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Prime Beef, Fresh Pork, Lamb,
Chicken, Hams and Bacon, Sausages,
Headcheese, Pressed Beef, Mince
Meat, Corned Beef and Pork, Salt
Mackerel, Boneless Cod.

Fresh Fish every Thursday.

Thomas Mack

PRINTED BUTTER PARCHMENT

BUTTER PAPER, printed or plain.
Can also be supplied with name
of farm, etc., specially printed to suit
customer. Send all orders to

THE WEEKLY MONITOR,
Bridgetown, N. S.

A NERVOUS
BREAKDOWN

Miss Kelly Tells How Lydia
E. Pinkham's Vegetable
Compound Restored
Her Health.

Newark, N. J.—"For about three
years I suffered from nervous break-
down and got so weak I could hardly
stand, and had headaches every day. I
tried everything I could think of and
was under a physician's care for two
years. A girl friend had used Lydia E.
Pinkham's Vegetable Compound and
she told me about it. From the first
day I took it I began to feel better and
now I am well and able to do most any
kind of work. I have been recom-
mending the Compound ever since and
give you my permission to publish this
letter."—Miss FLO KELLY, 476 So. 14th St.,
Newark, N. J.

Red Cross Fund

Table listing names and amounts for the Red Cross Fund, including Tracy Minard, C. G. Foster, Mrs. C. Bartheaux, etc.

DALHOUSIE WEST

August 13th
Quite a large congregation attended
church here Sunday morning.

GRANVILLE FERRY

August 13th
Mr. W. H. Weatherspoon is attend-
ing Grand Lodge in Kentville.

DIGBY AS A SUMMER RESORT

An Interesting Letter From One of
Its Regular American Visitors

To the Editor of the MONITOR:

DEAR SIR: As you have already
noted in your up to date local news-
paper (the Digby County section of
which is, in my mind, excelled by no
other publication) I am on my annual
visit to Digby. But I wish to say that
Digby in 1918 is nothing like it was
a few years ago. Of course much of
its quietness is said to be caused by
the war, but even after we win the
war, Digby will never be the summer
resort that it was a few years ago.
Its popularity began more than a
quarter of a century ago, and reached
its height in 1913. You were a boost-
er and the many articles from your
pen which appeared in the big dailies,
the yachting magazines and the Digby
Courier, were the means of bringing
thousands of visitors to Digby. But
things have changed, there are no ar-
ticles of this nature now appearing
in the American or Canadian publica-
tions and in a recent issue of the
Courier, where reference was being
made in the local column to boating
on Digby's beautiful Basin, there ap-
pears the sentence, "We would not ad-
vise any one with sensitive nerves to
live near the shore." This does not
sound like the Courier of former
years when you, as Editor, were con-
tinually booming the Basin, Digby's
greatest asset as a summer resort. If
she had no Basin she would contain
no more tourists than any of the oth-
er towns along the Dominion Atlantic
Railway, which runs through the fam-
ous Evangeline's land.

There were other reasons beside
the war which caused Digby's tourist
business to so rapidly decline after
1913. I will give you some of them
as viewed by an outsider.

The most important was the aban-
donment of the annual regattas and
weekly sailing races on the harbor,
caused by the entire lack of support
of the summer hotel proprietors, who
put neither time nor money in marine
sports of any kind, not even, I am
surprised to learn (with very few ex-
ceptions) becoming members of the
Western Nova Scotia Yacht Club, an
organization which was very much
alive until this year and something
which was the means of dozens of
American, St. John and other boats
visiting Digby during the summer
season. I shall never forget those hap-
py days when there was something to
see on the Basin and the long string
of tourists sitting along the water
front viewing the private pleasure
yachts sailing on the Basin by day
and the pretty anchor lights at night,
which gave us visitors the "bug" to be
afloat, with the result, that commer-
cial boats were in great demand, the
owners of which, considering their
prices, must have had profitable sea-
sons. When the yacht club leased
its rooms as a shoe shining parlor,
failed to hoist its burgee daily, becom-
ing too poor financially, for want of
public support or for want of local
leadership, to extend its slip to low
water mark; when merchants who
deal in marine hardware and motor
boat supplies, do not take enough in-
terest to launch their own boats and
the fleet dwindles down to two or
three; the Club abandons its annual
cruise and its popular "ladies' day"
outing, then, of course, commercial
boating immediately becomes almost
a thing of the past, the Basin takes
on a lonesome appearance and no
pretty snapshots can be taken of the
place to send our friends who have
heard so much about Digby in the past
and so little at the present time.

Just a glance at Digby in 1918, the
vacation resort I love so well and the
one I have visited so many times. A
beautiful town situated on the hillside
overlooking the most lovely sheet of
water in the world on which, as I
write, there is not a boat in sight.

This is August and was formerly
Digby's most busy month. The pub-
lic pavilion opposite one of the lar-
gest summer hotels, is empty, there
is no one on the benches along the
water front; two or three of the once
popular summer hotels are closed;
there are less than a hundred Ameri-
cans in town (in August, 1913 there
were a thousand); an up to date ice
cream parlor, once filled most every
night and day with a jolly crowd, is
selling confectionery only; the stores
appear to be doing "but little tourist
trade and the sidewalks once filled
with vacationists are almost without
them day time and evening.

Mr. Editor, the summer hotel men
and all who have made money from
the tourist traffic were no doubt dis-
appointed to see you move away. But
they should do more, and I believe
they will, that is subscribe for the
MONITOR and give you a big share,
if not all, of their job printing, as
long as the business which you con-
duct is your own. They owe it to
you and you are entitled to it.

There is still, however, a busy place
in Digby. I refer to the Racquette,
where such men as H. B. Short and
Capt. Howard Anderson, of the Mari-
time Fish Corporation, and other
wholesale fish dealers are doing a
prosperous business. I mention Mr.
Short and Capt. Anderson because

they are two of the most enterprising
men in the town. They have support-
ed every movement for the good of
the community, both as a commercial
and summer resort, and have given
more time and money toward marine
sports than all those engaged in the
tourist business added together.
These kind of men are too few in Dig-
by today.

In an issue of the Courier of a week
ago I was surprised to learn that a
correspondent in referring to the
month of June in Digby had been al-
lowed to say the following:

"Then is the time that one can have
Delightful Digby practically all to
one's self, with the sense of almost
sole proprietorship that cannot be en-
joyed a few weeks later, when the
rest of the outside barbarians have
descended upon the town."

If that is the way the townspeople
feel about us, it is as well to look up
another resort, as none of us desire
to dwell in a place where we are not
wanted.

If I did not know your agreeable
nature and had not pleasant recollec-
tions of your hospitality to hundreds
of Americans who have visited Digby
in the past, I would not have dared to
encroach on your valuable space. I
have done so and I thank you.

ONE OF DIGBY'S REGULAR
SUMMER VISITORS.
South End, Aug. 9, 1918.

GOOD CITIZENSHIP

Has it ever occurred to the majority
that those priceless things—ideals of
liberty and justice and right living—
can be neither bought nor sold? They
are not heirlooms and no parent can
hand them down ticketed and tied like
government bonds or enclosed, like
jewels, in a strong box. They may be
"recommended" and even insisted upon
but are not adopted voluntarily or
not at all.

These facts offer food for serious
thought on the part of those who are
responsible for Canada's future.
Whatever ideals it is desirable for the
citizens of tomorrow to possess must
be instilled into the consciousness of
the children of today. The process is
the tedious one of "line upon line,
precept upon precept, here a little,
there a little"—a process at times in-
spiring but more often than not dis-
couraging. It is a process little real-
ized in the main because its workings
are unseen. Not until the generation
stands ready for citizenship can it be
seen that damage has been done. Only
then is one aware of the existence of
the harmful influence. Human care-
ers are too precious to be submitted
to this exploitation and the most seri-
ous duty confronting patriots today is
the provision of influences that will
produce high standards of living for
generations to come.

Had this truth been recognized from
any other than a largely theoretical
stand point by the men and women of
the preceding and the present genera-
tion it would not have been possible
for the vicious theories promulgated
by Frederick the Great (wrongly so
called) to be working themselves out
today in Prussian atrocities. There
can not be too vigorous pushing of
baby welfare movements or the estab-
lishment and maintenance of super-
vised playgrounds. By Scout move-
ments, national health boards, cre-
dently considered housing schemes, city
planning and every other movement
that centres in the cleanest, finest liv-
ing. An examination into the things
in which all were most keenly con-
cerned a decade ago will not result in
a list of these things as national in-
terests. Every one of them must be
absorbing interests if Prussianism is
to be stamped out forever.

GIRLS! WHITEN SKIN
WITH LEMON JUICE

Make a Beauty Lotion for a Few Cents
to Remove Tan, Freckles,
Sallowness.

Your grocer has the lemons and any
drug store or toilet counter will sup-
ply you with three ounces of orchard
white for a few cents. Squeeze the
juice of two fresh lemons into a bottle,
then put in the orchard white and
shake well. This makes a quarter
pint of the very best lemon skin whiten-
er and complexion beautifier known.
Massage this fragrant, creamy lotion
daily into the face, neck, arms and
hands and just see how freckles, tan,
sallowness, redness and roughness dis-
appear and how smooth, soft and clear
the skin becomes. Yes! It is harm-
less, and the beautiful results will
surprise you.

Germans Call Upon Austria for Help.

PARIS, Aug. 14—Germany has been
compelled to call upon Austria-Hun-
gary for help on the Western front,
and A. tro-Hungarian troops are ar-
riving there, the Echo De Paris says
today. These troops, it adds, are be-
ing sent to quiet sectors of the front.

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For Infants and Children
In Use For Over 30 Years
Always bears
the signature of
Dr. J. C. H. H. H.

WRIGLEYS



Helps
teeth,
breath,
appetite,
digestion.

Sealed tight—kept right

"Give it to me,
please, Grand-
daddy."

"Why Bobby, if
you wait a bit
for it you'll
have it to en-
joy longer!"

"Poo-poo! That's
no argument with
WRIGLEY'S
'cause the flavour
lasts, anyway!"



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in Canada

—After every meal

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Wall Board

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Also New Brunswick and
Quebec Cedar Shingles

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save money for you we will not ask you to buy.

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WHITE SEWING MACHINES

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