

COMFORT SOAP
"IT'S ALL RIGHT"
COMFORT Soap means
"Comfort"—not just
"Soap."
POSITIVELY THE LARGEST SALE IN CANADA

THE HOME

STUBBORNNESS IN CHILDREN.

When a child is old enough to know right and wrong and is able to judge between them, there are many forms of punishment available to the wise parents.

The faults of a child are so closely associated with his virtues that one requires great caution in dealing with them. Often mothers fail completely to teach a lesson by punishment, because they confuse children until the reason for the punishment is lost sight of. Suppose, for instance, Jack deliberately tears paper into little pieces and throws them on the floor. His mother asks him to pick them up. He refuses. His mother commands him to do so, and he again refuses. Then his mother punishes, and again commands and is again refused. This will be repeated probably until the weaker person, the baby, gives in. Both baby and mother are miserable. The one utterly confused, the other, wondering where lies her mistake. In the first place, Jack was disobedient and deserved punishment for disobedience. Then if the mother had picked up the paper herself, her lesson would have been well given. But instead she punished again, this time for stubbornness.

Stubbornness, by the way, is not a thing to be whipped out of a child. We all need every bit of determination we have; and that is what stubbornness is—only, misdirected. The thing to do is to direct a child to determine wisely, and show him that he will suffer if he determines unwisely. A strong will, well directed and controlled, is one of the most majestic of human qualities. It will never become majestic by overpowering—but by instructing.

SOME POINTERS.

It is a wise thing to throw out old medicine. Keeping it is rash economy, as many drugs lose their strength while others deteriorate and become dangerous to take. Then the same physical conditions do not often occur, and it is always safe to get a new prescription, or at least have the old one freshly put up. Besides, if old bottles accumulate, one is apt to forget what they contain, and in an emergency seize on the wrong one, with anxious results.

A convenience for a sick person is a good-sized shoe bag, with ample pockets, which may be fastened with large safety-pins to the mattress, on whichever side of the invalid's bed it is needed. In the pockets may be stored books, papers, fancy work, handkerchiefs and various articles that are constantly being lost or getting out of reach. This idea is suggested for one who is confined to her bed for some time, yet is able to read, write and amuse herself.

On your way to the office, if you are a business woman, or when you walk to market in the morning, if

you happen to be a happy housewife, don't forget to take deep breaths. They are the means by which you will lay a strong, firm foundation for future health and beauty. It isn't too much to say that a good deal of your success in life will depend upon deep breathing, for by filling the lungs to their greatest capacity we gain confidence and determination as well as poise, all essentials to success.

HOW TO PACK A TRUNK.

A woman who is constantly traveling and yet who finds it most necessary to economize in space as well as in pennies has found the following plan for packing her one trunk a most excellent one. At the bottom of the trunk she has a partition made large enough to carry one large or two small hats. This is strongly made, so that it cannot easily be broken. At the side of this partition she places a wooden box filled with sawdust, in which are her bottles of medicine. Here too, she lays her shoes, a pair carefully rolled in linen covers. On one set of shoes she puts her pair of rubbers, and inside the shoes she places her boxes of pills or powder which would not go into the box of medicine.

Then she has six or eight pieces of heavy cardboard cut to exactly fit the trunk. These she covers with linen or chintz, so that they look exactly like large envelopes, with straps or strings to fasten down the flaps. In these huge envelopes she pins her dresses, shirt waists, etc. Two or three dresses can usually be put in each envelope. Everything is kept absolutely flat, and nothing can be pushed to one end of the trunk when it is stood on end.

At the top of the trunk is a shallow tray, in which she puts her hosiery, ribbons, veils and gloves, etc. The underwear is rolled and placed around the edges of the trunk or is folded flat and laid between the envelopes.

CAUSES OF BALDNESS.

Dr. Guelpa, of Paris, has made some interesting studies pertaining to the scalp and the hair which have led him to conclude that men are more frequently bald than women for these reasons. First of all, they wear heavy hard hats; secondly, they cut their hair too short both in summer and winter, and in the third place men usually are greater eaters than women.

Dr. Guelpa points out that the scalp can actually be compared to soil, the hair to vegetable springing from the soil. When the soil is poor and improperly looked after micro-organisms attack it and kill off its vegetation. Similarly, if the scalp is not properly cared for the hair stops sprouting.

Each hair consists of a canal, the root or matrix and the sebium, an oily substance which supplies the hair

with nourishment. Under normal conditions the sebium is a liquid oil. In illness or if irritated or unduly subjected to pressure the sebium thickens, coagulates and forms hard little globules which choke up the matrix. The hair is shut off from its source of supply and withers.

It will readily be seen that a heavy and hard hat is bound to exert a deleterious pressure. Clipping the hair or wearing it very short leaves the hair at the mercy of atmospheric conditions, of cold, heat and dust.

GRANDMA AND THE HYGIENIST.

The Letter Gets a Surprise When She Visits the Former.

"I had occasion," said the Cheerful Hygienist, "to hunt up a relative who lives on the California Coast, quite recently. I had never met her before, and did not know very much about her, excepting that she was a dear old lady, sixty-five years of age. I bought a pair of gray slippers with black ribbons, a little fine crocheted three-cornered shawl, such as old ladies love, to keep off the chill from between their shoulders, and a cushion for her rocker, on which was embroidered 'Grandma,' for I knew there were grandchildren about her. Then I started on my trip, for her home lay out toward the mountains. I was shown into the parlor of a thoroughly modern house. I looked about the room in vain for the regulation solemn oil paintings of grandpa and grandma, for the wax flowers under glass, for the large plush family album, and the family Bible. Neither was there any of the hair-cloth furniture, cherished from grandma's younger days. The family photographs were distributed chiefly about the room, in the most modern mission style, and an upright piano stood in the corner. Flowers were on the table, birds were at the window, and the sunlight poured through the curtains. I had noticed on the porch as I came in a bicycle, and in the reception hall several tennis rackets and a riding whip.

"In ten minutes she tripped lightly down the stairs, in a cream-colored, one-piece walking suit, with large black buttons down the left side. As she did so, a little chap about ten years old, picked up a tennis racket, and started whistling out of the front door.

"Put down that racket, Bob—it's mine," called grandma. "Get your own." So grandma played tennis, too.

"Now if you'll excuse me just five minutes more, I will run over to a neighbor's, then I will be free to entertain you."

"She seized a little soft felt hat, and, mounting the bicycle, was off down the garden path. When she came back we started for a walk up into the mountains, to get a view over the valley. She seemed indefatigable. And when we returned, she challenged me to a tennis bout. Then she took me to the stable to show me her horse, on which she took a long ride every morning.

"When the folks returned, she scampered upstairs in a frolic with the girls to dress for dinner. She came down looking perfectly charming in a soft lingerie gown, with pink ribbons, which afforded occasional glimpses of as pretty a neck and arms as any girl could boast. She was the brightest, wittiest and most entertaining woman at the table.

"After dinner she played and sang for me. She was taking her first singing lessons. When I was ready to go, we went out to the garage together, and she cranked up the machine herself, and drove me down to the station. Then I timidly confided to her about the gifts I had brought her, and had not the courage to present. She laughed long and

Old folks who need something of the kind, find

NA-DRU-CO LAXATIVES

most effective without any discomfort. Increased doses not needed. 25c. a box at your druggist's.

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heartily. Then she turned upon me quickly, and said:

"That's the trouble with you theorists—you write about things, and tell us how to do them, but you never expect the fact to be accomplished. I've been reading everything you've written about how to keep young, and have put it all religiously into practice. I go to bed early, get up early, take the best care of my diet—never touch nerve stimulants; spend practically all my time in the open air, exercise, drink plenty of water and take olive oil. I take an interest in everything about me, wear pretty garments, romp with the children, study, practice my music, read, and make new acquaintances."

"I'm trying to educate the rest of the family up to it all, but they think grandma's a crank. She's a mighty healthy, happy crank, and never knows a sick day, which is a good thing, for I am able to take care of the stomach aches of the others."

"Oh, you Hygienist! And with a girlish laugh, she backed the machine, then chugged out of sight."

You Take No Risk

Our Reputation and Money is Back of This Offer.

We pay for all the medicine used during the trial, if our remedy fails to completely relieve you of constipation. We take all the risk. You are not obligated to us in any way whatever, if you accept our offer. Could anything be more fair to you? Is there any reason why you should hesitate to put our claims to actual test?

The most scientific common-sense treatment is Rexall Orderlies, which are eaten like candy. They are very pronounced, gentle and pleasant in action, and particularly agreeable in every way. They do not cause diarrhoea, nausea, flatulence, griping or any inconvenience whatever. Rexall Orderlies are particularly good for children, aged and delicate persons.

We urge you to try Rexall Orderlies at our risk. Two sizes, 10c. and 25c. Remember, you can get Rexall Remedies in this community only at our store—The Rexall Store—Royal Pharmacy, W. A. Warren.

ROCKEFELLER IS NOT ABLE TO TALK.

Doctor Says He Will Practically be Silent For Rest of His Life.

(Canadian Press.)

New York, Jan. 6.—William Rockefeller will probably never be able to appear as a witness in the finance inquiry being conducted by the Pujo committee in Washington, in the opinion of Dr. Walter F. Chappel, his physician, who says that the only way he could answer questions in the witness stand would be in writing, for speech might result in strangulation, so serious is the condition of Mr. Rockefeller's throat.

Doctor Chappel practically said for the remainder of his life, in the Bahamas, where Mr. Rockefeller is now resting, he is keeping very quiet, and it is declared that his every little wish has to be written, for every effort to speak involves the hazard of a laryngeal spasm.

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Call and examine my Winter Overcoating.

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

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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,

ANENT ONIONS.
Their Value Medicinally and as an Article of Food.

The onion, which the super-refined and finical banish from the table as an article of food not fit for representation in polite society, is one of the most wholesome and beneficial of foods. Young green onions are put on the table as a delicacy, almost invariably in season, in the serving of a French or Italian lunch or dinner. They might not be able to tell you why, but they understand that the onion is a healthy part of the dietary, and aids in the normal disposition of food. It acts as a stimulant upon the gastric juices, without producing a depressing reaction. It is most effective as a great part of the therefore counteracts in great part the injurious effects which might accrue to the kidneys by the drinking of the clarets served with these dinners. It exerts a laxative influence upon the bowels, and is, generally speaking, a purifier. There are sensitive stomachs to which the ingesting of raw onions is productive of indigestion. But this effect would not be easily experienced if the onions were thoroughly masticated before swallowing.

The onion is valuable as an expectorant. The writer has used it in many different ways for colds. In the very beginning of a cold, if raw onions are peeled, cut up and inhaled, both through nostrils and mouth, with a cloth drawn over the head and about the dish which holds the onions, the symptoms will be likely to disappear. If the cold has gained headway, eat the onions raw, holding them in the mouth and throat for a while, so that the fumes will penetrate all of the interior passages. This eating of onions, followed by a dose of castor oil at night, will be most likely to remove all traces of the cold by the following morning. This treatment will, in any

event, break the hold of the cold upon the system.

Press the juice out of the onions with a lemon squeezer, or any other convenient crushing apparatus, mix it with sugar, and let the solution boil to a syrup, and you have an excellent antidote for bronchitis.

Laura Morgan, a New York journalist, who has had a great deal of practical experience in nursing the sick, gives us the following "sure cure" for pneumonia: Take six to ten onions, according to size, and chop fine. Put in a large spider over a hot fire, then add about the same quantity of rye meal, and vinegar enough to cover the lungs. Apply it to the chest as hot as it can be borne. Change the poultices every ten minutes, and in a few hours the cure this too often fatal malady. This simple remedy has never failed to cure this too often fatal malady. Usually two or three applications will be all that is necessary, but continue always until perspiration starts freely on the chest. If rye flour cannot be obtained, use rye bread instead.

This remedy was formulated years ago by one of the best physicians in New England, who never lost a pneumonia case, and who always used simple remedies in his practice.

This same journalist, suffering every winter from rheumatic attacks, cured herself by eating raw onions freely each day. Certain elements in the onions search out the poisons and remove them from the system.

The good cook will use onions freely in the preparation of her dishes. Not only does it make them tasty, but it adds to their hygienic value.

You will find that druggists everywhere speak well of Chamberlain's Cough Remedy. They know from long experience in the sale of it that in cases of coughs and colds it can always be depended upon, and that it is pleasant and safe to take. For sale by druggists and dealers.

Real Estate

For Sale or To Let

My residential property on Crawville 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.t.

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.t.

HOME FOR SALE.

Fine country residence, just in 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.t.

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.
Bridgetown, June 18th. t.t.

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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A two-cent stamp does a lot for very little money, but it would require thousands of two-cent stamps and personal letters to make your wants known, to as many people as a 5c. investment in our Chamberlain's Cough Remedy.

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FOR SALE.

Second-hand Harness, cheap. Good bargain, good order.

L. G. deBLOIS,
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Here's a Chance to try

How superior Zam-Buk is to ordinary salves! We want every man, woman, and child who suffers from any form of Skin Disease or injury to use Zam-Buk and get cured quickly. Try Zam-Buk for yourself at our expense.

FREE BOX Cut out this advertisement, write across it the name of this paper (Toronto, with 1c stamp to pay return postage). We will send you a trial box FREE. Show this offer to your friends!

READ WHAT THIS MOTHER SAYS ABOUT IT.

Mrs. Geo. Boorman, of 306 Selkirk Avenue, Winnipeg, says—
"Pimples and sores broke out all over my little girl's face and hands. They spread, and set up inflammation. In the end her face was one mass of sores! We tried ointment after ointment, but there was no noticeable improvement.

"A neighbor advised my trying Zam-Buk and leaving off all other remedies. I did as she advised. Frequent applications of Zam-Buk soothed the pains and allayed the inflammation, and before long the sores began to look healthier. Gradually every scab and pimple disappeared and the sores were healed completely, leaving the child's face smooth and white as possible.

"Since then, while using an old pair of scissors, they slipped, cutting my left thumb badly. Inflammation set in and I feared blood poisoning, but began to apply Zam-Buk. The pain was soothed directly, and within a week the wound was nicely healed."

Use Zam-Buk for all skin injuries and diseases. 50c. box, all stores or Zam-Buk Co., Toronto.