

THE HOME

SHORTENING OUR LIVES

A writer in Pearson's enumerates some of "the every-day things one does that shorten life." Immorality he cites as the foremost cause, more destructive to the rate than violence and war, since "its effects are felt long after he who caused and transmitted them have been forgotten." The others named have reference to men's eating and sleeping and breathing. A sharp run, only a block long, to catch a car, may wreck a normal heart. Hurried eating and overeating play havoc with the stomach. Alcohol poisons the body, injures the nerves and wrecks the tissues. Sleeping in ill-ventilated rooms vitiates the blood and injures the lungs. Few men breathe as deeply as they should, or stand or carry themselves so as to give the lungs, stomach and intestines their proper opportunity. Thus in the daily routine of life we do deliberate wrong to all the bodily organs and functions.

This writer's list of things injurious to their health and the enjoyment of life which people do wantonly might be extended almost indefinitely. We suspect that the average city man does not sleep as long as nature requires. Men in sedentary occupations take less exercise than they need to keep the body to its role of cheerful servant. Hysteria is given to small worries where the door should be shown to them. People play to fits of temper which work havoc to their nerves and digestion; they indulge in low sulks, invite and cultivate spells of the blues. They toil so hard at their daily tasks that recuperation is incomplete and so wear themselves out before their time. They get in a groove, and their reduced enjoyments lessen their love of life, sap their elasticity shorten their days.

RHEUMATISM

To cure rheumatism it is necessary to rid the system of the excess of uric acid, and to do this a proper diet is even more important than the use of drugs, though in very severe cases the latter are not to be despised in conjunction with the dieting that is absolutely essential.

The Massachusetts General Hospital of Boston, allows the following diet for rheumatic patients: Graham bread, white bread (limited to one-half slice daily), corn, rice, milk, eggs, flour, puddings, crackers, beans, peas, all kinds of vegetables; except potatoes, tomatoes and asparagus, rhubarb, fresh fish, butter, cheese, buttermilk, cream, alkaline waters and toast. Avoid red meats starch or potatoes, white bread and sugars.

The sensible use of water both internally and externally plays a large part in the prevention or cure of rheumatism. One or two glasses, either hot or cold, taken before breakfast every morning is essential to start the organs of digestion for the day, and at least one glass should be taken before meals. Often the plain water will be enough to move a slightly constipated person, but if not a mild medicated water may be taken instead. It is very essential to keep the bowels open in cases of rheumatism.

Uric acid in the system is a poison, and it must not be forgotten that poisonous waste matter is also eliminated through the skin. The pores of the skin must be kept freely open and not allowed to become clogged if we hope to obtain the best results with rheumatic cases. A hot bath at bed time is often very helpful.—Delineator.

POLENTA

A woman Tells of Her Introduction to the Italian Dish

Did you ever eat polenta? Hear what one woman has to tell you before you say no.

"Just let me tell you about my introduction to this Italian dish. Last summer, after I had closed our camp in the mountains, I was invited to spend the night with an acquaintance who had the next camp. "She is a charming woman, one who has lived abroad more than in this country. She is devoted to Italy and things Italian, and her cook from southern Italy has been with her several years.

"As I was about to retire my hostess said to me, 'Pardon me, but I didn't think to ask you what you preferred to have for breakfast.' Really, before I had opportunity to frame a reply, she continued, 'We always have polenta; Antonina makes delicious polenta; so I always have it.' I did not know polenta. I was quite sure, but it certainly sounded most attractive, and so I replied, 'I am sure I should like it,' especially if Antonina makes it,' and I went to my room with my appetite already whetted for polenta made by Antonina.

"The next morning I awaited that meal with the greatest expectancy. The polenta was served, and I tasted it. Was it good?"

"It certainly was, but I had eaten it hundreds of times before, only we prosaic Americans call it cornmeal mush.

"Truly, that is polenta. A name makes lots of difference, doesn't it?" she concluded.—Houston Post.

GIVES HOUSEWIFE SOMETHING TO PONDER.

Modern housewives are veritable Lucretia Borgois, declared Dr. Harvey W. Wiley, head of the United States Chemist Bureau, who is here to attend the national convention of Pure Food and Dairy Commissioners. "The modern Lucretia," he said, hands out poison from the ice box from the broiler and the skillet, and the little tins of dinner she buys when breathlessly running home after her exciting bridge game at the club.

"It is the duty of every housewife to inform herself on the laws of hygiene. The average ice box is a charnel house, which not only holds death, but spreads it, and too many houses allow disorder and uncleanness to prevail in their kitchen and larders through ignorance or indifference. They would rather pick out a Beethoven sonata, read Ibsen play or memorize a bridge rule than trace a ptomaine to its hair and eradicate it in the interest of family safety."

LOVE, A SERIAL STORY

Love is not a sketch, but a serial story; it runs on past this life "to be continued" in the next; or else there should have been no story at all. Better to live and die blank and bleak of heart, than to experience the ecstasies and agonies of any real affection, and stand quivering to see death cut the chapter off midway and forever. The Author of the greatest tale told in all the Universe is an Artist; and he will complete his work. This is our reasonable hope, and, if it were not, we who live by it, and would die for it, are of all men most miserable. Possessing it, we should be, of all, the happiest. If death is treated as an incident—separation as an episode—reunion as a prospect—grief can be borne as a momentary interruption to an eternal joy.—Elizabeth Stuart Phelps, in Harper's Pazar.

A SPRAINED ANKLE

As usually treated a sprained ankle will disable the injured person for a month or more, but by applying Chamberlain's Liniment and observing the directions with each bottle faithfully, a cure may, in most cases, be effected in less than one week's time. This liniment is a most remarkable preparation; try it for a sprain or a bruise, or when laid up with chronic or muscular rheumatism, and you are certain to be delighted with the prompt relief which it affords. For sale by W. A. WARREN, BRIDGETOWN, A. E. ATLEE, ANNAPOLE ROYAL and BEAR RIVER DRUG STORE.

YARMOUTH BARQUE SCUTTLED.

News has been received in Halifax of the loss of the Nova Scotian barque, Howard D. Troop. Only meager particulars have been received, the despatch stating that the vessel was on fire at Yokohama, Japan, and had been scuttled. It is believed that the officers and crew reached the shore in safety, as the despatch contained no mention of any loss of life. The Howard D. Troop was a four-masted steel bark built in Glasgow, Scotland, in 1892 and was commanded by Capt. Durkee, of Yarmouth. She was 2080 registered tonnage. The vessel sailed from New York on March 8th, for Yokohama and was to go from there to Portland, Oregon, and thence to the United Kingdom.

The deposits in Canadian banks at the end of July are ten million dollars greater than at the same date last year.

WHAT IS ITCH DIRT?

It is the old Anglo-Saxon name for dandruff and it's a good one. If you have dandruff you have itch dirt and the little microbes that are part and parcel of dandruff are working persistently night and day and sooner or later will reach the very life of your hair and destroy its vitality.

Then you'll be bald—bald to stay—for not even the wonderful rejuvenating properties in Parisian Sage can grow hair after the hair bulb or root is dead. Parisian Sage cures dandruff. S. N. Wear's drugist, sells it—recommends it and guarantees it; only 50 cents a large bottle and your money back if it fails to cure dandruff, falling hair and itching of the scalp.

FASHION JOTTINGS.

Parasols Are Now Made of Raffia. Apricot a Favorite Spring Color.

The newest parasol is made of raffia in natural color, with raffia fringe. The handle is long, in the director's style.

Hints of coral clip as well as the once more popular crimoline are seen with wide spreading brims curled up on one side.

Apricot is a color that is being worn extensively this spring not only in materials, but in accessories. There are



THREE PIECE SUIT.

lovely silk stockings in this shade beautifully embroidered with a design in bowknots in a darker tone.

It is daring enough for some women who are not at all good to look at to attempt bangs, but the climax is reached when a bunch of loose curls protrude from the back of the hat. These are tacked loosely to the hair at the back of the head in an effort to be natural, but the effect is that of a bunch of curls in the wrong place.

For street or dress wear the new shoes of cloth in dark tones to match the gown worn with them are very smart.

The costume seen in the illustration is most attractive in that it provides for a dress that can be worn separately or in combination with the coat to form a suit. The dress is semimilitary and the waist is joined to the seven gored skirt. The coat is simple and easy to make. JUDIC CHOLLET.

A pattern of this costume may be had in six sizes—from 32 to 42 inches bust measure. Send 10 cents to this office, giving number 4630, and it will be promptly forwarded to you by mail.

THE MIRROR OF STYLE.

The Costume Idea For Summer Gowns. Beware of Eccentric Hats.

If a woman wants to be in the vogue next summer she will make every effort to have her clothes carry out the costume idea—that is, having decided upon a period for her frock, she must have hat, shoes and all accessories to correspond.

For the girl who can put on any old hat and look bewitching the new hats have no terror, but for her sister who



SMART BRAIDED BOHÈRE.

has to go easy—well, the least said is the better about her prospects.

Among the attractive pongee weaves coming directly from the orient are the robe patterns in the natural color, which, despite the dressmaker's decree, is always rich and elegant. Black and white shepherd plaid suits are on hand again this season, and they are more attractive than ever. Even these suits have not escaped the jet set, for some of the smartest models are in medium sized checks, with pipings of black satin and decorated with large flat buttons.

The stunning little bolero is a dainty wrap for spring and summer. It can be made either from the dress material or from material in a matching color. As seen in the illustration, the bolero is of dark blue broadcloth heartily braided in black soutache and is to be worn over a blue foulard silk having a white polka dot design. JUDIC CHOLLET.

A pattern of this coat may be had in six sizes—from 32 to 42 inches bust measure. Send 10 cents to this office, giving number 4630, and it will be promptly forwarded to you by mail.

MINARD'S LINIMENT CURES DIPHTHERIA.

Joker's Corner

MISUNDERSTOOD THE MINISTER

The Fulton Gazette recounts the following conversation between a minister of that place, and a man whose wife had been buried that day.

"My brother," said the preacher, "I know that this is a great grief that has overtaken you, and though you are compelled to mourn the loss of this one who has been your companion and partner in life, I will console you with the assurance that there is another who sympathizes with you and seeks to embrace you in the arms of unfeeling love."

To this the bereaved husband replied by asking, as he gazed into the minister's face, "What's her name?"—Kansas City Star.

HIS LAST CARD

A certain venerable archdeacon engaged a new footman, a well recommended youth who had served as stable boy. The first duty he was called upon to perform was to accompany the archdeacon on a round of formal calls. "Bring the cards, Thomas, and leave one at each house," ordered his master. After two hours of visiting from house to house the archdeacon's list was exhausted. "This is the last house, Thomas," he said, "leave two cards here."

"Begging your pardon, sir," was the reply, "I can't. I've only the ace of spades left."

A DRINK OF COLD WATER NEARLY CAUSED HIS DEATH

But Father Morrissy's Treatment Saved Francis Cassidy.

Here is his story:—Burden, York Co., N.B., Dec. 3, 1908. "At the age of 18, while laying on a very hot day, I got thirsty and took a drink from a spring. I was taken suddenly ill, and consulted a skilful doctor, who treated me for indigestion for four months. But I grew worse, got so weak I could not walk, had no appetite, could not digest anything, and lost 30 pounds. I was almost dead, but as a last hope went to Father Morrissy. He gave me two months' treatment, and from the first day I began to recover. Now I am 21 years old and a very strong, healthy man. Only for the Rev. Father Morrissy I would have been dead now."

Thousands of people have used Father Morrissy's "No. 11" Tablets for Dyspepsia, Indigestion, Sick or Sour Stomach, Heartburn, Fulness or Weight in the Stomach, Belching of Wind and other Stomach Troubles, with most satisfactory results.

One "No. 11" Tablet will digest 1½ pounds of food. 50c. at your dealer's, or from Father Morrissy Medicine Co., Ltd., Chatham, N.B. 47

N. S. LAWN TENNIS

The Nova Scotia Lawn Tennis Tournament was finished on Saturday, Aug. 14th.—The Misses Owen, Bridgewater, won the ladies doubles. W. B. Ritchie takes the singles, while J. L. Ritchie and Miss Wadmore captured the mixed doubles. Mrs. Handsomby remains champion of Nova Scotia. At the conclusion of play, the presentation of prizes took place. Mrs. Vidito, wife of the president of the Association, officiating.

COWAN'S PERFECTION COCOA
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If cocoa is your favorite beverage by all means enjoy it at its best—as made with Cowan's Perfection Cocoa.

The acme of purity, richness and flavor.

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Outing Suits from \$14.00 up.

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CLASSIFIED ADVERTISEMENTS

TRANSIENT RATES: 10 cents a line; Three consecutive issues will be charged as two. Minimum charge, 25 cents.

Talking to the Point

Our Classified Want Ads. got right down to the point at issue. If you want something say so in a few well chosen words. The intelligent reader likes that kind of straight-from-the-shoulder talk and that is one reason why condensed Want Ads. are so productive of the best kind of results. Whether buying or selling they will help you.

Wanted

WANTED. Wanted to rent a fruit and hay farm with privilege of purchasing. Desirous of exchanging Bridgetown property with same.

MRS. WM. A. MARSHALL, Bridgetown.

For Sale

A quantity of Heavy Wrapping Paper and small Rope, for sale at MONITOR OFFICE.

FOR SALE. 1 Gothic Window and frame for dormer. 2 Sash Windows. Apply at this office.

FOR SALE, Man or Woman.—My South African Veteran Bounty Land Certificate issued by the Department of the Interior, Ottawa; good for 320 acres of any Dominion Land open for entry in Alberta, Saskatchewan or Manitoba. Any person over the age of 18 years, MAN or WOMAN, can acquire this land with this Certificate. For immediate sale, \$300.00. Write or wire. L. E. TELFORD, 131 Shuter Street, Toronto, Ontario. 1mo.

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LOWEST RATES consistent with safety. SECURITY FOR POLICY HOLDERS \$100,000.00

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I am prepared to move and raise all classes of buildings by land or water. Also

Raising and Moving Vessel, Hoisting Boilers and Engines Out of Steamers.

Have had forty year's experience in the business and am the only practical building mover in the lower provinces.

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J. J. RITCHIE, K.C.

Keith building, Halifax.

Mr. Ritchie will continue to attend the sittings of the Courts in the County. All communications from Annapolis clients addressed to him at Halifax will receive his personal attention.

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By Gas and Local Anesthesia.
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Repeat it—"Shiloh's Cure will always cure my coughs and colds."