

COMFORT SOAP
IT'S ALL RIGHT
If You Want Comfort, Use Comfort Soap.
POSITIVELY THE LARGEST SALE IN CANADA

THE HOME

A LESSON IN BREATHING.

No piece of advice that the physician can give will bear more frequent repetition than the pithy sentence "Breathe deeply." It is a perfectly simple rule of health, yet it is constantly broken. There is no reason why our lungs should not have all the fresh air they need for their work; the supply is unlimited. But in our folly we refuse to give them their fair share of it, because we are too lazy to remember to breathe deeply.

We go on from day to day drawing in little, inadequate puffs of air, living from hand to mouth, as it were; and then we wonder why we feel tired and nervous, why our skin is sallow and our eyes dull, why we catch cold easily and digest our food badly. When things have come to this pass, there is nothing for it except to put ourselves to school, and learn patiently to do what we were meant to do unobtrusively.

There are two ways to learn to breathe. If our powers of self-discipline are poor, as is the case with most insufficient breathers, it is a good plan to join a gymnasium or calisthenic class, and learn to use the lungs as a baby learns to use its feet and hands. But remember that lessons in breathing will do no good if the scholar thinks he is absolved from his task except when he is in the class.

A simpler method, for those who have not time or opportunity for the gymnasium is to turn life's daily routine into a continuous discipline in breathing. If the poor breather takes the trouble to watch himself carefully, he will find that when he is engaged upon any work that calls for close attention, he does not even breathe as deeply as usual; he almost invariably holds his breath. Thus the blood current is vitiated when it ought to be cleaned; and the worker exhausts himself, not so much by his labors as by his neglect.

Learn to make a breathing lesson of dressing in the morning, of going up and down stairs, of your duties in household, office or shop, of your walks, your games and your rest. Draw in deep drafts of air every time you take a breath, and every little while stop every thing else and fill your lungs a few times with breaths that test their capacity. You will be surprised to see the improvement that it will make in your general condition.

CURE FOR CHOKING.

"Raising the left arm as high as you can will relieve choking much more rapidly than being thumped on the back," said one of the resident physicians of a local hospital. "This should be more generally known, for often a person gets choked while eating when there is no one near to thump him or her. Very frequently at meals and when they are at play children get choked while eating, and the customary manner of relieving them is to slap them sharply on the back. The effect of this is to set the obstruction free, so that it can be swallowed. The same thing can be brought about by raising the left hand of the child as high as possible, and the relief comes much more rapidly. In happenings of this kind there should be no alarm, for if a child sees that older persons or parents get excited it is very liable to become so also. The best thing is to tell the child to raise its left arm, and immediately the obstruction passes down the throat."—Philadelphia Record.

WASTE OF OPPORTUNITY

It is sad, indeed, to see how many wastes his opportunities. How many could be made happy, with the blessings which are recklessly wasted or thrown away! Happiness is a condition of mind, not a result of circumstances.

WEANING THE BABY.

(By Dr. Edith B. Lowry.)

As a rule the baby should be weaned when it is about a year old, for after that age it needs more solid food to help in the growth of the body. Babies that nurse too long become poorly nourished and seem to be less able to resist disease.

If possible to avoid it, the baby should not be weaned while it is teething nor during the hot weather. However, if the baby is irritable, cross, and losing weight, it is probable that the mother's milk is not agreeing with it and weaning should not be delayed.

Weaning should not be done in a day, nor in a week. It should be a gradual process. Begin by giving the baby other food at the noon-day meal, then gradually add it at the other meals. At first the diet should be chiefly liquid, such as cow's milk broth. As solids are added they should be of such a nature that they are easily digested and nourishing. Soft boiled or poached eggs, baked potatoes moistened with milk, baked apple and orange juice are excellent. To this list may be added the various cereals. The cooked ones usually are better for the baby than the prepared ones. Oatmeal is an excellent food in winter, but it should be given sparingly in summer, as it is too heating.

Several of the wheat preparations are excellent. Rice makes a good food. The heavier vegetables and acid fruits should not be given. Such heavy vegetables as cabbage never should be given to a young child. When anything disagrees with the child it should be discontinued for a time.

No meat should be given until the baby is about two years old, and then only at the noonday meal. The only meats given children should be roast beef, broiled steak, mutton, and the white meat of chicken. No child should have meat added to its diet in summer.

Milk and water are the best drinks for a child, and occasionally cocoa may be given, but tea or coffee or any of the stimulating drinks never should be given.

Give plenty of water between meals. Babies and young children frequently are cross for no other reason than that a want a drink of water and are unable to ask for it. A mother should make it a rule to give the baby a drink of water several times a day even though it does not ask for it.

Investigate the water and milk supply and be certain they are all that could be desired.

THE PATH DIVINE.

(By George MacDonald.)

I said, "Let me walk in the field;" He said, "Nay, walk in the town." I said, "There are no flowers there." He said, "No flowers, but a crown."

I said, "But the skies are black, & there is nothing but noise and din." But he wept as he sent me back, "There is more," he said, "There is sin."

I said, "But the air is thick, & And fogs are veiling the sun;" He answered, "Yet souls are sick. And souls in the dark undone."

I said, "I shall miss the light, And friends will miss me, they say;" He answered me, "Choose tonight, If I am to miss you or they."

I pleaded for time to be given; He said, "Is it hard to decide? It will not seem hard in heaven. To have followed the steps of your Guide."

I cast one look at the field, Then set my face to the town. He said, "My child, do you yield? Will you leave the flowers for the crown?"

Then into his hand went mine, And into my heart came he. And I walk in a light divine The path I had feared to see.

IN THE MUNICIPAL COUNCIL.

FINANCE COMMITTEE REPORT

To the Warden and Councilors of the Municipality of Annapolis County: Gentlemen—

Your Finance Committee beg leave to report that they have carefully examined all bills and accounts placed in their hands for the year 1912, and attach the same hereto.

We find that the presentation for 1913 amounts to \$24,177.34, which we recommend to be assessed upon and collected from the ratepayers of this Municipality, the rate therefore being 74 cents on one hundred dollars.

E. H. PORTER
W. C. HEALY
A. D. THOMAS
Committee.

Annapolis Royal, January 15th, 1913.

ESTIMATED EXPENDITURES—1913

Court Expenses	\$ 200
Sheriff Transporting Prisoners	160
Grand Jury	70
Petit Jury	160
Board of Prisoners	240
Water for jail	21
Fuel for jail	200
Jailor	200
Clerk of Crown	50
Court Crier	50
Rent, Court House, Bridgetown	115
office, Clerk of Crown	40
office, Reg. of Deeds	120
Vault, Reg. of Probate	25
Justice Fees	100
Constable Fees	160
Witness Fees	100
Coroners' Inquests	50
Warden	50
Municipal Clerk	375
Municipal Treasurer	400
Auditors	25
Finance Committee	30
C. T. Act Inspector	150
County Medical Officer	100
Revising Jury Lists	60
Light Brickton Bridge	15
" Lawrenceton "	15
" Bear River "	15
" Ferry Slips "	20
Attendant Bear River Bridge	25
Attendant Victoria Bridge	125
Granville Steam Ferry	340
Port Wade Ferry	100
Education	654.70
Sinking Fund	420
Interest on Debentures 1913	1400
Certificates of Lunacy	40
Vital Statistics	150
Farmers' Association	25
Sheriff certifying lists	10
Bounties	250
Allan River Dyke	15
D. A. Railway drainage	25
Printing	200
Council Fees	400
Contingent Account	500
Interest and Exchange	175
Collecting Presentation	850
Maintenance County Hospital	4200
" Home "	3300
" Outside Poor "	1400
" Patients Nova Scotia Hospital "	2500
Assessors	510
Revisors	168
District Clerks	168
Miscellaneous Bills	560.10
Halifax Industrial School	240
Refunds uncollectable Rates	158.49
Refunds taxes overpaid	6.75
Union N. S. Municipalities	10
Redt Waiting Room Annapolis	40
Deficit Exhibition in Bridgetown	14.15
Deficit Scott Act Inspector	265.90
Total Estimated Expenditure	\$ 28,477.34

ESTIMATED RECEIPTS

Paying Inmates Hospitals, &c.	\$ 2500
Towns' Joint Account	1800
	4,300.00
	\$ 24,177.34

ASSESSORS.

Ward No. 1	John P. Morse	\$ 12
	G. E. Watson	12
	William Bowby	16
	Amnon Rumsey	18
	Albert Marshall	18
	George Chute	15
	Eber Brinton	15
	C. L. Goodwin	15
	W. D. Bent	15
	Jacob Calnek	16
	J. Sidler McKenzie	16
	W. C. Shafner	14
	Gilbert Shafner 2nd	14
	John D. Spurr	16
	Augustus Purdy	16
	Geo. H. Langley	20
	Leslie Baird	20
	Isaac Whitman	25
	George Hoyt	25
	Newman Daniels	13
	Alden Walker	13
	Fred Chipman	18
	W. A. Bishop	18
	Leander Whitman	18
	Hartley Marshall	18
	O. H. Ford	16
	Charles Dukeshire	16
	Norman Buckler	12
	Joshua Campbell	12
	Howard Spinney	12
	J. Howard Parker	12
		\$ 510

REVISORS.

No. 1	Reis Baker	\$ 8
	I. T. Coultan	8
	Ezekiel Berteaux	8
	Fred Bishop	8
	E. A. Bolser	8
	L. R. Archibald	8

DISTRICT CLERKS

No. 1	George Brown	\$ 6.50
	Frank Atchinson	6
	W. W. Dodge	7
	Howard Foster	6
	William Clark	6
	Clarence Bishop	6
	Lawrence Spurr	5
	Willie Postar	3.50
	Morrison O. Wade	8
	A. L. Troop	5.50
	Daniel Cronin	5.50
	Judson Ruggles	11.00
	J. Arthur Rice	3.50
	J. H. Robinson	9
	Rufus G. Whitman	8
	George Hoyt	8.50
	Christopher Borden	6
	Arch Gillis	7
	Fitch Morse	8.50
	W. C. Grimm	8
	Lemuel Murray	4
	E. N. Rowter	6.50
	Rufus Wentzell	3.50
	James Hannam	6.50
	A. M. Spinney	9
		\$ 168.00

MISCELLANEOUS BILLS.

Clarke Bros., Supplies for Road Machines, &c.	\$ 69.02
C. F. Armstrong's bill locating road Nictaux Falls to Meadowvale, and help	36.50
Edw. McCormick, boots for prisoner	1.40
William Apt, repairs Ferry Slips, &c.	14.25
T. C. Allen & Co., Books for Treasurer	3.90
F. W. Bishop, rent Hall for Revisors	1.50
Bernard Longmire, fencing road, Hillburn	116.25
E. D. McNeil, Rent Hall for Revisors	2
Arthur Eaton, Repairs road plough, &c.	6.10
N. G. Charlton, Rent Hall for Revisors	2
A. C. Bent, Rent Hall for 3 years	6
F. Fitch, Committee Tenders and Public Property	49.25
Joseph I. Foster, " " "	40
J. C. Grimm, " " "	40
Warden Special Work, Telephones, &c.	25
Frank B. Troop, laying out road at Granville Ferry	4
J. H. Delap, " " "	4
W. E. Onthit, Committee on Collections	69.01
W. C. Healy, Repairs Road Machine	2.50
J. L. Shafner, Supplies for Ferry waiting-room	2.52
O. S. Miller, stamps, tele-phones, &c.	25
Bernard Nolan, balance subsidy Granville Steam Ferry 1912	40
	\$ 560.10

Makes Hair Grow

All drug stores sell SALVIA, and it is guaranteed to grow hair or money back.

The time to take care of your hair is when you have hair to take care of.

If your hair is getting thin, gradually falling out, it cannot be long before the spot appears.

The greatest remedy to stop the hair from falling is SALVIA, the Great American Hair Grower, first discovered in England. SALVIA furnishes nourishment to the hair roots and acts so quickly that people are amazed.

And remember, it destroys the Dandruff germ, the little pest that saps the life that should go to the hair from the roots.

SALVIA is sold by first-class druggists under a positive guarantee to cure dandruff, stop falling hair and itching scalp in ten days, or money back. A large bottle costs 50c. The word "SALVIA" on every bottle.

The Superintendent of Schools in Madison, N. J., believes in drastic sanitary measures in the public schools. During the recent vacation School Commissioner Edward L. Coot, who is a plumber, installed shower baths and heaters in the school buildings. Now, instead of ordering the children to keep clean, the authorities will see that unclean children take baths at school.

Ralph Eaton, teller in the local branch of Nova Scotia Bank, has been transferred to Charlottetown, P. E. I. His successor in the teller's box is: Larrie Peiray.

Winter Overcoats

Call and examine my Winter Overcoating.

A splendid Coat or Ulster made to order for \$15.00.

EDWIN L. FISHER
Merchant Tailor.

Groceries

Our stock of Staple and Fine Groceries are in excellent condition, at prices that will meet all competition.

We are serving the public on the smallest possible margin of profit.

Your continued valuable patronage cordially solicited.

J. E. Lloyd

The Monitor Wedding Stationery.

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

PRIME MEATS.

Full line of all the very choicest Meats on the market at

CASH PRICES

Try our Sausages—They make you feel good.

MOSES & YOUNG
Granville Street, Bridgetown

Bargains in BOOTS AND SHOES

By buying direct from us and paying CASH we can guarantee a saving of from 10 to 15 per cent in FOOTWEAR, due to less book-keeping expenses.

BEST QUALITY GOODS AT LOWEST PRICES GIVE US A CALL.

B. D. NEILY
Granville St. Bridgetown, N. S.

It PAYS to Advertise in the Monitor-Sentinel

Real Estate

For Sale or To Let

My residential property on Granville 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.

HOUSE FOR SALE.

The desirable cottage, the property of the late Mrs. John Munro, on Rectory St., is offered for sale. A bargain to a quick purchaser. About a half an acre of orchard in good bearing. Barn on premises. Buildings in good repair. Apply to J. W. SALTER, Bridgetown, July 30th, 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 M. K. PIPER, Monitor Office.

FOR SALE.

That very desirable residential property situated at Carleton's Corner, Bridgetown, consisting of modern dwelling house, stable, shop and orchard and garden. Also one hundred acres of woodland. Possession can be given first of May. For further particulars apply to J. B. WHITMAN, Province Bldg., Halifax, or F. R. FAY, Esq., Bridgetown.

HOUSE FOR SALE.

A very desirable, centrally located house, with large garden or building lot, suitable for a single family or two small families. Small sum of money buys it. For particulars apply to M. K. PIPER, Monitor Office. Bridgetown, June 18th, t.f.

FARM FOR SALE.

At Albany, farm of 250 acres; 15 acres under cultivation, part orchard, 50 acres pasture, balance wood and timber land, including 25 acres hard wood never cut. Good house of 3 rooms, barn, carriage house, etc. For terms and other information apply to M. K. PIPER, Monitor Office.

IMPORTANT NOTICE

According to the postal law now in force newspaper publishers are held for fraud anyone who takes a paper from the post office and refuses payment, and the man who allows subscriptions to remain unpaid and then orders a postmaster to send notification of discontinuance to the publishers lays himself liable to arrest and fine. Postmasters are also liable under the law for the cost of papers delivered to other persons after the death or removal from their office district of the persons to whom the paper was first addressed.

Minard's Liniment Curbs Dis-temper

Attracts Attention

Classified Want Ads. are always noticed. They are read with interest by intelligent people who are on the look-out for favorable opportunities to all their requirements. Whether your business be large or small the Classified Want Columns will help you.