

# THE HOME

## WOMEN WHO MAKE HOUSEWORK TWICE AS HARD AS IT SHOULD BE.

That most women make housework just about twice as hard as it should be is the theory of the man-who-thinks.

He came into the kitchen the other day and found his wife standing by the stove popping corn, and with that as a text he gave us a five minute lecture on why women are poor housewives and men would be better ones.

"You women never know how to save yourselves. Tell me one good reason why you couldn't sit down and pop that corn. No, of course you can't. More work to get a chair than it's worth? Now if that isn't a typical woman's reason. That's just the difference between a man's and a woman's way of doing. A woman is never willing to make a little initial preparation, use her brains a little for the sake of saving herself in the end, and a man is.

"Every woman must know that standing on her feet too much is like lying to cause kidney trouble and a dozen other things, and yet they will stand up when they might just as well sit down.

"What could you do sitting down that you don't? Well, iron, for one thing. You couldn't get a good purchase? Nonsense. You let me fix the chair and the board just right and you'll get just as good a purchase as you could by standing up till your legs ached and bending over till your back ached.

"And what about toasting bread, and beating cake and a dozen other things that I've noticed, but that I can't think up just now?

"And then there's another thing. You know just how much it tires you to stoop over and yet look at the things you keep on the floor or down low, that might be where you could easily reach them. There's the bread jar and the cookie jar and the dust pan and broom and the sugar bucket and the molasses jug and a dozen other things that you are using all the time and ought to have where you can reach them easily.

"Of course some things have to go in less convenient places, but why don't you take care to put the things you don't often use there, and have the things you're using all the time handy. There's those two drawers in the pantry for instance. I've noticed that in the top drawer you keep your towels and aprons and go to it perhaps once a day, and in the second drawer you keep your string and paper and little things like that and open it a dozen times a day. Now what's the sense in that?

"If men did housework I can tell you there would be a good deal more system to it and a good deal less time and energy wasted in the long run.

"You are welcome to try right here any time you want, dear," suggested the man-who-thinks' wife, sweetly.

"Any time you are ready to do my work in the office," retorted the man-who-thinks promptly.

Of course we snuffed at that and assured him that he wouldn't be quite so ready to theorize if he weren't so sure that he wouldn't have to put

his theories into practice. It wouldn't have been safe for his masculine vanity for us to do otherwise.

But just the same—very much between ourselves, sisters—all—don't you think there is a germ of suggestion in his curtain lecture?

Are we all as systematic and self-saving in our arrangements and our methods as we might be?

For those of us who haven't finished our housecleaning yet, would it be such a bad idea to look at the rest of our rearranging through the eye-glass of the man-who-thinks' criticism?—Ruth Cameron.

## THE HOME MEDICINE CHEST.

Every family should count among its home furnishings a little emergency cabinet. This may be an elaborate affair built in the bathroom or it may be just a tin bread box with a light cover and handles by which it may be carried about conveniently from one room to another.

Such a box may be purchased for twenty-five or fifty cents, according to the size. In it should be kept together for immediate use everything that is likely to be needed in an emergency, when there is no time to be spent sending to the corner drug store, or running here and there trying to dig out forgotten bottles and ointments.

When Johnny upsets the hot coffee on his hand or Mary experiments disastrophically with the sharp edge of the bread knife, or Willie falls from the rear end of the ice-wagon, the little cabinet will have its work to do and its value as a ready and waiting physician will be demonstrated.

The cabinet can hold cold and croup remedies as well as bandages and lotions for accidents. When the baby awakens in the middle of the night barking with croup, and the doctor five miles away, it is valuable to know what to do and how to do it. At times like that it is well for a mother to keep her wits about her, to make the quickest possible use of the materials at hand, postponing her tears until a more convenient moment.

The helpless mother will be greatly surprised to find how many times cool clear thoughts and steady touch will win the day. Much depends upon what is done before the arrival of the physician. Possibly by the time he arrives he is not needed. With the right kind of a mother that is often the case. He will have only praise for the one who has endeavored to prepare the way for his services.

To return to the emergency cabinet: It should include, ready for use, a two-ounce bottle of arnica, a two-ounce bottle of witch-hazel, a two-ounce bottle of alcohol, a two-ounce box of powdered boracic acid, one bottle of iodiform gauze, one package of adhesive strip one inch wide, one roll of absorbent cotton, a small package of wooden splints, one paper of small-sized safety pins, and several rolls of bandages.

The bandages may be purchased already prepared. Their cost is trifling. But if economy is necessary, bandages may be made from old soft sheeting.

In addition to the above have several old soft towels, nicely laundered

Used in Canada for over half a century—used in every corner of the world where people suffer from Constipation and its resulting troubles—

## Dr. Morse's Indian Root Pills,

stand higher in public estimation than any others, and their ever-increasing sales prove their merit. Physicians prescribe them. 25c. a box.

and carefully rolled in tissue paper. A pair of scissors will be convenient and if possible a pair should always be in the cabinet.

On the arnica bottle write: For bruises and sprains. On the witch-hazel: "For cleansing," and on the boracic acid, "General antiseptic."

No doubt you will add to this list as circumstances may suggest, but as it is, it is practical and will cost but a trifle. If you have these ready aids at hand, you can close the door of your little cabinet feeling that you are safe and secure, and that, no matter what unexpected accident happens, you will not have to waste time and energy searching for necessities at a moment that is full of anxiety.—Denver Commercial Advertiser.

## PURE MILK THE FOOD FOR BABIES.

(New York Times.)

Prepared food for infants and the men who make and advertise it both came in for criticism at the hands of Dr. Charles G. Kerley, who told an audience at the Child's Welfare Exhibit in the Seventy-first Regiment Armory recently that the mother who used the prepared foods according to directions would be sure in the end to have a starved and unhealthy child.

"Many babies," said Dr. Kerley, "have undergone a slow form of starvation while eating daily from prepared foods the labels of which showed pictures of rosy-cheeked, crowing infants said to be the food's especial products. Often the starvation could not be detected by the mother because the child would continue to appear fat and plump. But the sad fact has been that it was over-fed on sugars and received a serious deficiency of fats and bone and muscle building material.

"Sometimes the prepared foods have advertised that they were to be used in conjunction with milk. In that case the plump, healthy babies of the labels might have been genuine, but it was a cruel injustice to the cow that made them so not to give her the credit. The only deception of the food company in such cases is that it has furnished the easily obtained hydrocarbons at eighty cents and one dollar a pound, while the mother could easily have procured them in other forms at from ten to twenty cents a pound.

Dr. Kerley insisted that long practice in infant wards of hospitals in this city had convinced him that there was no substitute for milk as food for babies, and that any attempt to use the substitutes now offered would be sure, if continued for any length of time, to result disastrously. It was for that reason, he said, that medical men are combining in a fight to make milk purer.

He told of an experiment conducted by Dr. Falk under the auspices of the Board of Health, in which he tried pure milk on east side children in a neighborhood where the death rate was high in the late summer months. He took fifty children under eight months of age in a section where twelve out of each fifty had died in the preceding three months. These children were fed on milk of certified purity, and at the end of the three months' test all of the fifty were alive.

"When you read in the newspapers," said Dr. Kerley, "that from 3,500 to 4,500 children die every summer in New York City from intestinal disorders it simply means that they have swallowed vast quantities of deadly germs in their milk, and that these germs have caused their death."

Dr. Lafayette D. Mendel, of Yale University, attacked the practice of mothers of putting children in short stockings with ankles exposed. He said it often caused much harm.

An incident of the evening's entertainment was that five children, whose mothers became too interested in the Child's Welfare Exhibit to attend to their homes in the custody of militiamen.

To avoid trouble in sorting stockings after they come out of the wash, sew tapes to the top of each and tie the pairs together when they are put into the clothes basket. Keep them tied together when washed and darned and you will have no trouble in seeing "which is which" when it comes to putting them away.

I have for a long time used old muslin nightgowns as covers for my best dresses when they hang in the closet. They are easier to get off and on than bags, and cover the gown quite as well. Hang the dress first on a coat or skirt hanger and then cover it with the nightgown, buttoning the latter to keep it from falling.

## Scatched for 40 Years

Used D. D. D. Six Months—All Itching Gone.

This is the actual experience of Anne Croman, Santa Rosa, Cal., with the wonderful D. D. D. Prescription.

D. D. D. is the proven Eczema Cure the mild wash that gives instant relief in all forms of skin trouble. Cleanses the skin of all impurities—washes away blotches and pimples, leaving the skin smooth and healthy as that of a child.

Write today for a free trial bottle of this wonderful Eczema Cure to the D. D. D. Laboratories, Dept. "E. M." 49 Colborne Street, Toronto. It will give you instant relief.

For sale by all druggists!

## Making Calls in China

(continued from page 6.)

sors), you hasten to congratulate, and so it goes on.

"Finally your attempts to finish your tea having been frustrated by the attendant, who fills the cup up again before it has a chance of getting empty, leave-takings are commenced. You fear you have been very little company, and the Tai Tai murmurs something deprecatory about herself. You beg her to detain her steps and she implores you to "walk slowly." At each corner you all bow, hugging your fifth ribs with clasped hands in the orthodox fashion, and the progress to the outer gates is halting in the extreme.

"My next visit was of a very different character. We spent the afternoon with a respectable farmer's family. The farmer's wife welcomed us warmly and regaled us on tea and boiled eggs—a dish of twenty or thirty boiled eggs, to be eaten without bread or salt or any accessory whatever except the tea.

"The farmhouse was built of mud, with walls two feet thick, and the windows were almost non-existent. The place looked poverty-stricken, but the farmer's wife spoke of recent prosperity. Crops had done well and she and her husband had been able to purchase that which they had been wanting for some years past.

"She took us to see the newly-bought treasures. We peered in through the door and the good woman's face beamed with pride and pleasure. There they were, straight in front of us, made of polished wood, black as ebony, two magnificent—coffins."

The woman of today who has good health, good temper, good sense, bright eyes and a lovely complexion, the result of correct living and good digestion, wins the admiration of the world. If your digestion is faulty Chamberlain's Stomach and Liver Tablets will correct it. For sale by all dealers.

Life! we've been long together Through pleasant and through cloudy weather;

'Tis hard to part when friends are dear, Perhaps 'twill cost a sigh, a tear, —Then steal away, give little warning.

Choose thine own time, Say not "good night" but in some brighter clime Bid me "Good Morning."

Whooping cough is not dangerous when the cough is kept loose and expectoration easy by giving Chamberlain's Cough Remedy. It has been used in many epidemics of this disease with perfect success. For sale by all dealers.

St. Mary's Argus—Children should be taught to read, write and work out problems in arithmetic, but at the same time they should be taught incidentally and practically all those factors that pertain to things that are lovely and beautiful, things that are hygienic and cleanly, things that in any way make for the fuller and truer man and woman as lives have to be lived in this world.

## FIG PILLS

Are sold with a positive guarantee to cure CONSTIPATION, INDIGESTION and ALL KIDNEY, LIVER and BOWEL disorders. At all dealers 25 cents per box. Sold by Royal Pharmacy, W. A. Warren, Phm.B.

## SOME GOOD YARNS.

### Reminiscences of Admiral Montagu Concerning Royalty.

Admiral the Hon. Victor Montagu, C.B., tells, in his reminiscences just published, some good stories of sport at home and abroad. A sailor of the old school—he served in the Crimean War and helped to blockade Sebastopol—he has been famous in the social world as one of the most distinguished and enthusiastic members of the Royal Yacht Squadron. Admiral Montagu has had the friendship of several kings, and among the best of his friends was King Edward, the present King, and the German Emperor. His genial anecdotes about them have more than literary interest. It was at Cowes that he won on closest terms of friendship with these monarchs, though King Edward had been friends with him since boyhood.

He tells an amusing story of how he was commanded to dine with Queen Victoria at Osborne, one evening at 8.30, and immediately afterwards received a huge envelope with a massive seal from the Hohenzollern, commanding him to dine with the Kaiser at the same hour. He goes on:

Reader, put yourself into my flannels and jersey for a moment—fired, covered with salt water, a humble creature, a mere nobody, embarrassed with double honours and not having the slightest idea which command I was to obey on such a momentous occasion!

He signalled frantically to the royal yacht for the Prince of Wales' advice in this dilemma, but the Prince (afterwards King Edward) did not return to each until 7.30. What made the dilemma worse was that one costume was needed for dinner with the German Emperor and another for the Queen. When the prince answered the signals his advice was to obey Queen Victoria first, and proceed afterwards to the Kaiser. The Admiral rushed into tight and long stockings, and drove madly to Osborne.

After dinner the Queen excused him, and he resumed his journey in a fly. My next difficulty was to find a place in which to change from tight into full naval uniform. I decided to do this in the cab, and implored the driver to go slowly downhill. As everybody knows there is little difficulty in pulling off one's clothes and putting others on in a cab, even in total darkness, but there comes a moment when one has to stand up to complete one's toilet, and to stand up in a low fly is no easy task. "Driver, pull up a moment," I said, "and open the top of the cab." "It's pouring with rain, sir," was the answer. "Never mind that," I said. "You get on top, too, and hold your coat over me." This arrangement answered beautifully, and in due course I arrived at the landing, and went off in a steam launch to make my obeisance to his Imperial Majesty. The Emperor received me in his usual cordial manner, and after a good laugh at my description of all my adventures, "Well, anyhow," he said, "I have never been asked to dine with two Sovereigns the same day! Do you want another dinner?"

Admiral Montagu tells several stories of King Edward's delightful and interesting life. The admiral suffers from deafness, and was troubled at the thought of this when the King invited him to dine with the Czar of Russia on the Victoria and Albert.

"After dinner on board the King espied me and beckoned me to approach, when he said: 'Victor, I am going to present you.' So I merely remarked: 'Oh, sir, this is a great honor, but I fail to see how I shall be able to hear what the Emperor says.' He smiled and said: 'You are not the first deaf individual the Emperor has addressed. I will tell him all about you. Do your best.' It so happened that I got on particularly well, though once or twice I was in difficulties. The King, however, who was close by, noticing this, in the kindest possible manner came to my rescue, repeated the subject to me, or answered the Emperor for me."

## A Rosebery Romance.

To those who love romance and the romantic, an unusual episode in the life of one Lord Rosebery's ancestors will appeal. It occurred in the eighteenth century, when the then Lord Dalmeny was a young man. He fell in love with a very pretty girl, says "The Gentlewoman" and eventually a secret marriage was contracted. The pair spent their honeymoon on the continent, and the bride, becoming seriously ill, confessed that she was the wife of the rector of Thorpe, from whom she had run away. Dying shortly afterwards, her husband had her body embalmed with a view to bringing it to England for burial. However, the Customs House officials opened the case in which the grim burden was packed, and it was only by a far more serious tragedy that the truth was made known. The body was eventually buried at Thorpe in the presence of both "husbands."

## Soldier and Sculptor.

It is said of Captain Adrian Jones, who has designed the four-horse chariot, weighing upwards of thirty tons, which is to be erected near Hyde Park Corner, London, as a memorial to "Peace," that he is probably the only living sculptor who understands a horse from tail-tip to nostril. As a boy he loved and studied horses, and would have liked to become an artist, but his father had other plans, and he entered the army. He saw much active service, and was then advised to become a sculptor, having devoted most of his spare time when in the army to painting and sculpture.

## Beresford's Bon Mot.

Lord Furness was the victim of an amusing bon mot when he was contesting York against Lord Charles Beresford. To the aid of Lord Charles came his two brothers, and the trio were cordially chaffed on the number of Beresfords in the field. But "Charlie" was ready with his apt retort: "Yes," said he, here we are—Shadrach, Meshach, and Abednego, come to save you from the fiery Furnesses."

## MINARD'S LINIMENT cures Burns,

## "Dr. Miles' Nervine Completely Cured Our Little Boy of Fits."

A family can suffer no greater affliction than to have a child subject to fits or epilepsy. Many a father or mother would give their all to restore such a child to health.

"I am heartily glad to tell you of our little boy who was completely cured of fits. He commenced having them at 10 years of age and had them for four years. I tried three doctors and one specialist but all of them said he could not be cured, but Dr. Miles' Restorative Nervine and Dr. Miles' Nerve and Liver Pills made a complete cure. He is now hale, hearty and gay. It has been three years since he had the last spell. I shall give Dr. Miles' medicines praise wherever I go. You are at liberty to use this letter, as you see fit and anyone writing to me I will gladly answer if they enclose stamp for reply."

M. BOGUE, Windfall, Ind.

## Dr. Miles' Nervine

is just what it is represented to be, a medicine compounded especially for nervous diseases, such as fits, spasms, St. Vitus' dance, convulsions and epilepsy. These diseases frequently lead to insanity or cause weak minds. Dr. Miles' Nervine has proven most effective in relieving these dreaded maladies.

Sold by all druggists. If the first bottle fails to benefit your money is returned.

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, Apr. 4th. 2 mos.

### FAIRM 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-TRAINEE. 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. Kaubach, 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, Principa.

## BANKS & WILLIAMS

### Commission Merchants

### Fruits and Produce

78-8 Bedford 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.

**A New Laxative** —the best known to modern medicine —is the active principle which makes

**NA-DRU-CO LAXATIVES**

so much better than ordinary physics. While thoroughly effective, they never gripe, purge or cause nausea, and never lose their effectiveness. One of the best of the NA-DRU-CO line. 25c. a box. If your druggist has not yet stocked them, send 25c. and we will mail them. National Drug and Chemical Company of Canada, Limited. Montreal.

**Gourlay Pianos**

**THE PRIDE OF OWNERSHIP**

To own a Gourlay Piano is to be proud of your piano. If you are a musician, the sympathetic bond between you and your instrument, for a Gourlay piano responds to every mood of the player. There is a crispness and delicacy of tone for the daintiest improvisation and a richness and volume for the most exciting bravura passages.

If you are not a player, but a lover of music, the pleasure of your friends' enthusiasm will more than repay you for the amount of your investment, to say nothing of the extra years of service over an ordinary piano. Write for Catalogue and prices.

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