

## COMFORT SOAP

Clothes Stay White if You  
Treat Them Right. Use Com-  
fort Soap.

POSITIVELY the LARGEST SALE in CANADA

## THE HOME

### TO MAKE A FIRELESS COOKER.

The following way of making a fireless cooker is given by The K. Nass City Star:

A good-sized wooden box will do to begin with. The lid should be fastened on with hinges and a hook and eye be fastened to it to keep it firmly shut. The box may be lined with asbestos or with an old carpet or blanket. In the bottom should be placed a four-sack stuffed with hay; and it is an advantage to have this sack about the same size as the bottom of the box. The whole box is then stuffed with hay or excelsior or a mixture of both. A double piece of asbestos to fit on top and another stuffed four-sack complete part one of your outfit.

The next thing to do is to buy two or three pails of different sizes, with close-fitting lids. Granite iron kettles are excellent for this purpose, but the tin ones are just as good, except that they do not last quite as long. But whatever kind of kettle you use, be sure that the lids fit just as tight as it is possible to get them.

The article to be cooked is put into the pail, and the latter should be pretty full. Bring it to a boil, allow it to boil ten minutes and then pour a hole of the proper size in your hay, put in the pail a boiling point, cover with hay, asbestos and cushion, and forget all about it until next morning.

### DOMESTIC POINTERS.

The short ends of candies, naited and mixed with equal parts of turpentine, make a fine polish for floor and oilcloth.

A little sugar added to oatmeal when it is cooking, instead of putting it all on at the table, improves the flavor greatly.

Put a little dry starch in the clear warm water with which you wash windows. When dry, rub off, then polish with a cloth.

When sewing on buttons, insert a pin between the goods and the button; this allows for shrinkage of the thread, and the button is not so likely to be torn off.

### DOCTOR NATURE.

(Dr. Leonard Keene Hirschberg, in Physical Culture)

A consumptive is ordered to sleep in the open air, and is fed on rich milk and eggs in order that his blood may become clear and healthy and so be able to wage a successful war against the tubercle bacilli in his lungs. He is given no drugs whatever and no effort is ordinarily made to combat the bacilli directly.

The same thing occurs in the case of pneumonia, typhoid fever, yellow fever and other diseases. The patient is well nourished and well nursed, and whenever medicine may lend a hand by reducing a fever or aiding in the removal of waste products—this aid is given. But the main fight—the actual war on the germs—must be conducted by the body itself.

### "WHEN A CHILD GOES WRONG."

"When a child goes wrong, blame the parents," says a judge. "Eighty per cent of delinquent children," he continues, "are children who have been neglected by their parents. They were not given the training and attention they should get at home. Parents seem to have no conception of their duty."

The best dietetic authorities in England and elsewhere say that children under fourteen should never touch tea or coffee. But after seven years of age, cocoa is recommended.

### GO-CARTS AND BABIES' EYES.

A warning to mothers is put forth by an American exchange against the form of child's collapsible go-cart now in very general use, which it asserts does not afford sufficient protection to the eyes. Says this paper editorially:

"There are annually sold more than one hundred and fifty thousand of this form of child's vehicle. At this time there are more than three hundred thousand babies being nursed in these carts. We call attention to the leather hood or top on these vehicles which does not adequately protect the eyes of the child. The child lying on its back, with its eyes directed toward the sky, the strong light of the sun causes it to close its eyes for protection. This weakens the baby, disturbs its waking hours, and undoubtedly causes headache, which in turn makes the baby cross, feverish and sick. The doctor is called and, not knowing the underlying cause of the illness, is apt to make an incorrect diagnosis, again adding to the baby's misery."

It is a well recognized fact in medical practice that young children are peculiarly susceptible to the action of opium or its derivatives. So true is it that the qualified physician hesitates to prescribe these drugs for children, and seldom does unless he is able to supervise the administration himself or has a competent person in charge. In spite of this well known fact, it is permitted that these dangerous preparations be fraudulently advertised and placed on sale and the mothers of this state furnished the means of innocently poisoning their own offspring. Yes, mothers, the soothing syrup will quiet your babies. We look upon the saloon-keeper as having descended low in the business scale, but he is a prince along side of these purveyors of soothing syrups. This is strong language I am using, but I feel that I am not doing the subject justice. These are facts and not fancies, people. What do you think of it?—Selected.

### DIET AND THE CHILD

(Dr. Ralph Oakley Glock, in Dietetic and Hygienic Gazette)

The diet of the child must be as nutritious and varied as possible; the proportion of meat at all meals should be small; preference being given to fruits, cereals, vegetables and milk. Regularity should be the keynote in the taking of food, and ample time must be allowed for the child to eat its meals. It is especially during the early years of school life that the nutrition is apt to suffer; for the child is then under a new kind of excitement; there is the worry over lessons, the desire to hurry off to school, and meals become to the child a secondary consideration.

We have grown to like red cheeks and clear skin because they spell health. We must try hygienic living and we will find that our skin will be all right. When your skin gets rough or out of order, go over your diet, sleep, exercise, and thoughts. You will be sure to find the cause in some of them. One of the reasons that pimples come on the face is because the pores of the body are stopped up and the poison which it must throw off, comes through the pores to the surface only of the face. The daily bath is a preventive. Diet plays a most important part in the beauty of the skin. No girl who eats too much rich food can expect to keep a clear skin.

When you want a reliable medicine for a cough or cold, take Chamberlain's Cough Remedy. It can always be depended upon and is pleasant and safe to take. For sale by druggists and dealers.

## CORRESPONDENCE.

To the Editor of Monitor-Sentinel:

As we have many friends in Annapolis County, will you be kind enough to give space in your valuable paper for a few words from my present field. Four years ago, Nov. 1st, under the direction of the Home Mission Board, we came to this field. We found here a large scattered field, but a very kind-hearted and appreciable people. God's blessing seemed to be with us. Quite a change in the social and spiritual atmosphere, pastor's salary well looked after, convention funds larger than asked for, fine horse sheds at Lake George for sheltering the horses while the people are in their comfortable meeting houses for worship, large improvements on the church property (meeting houses) in every part of this field. It is doubtful if in this province a country field can be found where the meeting houses are in a better condition. This is praiseworthy and the people have not been unmindful of their pastor and his wife. Ever since our coming, there have been expressions of sympathy and kindness in many, what people might call, small things, yet ministering very much to the encouragement of the pastor and comfort of his home. Amongst the many things a fine fur cap, a beautiful fur coat and a very fine large sleigh robe, and to Mrs. Langille, money for a beautiful dinner set and teaset, and many articles of linen. These are not small things.

During our recent illness much kindness has been shown. On the evening of the 20th of December last, quite a number of our people made us a surprise, spending with us a very pleasant evening, and leaving us much the better off by their coming, and the end is not yet.

S. LANGILLE

Hillview, Yarmouth Co., Jan. 11, 1913

**The Ladies of Bridgetown May Now Have Beautiful Hair—All First-class Druggists Sell SALVIA and Guarantee it to Grow Hair, or Refund Your Money.**

Your druggist is backed up by the manufacturers of SALVIA, the Great Hair Grower. It is guaranteed to grow hair.

SALVIA destroys dandruff in ten days. The roots of the hair are so nourished and fed that a new crop of hair springs up to the amazement and delight of the user. The hair is made soft and fluffy. Like all American preparations SALVIA is daintily perfumed. It is hard to find an actress who does not use SALVIA continually.

Indices of society and influence use no other. SALVIA is a non-sticky preparation, and is the ladies' favorite. A large generous bottle 50c.

### MYSTERY.

When outward from the dark the new soul leaps  
We hear the babe's first cry before it sleeps;  
But when from out the hush the summons comes  
That bids the longing cease, the lips be dumb,  
The dying heart breathes out no cry of pain  
Of one who clings to earth and clings in vain.  
One low, serene, contented sigh is all,  
Such as a heart gives when great burdens fall—  
The sigh of one renewing vanished bliss.  
Who feels upon his lips a dead love's kiss.  
—Arthur Wallace Peach, in Springfield Republican.

### DON'T BE BALD.

Nearly Anyone May Secure a Splendid Growth of Hair.

We have a remedy that has a record of retarding baldness and promoting hair growth in 93 out of every 100 cases where used according to directions for a reasonable length of time. That may seem like a strong statement—it is, and we mean it to be, and no one should doubt it until they have put our claims to an actual test.

We are so certain Rexall "93" Hair Tonic will eradicate dandruff, act to prevent baldness, stimulate the scalp and hair roots, arrest premature loss of hair and promote hair growth that we personally give our positive guarantee to refund every penny paid us for it in every instance where it does not give entire satisfaction. Rexall "93" Hair Tonic is as pleasant to use as clear spring water. It is delightfully perfumed, and does not grease or gum the hair. Two sizes, 50c. and \$1.00. With our guarantee back of it, you certainly take no risk. Sold only at our store—The Rexall Store, Royal Pharmacy, W. A. Warren.

### LUMBERMEN KILLED.

Dalhousie, N. B., Jan. 22.—John Spilde, a foreman of lumber operations near the International Railway was killed by a load of logs upsetting and rolling on him. He leaves a widow and ten children.

## IN THE MUNICIPAL COUNCIL.

(Continued from page 3)

2nd case.  
The King vs. Abbie Cohn  
Stipendiary's fees 1.50  
Constables' fees 1.15  
Witnesses' fees 5.75

Total \$143.25

John Hall, Inspector for Enforcing The Canada Temperance Act, in account with George T. Tupper, Stipendiary Magistrate.

1912. 1st case.  
Dec. 5 The King vs. Edward Sanford  
Stipendiary's fees 1.70  
Constables' fees 4.20  
Witnesses' fees 3.55

(Conviction) \$9.45

2nd case.  
The King vs. Edward Sanford  
Stipendiary's fees 1.50  
Constables' fees 2.55  
Witnesses' fees 2.20

(Conviction) \$6.25

Two warrants of commitment .50

Total \$16.20

John Hall, Inspector for Enforcing The Canada Temperance Act, in account with Elias Messenger, Stipendiary Magistrate.

1912. Nov. 23 The King vs. Lavinia Cuff  
Stipendiary's fees 1.50  
Constables' fees 2.50  
Witnesses' fees 3.70

(Conviction) \$8.00

Warrant of commitment 25

Total \$8.25

The King vs. Lavinia Cuff  
Under search warrant  
Stipendiary's fees .50  
Constables' fees 2.00

Total \$10.75

John Hall, Inspector for Enforcing The Canada Temperance Act, in account with W. G. Parsons, Stipendiary Magistrate.

1912 Jan. 20 To retainer for year's work—1912. \$5.00

Feb. 7 " letters, W. Cohn and self. 1.00

Mch. 7 " long letter re seizures at Lequille. 1.00

" 16 " attend on return search warrant, W. E. Clark. 2.00

" " attend on return search warrant, A. Hoyt. 2.00

" " attend on return search warrant, B. Franklin. 2.00

Apl. 11 " letter re Bear River complaints. .50

July 12 " attend for trial Rufus Crouse. 5.00

" 22 " attend on return of search warrant, G. Shaw. 2.00

" " attend on return of search warrant, L. Hicks. 2.00

" 24 " long letter re searches H. Foster. 1.00

" 25 " letter to constable with Foster papers. .50

" 29 " attend on return search warrant, H. Foster. 2.00

" 30 " attend on trial of case vs Howard Foster. 5.00

" " attend trial of 2nd case vs Howard Foster. 5.00

" 31 " attend on return of search warrant, J. Ross. 2.00

Aug. 20 " letter Constable B. Harris with papers. .50

" 24 " attend trial of case vs Elizabeth Messenger. 5.00

" " attend trial of case vs William Hudgins. 5.00

" " attend trial of case vs W. G. Church, adj. 5.00

" 30 " attend adjourned case vs W. G. Church. 5.00

" 31 " letter re prosecutions vs W. G. Church. 5.00

Sept. 6 " attend adjourned case vs W. G. Church. 5.00

" 13 " attend final hearing case W. G. Church. 5.00

Oct. 16 " letter to Constable Harris vs Hudgins. .50

Nov. 6 " attend for trial, Rufus Crouse. 5.00

" 12 " attend trial of case vs Emma Oakes, adj. 5.00

" 13 " attend case vs Rufus Crouse, adjourned. 5.00

" 15 " letters, B. Brown and self. 1.00

" 19 " attend for trial Emma Oakes, adj. 5.00

" 20 " attend for trial Rufus Crouse, adj. 5.00

" 26 " long letter, G. T. Tupper vs Sanford cases. 1.00

" " attend case, Emma Oakes. 5.00

" " attend case, Rufus Crouse. 5.00

" 23 " attend case vs Lavinia Cuff, Bridgetown. 10.00

(Continued on page 8.)

## 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.

## SPECIAL OVERSHOE SALE.

From now until next Wednesday we are offering

**10 p. c. Cash Discount**

on Overshoes. We carry all styles for Men, Women and Children of the very best makes.

DON'T MISS THESE SPECIAL SALES.

**J. H. Longmire & Sons**

## 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

**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 8 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 can hold 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.



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MINARD'S LINIMENT Cures Diphtheria.