

THE HOME

LET CHILDREN BE SIMPLE

Encourage the Little Ones to Enjoy the Wholesome Life of the Country.

It is curious that grown people forget so soon the delights and griefs of childhood. They forget the vague feeling of bewilderment that creeps up from all sides when one is beginning to get acquainted with the world. They forget the utter bliss of swinging in an old hammock under the trees, and gazing up into the sky and crooning some song with a long monotonous refrain.

They forget the feeling of isolation and self-completeness of living with one's fancies—during that mystical time when the real things are the things that grown up people never see, and when common events, like washing one's face and coming in on time to meal quite unimportant and uninteresting. And they forget that with which a child puts her sleepy arms around her mother's neck and is carried upstairs and slipped into bed in a drowsy haze of comfort.

Surely grown people must forget all these things or they would never break so readily in upon the reveries of their children, suggesting the moving picture show to replace the vision that float by the eyes of every child—offering fancy creams and collie ices to one who is quite content with the sprinkle of sugar on a rose leaf.

I saw a child the other evening who is everything we mean when we say "a lovely child." She has lived all of her five years in the country with her mother as a companion and gentle guide. This little girl has for toys her flower bed and her own watering pot; she knows every true for acre around, and each soft baby leaf is welcomed with a ripple of delight, or with the gentlest touch of tiny fingers. The soft grass is caressingly loved, and each wee green thing that pushes its head up through the earth is anxiously waited for and tenderly guarded.

Can you think of anything more exquisite than a little child who feels a kinship with everything in nature? Can you think of a better school in gentleness than the garden, or a wiser teacher of observation than nature herself in pasture or in wood?

Now that spring has come let your children wander as they will. A little guidance is all that they need. Encourage them to learn the birds; help them to search for the shyest flowers. Let them feel your wise hand and watchful eye—but let them feel most the lure and loveliness of out-of-door.

Instead of going this summer to that seaside resort where the whizzing merry-go-round and the oscillating soda fountain eat up their pennies and upset small digestions, why not spend the long days in an old farm house in the country, where every huckleberry bush and mud-turtle and brook and bird's nest has its own secret to tell?

A healthy, sweet body is a great gift to a child, and a pure mind responsive to fine feeling is a gift immeasurable.

Give your children a chance. Let nature open to them the magic chambers of her treasure house.—Agnes Edwards in Boston Herald.

LETTUCE GROWING

Sow the seeds in flats or in the benches, and when the first true leaves appear prick them out and transplant them into rows two and a half inches apart and one-half inch apart in rows. As soon as they grow sufficiently to make good sturdy plants, they are transplanted into the permanent beds six inches apart each way. Keep sowing seed every few days so that there will be plenty of seedling plants, so that if anything should happen to one batch

there would be others ready. It is a mistake many make not to have a sufficient number of plants. So to be on the safe side sow plenty of seed. The soil should be a light sandy loam, of a coarse sharp nature, made as rich as possible. I depend almost entirely on stable manure. Sometimes if plants are not making sufficient growth use a little nitrate of soda.

TO CURE CROUP.

A lady writing to an exchange speaks of what she has found to be a cure for croup.

She says:—"We always keep a bottle of raw linseed oil and a teaspoon in our room, and if I waken and hear a child with labored breathing, I rouse him up if he does not waken himself, and commence the treatment."

"If the attack is severe, I give a teaspoonful of oil, if not so severe half a teaspoonful is sufficient. Next I wet one end of a towel, enough to cover well the throat, in cold water, bind this on with the dry portion of towel, fastening with a safety pin. The while I talk soothingly and brightly to the child, who is usually very much frightened. To help the cure, the little nerves need to be quieted. Next cover up warmly in bed, in a few minutes the breathing is easier and the child falls asleep."

"Often one treatment is sufficient, but the oil may be given again in two or three hours, if necessary. If the patient does not sleep, the cold towel should be changed every fifteen minutes, and a flannel may be held around the lamp and heated to lay on the chest."

THE SALT TOWEL RUBBINGS.

When vitality is low and a good reaction does not follow the cool bath, use daily the dry, warm salt towels. This will invite blood and warmth into the skin and aid greatly in propelling the same systematic effects produced by cool bathing followed by friction. Take a number of old soft towels and wring them out of strong salt water. A heaped teaspoonful of salt to two quarts of water is the right strength. These towels are to be hung up by the stove to dry. On retiring and on rising, rub the towels in the hands until they are perfectly soft, and then give the body a thorough rubbing with them. This cleanses and stimulates the skin, and leaves it warm and dry and in a glow. These towels may be used under covering in bed for the feeble. After perspiration and over-fatigue or exposures, use the towels hot.

To children give plenty of fresh milk, eggs, cream, bread and butter, potatoes, and succulent tender vegetables, and fruit. Give little meat until second dentition is well established or after they reach the age of nine years. The feeding of children is of great importance. The nervous system during childhood undergoes enormous and rapid development as compared with other bodily structures. Fats are pre-eminent nerve foods. Children need as much of them as they will take, and butter, cream, eggs and rich milk are the best sources of fat for them. Never urge any food upon a child, however, if it disagrees or is especially distasteful.

TO MAKE DUSTLESS DUSTERS.

To Inquirer:—I make my dustless dusters in the following simple way and find that they give perfect satisfaction: Cut cheesecloth into the desired length and soak in kerosene oil until the cloth is completely saturated; then hang in the open air for twenty-four hours; when they are soiled, they can be washed and soiled again.

CURED OF CONSTIPATION

Mr. Andrews praises Dr. Morse's Indian Root Pills.

Mr. George Andrews of Halifax, N. S., writes: "For many years I have been troubled with chronic Constipation. This ailment never comes single-handed, and I have been a victim to the many ills which constipation brings in its train. Medicine after medicine I have taken in order to find relief, but one and all left me in the same hopeless condition. It seemed that nothing would expel from me the one ailment that caused so much trouble, yet at last I read about these Indian Root Pills.

That was indeed a lucky day for me, for I was so impressed with the statements made that I determined to give them a fair trial. They have regulated my stomach and bowels. I am cured of constipation, and I claim they have no equal as a medicine."

For over half a century Dr. Morse's Indian Root Pills have been curing constipation and clogged, inactive kidneys, with all the ailments which result from them. They cleanse the whole system and purify the blood. Sold everywhere at 25c. a box.

During hot spells in summer eat lightly and make the diet mostly fruit and vegetables. Drink copiously if you confine yourself to cool water, but not ice cold. Overeating is the cause of more illness than is generally recognized, and particularly during hot weather. The expression "too hot to eat" should be lived up to. Make the desire for food the guide, and eat down on heat-producing foods, which are fats, sweets and starchy foods.

WHITE OF EGG.

White of egg is most nourishing and should be given freely to invalids. Beat it slightly and add to tea or coffee, or it may be stirred into any kind of farinaceous food just before serving.

Get enthusiastic over the usefulness of your work in life and see how it fits into the general scheme of existence.

JUNE—A RHAPSODY OF DEFIANCE.

Stand back, ye irksome devils of despair! Behold my hand is bare To the balmed breeze from off the sapphire sea And lifted to the sun. For unto me The Voices call, call resonant and clear— "Live, man! Live strong! Another June is here!"

June—Look—a belted bee is in the rose, And soon will stagger in his flight to close The comb with weight of gathered sweets.

And, see— A redwing's on the flag and swinging free! I catch the flash of crimson mid the jet, As there he balances above the wet Lush grass beside the pasture-pond, where slow Brown cattle at the evening go,

Now, too, the brook its cheery gossip spills Into the pools among the shaded hills, Or wends in the meadow to caress The crisp tangled leaves of the over-bending cross While in the rills the finning trout await With up-stream heads the fall of fly or bait.

Up from their earth the floral children rise And blow their kisses to the wooing skies In gleeful troth and deck themselves anew With filmy fabrics spangled o'er with with dew.

The useful grass along the fertile plain Stirs in the heat and beckons the friendly rain, And high the lark his silver lyre tunes To sift on all below its mystic runes. Bird-song and bloom and reach of the trellised vine! The Voices call and all the earth is mine,

And for my feet the clovered paths that go Where poise and peace abide! Stand back, ye irksome devils of despair! A glass of June-wine in the odored air I lift to nature—to her hills and trees, To wave and shallop by the boulder-leas

To star and sun, to night and dewy dawn, To days to be, to plants and sorrow-gone, To life, to love, to women and to Man.

And to the utter goodness of the Plan. —Richard Wigham, *Quebec Magazine*

May The Honey-Moon Last Always

While a party of women were talking over the afternoon tea cups the other day, an argument arose as to whether men owed it as a duty to their wives to discuss their business affairs with them. One woman thought it was a divided question, depending in a measure upon the men and also upon their wives. "If," said she, "a wife has business faculties and keen perceptions, by all means let him make her his confidante; but if she is without any business capacity and shows little interest in them, it would be a waste of time to talk with her on such matters."

I am a firm advocate of the wife having at least sufficient grasp of her husband's financial position to know when to spend, and just how much economy ought to be exercised in domestic affairs. I think she ought to be consulted, if she is the right kind of a wife, about new undertakings, for the question of finance in the home is an important one and should be solved soon after the "hanging of the crane," or complications more or less irritating are almost certain to arise.

I don't think any self-respecting woman should be made to feel her independence by having to ask for every cent she is obliged to spend. A large percentage of women who get married today have been practical business girls, handling their own earnings, probably for some years before marriage. To be obliged to petition for money could hardly mean anything else than mortification. Men sometimes forget or overlook these things that mean so much in the long run, for happiness. A woman should be perfect mistress of the home and absolutely independent in its management. If the husband accords her what is, after all, only her just right, it will mean a vast deal, not only in his well being, but in the respect the children will have for the mother.

All this, of course, brings us to the "newly wedded," which seems in order now that we are in the leafy month of June—so here's to the happy pair. Young man, may the "dearest girl in the world," whom you now fondly call wife, be able to fulfill all the exalted ideas you cherish of making your life complete. At the same time it is as well to say, my dear, that you have not married an angel, no, nor even perfection, as time will reveal. And as she will do well to realize, neither are you. Your race will not be all of roses, and it is as well to begin right now by not expecting too much on both sides.

And as for you, little girl, who have left home and its associations to cast your lot with your husband's life and future, don't be too insistent in your demands for the delicate attentions and compliments he has been bestowing on you during the days of courtship. What shall I say to the brand new husband who is so set up with his pretty dainty little wife and with the dignity of setting up his new home? Well, I should like to remind him not to forget that the heart of a woman goes on through life craving for the little tendernesses that mean so much. Remember, that a loving word carries great weight—praise has often the power to throw aside gigantic obstacles and attune the heart to singing. It is also well for the women to realize that a man is only a boy grown up, a great baby, perhaps dependent upon her for his happiness. May the honeymoon last always!—Joan in Halifax Herald.

SOME PIANOS have many good features
MOST PIANOS have some good features

Courtesy Pianos have all the good features known to modern musical science.

WRITE FOR CATALOGUE
J. H. POTTER
Manufacturers' Agent
MIDDLETON, N. S. Tel. 59

MONKEY LAND.

Where Armies of Gibbering Apes Make Life Miserable.

If at any time you should happen to be in India, just remember to let the monkeys alone, for to kill one would mean to get yourself very cordially disliked by the Brahmins, whose religion forbids them to take the life of any creature. As a result the people of India are overrun by a great many animals against which they can make but a feeble resistance, the monkey in particular being a real tyrant.

The shops of the cities are without doors and windows, and whatever is offered for sale is exposed to the open air. The monkeys are always at hand watching their opportunity and if the merchant absent himself for a moment, instantly the nimble apes are helping themselves to anything they fancy.

On one occasion the streets of Benares, the sacred city of India, had become so overrun with these impudent little plunderers that the merchants held a meeting and decided that something must be done. Inasmuch as their religion forbade them to kill the monkeys, they decided to banish the pests.

The streets were surrounded and invaded, the monkeys were all captured and placed in cages. Then they were taken to a large forest at a considerable distance from the city and freed in the middle of the trees. The scampered into the branches as if they were having a very good time; and there the merchants left them and returned to their shops, rejoicing that now they could nod in peace. That evening there was a rare sight in Benares. Into the streets, just at dusk, there came a great capering army of apes. They were the monkeys of Benares, who had found their way home from the forest into which they had been banished, and though they must have been very tired from traveling on foot so long a distance, their joy on reaching home again was so great that they gambled like a troop of school children coming home from a picnic.

Being town bred monkeys, they had not enjoyed country life. Next day they were all at their old posts, raiding the food shops with renewed and eager appetites and greatly refreshed impudence.

The Effects of Arsenic.

"You no doubt have observed the illly white complexion of some women. These women are sacrificing years of their lives for that beautiful skin by the use of arsenic," said D. V. Dural, a chemist, of Manchester, Eng. "It is a well-known fact that thousands of women in all countries of the world use the poison in small quantities to bleach their skin. It is an effective means of whitening and clearing the complexion, but the complexion given by its use has no permanency unless the absorption of the drug be continued."

"Arsenic, as science has long told us, is an accumulative poison. When one takes it either by prescription for the upbuilding of an appetite or for the bleaching of the skin he does not feel any ill effects for several years. The effect of the drug is bracing and makes one feel like eating. It also aids the digestion. The average user of the poison takes it in such small quantities that he does not realize how much of it will accumulate in his system in the course of four or five years."

"Being an accumulative poison it often takes that length of time to see the results of the drug. Then the user may complain of not being able to control his fingers or toes. Subsequently he loses control of his hands and arms. Arsenical poisoning is the result."

"Five years ago in Manchester there was an epidemic of paralysis. Several thousands of persons were stricken. Several hundred died and the medical profession of England made a thorough investigation of the malady and traced it to beer. The investigators discovered that the brewers were using a glucose in the brewing of their product which was found to contain a small quantity of arsenic. This drug, imbibed in small quantities in beer, had gradually accumulated in the bodies of thousands of persons, had impoverished their blood and left a great percentage of them helpless."

Too Expensive to Eat.

Mr. George Graves, who is appearing with such success on the variety stage in "Koffo of Bond Street," in London, is an enthusiastic sportsman, and recently had a day's shooting in Norfolk. Missing his train back he endeavored to catch it at Cambridge by motor-car, but failed, owing to the bursting of a tire. In order to appear at the theatre he was compelled to charter a special train from the University town. Mr. Graves' remark, as he alighted from his expensive conveyance at Liverpool street and handed his man a brace of partridges, was very characteristic of him. "Get those birds stuffed, they come too high to eat."

Ambassador as Mountaineer.

Mr. James Bryce, the British ambassador at Washington, who was recently granted an audience by the King, was born in Belfast seventy years ago. His father was Scotch and his mother Irish. He is credited with the ability to speak—or acquire—nearly every known language. He has talked with African kings at the councils, has banqueted with the Dyaks, has climbed some of the highest mountains in the United States; has stood on the top of Mount Ararat—the first man since Noah—has been in Russia, in India, and Japan, and knows nearly every part of the British Empire, even to the Fiji Islands.

Prevaricator.

The word prevaricator is from the Latin and originally meant a straddler with distorted or misshapen legs. In the Roman courts of law the expression was applied to one who in a suit was discovered to be in collusion with his opponent to compass some dishonesty. As falsehood was the necessary part of such a performance, the word by and by came to have the significance at present attached to it.

MINARD'S LINTMENT CURES PAIN



Take One Pain Pill, then—Take it Easy.

To Head-Off a Headache

Nothing is Better than

Dr. Miles' Anti-Pain Pills
They Give Relief without Bad After-Effects.

"For four years I was subject to almost constant headache. At times so severe I was unfitted for work. Through the advice of a friend I was persuaded to try Dr. Miles' Anti-Pain Pills and the result has been that I have entirely eradicated my system of those continuous headaches that followed a hard and continuous mental strain."—O. L. Russell, Agt. C. & N. W. Ry., Early, Ia.
For Sale by All Druggists.
25 Doses, 25 Cents.
MILES MEDICAL CO., Toronto, Can.

REAL ESTATE

FOR SALE OR TO LET

Residence of Harry J. Crowe, situated on Granville St. opposite the Baptist Church. House contains nine Rooms, Modern Bathroom, Electric Lights and Furnace. Good Stable in rear.

Apply to
JAMES QUIRK,
Bridgetown, Sep. 26th, 1911.

Small Place For Sale

Home, situated on Granville street west, Bridgetown, nine rooms with piazza and bay windows. Barn, Wagon House and other out buildings. Three quarters acre land. 75 Fruit Trees, apples, plums, pears. Short distance from two railway stations, churches and schools.

Will sell right or easy terms, or would trade for farm.
W. AVARD MARSHALL
Bridgetown, Aug. 15th.

SMALL PLACE FOR SALE.

Of about five or six acres of land, situated near Carletons Corner, nearly new house with barn and other out buildings, 170 apple trees, just coming into bearing, also plums, pears and small fruit.

For further particulars apply to
L. M. WHITMAN, Blacksmith,
Bridgetown, or
A. A. TAYLOR,
East Inglisville,
Anna Co., N. S.

FARM FOR SALE.

The subscriber's farm at Lawrence-town containing seventy acres. There is on the place an Orchard, Hayland, Pasture, Wood and Poles. The whole or part of the place will be sold at a bargain.

J. B. HALL.
Truro, Apl. 4th, 2 mos.

FARM FOR SALE

Small farm with good Orchard and building and marsh.
S. McCOLL
Upper Granville, Jan. 5th, 11.

GREAT BARGAINS

IN MEN'S & BOY'S FURNISHINGS

Summer Hats, in soft and hard felt. A fine line in straw hats, Panama, Boaters, etc., the latest shapes.

Fancy Half-hose.
Hot Weather Underwear.

HAYWARD'S

CLOTHING STORE

COR. QUEEN AND GRANVILLE ST.
BRIDGETOWN, N. S.

WHEN ANSWERING ADVERTISEMENTS PLEASE MENTION THE MONITOR-SENTINEL

THE ONE WAY

To reach my clients is to become MARITIME-TRAIN-ED. Mining, Manufacturing, and Importing companies have requests on file now for the next graduates. It's proficiency, not time spent at college, that counts.

Send for free Course of Study to

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

Greatly Increased Patronage

Has compelled us to seek greater accommodation. Our new quarters, just across Hazen Avenue from our present premises, will give us nearly double our present space, and greatly increased facilities.

We are grateful for the patronage that has compelled this forward movement, and will endeavor to maintain our reputation.

S. KERR,
Principal.

BANKS & WILLIAMS

Commission Merchants
Fruits and Produce

78-8 Balford Row, fronting on Market Square
HALIFAX, N. S.

SOLICIT CONSIGNMENTS of all kinds of FARM PRODUCE.

EXCELLENT STORAGE FACILITIES
LONG EXPERIENCE AT THE BUSINESS
PROMPT RETURNS

MARKET QUOTATIONS FURNISHED ON APPLICATION

H. H. Banks - H. F. Williams

Ice Cold Drinks

Ginger Beer, Manola, assorted flavors of Soda, cool and refreshing.

Just opening another lot of Moir's choice Chocolates, Creams, Bon-bons, Penny Goods and Biscuits.

Bread and Cake as usual twice a week. I have added Three Crown Tea to my stock. Seasonable Fruit always on hand.

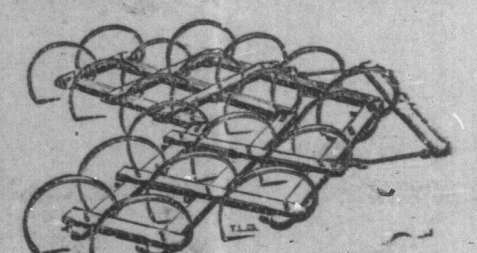
Mrs. S. C. TURNER,

YOU CANNOT REACH

The Buying Public of the most populous section of Annapolis County unless you advertise in

The Weekly Monitor and Western Annapolis Sentinel the paper that goes into more homes than any other Annapolis County paper. The paper that reaches the homes is the

Guide to Household Buyers.



Spring Tooth Harrows

We have a few SPRING TOOTH HARROWS left, and, in order to clear them out we will sell them at the following prices; for cash.

With 12 teeth, \$8.00
With 16 teeth, \$9.00

These have ALL STEEL FRAMES, and we will guarantee them to be as good as any on the market, and we will fully warrant them against any break because of defect in material. Send us your orders at the above prices, with cash, and we will PREPAY THE FREIGHT on these Harrows to your nearest railway station.

We also have a good stock of DISC HARROWS, HORSE HOES, PLOWS, etc. and will be pleased to give prices on anything required in this line.

BRIDGETOWN FOUNDRY CO. Ltd.
Bridgetown, N. S.

NA-DRU-CO DYSPEPSIA TABLETS

are compounded by expert chemists—as are all Na-Dru-Co preparations. —Money back if not satisfactory. 50c. a box at all druggists.

National Drug & Chemical Co. of Canada, Limited

The Monitor Wedding Stationery

will suit the most fastidious June bride. Correct in style, excellent in workmanship. Old English Wedding Text, Imperial Script, Tiffany Script on smooth or kid finish stationery. Ask for Samples.