

Railway & S. S. Lines

DOMINION ATLANTIC

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

On and after Jan. 1st, 1912, the Steamship and Train Service of this Railway will be as follows (Sunday excepted):
Express from Halifax 12.21 p.m.
Accom. from Richmond 5.40 p.m.
Express from Yarmouth 1.46 p.m.
Accom. from Annapolis 7.50 a.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., 3.20 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.

Boston S.S. Service

BOSTON-YARMOUTH SERVICE.
The Royal and United States Mail Steamship "BOSTON" sails from Yarmouth on Wednesday and Saturday on arrival of Express train from Halifax, arriving in Boston next morning. Returning leave LONG WHARF, BOSTON, at 1.00 p.m. Tuesday and Friday.

St. JOHN and DIGBY

ROYAL MAIL S. S. YARMOUTH.
Daily Service (Sunday excepted).
Leaves St. John 7.45 a.m.
Arrives in Digby 10.45 a.m.
Leaves Digby same day after arrival express train from Halifax.

P. GIBKINS,
Kentville,
General Manager.

FURNESS, WITBY & CO., LTD.

STEAMSHIP LINERS.

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

From London.	From Halifax
Steamer.	
Jan. 3rd—Kanawha	Jan 18
—Q. Wilhelmina	Jan 25
Jan. 16th—Rappahannock	Feb. 3
Jan 24—Shenandoah	Feb. 13

From Liverpool	From Halifax.
Steamer.	
—Tobasco	Jan 17
Jan. 13—Durango	Jan. 31
Jan 27th—Almeriana	Feb. 14

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

H. & S.W. RAILWAY

Accom. Mon. & Fri.	Time Table in effect (October) 1911.	Accom. Mon. & Fri.
Read down.	Stations	Read up.
11.30	Lv. Middleton A.B.	16.25
12.01	* Clarence	15.54
12.20	Bridgetown	15.36
12.50	* Granville Centre	15.07
13.07	Granville Ferry	14.50
13.26	* Karvalde	14.34
13.45	Ak. Fort Wade Lv.	14.10

* Flag Stations. Trains stop on sign s.l.
CONNECTIONS AT MIDDLETON WITH ALL POINTS ON H. & S. W. RY AND D. A. RY.
P. MOONEY
General Freight and Passenger Agent.

Cuts, Bruises, Stiff Joints, Swellings, Sore Throat, Colds, Bowel Troubles—both outward and inward ailments are cured by

JOHNSON'S ANODYNE Liniment

Be prepared for emergencies. No other liniment so effective, no other has such a record. Sold by dealers everywhere. 25c and 50c Bottles.
I. S. JOHNSON & CO., Boston, Mass.

CALL ON
T. J. MARSHALL
CUSTOM TAILOR

And see his fine line of Suitings for Winter wear. Prices reasonable and work first-class.
SHAFNER BUILDING, Queen Street.

Seasonable Millinery

MY STOCK of Millinery includes the most select of the season's Novelties in Trimmings. A large assortment of Felts, in all the fashionable colors and shades.

Miss Annie Chute, Queen Street.
BRIDGETOWN AND LAWRENCETOWN

A USEFUL XMAS PRESENT

The WINNER Washing-Machine for \$7.75. The OTTAWA Washing-Machine for \$5.75. The MOTOR Washing-Machine fitted with water motor to run from kitchen tap for \$15.00.

Bridgetown Foundry Co., Ltd.

Groceries

We have a full line of Fine Groceries and Provisions at lowest market prices.

Fresh Meats
Salt Beef and Pork

Special
16 pounds Granulated Sugar for \$1.00

Oil
16 cents per gallon for 5 gallon lots.

Potatoes wanted in exchange.

J.E. LLOYD & SON

THOROUGHNESS IN CONSTRUCTION INSURES

Gourlay Pianos

Against Loss of Tone, and tone is the most important factor in any piano. In every Gourlay Piano the expert knowledge of its builders and the determination to use NOTHING BUT THE BEST either in labor or material, produces a sympathetic richness of tone that is unmatchable among Canadian pianos.

WRITE FOR CATALOGUE AND PRICES
J. H. POTTER,
MANUFACTURERS' AGENT,
MIDDLETON, N.S.

Cold and Colds

One Doctor Supports the Old-Fashioned Theory of Their Relation.

(From the "Diet and Hygiene Gazette")
Notwithstanding some strenuous contemporary effort to belittle the nomenclature of our ancestors the name "colds" as applied to that dismal combination of sneezing, nose blowing and general wretchedness is a good one. Cold is almost invariably the primary cause of colds, while bacteria, which of late have been receiving the chief credit for these disturbances, come in secondary or tertiary sequence.

Bacteria swarm most abundantly in warm weather, and yet winter is the season of colds. Yes, there are summer colds, but they follow some indiscretion, such as sitting on the cold ground or lying in a relaxed state in too much intimacy with a heat extracting draught. In either of these instances fatigue may be placed etiologically and cold second, but neither of these places can be given over to bacteria, which, thus given the opportunity to do so, finally kick up the main part of the trouble.

Cold is and always has been the greatest enemy of life. Life swarms in the tropics, but leads a sorry existence at the poles. And this reminds us of the chief argument of the all bacteria etiologists for colds.

They will say immediately that Arctic explorers do not suffer from colds until they return to civilization, when "they all come down with colds." It may be that the siders and abettors of cold in its production of disease are absent or in abeyance in the Arctic regions, but men who go into that region become so exhausted during their prolonged exposure to cold that they are rendered upon their return to warmer regions a more than easy prey to the bacteria.

We have never read that explorers in the tropics succumbed to colds on their return to the temperate regions, even though the return is made in January.

Even the Indians knew enough to keep themselves warm and especially to guard against refrigeration of the extremities. Ben Franklin tells us how they took this precaution even in time of war, when it was too dangerous for them to have a smoking fire. They dug a pit, in which they set fire to charred remains of burned trees, and slept with their legs dangling in the hole. A hunter in the Canadian woods, who, notwithstanding his absence from civilization, took a severe cold, asked his companion, an Indian guide how to keep from taking cold. He made the laconic reply: "Keep your feet dry."

Even the Indians, whose skin has not been so softened to the effects of colds as have ours, appreciates that cold is the antecedent of colds and takes precaution accordingly. Undoubtedly over-exposure to high temperatures may also reduce our immunity to the germs lying about, but the colds we take after being in overheated rooms probably more often come from the resulting chill of going too abruptly into the cold than from the warmth of the room itself, although superheating renders an animal more susceptible to infection. It is, however, only in cold weather that rooms are heated much above the surrounding atmosphere. Again, cold is really to blame for the results "Bad air" is usually the result of economy in fuel. Poor ventilation is unknown in July.

An ideal room temperature for the sedentary is that between sixty-six and seventy degrees. Below these temperatures the heat regulating apparatus of the body finds it necessary to close up the peripheral vessels, more or less internal congestion slowly begins and the conditions for a cold are secured.

As most of us are slow to respond to the intelligence of a temperature only a few degrees lower than that for comfort, though we are less obtuse to stronger thermic impulses, the temperature between sixty and sixty-six degrees has been well termed the danger zone and undoubtedly more colds are acquired at these than at lower temperatures. We should be alive to our thermometer, if we may coin the word, and respond accordingly, even at the expense of a few handfuls of coal, for often a cold and its consequences will cost more than a ton of fuel.

For those of weakened circulation, and especially old people, the temperature must often be higher than seventy degrees in order to be on the safe side.

Here is a remedy that will cure your cold. Why waste time and money experimenting when you can get a preparation that has won a worldwide reputation by its cures of this disease and can always be depended upon? It is known everywhere as Chamberlain's Cough Remedy, and is a medicine of real merit. For sale by all druggists and dealers.

For Farmers' Sons

One reasonably so many boys leave the farm for the city is because of the failure of the father to take the boy into his confidence and make clear to him that he is not merely a "hewer of wood and carrier of water," but that he is in full partnership with him and has a personal interest in the success of the work.

Those of us who were raised on the farm know, of course, that it would be practically impossible for the father to always demonstrate this to his son by a cash consideration; but if the seeds of dissatisfaction are not to be planted, some greater consideration for the son's services will have to be made than that of merely board and clothing. If, say, the son knew that he would receive even a small share of the proceeds from the sale of a pig, or a lamb or a calf, and occasionally of a cow or a horse, to do with as he might like, to save or to spend, we believe, speaking from experience, that the arrangement would be mutually advantageous. The son does not like to feel under the obligation of going to his father every time he wants a few cents for some expenditure; and, besides, he should be in a position to lay up something for the "Rainy Day." The needs of a quarter of a century ago do not accord with the needs of the present day; nor did the boys of that time have the same facilities for investment as the boys now have. Today we have practically at our door strong financial institutions which accept small amounts on deposit; and we also have the Canadian Government's great Annuities system, in regard to which a word of explanation may not be out of place. It was approved by Members of both Houses of Parliament, has at the back of it the security of the whole of the Dominion of Canada and there could be no better or safer plan of investment as a means of making provision for old age. The payments may be spread over as many years as may be desired. The Government attends to all the details free of charge. For example, a payment of \$13—the price of one hog—made for a boy of 10 and continued until he is 60, will give him an Annuity of \$215.20 for life. If the payments are continued until 65, he will receive \$335.73, or over \$120 a year more than he would receive at 60. The same Annuity could be purchased for a boy of an older age at a little advance in his cost. If therefore, a farmer's boy knew that at the time when he shall be no longer able to work he would have ample provision for the remainder of his days, and that if he died before drawing the first payment of Annuity all that he had paid in with 3 per cent compound interest would be returned to his heirs, what a difference this would make in his outlook; how much more contented he would be to remain on the farm—for there is no occupation more honorable, and how much more independent he would be in his old age. This is worth the serious consideration of every farmer who has boys, and of every farmer's son who is old enough to reason for himself. The Government's system is, of course, available not only to farmers' sons and daughters, but to the sons and daughters of every other man who makes Canada his home, no matter what his nationality or creed may be. Literature explaining this provident system may be obtained at the Post Office, or on application to the Superintendent of Annuities, Ottawa, to whom your letters go free of postage.

Washington, Jan. 2.—Fox farming is probably the most profitable agricultural industry in the world. This was what J. Walter Jones, of the Department of Agriculture, told the American Breeders' Association here.

At the suggestion of Secretary of Agriculture, Wilson, Mr. Jones made an investigation of the fox farms of Canada, where a practical monopoly of the business now is enjoyed, with the idea of trying to interest some Americans in the work.

Natural black fox sets sell at from two thousand to ten thousand dollars a set, Mr. Jones said. Next year's expected crop of pups already has been sold for six thousand dollars a pair.

"The increasing scarcity of costly furs," he declared, "and the greatly increased demand makes the significance of breeding in captivity the more important."

Don't allow yourself to be a cynic, a disapprover; don't go about with a microscope looking for other people's faults and failings. Learn to believe in people, to see the good in them. We have a peculiar love and admiration for some people because they find good in us; they see the possibilities which others do not see. We love them because they do not see the bad, the ugly, the crooked in us.

Try the flour that holds the confidence of thousands of home-cooks

THE present huge demand for PURITY FLOUR shows the confidence in which it is held by thousands of home-cooks.

Those who have used PURITY FLOUR have come to believe in it. They look on PURITY as a friend. They feel they can trust it implicitly, because each and every lot of PURITY FLOUR has always been uniform—always up to the high standard of quality that has made it famous.

Wouldn't you, too, like to use a flour you could always rely on? Wouldn't you like to feel certain that your bread, cakes, and pies were going to turn out exactly right? That's just how you'll feel when you become a user of PURITY FLOUR—the confidence-creating flour.

PURITY FLOUR gives high-class results, because it consists exclusively of the high-grade portions of the best Western hard wheat.

On account of the extra strength of PURITY FLOUR please remember, when making pastry, to add more shortening than an ordinary flour requires.

And when making bread add more water, and PURITY FLOUR will expand into more loaves than the same weight of ordinary flour can produce, thus making "more bread and better bread."

Make your next flour order spell P-U-R-I-T-Y F-L-O-U-R. It costs slightly more, but it's worth the difference. Add PURITY FLOUR to grocery list right now.



Canadian Pictorial

That delightful illustrated magazine the "Canadian Pictorial," which is to Canada what the "Illustrated News" or the "Graphic" are to England, continues to improve with each year of its existence. It is by all odds the best printed magazine in Canada. While Canadian pictures generally predominate, plenty of illustrations are given of events and scenes the world over, so as to merit its claim to give "News by Views." Short complete stories, music, and well edited departments add to the interest. It is not only a beautiful album of the highest work of the engravers, but it gives much information that the printed page unaccompanied by fine illustrations simply cannot convey.

The quality of the photogravures, the exquisite enameled paper, and the fine printing, cannot be fully appreciated unless you actually see it, but to quote Lord Strathcona, "It is undoubtedly a credit to Canadian journalism." The "Canadian Pictorial" is issued monthly by the Pictorial Publishing Company, 142 St. Peter street (Witness Building) Montreal, and the subscription rate is \$1.60 a year. To NEW subscribers for 1912, on trial, only sixty-five cents. Mention The Monitor-Sentinel.

THE EFFECTIVE LAXATIVE

Tastes Like and is Eaten Like Candy

In our experience in the handling of drugs and medicines, we believe we have never had experience with any Remedy that gave such great satisfaction to our customers as to Rexall Orderlies. This Remedy is not like any other laxative or cathartic. It contains all the good features of other laxatives, but none of their faults.

Our own faith in Rexall Orderlies is so strong that we offer them to you with our own positive personal guarantee, that if they do not thoroughly satisfy you, you only need tell us and we will hand back to you every penny you paid us for them. Therefore, in trying them upon our recommendation you take no risk whatever.

Rexall Orderlies taste like and are eaten like candy. They do not gripe, cause nausea, excessive looseness, or any other annoyance. They act so easily that they may be taken at any time, day or night. They are particularly good for children, aged or delicate persons. They are put up in convenient tablets in three sizes of packages. Prices, ten, twenty-five and fifty cents.

Remember, Rexall Remedies can be obtained in this community only at our store—The Rexall Store, Royal Pharmacy, W.A. Warren.

LAWRENCETOWN DISTRICT SUNDAY SCHOOL MEETING.

The annual meeting of the Lawrencetown District No. 2, of the Annapolis County Sunday School Association, will meet at the Hall, at North Williamstown, Friday, Jan. 19th at two o'clock p.m. The program consists of addresses and discussions led by prominent Sunday School workers in the County. J. Brown, Field Secretary, will be present.

C. G. FOSTER,
District Secty.

SMOKE
SHAMROCK
PLUG
Finest Quality.