

THE HOME

LITTLE THINGS THAT HELP WORKERS IN THE KITCHEN

A well-equipped kitchen spells comfort to the whole house. A kitchen indicates what the rest of the house is like, whether its ways are well looked after, whether it has a real home sense behind it, or is a mere stopping place. Everybody who loves home loves a kitchen even though she (or he) may have no desire to perform the work of it. There is no normal woman but who likes to get into one once in a while and make something or do something that pertains strictly to it, if it is no more than chocolate fudge or a salad dressing. A store that has kitchen utensils for sale is a fascination to men and women. In big cities there are stores devoted especially to this sort of thing and to them may be looked for the latest and best in this line. New things are constantly brought out. Some appeal at once by reason of their evident utility, while others require time to prove their worth and still others never attain to popularity because their practical value is never proved.

In the class of the first of these is a spoonholder that fits to the side of a pan or kettle and extends into the pan over the contents. The stirring spoon is laid in this, its handle resting over the edge of the pan, always ready for use and a place to put it always at hand. The holder is of course adjustable. Half a dozen are by no means too many to have on hand.

In the second class come the butter churns. When they were introduced they were thought to be a mere fad, and were taken up somewhat in that way, but have since established themselves as a permanent requisite. This is chiefly in those families that keep a cow or two and like to make their own butter. The churning is done quickly and daintily and the butter is thus insured to be fresh and delicate. The churns come in one, two, three and four-quart sizes.

The mayonnaise mixer is another indispensable novelty. Salads are used more and more on the American table, and mayonnaise, therefore, is increasing in demand. With many it has been a difficult thing to make it smooth, and unless it is smooth mayonnaise had better not be. With the mixer this difficulty is at once practically nullified.

The fireless cooker is one of those novelties that has come to stay. Not so much is heard of it now as was two or three years ago. That is because it has won its place and is busy extending its lines. Nearly every thing can be cooked in it, even to a sponge cake.

She who finds it beyond her powers to cut a slice of bread so that it will be no thinner at the bottom than at the top will welcome the bread slicer. It is a handy little thing that exactly gauges the thickness of each slice and makes one uniform all the way through.

The Maryland biscuit brake is not in great demand only because the luscious Maryland beaten biscuit is little known beyond the line that distinguishes the southern states from the northern and it has been supposed that only a colored mammy could make them. It is finding its way to the north so that even on a New England table may be found this delicate viand, hot from the oven. Buttered with fresh sweet butter and eaten with maple syrup from Vermont or with honey, the biscuits are without compare.

Lazy Susans are tongue-like scissors. They have handles like a small pair of scissors, and tongs as for lump

sugar. When opened, they shoot out like a Jacob's ladder for two feet or more. They are used for picking things up from the floor, a spool of thread, a spoon or whatever may have been dropped. They are more for sewing baskets than the kitchen, but are useful everywhere.

PLAN THE BOY'S ROOM.

The mother who is planning to include her boy's room in the spring doing-over, should remember that the ideal bedroom for a boy—from the boy's point of view, at any rate—has plenty of room in it, not much furniture, and nothing that is easily spoiled or upset. This is especially the case when the bedroom has to be, to a large extent, his 'den' as well.

If you want to inculcate neatness and personal pride in a little lad you must not, furnish his room with odds and ends. The joy of having a room of one's own is enhanced if the room has been especially fitted up for its proud possessor.

The ideal floor covering for a boy's room is, an experienced housewife says a really good coconut matting which fits the room, and is securely fastened down. This does not show the dirt easily, and it deadens sound. If this is too expensive a cork linoleum is the next best choice, with just one gaily-colored rug for the bedside. An ordinary carpet is impossible, and a bare floor with rugs—well, we all know what happens to loose rugs when boys are about!

The window curtains should be only the length of the window, there must be no trailing draperies anywhere. The boy should really be consulted about what color he wants—wall paper or paint to be; distemper or washable paint is preferable to paper. If you have a good picture or two that you know the boy will admire, put them up, in narrow wood frames, but it is wise on the whole to leave the walls practically bare and allow the occupant to decorate them as he chooses. A framed picture of the King draped with a small Union Jack will be welcomed by any Canadian boy.

Put up shelves for his books, and let him have other shelves or boxes or whatever he cares to contrive for his 'collection,' if he is making one. An interest in, or at least sympathy with that same 'collection' may be a passport to the boy's confidence. A satisfactory table for the boy's room is one of the kitchen variety, of suitable size, with one or two drawers in it. Covered with a washable linen cloth harmonizing with the room, and the legs stained or painted, it looks well, and yet when the cover is off it is available for all kinds of experiments.

Make such provision for the boy taking care of his clothes, boots, etc., as will leave him no excuse for being untidy, and then, beyond insisting on cleanliness and a reasonable neatness let him be to a great extent 'lord of his own domain.'

ROLL TABLECLOTHS.

In some of the best schools the pupils are now taught to roll tablecloths instead of folding them, since the folds in linen are usually the first places that show wear. The tablecloths are ironed flat and rolled while being ironed. It is best to use a table for the ironing board, as this gives more space. Start to roll the tablecloth as soon as a quarter of a yard is ironed and keep the roll directly in front, turning it as fast as the ironing is done. Sometimes thick brown paper is used to roll the cloth on, but it must be the width of the linen. A clever woman has procured sev-

eral mailing tubes, placed them end to end and covered them with fancy wall paper, pasting it on securely. This makes a firm foundation for the roll. Napkins should be folded once with the iron and all other folding done by hand so they will not wear in the creases.

SYMPATHY THE GREATEST NEED OF THE CHILD.

The child's greatest help in its education is found in the sympathy it receives at home. The parent who listens to the recital of the story of the discovery of America as to something new and thrilling lays the foundation for the love of history. The child whose first prize is received with enthusiasm by his parents is half way towards another. By believing in our children's abilities and stirring their ambitions—never their vanity—we get their feet on the road to success in their school.

Is there anything in all this world that is of more importance to you than good digestion? Food must be eaten to sustain life and must be digested and converted into blood. When the digestion fails the whole body suffers. Chamberlain's Tablets are a rational and reliable cure for indigestion. They increase the flow of bile, purify the blood, strengthen the stomach, and tone up the whole digestive apparatus to a natural and healthy action. For sale by all dealers.

REVOLUTIONARY ARMY NOW NUMBERS 27,000 MEN TO 23,000 WHO ARE LOYAL TO THE GOVERNMENT

Mexico City, May 17.—The city of Pachuca is quiet this evening, but business is not at a standstill. All the banks have been wrecked, the vaults are still intact. The state records and other governmental documents have been burned. Joaquin Gonzalez, the citizen who has been named provisional governor by the rebels, has been imprisoned by the governor. The rebels stormed the jail and succeeded in liberating the prisoners. The governor later was captured in the office of the jefe politico and he is now held a prisoner.

Washington, May 16.—President Diaz of Mexico probably will resign in two months, according to a telegram received at the White House tonight from Colonel Steyer, in command of the United States troops at El Paso. The telegram follows:—"Prospects for peace brighter today and armistice will probably be agreed upon in twenty-four hours. Madero demands four places in cabinet, one of them secretary of war, and fourteen governorships. Mexican government agrees to give him governorship and justice, and possibly one other, while the secretary of war is to be chosen jointly by the two parties. Madero will likely get ten governorships, Diaz to resign after new governors appointed, probably in two months. This is the latest reliable information I can procure."

The president's advisers indicate that the insurrecto army in Mexico now numbers 27,000 men, while the federal army is only 23,000.

J. M. Howell, a popular druggist of Greensburg, Ky., says, "We use Chamberlain's Cough Remedy in our own household and know it is excellent." For sale by all dealers.

OUTDOOR SLEEPING TONES THE NERVES.

The latest health fad is to 'sleep out' either on balconies or in tents, and many persons are having butts erected in their gardens with one side open, or screens fitted to their balconies for this purpose. They are not doing it because they are consumptive or anything like that, but simply because they think it is the finest thing in the world for nerves, and because it tones up the whole system.

"The human system wants plenty of oxygen," says a physician who is interested in the movement, "and the time when the air is best is in the early morning, when the air in bedrooms is at its worst, because it has been breathed again and again in the night. Huts are generally made so that they can be closed in to keep the winds out, but, though persons usually close them at first in windy weather, in a few days' time they leave them wide open, wind or calm. The whole idea is to breathe perfectly fresh air all the time one is sleeping."

Another physician, however, offers a warning "not to take to sleeping out even in summer unless you have been accustomed to plenty of air in your bedroom. It is only the hardy out-of-door man who can fold himself in a blanket and go to sleep under the stars with impunity—at any rate, without special preparation. But healthy persons can train themselves to do this, and the gain to overworked nerves can hardly be overestimated."

For soreness of the muscles whether induced by violent exercise or injury, Chamberlain's Liniment is excellent. This liniment is also highly esteemed for the relief it affords in cases of rheumatism. Sold by all dealers.

Constipation is the root of many forms of sickness and of an endless amount of human misery.

Dr. Morse's Indian Root Pills,

thoroughly tested by over fifty years of use, have been proved a safe and certain cure for constipation and all kindred troubles. Try them. 25c. a box.

Union of Newfoundland with Canada Adjourned By Harry J. Crowe

(continued from page 2)

upon which the United States must rely for their future supply. If you are united with Canada, then it would be in the hands of one Government to dictate terms to Uncle Sam, but at the present time he can put up one country against the other. He can say to Newfoundland, "if you do not allow me certain concessions without my giving you anything in return (for our friends to the south of us like both ends of the bargain and a slice out of the middle if they can get it), we will get them from Canada" and vice versa. The same argument applies to our forest resources. The United States are endeavoring in every possible way to get some hold on this raw material for the paper mills, and have made overtures to Newfoundland and Canada for this purpose, but we want the wood manufactured into the finished article, so that the largest amount of labor will be left in the country that owns this raw material of wood, which is the greatest asset any country can possess.

"Does it not appeal to you as being good business for these countries to unite in the development of their resources, with which Canada and Newfoundland have been so richly endowed? Why be in opposition to each other, and allow outsiders to enter into negotiations that will prevent us from receiving the full benefit of our rich heritage?"

"I received a great deal of abuse in your press during the last elections on the charge of trying to sell the Island to Canada. While I am a Canadian, I have staked my all during the last ten years in this country. Every dollar I own or can secure from my friends or outside capital is invested in this country, and it was because I thought it was in the interests of Newfoundland, that I had the presumption to use my faint efforts to see what terms could be secured in connection with this Union. Why should Canada need this Colony or desire a Union, if you do not wish it? She has more territory now than all the United States. She has almost unlimited wheat fields, waiting for the hand of man, which will produce boundless wealth. She is now the largest producer of nickel in the world; her silver mines at Cobalt would make a nation wealthy. She has vast deposits of coal east and west; her revenue is increasing with leaps and bounds, until it is over one hundred million dollars a year. I ask you gentlemen, which country would gain most by the union? Your people go to Sydney for higher wages, and where they have more advantages of paying heavy taxes.

"No, Canada does not seek union against your will; on the contrary, as a sister colony, she will offer you her best support whether you come into the Dominion or not, which was demonstrated at the recent Hague Conference in connection with the Fishery Arbitration, in which Canada had no quarrel with the United States. It is only a few days ago that I received a letter from Sir Wilfrid Laurier, in which he said Canada has no opposition to offer to a trade arrangement between Newfoundland and the United States, similar to the one which they themselves obtained. The charge that Canada is disposed to urge Confederation, even though the people of Newfoundland don't want it has as little foundation as the charge that she would use your children as wads for the Canadian cannon. It is purely sentiment with Canada; it would mean a united people from the Atlantic to the Pacific with British Columbia the outpost and Newfoundland the gateway, to a Dominion that is the richest on the face of the globe, and the brightest gem in the British Empire.

It is easier for the Mother Country to govern five Colonies than six. Cape Colony, Transvaal, Orange Free State and Natal have united. Therefore let us help consolidate the Empire, and facilitate the mission of the English speaking nations, in advancing civilization, preserving peace and promoting the welfare of all mankind."

The Chairman of the Fishermen's Union, Mr. James Andrews, next addressed the meeting, and expressed his hearty support of the arguments advanced by Mr. Crowe in favor of Confederation, but said, regarding his reference to Fishermen's Union killing the goose that laid the golden egg, that he would like to get some of the 'golden eggs.' Here Mr. Crowe interrupted, saying he was perfectly satisfied, provided he did not break the eggs in his effort.

Mr. Jonas Rice, W. M. of Orange Society, expressed his views on Confederation. He was in sympathy with it and said he hoped it would come soon.

Mr. George Andrews also spoke agreeably with the previous speaker, meeting expressed its appreciation of an motion of W. H. Bages, that the speeches by a vote of thanks, to which Mr. Crowe replied.

"God Save the King" being sung, a very successful meeting came to an end. Point Leamington, S. W. Arm, New Bay, April 13th, 1911.

NEW HEALTH THEORY.

"Massage your solar plexus" is the newest rule of health as laid down by Robert King in a lecture delivered by him at the Austace Miles Normal Physical School, Charing Cross. For the sake of those who might be unacquainted with physiology, Mr. King explained that the solar plexus is the great sub-brain of the human body—between the stomach and the spine, whose function it is to control such unconscious operations as respiration, circulation and digestion. The special significance of the solar plexus lies in its extreme susceptibility to emotions.

"Directly the emotion of fear is felt," was Mr. King's theory, "the solar plexus begins to shut up, its capacity for passing on the vital forces becomes limited, and the whole of the nervous system drops. With the emotion of joy or pleasure the solar plexus expands. When a person is thoroughly enjoying a good laugh it is expanded almost to its utmost capacity, with the result that the whole nerve tone of the body rises up."

"Thus the lecturer arrived at one of the first of his rules, which is to banish all forms of morbid thoughts, which he declared affect the solar plexus injuriously. As an example, he instanced the idea at the back of the phrase, 'We are miserable sinners.' Constant dwelling on this idea must tend to depress the solar plexus, and through it the physical body of the sinner. On the other hand, a realization of the great conception 'God is Love' tends at once to an expansion of the solar plexus and the vitality of the system. In addition to this mental treatment the important organ so frequently named is often in need of physical assistance.

"What we must do is to wake up the solar plexus," Mr. King declared with conviction. In many people, he remarked, the solar plexus is partly atrophied. Such unfortunate creatures may be said to exist rather than to live. They merely crawl along from day to day. For such people—and they make up about eighty per cent. of folk of middle age—there is health and vigor waiting if they will but follow the injunction, 'Massage your solar plexus.'

"It is possible to apply the massage with the hands, Mr. King explained, but nature has provided a far more efficient instrument in the diaphragm—the great muscle that separates the chest from the abdomen. By deep breathing the diaphragm is given a gentle motion which causes it to rub and press upon the solar plexus, which in turn, energizes the entire body.

"Learn to breathe properly, learn to think joyously," said Mr. King, summing up his gospel. Fitzsimmons, the famous pugilist, discovered the uses of the solar plexus many years ago, and developed a punch which which reached and jarred that organ so much that apparently it shut up altogether. At any rate, his opponents had had enough."

MINARD'S LINIMENT CO., Ltd.

Gentlemen,—In January last, Francis Leclaire, one of the men employed by me, working in the lumber woods, had a tree fall on him, crushing him fearfully. He was, when found placed on a sled and taken home, where grave fears were entertained for his recovery, his hips being badly bruised and his body turned black from his ribs to his feet. We used MINARD'S LINIMENT on him freely to deaden the pain and with the use of three bottles he was completely cured and able to return to his work.

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"The Only Thing That Will Relieve Neuralgia."

The piercing pains of Neuralgia, which often follows a bad cold or La Grippe, are frequently almost unbearable and few medicines afford any relief to the sufferer.

"I am a rural mail carrier and have been a user of the Dr. Miles medicines for years. Dr. Miles' Anti-Pain Pills can't be beaten. They are the only thing I have found that will relieve my neuralgia and I have tried most everything, besides medicine from the doctor. I am willing to tell anyone what the Anti-Pain Pills did for me."

CHARLES HILDERBRANDT,
Box 205 Woodville, Ohio

If you, like Mr. Hilderbrandt, "have tried most everything" in vain, why not do as he did, fight your aches and pains with Dr. Miles' Anti-Pain Pills. Let the pills bear the brunt of the battle. No matter how stubborn the contest, they will come out victorious.

Dr. Miles' Anti-Pain Pills stand on their record, which is a long list of cures extending back a generation.

Druggists everywhere sell them. If first package fails to benefit, your druggist will return your money.

MILES MEDICAL CO., Toronto, Can.

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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.

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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 on easy terms, or would trade for farm.

W. AVARD MARSHALL
Bridgetown, Aug. 15th.

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Of about five or six acres of land, situated near Carletons Corner, newly 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, Blacksmithe, Bridgetown, or

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The subscriber offers his valuable Farm for sale situated in Clarence, four miles from Bridgetown. Has a fine orchard and a good hay farm. Plenty of wood and water.

ADONIRAM RUMSEY.
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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.

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Small farm with good Orchard and building and marsh.

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

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