THE HOME

types of modern women one is struck nuts of the best quality, the shelling by the fact how completely the and grinding need not be more labormerbid, reserved woman is out of lous than the preparation of vegedate and how remoraslessly the droop tables. Once we learn to think of ing, despondent type has been push- nuts (with the exception of the chest-

away from any sort of morbid think- half as much fat as butter, we shall ing, and the woman of a reserved, see that they must be used sparingly melancholy temperament finds herself | but may find many ways of using a peculiarly alone. In this day of sane few spoonfuls here and there to inthinking and cheerful talk, a woman crease the nutritive value of some every case when they fail to proof this type has no place.

She has been forced to make way for a healthier, more inspiring type and this transformation has been accomplished by the simple power of healthful thinking. We realize now thought is power and women who are successful use that power in creating for themselves an atmosphere of strength and courage and friendliness. The power of thinking pleasant thoughts must make its inevitable appeal. It spreads comfort to the darkest corner of the morbid mind and gives an atmosphere of atcraction to even unattractive women. It is a habit, which, if practiced constantly, will rob an irritating situation of 'its sting and turn a melancholy temperament from its

Cultivate the habit of this kind of thinking, and you can work wonders not only on others, but upon yourself And the heauty of it is that it is so simple. All one has to do is to open one's mind and heart to beautiful and pleasant thoughts, and immediately the world about one is beautiful and

pleasant. It is a . fact that you can change temperament and make it what you like by the power of thought, and undoubtedly you can overcome most of the annoying situations in life by this happy process .- New York Times.

ens have been snuggled under their mother's wing, and the various farm noises have subsided in the deepening twilight, the baby's eyelids grow heavy, and he is ready for his cot. But in town, the child whose nerves are more worked upon by the harsher and incessant noises of the street, is less inclined to go to bed when the chickens do, even if he had their rexample to follow, As he grows older the city baby will get into the habit of paying wakeful attention to whatever sounds penetrate off the street, or to the comings and goings of his elders, unless he is brought up to go early to bed and to sleep. In every generation, to 'get sitting up' seems to be a desire of childhood, even though, as David Copperfield found, the coveted liberty can hardly. be taken advantage of by reason of eyes that refuse to stay open.

hour depending on the age of the the woman whose skin is inclined to child, and to some extent on its tem- be oily. Lemon in the bath is reperament, is essential to its present freshing at the close of a hot, dusty and future well-being. The "chil- day. A jar of borax should stand in dren's hour" before bed-time should the cupboard of every bathroom be a quiet one, without active games where the water is hard, as it is an or excitement of any kind. This excellent water softener. Muslin bags should be especially observed with a few inches square, filled with equal nervous or easily excited children in parts of bran and oatmeal, will slso continue to sell it as we do, if it

NUTS IN THE BILL OF FARE.

Nuts have hardly attained the position they deserve as a food instead of a relish. Like cheese, they offer so much meat value in compact form that it is desirable to grind them and combine with less solid foods. The intense vegetarian uses nut cream on his cereal, and others may like it for variety; or we may try grated almonds with our oatmeal, walnuts with our wheat, or mixed nuts with corn.

Nuts lend themselves admirably to substitution, etc., and with slight changes in flavor may be used in place of meat in many such recipes with which we are familiar. Meat

THINK PLEASANT THOUGHTS. | choppers now are often provided with a special plate for making nut but-In reflecting upon the different ters. If we provide ourselves with nut) as containing on the average as The world of today has swung far much protein as cheese and more than simple dish.

PALATABLE SPRING DISHES.

rare and expersive, the housekeeper tract. is obliged to make use of the canned variety, some of which, fortunately ing effect. They are especially good for children, weak people, old folks.

Two sizes 25c and 10c. Sold only at our store—The Revall Store W. A. is a dish of fritters, and the fol- Warren. lowing is a good recipe: Beat two eggs, add a cup of milk, salt to season, a little sugar, and a tablespoonful of butter, then stir in a pint of canned corn, and enough flour with a teaspoonful of baking powder sifted in it, to make a thick batter. Fry in hot lard.

Hominy puffs are a delicious South ern dish, served for luncheon or breakfast. Take one quart of cold boiled, thoroughly cooked, hominy, four heaping tablespoonfuls of flour, two teaspoonfuls of baking powder, one coffee cup of sweet milk, one tea- A good use for discarded feather speconful of salt, and four eggs. Into beds is to put a small portion of the the cold hominy pair the well-beat- feathers into a tick made of muslin en yolks, then salt, milk, flour and the size of your bed, spread the baking powder. Add last the whites feathers out evenly, tack the case on of the eggs beaten to a stiff froth quilting frames, cover both sides and stirred in slowly. Have lard with pretty silkline and knot or tie very hot, drop the mixture in with as you do a comfortable, using hospitals," was his prompt reply. a spoon, and fry a rich brown. either pretty worsted tufts or knots

of the breast, which should be left sult. whole. Put the pieces in a stewpan, with a small quantity of parsley, A good way to overcome self con- Hall, when Mr. Answers was present, The old rule that children should go and a bay leaf or two. Cover with sciousness and to get rid of the senwater, season well with salt and rep- sation of not knowing what to do to bed, as it was phrased, with the chickens, is in danger of being disreded in these over-filled days when Take the fowl out of the liquor, cut start for a long walk along a crowd- him and the baby. And they did—to the meat of the breast into three or ed thoroughfare without even the the fond mother's indignation. school gives an excuse that he hasn't four long strips, and the rest of the tiniest of coin purses between the fintime. In the country when the chick- meat into small bits. Put the bones gers. You will be surprised to note central figure of a fund of good back into the saucepan with an how few really graceful women are stories. ounce of gelatine dissolved in a little making their hands work simultanewater. Boil for twenty minutes, ously with their feet. strain through a cloth and .pour sufficient of the liquor into a deep dish to cover the bottom. When this has set place one or two of the large pieces of chicken in the centre with smaller picces around. Pour in anhas set, place a layer of chicken as wait for the potatoes to boil is before. Continue the jelly and meat quite apt to become a liability alternately until the dish is full, put ting a layer of jelly over all. When the jeily is quite firm dip the dish nish with parsley and slices of lemon.

FOR THE BATH ROOM

The simple bath which is made by slicing a lemon into the water ten Regularity in bed time, the exact minutes before using is excellent for order that they may go off to sleep make a tub of hard water into a did not do all we claim it will. soothing and cleansing bath.

A more elaborate bath, which will rose-water. Add to this some shav- quence our business would suffer. ings of a good soap and a little ben' zoin. This is an excellent skin tonic when stirred into a bath of hot wa- all "93" Hair Tonic will promptly

sists of four ounces of alcohol, half an ounce of ammonia, and one Tonic is so strong that we ask you drachm of oil of lavender. This to try it on our positive guarantee should be bottled and used in the pro that your money will be cheerfully portions of a teaspoonful to a basin refunded if it does not do as we claim

Headaches - nausea - indigestion - muddy complexion - pimples bad breath—these are some of the effects of constipation. The mild, sensible, They contain the latest discovered and best evacuant known, which.

empties the bowels without the slightest discomfort and without disturbing the rest of the system. Constantly increased doses are not necessary.

25c. a box. If your druggist has not yet stocked them, send 25c. and we will mail them. 25

National Drug and Chemical Company of Canada, Limited.

Montreal.

The Doctor's Question | Ceremony of Mangs, One of Lowest | Warm Pen Necessary to Handle the

Much Sickness thus to Bowel Disorders.

A doctor's first question when con sulted by a patient is, "Are your howels regular?" He knows that 98 per cent. of illness is attended with torpid liver, and that this condition oughly before health can be restor-

Rexall Orderlies are a positive, pleasant and safe remedy for constipation and bowel disorders in general. We are so certain of their great curative value that we promise to return the purchaser's money in

Rexall Orderlies are eaten like candy, they not quietly and have a soothing, strengthening, healing In spring, when fresh vegetables are influence on the entire intestinal They do not purge, gripe, cause nausea, flatulence, excessive looseness, diarrhoea or other annoyour store-The Rexall Store, W. A.

> When making a call with my twoyear-o,d I carry a small box of dominoes, with which he will entertain himself indefinitely. The wooden ones are, cheap and cannot scratch even the most beautiful floors, besides maka hostess who objects to this simple all the time is forbidden to look beharmless method of entertainment, which so completely solves the pro- before the goddess." blem of "something to do" in a

of narrow ribbon. A most excellent Cut up a fowl, with the exception substitute for a down quilt is the re-

The woman who never starts dinner until it is too late to get it ready on I was to interrupt you, what would time should remember that procras-vou do?"

'I'd jolly well knock you down! tination always enters the race with one tug unhooked. A hungry husband who has to sit around and torted

A famous beauty's advice on how to keep young is, "Be cheerful, keep into warm water and turn out its busy."........In a word, the woman the League is doing, was for many who wants to look attractive in years King Edward's adviser on all recognize the power of mind over

Hair Health

You Have Scalp or Hair Trouble, Take Advantage of This Offer.

We could not afford to so strongly endorse Rexall "93" Hair Tonic and your work, but as it's my birthday Should our enthusiasm carry us away, and Rexall "93" Hair Tonic not give entire satisfaction to the soften and whiten the skin, is made users, they would lose faith in us by mixing oatmeal into a paste with and our statements, and in conse-

We assure you that if your Lair is beginning to unnaturally fall out or if you have any scalp trouble, Rexeradicate dandruff, stimulate hair A home-made toilet vinegar con- growth and prevent premature ba'd-

Our faith in Rexall "93" Hair Two sizes, 50c. and \$1.00. Sold only at our store-The Revall Store, W.

TO LEAVE MEXICO.

Nogales, Ariz, May 2-High officials of the Southern Pacific Railroad lines in Mexico arriving here today from the Mexican interior, said that they had received notice from the rebels, advising all Americans to remove their families into the United estate was valued at considerably States. The rebels are quoted as hav States. The rebels are quoted as hav ing said that if there was no peace agreement by Thursday night of this week, they would attack all Mexican border towns. Many American famil. ies are leaving Mexico daily.

5 cent and 10 cent bundles of newspapers at MONITOR OFFICE.

DRIVING OUT DISEASE DEVIL.

Indian Castes.

One of the lowest castes in India is says: "Of all the practices in which the Mangs have a part perhaps the most significant is that which has reference to ceremonies of 'riddance' in connection with epidemics. Such ceremonies would seem to have been universal at one time or another among all primitive peoples, and are apparently of two different kinds. Either the 'disease devil' is driven forth by force with much uproar or he is persuaded by methods of kindness and propitiation to remove his unwelcome presence. The latter method is employed in certain parts

the temple of Mar Ai, the goddess specially associated with epidemic diseases. A Mang woman is then dressed to represent the goddess, red paint is applied to her forehead and the horns and flanks of the buffalo and a procession is formed, headed by the woman and by the buffalo, which is usually led by Mangs. In front of the buffalo walk seven Mangs, each bearing an earthenware and nervous to submit to having the pot containing a mixture of four intoxicating drugs and seven kinds of

of the Deccan and on such occasions

"The buffalo is cut with a sword and a hole is pierced in one after another of the jars, so that as the procession circumambulates the village its passage is marked by a trail of blood and of the liquid dropping from the jars. On reaching more the temple of the goddess the ing little noise. I have yet to find buffalo is killed and the woman, who hind her, drinks of its blood. The head of the buffalo is then buried

> Notes on New Knights. King George has celebrated his first New Year as sovereign by adding handles to the names of many gifted

One of the best known is "Sir" Joseph Lyons, who supplies 400,000 people with meals every day.
"What would you do," he was once asked. "if you were ten times as rich as Rockefeller?"

"I would cover England with free Henry J. Wood, the famous conductor, is another who exchanges the commonploce "Mr." for the distinguished "Sir." He insists on silence while he is presiding over his orchesira. On one occasion, at Queen's

now, knight, Arthur Priestley is the particularly irritating, heckler particularly irritated Mr. Priestley, who turned on him suddenly with the demand, "If you were in my place, and

shouted the heckler. To which the athletic candidate re-

"Then kindly step up!"

Friend of Kings.

Lord Farquhar, who, as chairman of the League of Mercy, has received a letter from King George expressing his interest in the good work which middle age, and afterwards, must matters relating to His Majesty's private, financial, and business affairs. It was Lord Farquhar who, when King Edward ascended the throne, discovered that many abuses had crept into the working of the royal household, and these he promptly brought to an end. Lord Farquhar is, in every way, a man of the world, and, say his friends, has been so from boyhood. At least, they tell a story of his walking into a village school near Cromer on his tenth birthday and in a lordly way demanding to inspect the children's writing. The copybooks were laid out and inspectand then the youthful critic said. "Well, boys, I can't say much for you may all take a holiday from In one minute the school had

> Long-Service Members of Parliament. The fact that just before the end of the session, Hon. Mr. Haldane cele-brated the twenty-fifth anniversary of his Parliamentary connection with East Lothian is a reminder of the few member of the British House of Commons whose career at Westmin ster dates back to the 'eighties. The present "Father" of the House, Mr. Burt, has represented Morpeth since the general election in 1874, when Mr. Balfour likewise entered the assemoly, but the defeat of the leader of Opposition at Manchester in 1906 eprived him of the position of "Father," though a very few weeks later he was elected for the City of London. Both Sir Charles Dilke and Mr. Chaplin entered Parliament as far back as 1868, but they have not sat continuously; so that Mr. Chamerlain, who first appeared at St. Stephen's in the summer of 1876 for the then undivided constituency of Birmingham, is the "Father-elect."

Baby Heir to Millions. Some idea of the wealth to which the baby son recently born to Earl Fitzwilliam is heir may be gathered from the fact that the late peer's has large estates in England and Ire land which are said to produce him nearly \$700,000 a year. A practicalminded peer, the earl has played many parts, and distinguished himself as » mechanic, mining engineer, big game hunter, soldier, politician, and macistrate.

THE FARROWING SCW.

Early Litters. If the sow has been properly fed the Mang, concerning whom a writer and handled during preguancy very little attention will be required at farowing unless the weather should be severe. Each sow should be placed in a pen by herself three or four days before due. For the early litter a warm pen is necessary. It should be dry and supplied with a small amount of straw or chaff. Too much bedding is dangerous, as the pigs are much more apt to be lain on by the sow. A guard rail should be placed eight inches from the floor and six or eight

means of safety to the pigs. The attendant can easily tell when a sow is about to farrow by the milk "A male buffalo, purchased by the contributions of the village, is led to advance. In cold weather it may be necessary to dry and warm the pigs by artificial heat. A barrel or box with some hot bricks or stones wrapped in blankets is excellent for this purpose. The pigs may be placed in the warm box or barrel and when thoroughly dry and warm put back with the sow to suckle. Sometimes it happens that a sow will be too cross pigs removed in this way. The man who has made friends with his sows previously will commonly have little difficulty in working about them at

inches out from the wall as a further

Possibly some may not be aware of the fact that a newly farrowed pig will very seldom squeal if picked up by the tail or ear. Many pigs are lost annually through carelessness at farrowing time, probably more than by overattention at this time, although too much solicitude may result in harm. The sow should be kept as quiet as possible the first twenty-four hours, receiving nothing but water, which should be warmed, especially if the weather is at all cold. The feeding for three or four days should be light, a warm bran slop being given at first, gradually working up to a full feed at the end of a week or ten days .-Kansas Farmer,

General Utility of Mules. In feeding mules, it may be well to remember that they will keep fat on about three-fourths the allowance of a horse of the same weight, that they will eat up roughage and their grain ration will only be about two-thirds that of a horse.

When it comes to daily care and attention the mule will live where the horse will soon die. These large eared friends are also

more sure footed than the horse, resist heat and flies better and do not chafe or gall so easily. The objection many farmers raise to

the use of mules is that they do not breed, that they are stubborn, often vicious, and that they are entirely unsuited to pleasure purposes. Those objections are worthy of con-

sideration, but the many good qualities of these sturdy beasts seem to more than offset them.

Haphazard Farming. The man who says that dairying doesn't pay is the man who never uses the Babcock test and keeps no record of his individual cows' doings. He is the man who thinks because he keeps twenty cows he ought to get so much milk without any thought upon his part. If you are keeping animals which are eating up the profits of good milkers in the same herd, why not find it out right away and get rid of the lazy

with a view of rapid development of fat, but the horse is used for mechanical power and should develop great bone and muscle. Muscular development cannot be attained in close confinement, and the young animal should not be tied to a stall and fed corn and timothy hay to fatten him for the A Horse Pointer.

Importance of Bone and Muscle.

The farmer raises cattle and hogs

Did you ever notice that when out in the field a horse always stands with his face away from the wind and storm? Here is a pointer for you. Hitch your horses with their heads away from the wind.

The Buttermaker. Absolute cleanliness is the first requisite in making good butter: sanitary surroundings come next, and right temperature, with attention to details in the care of cream third.

******* THE SWINEHERD.

A mixture of a little salt. charcoal, ashes and air slaked lime has a good effect on parasites of the digestive system of either young or old pigs.

If the pigs develop a lighter bone than that possessed by the sire and dam then there is something wrong with the feeding. Pigs must have bone and muscle forming feed and should never be allowed to lose their baby fat.

No animal on the farm will respond to kind treatment quicker than the hog, and kind treatment means a good deal in the accumulation of marketable meat.

Smaller pigs are kept stunted if left with the larger, stronger ones by being crowded from the feeding troughs.

It pays to grade the pigs carefully. Put the smaller ones by themselves and give extra care. \$

MINARD'S LINIMENT CURES PAIN MINARD'S LINIMENT cures Burns,

Used in Canada for

over half a century -used in every corner of the world where people suffer from Constipation and its resulting troubles-

Dr. Morse's Indian Root Pills,

stand higher in public estimation than any others, and their everincreasing sales prove their merit. Physicians prescribe them.

25c. a box.

REAL ESTATE

FOR SALE OR TO LET

Residence of Harry J. Crowe, situated on Granville St. opposite the Baptist Church.

House contains nine Rooms, Modern Bathroom, Electric Lights and Furnace, Good Stable in rear.

> Apply to JAMES QUIRK,

Bridgetown, Sep. 26th. 191.

Small Place For Sale

Home, situated on Granville street West, Bridgetown, nine rooms with piazza and bay windows. Barn, Wagon House and other out buildings. Three quarters acre land. 75 Fruit Trees, apples, plums, pears. Short distance from two railway stations, arrived, including dainty Anniversary churches and schools.

Will sell right on easy terms, or Alarms. from 85 cents up. W. AVARD MARSHALL

Bridgetown, Aug. 15th. SMALL PLACE FOR SALE.

Of about five or six acres of land, situated near Carletons Corner, nearly new house with barn and ware always on hand. other out buildings, 170 apple trees, just coming into bearing, plums, pears and small fruit. For further particulars apply to M. WHITMAN, Blacksmith,

Bridgetown, or A. A. TAYLOR, East Inglisville,

Anna Co., N.,S.

FARM FOR SALE

The subscribers offers his valuable Farm for sale situated in Clarence, The Weekly Monitor and four miles from Bridgetown. Has a fine orchard and a good hay farm. Plenty of wood and water. ADONIRAM RUMSEY.

FARM FOR SALE.

The subscriber's farm at Lawrencetown containing seventy acres. There is on the place an Orchard, Hayland, Pasture, Wood and Poles. The whole or part of the place will be sold at a bargain. J. B. HALL.

Truro, Apl. 4th, 2 mos. FARM FOR SALE

Small farm with good Orchard and building and marsh. Upper Granville, Jan. 5th, tf.

Arsenate of Lead

We have just received a large quantity of SWIFT'S ARSENATE OF LEAD for spraying.

Spray Pumps and fittings always in stock.

Freeman's HARDWARE

Fashionable Tailored Suits

From \$10. to \$20. As near perfect as possible.

Nobby Boys' Suits, Leather Caps, in latest styles.

Try our new Collars in Biplane, Monoplane in 1-4 sizes.

HAYWARD'S CLOTHING STORE COR. QUEEN AND GRANVILLE ST.

BRIDGETOWN, N. S.

Greatly Increased Patronage Has compelled us to seek greater accommodation. Our new quarters, just across Hazen Avenue from our present premises, will give us nearly double our present space, and greatly increased fa-

We are grateful for the patronage that has compelled this forward movement, and will endeavor to maintain our preutation.



BANKS & WILLIAMS

Commission Merchants Fruits and Produce

78-8 Bedford Row, fronting on Market Square HALIFAX, N. S.

SOLICIT CONSIGNMENTS of all kinds of FARM PRODUCE. EXCELLENT STORAGE FACILITIES LONG EXPERIENCE AT THE BUSINESS PROMPT RETURNS. MARKET QUOTATIONS FURNISHED ON

APPLICATION H. H. Banks - H. F. Williams

Watches Clocks & Jewelry

A new assortment of Clocks just Clocks, 8 day Mantle Clocks and fine

I make a specialty, of all kinds of Watch and Jewelry repairs, and am in touch with all the leading jewelry houses and can give you prompt attention and excellent satisfaction

along these lines. A smll stock of good Silver-

Ross A. Bishop YOU CANNOT REACH

The Buying Public of the most populous section of Annapolis County unless you ad-

vertise in Western Annapolis Sentinel

the paper that goes into more homes than any other Annapolis County paper. The paper that reaches the homes is the

Guide to Household Buyers.

Ladies' Whitewear

Our Spring Underwear is now in stock, includ-

NIGHTGOWNS, SKIRTS DRAWERS AND COR-SET COVERS.

All at popular prices. ---ALSO--

Women's White Knit Vests and Drawers; long, short and no sleeve Vests; Children's Vests and Nazareth Waists.

Tailored and Lingerie Blouses.

Corsets and Hosiery.

George S. Davies STORE ROYAL BANK BUILDING