

THE HOME

SICK ROOM SUGGESTIONS.

Do not place the patient's head facing a window, because even with the shade down the light is apt to cause headache.

To give a sponge bath when the person is too ill to sit up, have the room warm, and cover the patient with a warm blanket, after removing the usual bed covers to keep them dry; then bathe one limb or part of the body at a time, reaching under the blanket to do so, and dry this part before starting on another.

An alcohol sponge-bath will usually reduce a fever several degrees; use bathing alcohol, never wood-alcohol. Take one part alcohol and two parts luke-warm water, about a tea-cupful altogether; bathe one part at a time under the blanket as for a cleansing bath; do not dry any part, let the fluid evaporate to cool the skin. Rub toward the body on the limbs, leaving the surfaces quite damp, but not dripping; go over and over the body with the damp cloth for fifteen or twenty minutes. If the alcohol and water do not last through, make up more, rather than too much at first, for it would not be good to use after putting it away. Alcohol evaporates very rapidly, and that is why it is so very cooling used in the sponge-bath.

To change the under sheet, fold the clean sheet into narrow folds, lengthwise. Have the patient turn on one side, unfold the clean sheet, one fold at a time, starting at the edge of the bed and rumpling the soiled sheet loose ahead of it until the patient's back is reached; then when the patient is rolled on to the clean, smoothed sheet the rest of the soiled one can be easily removed and the clean one smoothed over the other side of the bed.

To help insure a good night's rest rub the back with alcohol at night. Pour about a half-teaspoonful of bathing alcohol into the palm of the hand and rub it well in with an upward stroke. It is very refreshing to a tired back; and if the parts over the hip-bones and the back between the hips are well rubbed for from five to ten minutes, once a day, the patient will not have bed-sores.

Always serve the meals attractively. If the toast and eggs are overcooked it would be better to waste them than to give them to the patient, a well-nourished patient makes the quickest recovery. A small amount served at a time is more appetizing than a larger portion.

If the patient is sleeping, do not disturb him or her for anything, unless the doctor has ordered that the medicine be given regularly regardless of sleep.

In cases of serious illness, all treatments and the hours when the medicines have been given should be written down, also any new or unusual symptoms; this will help the memory of a tired nurse, and assist the doctor in choosing his treatment.

Clean either a bare or a carpeted floor with a damp cloth wrung from and well rinsed in a bucketful of water. If the illness is contagious make the water a milky color with creolin; also dust the furniture with a cloth wrung from this water.

Truthfulness is not only a moral quality and an intellectual acquirement, but it is a graceful accomplishment as well, because it brings with it a certain refinement and sensitiveness that marks the person of cultivation.

Why don't people tell the truth? Watch yourself for one day and see why you make half-statements, and crooked statements and mis-statements. Lack of observation, lack of a sense of proportion, lack of the mental grasp of the situation, lack of the real desire to make your individual share of the world's business as straight as possible, these are some of the reasons why people do not tell the truth.

If you wish to rid yourself of false sentimentality, to clear your spiritual vision and straighten your brain powers try the experiment of telling the sheer and absolute truth for one week. And at the end of that time you will be chastened in soul, and less impatient with your inaccurate, unreliable neighbor.—Agnes Edwards, in Boston Herald.

Rices, the American weather prophet, who has predicted unseasonably cool weather for the early part of August, predicts more stormy weather for the balance of the month. Weather sharps who follow the moon's changes say that the new moon which came in Monday with the heavy rains means continued cold weather with showers, while others say we will have no real settled weather until after Aug. 24th. Let us hope they are all wrong.

HOME HAPPINESS.

Blessed are those homes where the inmates are at their best—in good nature, in sunniness, in courtesy! A very keen and optimistic observer is a widow obliged to go daily to her office work, but who for years has made it a practice at the supper table to tell her small son one interesting or helpful happening of the day. "And some days it took lively scratching to find something really good," was her merry opinion. An other young woman ascribes her literary start to the fact that for over four years she wrote a daily letter, filled with the brightest or funniest news, an interesting story, or cheerful verse. The letter was written generally on train or car, on her way to or from work. "One was finished even in the dentist's chair," she said, laughing; but it was ready each morning to tuck under the pillow of the dear invalid at home. "He setteth the solitary in families," must be to fulfil a wise and far-reaching purpose of the Creator's, so let us begin to help carry it out. Suppose you spring on the family tonight some good story you've heard; see if a hearty laugh won't smooth a wrinkle out of father's tired forehead. Put a plant or a spray of berries on the table, and see if the dinner doesn't taste better. Real "company manners" are nothing but being cordial and interested and sympathetic, and the more we practise these things the more the homes will become a real rallying ground for the family, a haven of rest for a passing visitor. One boy said, recently, that for his part he couldn't see why boys wanted to go out at night; he always had a better time at home—with the nicest games and the jolliest fun. It pays to spend a little more in time and thought and money on the family, if by so doing home ties are strengthened and the home made a center of bright and helpful influence.—Elizabeth Webb Upham, in the Watchman.

WHY STUDY YOUR CHILD?

How does the child learn? The question is not difficult to answer. The inspiration is found in the character of the light which shines in the mother's eyes, says The Mother's Magazine. It is found in the absence of the frown on her forehead. It is present when gentle, not harsh, words come from her lips. It is within her brain when she leads, not commands, the child into necessary duties. It is in the breadth of her daily reading, the knowledge which she gains from others and imparts to the children at her knee. It lies within the scope of her mind, the charity with which she looks upon the actions of others, the humanity which she manifests to all who come in contact with her. The child is watching—never fear that. No detective ever existed, or ever will exist who had, or will have, as keen a pair of eyes, or as alert ears, as the growing child. Day by day, without perhaps ever opening its mouth, it measures the weakness or the strength of the parent above it, mercilessly analyzes and draws into its own being either lasting inspiration or everlasting despair.

It is often the things which we permit ourselves to do unconsciously that have the most powerful influence upon the perceiving child. This requires the utmost caution upon the part of the parents to strive to do all things consciously. For a moment it may seem irksome to educate one's self to thinking of speech and action that the child must notice. Yet the habit is easily acquired. Once it is mastered it becomes second nature, and the waters which flow from the fountain head remove for the child the dull edge from life and lift it from meanness into the nobility of thought and action which is his rightful heritage.

NEEDLE POINTS.

When sewing a hem on heavy linen keep a glass of warm water at hand and frequently dip the fingers into it. This will cause the stiffness of the linen to yield, and the work will be found much less difficult.

Accurate placing and pinning together of seams, etc., are most important when making up a dress. The right and left sides, too, must be made to match unless the figure is badly one-sided, when a special fitting of both sides will be necessary.

Put the skirt on, fasten it around the waist, then, standing erect, get some one to mark at intervals with a piece of chalk the exact places where the skirt touches the floor. Remove the skirt and turn up the required hem (two or three inches from the ground being a most comfortable length in wear) beyond the chalk mark, measuring carefully all round.

DYSPEPSIA MADE HIM MISERABLE

Suffered Agony Until "Fruit-a-lives" Cured Him

Hundreds of people gladly testify to the wonderful curative powers of the famous fruit medicine, "Fruit-a-lives". To those now suffering with Indigestion, Dyspepsia or other Stomach Troubles, this letter of Mr. Stirling, the well known real estate operator of Western Ontario, shows the way to a speedy and certain cure.

GLENCOR, ONT., Aug. 15th, 1912
"Fruit-a-lives were so beneficial to me when I suffered with distressing Dyspepsia, that I wish to inform you of their satisfactory results.

Although I have, in past, suffered agony with Dyspepsia, I am now in perfect health. "Fruit-a-lives" accomplished the desired result!"

N. C. STIRLING.
"Fruit-a-lives" will cure every trace of Indigestion, Dyspepsia, Sour Stomach, Bloating, Pain After Eating, Bilioussness and Constipation.

"Fruit-a-lives" is the only remedy in the world made of fruit juices and valuable tonics.

See a box, 6 for \$2.50, trial size, 25c. At all dealers or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

CALL BACK.

If you have gone a little way ahead of me, call back—
"Twill cheer my heart and help my feet along the stony track;
And if, perchance, Faith's light is dim, because the oil is low,
Your call will guide my lagging course as wearily I go.

Call back, and tell me that He went with you into the storm;
Call back, and say He kept you when the forest's roots were torn,
That, when the heavens thundered and earthquake shook the hill,
He bore you up and held you where the very air was still.

Oh, friend, call back, and tell me, for I cannot see your face;
They say it glows with triumph, and your feet bound in the race;
But there are mists between us and my spirit eyes are dim,
And I cannot see the glory, though I long for word of Him.

But if you'll say He heard you when your prayer was but a cry,
And if you'll say He saw you through the night's sin-darkened sky—
If you have gone a little way ahead,
Oh, friend, call back—
"Twill cheer my heart, and help my feet along the stony track."
—British Weekly.

IT IS LITTLE THINGS THAT COUNT.

Just here and there, boys,
A trifling thing, you think;
A dime for a yellow novel,
Another for "just one drink."
A little spent in the card room,
A trifle for a cigar,
But, O, do you ever think, boys,
That little things make or mar?

Just a little time on the street, boys,
But, ah, your unwary feet
May be lured into sin-stained by-paths
That lead to ruin street.

'Tis just the first wrong thought, boys,
Just a few vile words, ah me!
And your current of life is changing—
You are drifting out to sea.

That is strewn with the wrecks of manhood—
Rudderless, storm-tossed, lost,
Don't you think these so-called pleasures
Are bought at a fearful cost?
'Tis the little things that count, boys,
That make up the mighty whole,
'Tis the bubble of sinful pleasures
In the balance against your soul.

"Now Pat, what brought you here again?" asked a justice of an old offender.
"Two policemen sor," was the reply.
"Drunk, I suppose," queried the magistrate.
"Yes, sir, both of them."

Kidneys Wrong?

If they are you are in danger. When through weakness or disease the kidneys fail to filter the impurities from the blood, trouble comes at once. Backache, Rheumatism, Sciatica, Gravel, Diabetes, Gout, Stones and the deadly Bright's Disease are some of the results of neglected kidneys. Dr. Morse's Indian Root Pills contain a most effective diuretic which strengthens and stimulates the kidneys so that they do their work thoroughly and well. Try

Dr. Morse's Indian Root Pills

One day judgeth another, and the last judgeth all.—Stow.

EARTHQUAKES.

Causes That Conspire to Rend the Earth's Crust Asunder.

Until recently all earthquake shocks were attributed to volcanic manifestations. But often the earth is agitated in regions where there are no volcanoes. Hence the belief has arisen that earthquakes may arise independently of volcanic action. Very often, again, when volcanoes are in eruption there are no earthquakes.

Subterranean caverns are often the cause of earthquakes. They are the consequences of the action of subterranean water. When water runs through limestone it carves out grottoes and terraces or galleries. When in its underground run it comes in contact with gypsum or rock salt it dissolves these substances, and thus vacuums are formed in the depths of the earth. When the water has worn the earth thin the earth gives way, and the subterranean caverns shake the regions above it. In well worked coal mines great hollows are made which produce similar results.

The layers forming the solid envelope of the earth are neither homogeneous nor regularly distributed. Limestone bits granite, and relatively recent rocks overlie ancient masses. Limestone and schist lie together like folded cloth. Layers of the same age are separated by abrupt gaps and breaks by the debris cast out on either side.

The crust of the earth has been compared to marquee-work composed of many parts which must have been joined, broken and joined again many times. Its component parts are unstable; their movements are still in progress; they shift, and possibly their sudden shifting causes the upper crust to tremble.

The best evidence in favor of this explanation is that the great earthquakes have devastated countries where the geological layers show traces of cavities and slips. In Japan an earthquake raised the ground about twenty-one feet, and the rise ran for a distance of 112 kilometers. An earthquake in Alaska occurring in 1899 raised the coast for a long distance. Earthquakes are limited to two zones. One embraces Himalaya, Asia Minor, the coasts of the Adriatic, Italy, the Alps, the Pyrenees, Algeria, Andalusia and southern Portugal; the other zone comprises the two coasts of the Pacific ocean. The majority of earthquakes have been produced in the first zone.—Harper's Weekly.

Barthold's Egotism.

An old friend of mine, Steinheil's husband was Barthold, the sculptor of the colossal "Liberty Enlightening the World." Although a man of keen intellect and much originality of thought, Barthold's egotism was as colossal as his statue. Once Mrs. Steinheil met him at the "Instituit." He wore the green uniform and sword of a member, and his breast glittered with orders. "You see this little thing here?" he said. "There are but three Europeans who have the right to wear it—one emperor, one king and myself. I don't attach the slightest importance to it." Of the statue in New York harbor he said, "The Americans believe that it is Liberty that illuminates the world, but in reality it is my genius."—Hookman.

Scared and Knew It.

A soldier under his first fire was charging with the rest of his regiment up the heights of Vicksburg, but so scared he looked like a ghost. A comrade next to him was unafraid and even smiled at the torrents of grape shot that swept the ranks. The comrade, noticing his friend's plight, turned to him and said with a sneer: "Coward!" "Coward yourself," retorted the frightened soldier. "Old man, if you were one-tenth as scared as I am you'd have broken ranks and run long ago."—Kansas City Journal.

The One He Caught.

One day many years ago the telephone in the office of the chief of police rang. Chief Speers answered. The call was from a new policeman on the Union avenue beat. He said, "A man has been robbed down here, and I've got one of them."
"Which one have you?" asked the chief.
The reply came back. "The man that was robbed!"—Argonaut.

Solid Ivory.

"Yes," confessed Mr. Dorkins, "it serves me right. I engaged the man to move my goods, and I forgot to ask him how much he was going to charge me for the job. If ever I do such a thing again, Maria, you can have my head for a football."
"It would be a good deal more profitable, John," said Mrs. Dorkins, "to cut it up into billiard balls."—Chicago Tribune.

Preached into Generosity.

A preacher pawned his watch and the following Sunday preached four hours because he had no timepiece. At the conclusion of the sermon there was a special collection raised and sent to the pawnbroker.—New Orleans Picayune.

Corrected.

Gentleman reminding groom—Are you married? Groom—No, sir. I was thrown into a barbed wire fence and got my face scratched.—London Tatler.

Three Proofs.

Teacher—Willie, give three proofs that the world actually is round. Willie—The book says so, you say so, and ma says so.—Puck.

One day judgeth another, and the last judgeth all.—Stow.

NEW SPRING GOODS

JUST ARRIVED! A large shipment of Spring Goods in the latest shades. Leave your order now for your SPRING SUIT.

T. J. MARSHALL

Men's Low Shoes at a Bargain.

We have about 50 pairs of Men's Low Shoes in broken lines and sizes, which are clearing out at greatly reduced prices.

Look over the list below and if you find your size do not fail to buy at once. All high class goods.

- ASTORIA Patent Blu. Oxford, Goodwear Welt. sizes 1-5. 1-6. 1-6. 2-7. 2-8. 2-8. 1-9. Regular price \$4.25 now only \$2.98
- DERBY, Tan Calf Blu. Oxfords, welt. sizes, 1-5. 1-6. 1-8. 3-8. 1-9. 1-10. Regular price \$4.25 now only \$2.98
- DERBY, Gunmetal & Box calf Oxfords, welt. sizes, 1-5. 1-6. 2-7. 2-7. 1-8. 1.8. 1-9. Regular price \$4.25 now only \$2.98
- Many other good shoes at similar reductions.

J. H. Longmire & Sons

FINE GROCERIES

"The Best is None too Good"

Buy at Lloyd's and get satisfaction.

J. E. LLOYD & SON

GREATER ST. JOHN EXHIBITION

Aug. 31—Sep. 7
Another Magnificent Show Like That of 1910

| | |
|----------------------------|--|
| Monster Industrial Display | Aeroplane Flights Daily |
| Manufactures in Motion. | Fireworks Spectacle. "The Bombardment of Tripoli." |
| Largest Cattle Show Yet. | Neapolitan Troubadours in the Main Building. |
| Smart Show of Horses. | Imperial Japanese Troupe in Wonderful Acrobatics. |
| Live Stock in General. | Ernest Trio of Knockabout Performers. |
| Fruit Displays—all kinds. | Bigger "Pike" than ever. |
| Motor and Vehicle Show. | Continuous Band Concerts, Musicals, etc. |
| Food Show on Grand Scale. | |
| Art Gallery and Photos. | |
| Two Vaudeville Theatres. | |

VERTABLE CONEY ISLAND OF ENTERTAINMENT!
EXCURSIONS ON ALL LINES OF TRAVEL

Aeroplane Flights Provincial Exhibition

Seven Days' Fair
September 11 to 19 1912

Two Flights Daily

The AEROPLANE to be used will be one of Glen W. Curtiss' the acknowledged leader in aerial navigation.

The Vaudeville Program

CEDORA—THE GOLDEN BALL and six other great acts for the vaudeville program.

Horse Races for Big Purses and a General Prize

List of \$20,000

Remember the Dates September 11 to 19

FIREWORKS

Magnificent Display of Fireworks after the Grand Stand Performances every evening, the program including 52 pieces.

M. McF. HALL, Manager & Secretary

Real Estate

FOR SALE

RESIDENCE FOR SALE.

My residential property in the village of Granville Ferry, including fine large house, modern, commodious and convenient, admirably adapted for summer boarders, with good stable and henry. One acre of land partly in garden and small fruit. Fine lawn and garden. Fine situation, beautiful view of river and valley, and directly opposite the old historic town of Annapolis Royal, connected by steam ferry. A bargain. Ill health my only reason for selling.

W. E. PARR,
Granville Ferry, Aug. 17th

RESIDENCE FOR SALE.

Situated on Granville St., Bridgetown, contains large dining room, and pantry on first flat. Six bedrooms and bath room on second flat. Basement contains summer kitchen, laundry and cold storage room. Heated by furnace. Hot and cold water.

Apply to
JOHN IRVIN, Agents

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.

ORCHARD FOR SALE.

23 acres of choice orchard land, situate at Wilmot in the heart of the apple-bearing district of the Annapolis Valley. Land once owned by the late Brower G. Stromach. Fine young orchard of about 400 trees, about seven years old, now on the property. Property will be sold on easy terms to purchaser. Apply to Eastern Canada Savings & Loan Co. Halifax.

or FRED W. HARRIS,
Annapolis Royal.

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.

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, as 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.



SHORT and SNAPPY

The secret of the success of our Want Ads. is that they are short and snappy. People like a plain business story told in a few words and if they want anything they refer to the place where they will find it with the least trouble, viz., the Classified Want Ads. in your business represented there.

Copyright 1912 by S. W. McClure