A Sensible Mother.

(New York Herald.)

As the mother of an "only one."



BRIDGETOWN BOOT AND SHOE STORE

Our new Lines for Spring and Summer comprise the ly nutritious foods is due to ignor- up and down, screaming loudly. she best and most up-to-date Goods in Ladies' Footwear ance of the principles of cooking was told what a naughty girl she to "Fruit-a-tives". I can strongly recomin the market, including: -- Patent Bals, Button Oxfords, must be kept at 212 degrees F. to screaming was the result. Buckle Oxfords, Tan Blucher Oxfords, Patent Slippers: ter at a lower temperature. If meat "spare the red and spoil the child."

No trouble to show goods.

A. COCHRANE.

Murdoch Block, Granville Street.

Cowan's Maple Buds, **Cream Bars** and Milk Chocolate

are superb confections. Nothing to equal them.

THE COWAN CO., Limited, TORONTO

SPRING MILLINERY! New goods constantly arriving.

Quality, Style and Finish of our Milliner y Lines Unexcelled.

MISS CHUTE, Stores: Bridgetown & Annapolis.

Have You Selected Your Spring Suit?

Call and see our choice assortment of Spring Suitings, English, Scotch and Domestic before you purchase.

I. M. OTTERSON,

NEW CARRIAGES.

I have bought a carload of first class carriages direct from the factory of A. S. Fillmore, South Hampton, N. S. and 1 have a number of styles to select from including several up-to -date cushion rubber tired carriages, These goods are thorough built by competent workmen in our own province and deserve your patronage. Give me a call and look over the goods and I think you will be satisfied.

F. B. BISHOP Lawrencetown

Spramotor accessories of all kinds in stock at my office.

Spring Millinery Opening.

Miss Ethel Saunders, late of one of the leading Millinery Rooms in Boston, has taken charge of Miss Lockett's Millinery Store and will show American and English Pattern Hats on April 10th to 18th. and

THE HOME

This use of high-priced foods to fusel something which was not best

the neglect of the cheaper but equal- for her, and began at once to dance

Cook Box or Self-cooker

In countries where fuel is scarce and expensive it is difficult to prepare food that requires a long time will venture into the contest with for cooking, and some method must my personal experience. The child, a be found to economize fuel. In coungirl, now nearly twelve, was (when tries where fuel is cheap, little or no an iniant) trained according to the account is taken of the amount of most approved method of the day. coal or wood consumed, and no ef- | having regular hours for bathing fort is made to economize. The re- sleeping and nourishment; was put sult is a reckless waste of fuel, and in her crib and left to go to sleep no thought is given to new or im- without a light, was never rocked or proved methods of cooking common walked with nor taken up when she articles of food so as to save fuel. | cried. She was perfectly healthy and

Many people buy expensive roasts happy. Our days were peaceful and or steaks because they do not know nights restful. All went weil until how to cook the equally nutritious she was nearly two years old; then and much cheaper boiling or stewing by degrees we realized that we had pieces, or because it takes a longer a strong-willed, determined child to time to cook them. The poor cannot deal with; we also realized that these utilize the cheaper foods because so traits were her rightful inheritance. much fuel is needed to properly cook Just how to control and bend the them, or because the mother is often will but not break it was a problem working away from home and cannot we had scarcely solved when one day spend the time keeping the fire to I was treated to an unexpected outook these cheaper foods. hurst of temper. She had been re-

the erroneous idea being that food was, and to stop at once; louder cook it, when it actually cooks bet- I have never been an advocate of is placed in boiling water and kept but just then it seemed the only at the boiling point from ten to fif- punishment to fit the crime, and I teen minutes the albumen on the administered a mild rebuke in the outside is coagulated, and the crust form of a spanking. This treatment thus formed will prevent the escape only served to make matters worse. of the juice. The temperature can I then left her to "cry it out," an of the juice. The temperature can I then left her to "cry it out," an "Fruit-a-tives" — or "Fruit Liver then be reduced to from 180 to 160 error in management from beginning Tablets" are sold by dealers at 50c a box degrees F., and the meat will be to end, as I realized at once.

cooked thoroughly. It will have a After that I began to study her better flavor than when cooked at carefully in order to judge just what 212 degrees. If the meat is kept boil- were her good traits as well as her In cases where the skin has a pro- When it has set its hallowing touch ing the connective tissue is dissolved faults. I found that she was tender-nounced tendency to dryness the On speechless lip and brow? and the meat becomes stringy and hearted, loving and sensitive, and quantity of borax should be reduced. ested in scientific methods of cook- tunity soon came for my test. There While it is undoubtedly one of the With light as from an angel's face; the amount of time wasted in watch- as I have described. I took her in duced two-thirds with rose or dis- "Recalling with resistless force,

have become interested in European does not love her mother." The ening is a common error. Like glyfacturing boxes on the same princi- I then had a little talk with her, tilled water. ple as the cook box, and a Chatham, adapting it to her power of compre-Ontario, firm makes them in several hension, for she was just a little VACATIONS FOR MOTHERS, TOC. sizes, suitable for many purposes. over two at the time, and never The principle of the cook box is again was there such an exhibition reople who work for themselves. Forgotten notes of tenderness, this: If food can be brought to the of temper. All' of which proves the especially mothers, often glory in

with a non-conducting material, and temperament. As the child grew old duty. To you, my conservative readthen packed with some poor con- er I adopted the following rules, er, a vacation is just as necessary ductor, as hay or wool, so that the which I try to live up to:heat in the pail cannot escape; it Teach children to have faith in, God faithful clerk; and for the same reaswill remain in the pail and cook the and to believe that He knows what on-that you may do more work When it has laid them low; food. Food will be found hot ten is best for us. Answer their ques- when you do work, and do it more Then let love antedate the work hours after it has been placed in tions to the best of your ability; it effectively. The duty which holds Of death, and do this now.' such a box. It will taste better than is their only way of gaining informa- you will be better performed, the food cooked at a higher temperature tion; at the same time a child can home that you are guarding will be and will not lose flavor, because it be trained not to ask foolish or un- better kept, and the cheerlulness, has been tightly covered. There will necessary questions. Treat children and courage, and optimism which of steam, no fuel consumed, no ne- an older person. Show an interest moned, if you take time-not next

It is not necessary to purchase one Consider well before refusing or stimulant of new faces, new landof the cook boxes in the market. granting a request. When you have scapes and new experiences.-In Wo-Anyone can make one at practically once said yes or no do not change man's Home Companion for August. no cost. Any box will do if it has a your decision. Never scold. There is cover. Get one a little larger than nothing to be gained by it and much the kettle cr pail that is to be used. harm may be done. When a child Line the tox with asbestos procured needs correcting speak in a firm but These are the gifts I ask, from the hardware store. Have ready quiet way. If a child is blessed with Of Thee, Spirit serene; some clean wool or hay to use for a good constitution keep it in good. Strength for the daily task, packing material. Flace some in the health by frequent bathing, nourish- Courage to face the road. bottom of the box. Place the food to ing food, plenty of sleep, and all the Good cheer to help me bear be cooked in a vettle having a tight time possible spent in the air and fitting cover. Place the kettle on the sunshine.

stove and boil the food for ten or This is according to my theory, fifteen minutes. Remove the kettle to and the child has shown good results An inward joy TAILOR the box, pack it solidly with the in many ways from the practice of wool or hav so no heat can escape. it. She is truthful, thoughtful of These are the sins I fain Cover the box, fasten the cover firm- others, obedient, loving, and alto- Would have thee take away; ly, and let it stand twice as long as gether a great comfort to us. She Malice, and cold disdain, you would have cooked it on the has faults, some of which she is Hot anger, sullen hate, stove. Just before serving, it can be gradually overcoming. As she grows Scorn of the lowly, envy of removed from the box and brought older she will be taught by degrees to the boiling point, but this is not everything pertaining to the care And discontent that casts a shadow matter how pleasing or interesting and management of a home. What-

When there is sickness in the home ever the vocation or profession that and hot water or hot food is needed she shows a preference and adaptaat night after the fires are out, this bility for, that will be hers to study box is invaluable. Oatmeal, hominy, or learn, thus making her indepenand many of the breakfast foods that dent should she at any time be require long cooking may be placed thrown upon her own resources.' And in the cook box in the manner de- now just one thought in concluding. fashions as in life. The clever woman remember that they have a grave scribed above, and will be found If wc, as parents, wish to cultivate the smart dresser, is she whose thoroughly cooked and ready to serve desirable traits in our children, we wardrobe is up to the minute in the for breakfast. Dried peas and beans must try to live our own lives so may be treated in the same way, ind will be found ready to add to soup stock and serve in ten minutes. Stews and boiling pieces are espectably fine cooked in the cook box:

Cial atmosphere of the home tends may not be of the very latest mold, but if the small appointments of dress are new and fetching, she will clways appear well dressed. Nothing ally fine cooked in the cook box; they are better flavored than when A lotion that is excellent for rough surely as its accessories. Costume

they are better flavored than when boiled, and if vegetables are added they do not fall to pieces when cooked below the boiling point.

A lotion that is excellent for rough flesh is made of half an ounce of changes are not so radical from one glycerine, half a pint of elderflower cooked below the boiling point.

A lotion that is excellent for rough dates a toilette so quickly and so writes: "Send a bottle of Psyching surely as its accessories. Costume that is excellent for rough grade of the property of t cooked below the boiling point.

Custards are delicious cooked in the cook box; there is no danger of curding the milk, and the texture of the custard is perfectly smooth.

Water and a dram of powdered borax. This is well shaken, applied frequently through the day and always but an accessory is long lived to the family, and also cited some of the miraculous cures accomplished inside the last 18 years, of the custard is perfectly smooth.

Any over the cook box; there is no danger of curding the milk, and the texture of the cook box; there is no danger of curding the milk, and the texture of the cook box; there is no danger of curding the milk, and the texture of the cook box; there is no danger of curding the milk, and the texture of the cook box; there is no danger of curding the milk, and the texture of the cook box; there is no danger of curding the milk, and the texture of the cook box; there is no danger of curding the milk, and the texture of the cook box; there is no danger of curding the milk, and the texture of the cook box; there is no danger of curding the milk, and the texture of the cook box; there is no danger of curding the milk, and the texture of the cook box; there is no danger of curding the milk, and the texture of the cook box; there is no danger of curding the milk, and the texture of the cook box; there is no danger of curding the milk, and the texture of the cook box; there is no danger of curding the milk, and the texture of the cook box; the cook box following days.

Any woman can find innumerable dishes that can be prepared in the cook box, and thus save hours and hours of time and many a dollar's worth of fuel.

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T. G. IRWIN, Little Britain, Ont. Run down conditions from lung, stom-action to the weist line is a cardinal principle of neatness in dress.

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THANKS TO "FRUIT-A-TIVES"



I wish to state, for the sake of others who may be sufferers like I was, that I suffered from severe indigestion and was also womb trouble with unpleasant pains in my back which made me miser-I was induced to try "Fruit-a-tives" and I can truly say this was the first medicine tives" quickly relieved the constipation and indigestion and completely cured me of all symptoms of womb trouble. I

(Sgd) MRS. M. BREILAND. doctors Call "Womb Trouble"—
"Diseased Ovaries"—"Female Complaints" etc. — when Constipation is causing all the pain. Cure the liver and Hastings. make the bowels move regularly with "Fruit-a-tives" and the "Womb Trouble" will be cured at the same time. of price. Fruit-a-tives Limited, Ottawa.

felt sure that when occasion required Pure glycerine should never be used "It clothes their every gift and During the last few years people I could appeal to her better nature on the skin, for it is altogether too grace have become more and more inter- through her love for me. An oppor- strong, and will make dry patches. With radiance from the holiest place, ing. Noting the great waste of fuel, was a repetition of the attack such best bleaches it must always be renethods and economy, and, among screams quickly changed to sobs; she cerine it is drying if used full other things, in the Norwegian cook- assured me that she did love me and strength and should always be di- "This little, loving, fond device ng boxes. Several firms are manu- would be good. Peace was restored. luted either with glycerine or dis- That daily act of sacrifice

boiling point, and then placed in a necessity of thoroughly understand- not taking a vacation, in staying kettle or pail with a tight cover. ing one's children in order to govern to what they believe to be their Sacred, as hymns in infancy e no oder in the room, no escaping with as much courtesy as you would you need will be more readily sumcessity to watch the food, as it can- in their pleasures and sympathize year, but in the remaining weeks of with them in their little sorrows. this very summer-to drink in the

On all the brightness of a common

THE SMART DRESSER.

'Tis the small things that count in thing that they like. Parents should

No Secrets From Mother

or has a friend of whom her mother



the hearts of women the better. I was completely relieved. It is almost a test of purity. She o can cheerfully recommend it to who has none of her own is best and happiest. In girlhood, hide nothing May 21, 1907. from your mother; do nothing that discovered by your father, would make you blush. Have no mysteries whatever. Tell those about you where you go and what you do. Those who have the right to know, we mean, of course. The girl who frankly says to the Bear River Telephone to her mother, "I have been there." met so-and-so. Such and such remarks were made, and this and that was done," will be certain of receiv- forward ing good advice and sympathy. If be handed to him. able, constantly. I tried physicians and all was right, no fault will be found. ook many remedies but I got no relief. If the mother knows, out of great experience, that something was imagainst its repetition. It is when mothers discover that their girls are caunot express too strongly my great rebuke and scold. Innocent faults now in every way as ever I was, thanks are always pardoned by a kind parent. You may not know, girls, just mend "Fruit-a-tives", it is easy to take what is right, just what is wrong yet. You cannot be blamed for mak-148 ling little mistakes; but you will not Many women suffer with what the be likely to do anything so very wrong, if from the first you have no

OUR BELOVED.

When it has laid them low;

ing foods cook, the loss and lack of my arms at once and said gently:- tilled water. The idea that many wo- And tracing to their hidden source flavor due to over-cooking, many "I am so sorry that my little girl men have of rose water being soft- Deeds scarcely noticed in their

"Opening our weeping eyes to trace in Great Variety

and this kettle placed in a box lined them in the way best suited to their forever at home, in sticking solidly Learned listening at a mother's

____ BAD BOOKS.

There is an evil that is continually increasing, the effects of which are as fatal as they are insidious, that is, the reading of books and other publications of an immoral character. The country is nowadays deluged with work of this description. Often they are written with such skill and they have such a charm about them that they ensnare the innocent and unsuspecting, whilst they feed the prurient imagination of the vicious. As it would be impossible to draw the up a complete list of such dangerous books and publications, we must And, for the hours of rest that come content ourselves with a general direction. Whenever it is found that heard the reading of any book or other publication fills the mind with evil New Stock or dangerous thoughts, or when it seems to cast ridicule upon the teaching or practices of religion, i is necessary at once to cut off the the source of temptation, and to fling from 55c to \$2.60 away the book or publication, no it may be. This direction is of the greatest importance for the young. and parents should be most careful Ladies' and Children's to remember and enforce it, for it is Whitewear and Ribbed on; too often noticed at the pre sent time that children, even of ten- Underwear der years, are allowed to read any

(continued on page 3.

responsibility in this regard.

Psychine Missionaries

T. G. IRWIN, Little Britain, Ont.

The moment a girl has a secret from her mother, or has received a larton, N. S., says: 'Last letter she dare not let mother read winter I contracted a severe cold which settled on my chest, dces not know, she is in danger. A secret is not a good thing for a girl after two applications of to have. The fewer secrets that lie EMPIRE LINIMENT. anyone with like trouble. .



WANTED

A LARGE QUANTITY OF

HIDES, PELTS, CALF SKINS & TALLOW Cash paid at the

Highest Market Prices. McKENZIE CROWE & Co., Ltd.

Field and Garden

Our seeds are especially selected and we sell only what we can recommend ::-: :-:

Paris Green and Biue Vitriol for preparing Bordeaux mixture :-:

A fullline in best grades of Commercial Fertilizers :-: :-: :-:

Fresh

White Blouse Waists Selling fast

Wash goods in Prints, Ginghams and Lawns.

Hamburgs, Laces, Ribbons, Hosiery and Gloves

George S Davies. Union Bank Building.

MINARD'S LINIMENT CURES DANDRUFF.