April 16th, at three o'clock, Sunday School at ten o'clock and an Easter concert at seven-thirty o'clock.
Mr. and Mrs. Charles Roop, Springfield, attended the funeral of the latter's sister on Sunday, April 9th, Mrs. Zebulon Elliott.

Mr. Coles, Nictaux, spent a few days last week with his friend, Mr. Ralph Green, also visiting his friend, Mrs. John Stocomb, Douglasville.
Mr. Blakney, Brown and daughter, Melissa, Port Lorne, attended the funeral of the former's aunt, Mrs. Zebulon Elliott, on April 9th.
Mrs. Herbert Reed and those who read also Miss Mable Pierce, of Massachusetts, were called home on Thursday to see their brother, Archie, who got hurt in a press a couple of weeks ago.
The farmers are prophesizing a dry summer again, much drier than last summer, because last spring we had plenty of rain and this spring we are getting no rain as yet. But we all hope for the best.

PORT LORNE

Mr. Fred Milner has gone to St. John.
Special meetings are being continued this week.
Mr. Harold Anderson spent a few days this week in Kentville.
Fourteen were baptized here on Sunday last by pastor Dixon.
Mr. Kenneth Corbett has gone to Kentville to work at carpenter work.
Mrs. John Titus and Miss Alice Beardsley spent the week-end with friends here.

Miss Clara Lewis, of Boston, visited her parents, Mr. and Mrs. Handley Lewis, last week.
Capt. Eber Brinton and Mrs. Brinton visited Mr. and Mrs. John Graves on Saturday, April 8th.
The marriage of Mr. Angus Milbury, of Hampton, and Mrs. Alice Stark, of Port Lorne, took place at the parsonage here on Wednesday, April 12th. We extend congratulations.

PORT GEORGE

There will be preaching service in the Baptist Church Sunday, April 22nd, 7:30 p.m.
We are very sorry to report Mrs. O. P. Nelly on the sick list. Doctor Spongale is in attendance. We hope she will recover her health soon.
The men have got the wood piles all sawed up, and now are getting their lobster traps ready for fishing.
Fader and Donnelly are making a start on their salmon weir and are hoping for a good catch this season.
The ice cream social that was held on Tuesday, April 11th, was a success, \$19.35 being raised. Proceeds for church purposes.
The Easter concert given in the Baptist Church Sunday morning was good, the children having done their part with credit, with singing and recitations.
Mr. Ross Leanders, of Boston, has arrived again this spring and will pitch his tent as soon as the weather will permit. Just now he is stopping at Mr. Guilford Weaver's. Mrs. Leanders will come later on.

NEW STEAMER FOR C. B.

Captain J. J. Moffatt, North Sydney, has purchased in New York the steel steamer Princess to take the place of the old Marlon on the Bras O'Or Lakes route. The Marlon is an old side-wheeler, a relic of the Civil War days and a name familiar for many years to tourists in Cape Breton.

PORT WADE

David Hayden sold his oxen to E. Connors on Saturday.
Mr. Morgan, Fishery Officer, was in the village on the 12th.
Captains Keans and Rydie spent Sunday at their homes here.
Gordon Ryden, of the S. S. Centreville, was a week-end guest at his home here.
P. G. Kendall, of St. John, spent the week-end at his old home, Chestnut Cottage.
Bertha Snow, of Digby, spent the week-end with her father and other relatives here.
F. R. Parker is scaling the different lots of timber on the river preparatory to rafting.
Easter service was conducted at the Methodist Church Sunday morning by the Rev. Patterson.
Those who have seen the paper pronounce the new management of THE MONITOR "O. K."
Mr. T. O. Morgan, agent for the Middleton Marble and Granite Co., was in the village on the 13th.
Albert Apt gave up his position on the Wm-the-War, on account of poor health. We hope that he may soon recover.
The W.M.A.S. assisted by the Mission Band gave a very nice Easter concert at the Baptist Church Sunday evening.

Our boys assisted by others of Victoria Beach and Digby, put up some good games of base ball Friday and Saturday.
A number from this place took advantage of the free examination given last week at Annapolis Royal by Dr. Chisholm of Halifax.
Mike—Pat are you dry?
Pat—Sure, dry is not the word. "Shake me and you'll see the dust comin' out me mouth."

ROD AND GUN IN CANADA

Sportsmen and lovers of the great out of doors will not want to miss the May number of Rod and Gun in Canada, which contains a wealth of attractive features. There is a short story masterpiece by the well known fiction writer, Harry M. Moore. It is among the best Mr. Moore's facile pen has produced and those who read it will not forget it quickly. There are other stories, including "The Imp of the Trail" by F. V. Williams, and "An Angler's Dream" by I. Todd. A trio of toponym articles will also be found. C. N. A. Ireson contributes an interesting, illustrated article "Hunting the Rocky Mountain Goat," while Bonnycastle Dale's article is well up to the usual high standard of all his work. The magazine also contains the first announcement of the new photographic department, which will doubtless prove a popular feature. The Guns and Ammunition department and Fishing Notes are particularly interesting and bright, while A. Bryan Williams and J. W. Winslow contribute two splendid articles in "Rod and Gun Notes in B. C." Rod and Gun in Canada is published monthly by W. J. Taylor, Limited, at Woodstock, Ontario. A. J. Burns, local agent.

Children Cry for Fletcher's

CASTORIA

Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

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 Comfort—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher
In Use For Over 30 Years

THE CENTAUR COMPANY, NEW YORK CITY

HIGHWAYS HEAD

PROV. EXPENDITURES

Hospitals and Sanatorium Total \$738,000, Education \$650,000.

Highways lead the estimated expenditures for Nova Scotia for the year 1922, according to the budget which Hon. J. C. Torey presented to the House of Assembly Tuesday afternoon. The amount placed in the estimates for roads is \$1,287,804. The next item is that for public institutions, and it is a remarkable fact that one quarter of the public expenditure of Nova Scotia is for such purposes as hospitals, sanatoriums, asylums, public health and other charities. As Mr. Torey said in his address, no province in Canada, in proportion to the wealth of the people, made such provision for the relief of suffering. Education comes in for \$667,305.00. Immigration, the important matter of getting people to help make up the revenue, is relegated near the bottom of the list and is given the sum of \$18,150.00, but the Agent General's department in London is given a further amount of \$19,789, which actually places the immigration item at \$37,939.00. Among the items of highway ex-

penditures is maintenance, \$775,000. For the public institutions the following amounts are estimated:

Nova Scotia Hos. (Dart.)	\$228,480.00
N. S. San. Kentville,	275,317.00
V. G. Hospital	234,600.00
Local Hospitals	40,555.00
Public Health	23,948.07
Neglected children	34,400.00
Transient Poor	20,000.00
Miners relief	14,950.00
For education the following has been allotted:	
General education	\$438,600.00
Technical	105,805.00
School Books	104,460.00
Normal College	27,500.00

The outlook for the Newfoundland lobster fishery this coming season is very bright. At this time last year there were 2,800 cases of the previous year's catch held in Newfoundland, and about 1,000 cases additional of the 1920 catch in hands of consignees, in the United States. At the present time there is a complete reversal of these conditions and in all Newfoundland to-day it would be difficult to gather up fifty cases of the 1921 pack. The entire pack was about 5,000 cases. The present price is \$21.50 per case.

It's Good Tobacco! MASTER MASON

Call for MASTER MASON--and you'll get the best plug smoking--money can buy. The favorite of thousands upon thousands. It'll be yours too, after the first pipeful. Make sure you get the big plug next time. Always fresh.

Rocking Tobacco Co. Ltd.

THE BIG PLUG 20¢

Also MASTER MASON Cut Plug—1/2 lb. packages 13cents

