

THE HOME

THE CHILD'S FACIAL EXPRESSION.

Some day give an hour or two to strolling through the streets, looking at the faces of little children, and studying their expression. It will be a wonderful revelation to you, and you will go back to your own wee ones with a new insight, a fresh understanding of many things, perhaps which you had not thought about before.

The face of a healthy child in repose should be soft and rounded. The eyes should be wide open and clear, and able to look straight at you. The shrinking, timid child is seldom strong physically. The forehead should be perfectly smooth, the cheeks plump and pink, the lips softly set and full. No matter how widely diversified the types, if there is any noticeable departure from these general conditions of countenance, something is wrong. And you will see during your stroll that there is something wrong with a great number of little ones.

The first one that met my eyes one morning was a pale-faced little thing, with her forehead puckered to a point in the center. Her arms and legs were as thin as the proverbial pipe-stem. I looked at the mother, and saw that the sensitive little one was simply the reflection of a worried, nervous woman, and photographed the worried, nervous, old look of the mother's face. This mother evidently had little control of her nerves. She was one of those who believe they are doing their duty by providing the child with cleanliness in the home, clean clothing, cooking its meals, washing its face and sending it to school. But the woman forgets her duty when she allows her nerves to fly toward all points of the compass hitting the helpless baby as they go. They mother may see no cause why her child should be delicate, but this is cause enough. Perhaps she has been allowing her child to sip at her tea or coffee. If so, she must stop it. And she must stop drinking these beverages herself until her nerves are built up. The child needs milk, and quantities of it. It needs to abstain from sweetsmeats of all kinds. It needs to live out of doots, and not go to school too early. And it needs that mother be calm and quiet, brooding and sweet.

Another little child has a dark, sallow complexion, with rings under its eyes. It needs, madam, to be restrained in the quantity of food which it eats, and to be given ripe fruit and vegetables as a dietary, with little or no meat, and no stimulants or condiments. It needs a great deal of merriment in its home.

Here is a bonny lassie abnormally fat. The cause immediately presents itself. She carries in one hand an ice-cream cone, in the other a half-eaten cake. But eats with such evident enjoyment that it seems a shame to say, good mother, that you must check the young lady's alimentiveness. But you must positively stop her eating between meals. You must provide her with violent exercise such as daily tennis playing and long walks and hill-climbing. You must keep her mind occupied with studies, and away from her little "tummy."

Another child has a sly, furtive expression on his thin little face. He never looks at you directly, and seems constantly peering about to find some forbidden outlet for his energies. He does not look healthy in mind or body. Some good parent has contracted the habit of restraining this child's physical activities, depriving him too constantly, and forbidding him the things which he wants to do and to have. Do you ever stop to consider why you prohibit it certain pleasures and activities to your little one? Are you sure that your prohibitions are perfectly sane and just not merely selfish? This child has found such a wide discrepancy between that which he wants to do and that which you allow him to do that he is taking his pleasures furtively. He is lying to you, and disobeying you. Loosen the tight rein you are holding upon him, and gain his confidence. Let him once see that you are not an embodied forbidding frown, and you will get it. You can buy new furniture and new clothing to replace that which your child wears out in his gambols, but you cannot buy the child himself a new character if you deform the one which he now possesses.

Mr. W. S. Gunesalus, a farmer living near Fleming, Pa., says he has used Chamberlain's Colic, Cholera and Diarrhoea Remedy in his family for fourteen years, and that he has found it to be an excellent remedy, and takes pleasure in recommending it. For sale by druggists and dealers

TO USE LATE RHUBARB.

Rhubarb jam or jelly to be kept for future use is best made in August, as the juice then will thicken a great deal better than that from the spring rhubarb. Pick a bundle of stalks, wash, and wipe them dry, but do not peel them. Cut into small pieces, weigh, to each pound of rhubarb, add half a cup of water, and let it simmer until the juice is extracted. Strain through fine muslin or cheese cloth, measure the juice, and allow a pound of sugar to a pint of juice. Put the juice on in an enamelled pan and let it simmer until it begins to thicken on the edge, then add the sugar previously warmed in the oven, and let it simmer until it "jellies" when dropped on a cool plate. Remove the scum carefully, turn the jelly into glasses that are fresh from the scalding water, and let stand until cold and firm. Pour melted paraffin over the top, cover with paper, and keep in a cool, dark closet.

An appetizing rhubarb preserve is made as follows:—Chose red stalks, wipe them clean, and cut into small pieces, removing the strings. Weigh the rhubarb and to each pound allow three-quarters of a pound of sugar. Put the sugar and rhubarb into a large bowl, stir them together and leave overnight. Strain off the syrup into preserving pan, bruise some root ginger tie it loosely in a piece of muslin and put into the pan with the sugar. An ounce of ginger to four pounds of rhubarb is sufficient. Heat the syrup to boiling point, boil up for two or three minutes, then pour hot over the rhubarb in the bowl and set aside in a cool place till next day. Then turn into the preserving pan and boil stirring occasionally but carefully so that the rhubarb will not be mashed. When the pieces look clear and the syrup thick remove the ginger, and seal the jam in glass or porcelain jars.

Chronic or recurring ill-health is often due to what may be an unworthy satisfying of a craving of the appetite. When any food, drink or stimulant cannot be resisted, and it is known to have a deleterious effect upon the system because of its qualities or the quantities in which it is used, it is time to expunge it entirely from the dietary. But nothing will be accomplished in this direction until we cease to deceive ourselves as to what is and what is not good for us, not allowing desire to blind the judgment. Go into the matter of correcting your wrong habits, not with a mournful sense of self-sacrifice but with the same pleasure with which you would enter a game, determined to win. You will begin to find a certain satisfaction in the exercise of mental and moral muscle, and in feeling the fiber of mastery over your own being. And so responsive is the system to any chance given it to recuperate itself that you will begin to feel an immediate influx of new, clean-cut energies. The acquisition of good habits is not a formidable task, if a little attention be given to their regular and intelligent practice in time. And the practice of modification and regularity should not be limited to eating and drinking alone but should be applied in all of the exigencies of living.

Chocolate, as an agency for temperance, is doing much to destroy the appetite for intoxicating liquors inasmuch as it furnishes a wholesome substitute. Many saloon-keepers (so I am told) are serving hot chocolate across the bar today, who, a short time ago scoffed at the idea. Men who do not patronize the bar and who, a few years ago would not be seen at a soda fountain, are now the best customers the fountain has for hot or cold chocolate. The trade in this beverage is growing to such an extent, I am told, that the fountain men now purchase the chocolate in wholesale quantities. The wife, desirous of breaking the husband of the drink habit, no longer drops some mysterious substance into his coffee, but gives him a cup of well-prepared chocolate or cocoa.

The British Coal strike has focused the attention of engineers on discovering some substitute fuel which shall be easily obtainable, and as cheap, or cheaper all over the world. A Swedish engineer has discovered a means of burning peat in locomotives as economically and as satisfactorily as coal, and other engineers are busy perfecting systems of burning crude oil. Petroleum is obtainable in nearly all parts of the world, and it is confidently expected that within a short time commerce will be independent of coal.

Gruel, when properly prepared, should be a little thicker than cream and should be absolutely free from lumps.

HAY FEVER.

Hay-fever is a nervous disease, and acid conditions throughout the body irritate the nerves and intensify the suffering. Everything must be done which will tend to reduce and overcome these conditions.

Cut out all nerve stimulants and irritants like tea, coffee, alcoholics and all acid drinks, vinegar and pickles. Let your dietary be of the simplest meats once a day or none at all; avoid all acid fruits. If you can obtain some good alkaline mineral tablewater, drink it freely, if not then a heaping teaspoonful of Rochelle salts in a half tumbler of water, once a day preferably in the morning, is an excellent substitute. Keep the bowels free. Do not allow yourself to overwork, and above all, don't worry.

Take a cool-water bath with a little salt in every morning on rising, or on retiring if you prefer, but don't neglect it, for the skin must be kept in active and tonic condition. Do you realize that the mucous membrane of the bronchi is but an extension or continuation of the skin? Anything which will increase the health of the skin will help the irritable mucous membrane to withstand the assaults of the hay-fever irritants. Intermittent use of the cool baths is of little value and may do harm. Those who form the habit of cool water bathing grow in vigor and strength and power of resistance to colds and catarrhs and their attendant dangers.

Outdoor or fresh air exercise is most important. Strong and healthy muscles mean strong and healthy nerves. Fresh air at all times means more oxygen in the lungs, better blood, better health.—Hayes Institute.

WHEN SOMEBODY FAINTS

If somebody faints, this is what to do. If due to the effect of bad air in a close room or the shock of hearing bad news, loosen the clothing of the patient, sprinkle cold water on the face and chest, put a cloth, wet in very cold water, at the back of the neck, and lay the patient down with the head slightly lowered. If the victim happens to be sitting upon a chair or has fallen back upon one in an insensible condition, grasp the back of the chair down near the seat and tip it back slowly until the head is well lowered and the lower limbs elevated. This treatment and sufficient fresh air will, as a rule, restore consciousness quickly. It may be wise to administer a stimulant such as aromatic spirits of ammonia, if obtainable; twenty drops in a tablespoonful of water is a dose, which should be repeated in ten minutes, if necessary.—Dr. Chas. Williams, in Woman's Home Companion.

INDIVIDUAL LOCAL PRIDE.

Nowhere does individual effort count more than in improving the appearance of a town. If every citizen would consider himself a committee of one to help beautify his home the question of a clean, attractive city would be settled. Too often one man waits for another, or individuals wait for some organization for the town authorities to move first, with the result that little is done.

It requires no committee or organization for a man to sweep the sidewalk or trim the grass on the roadside in front of his house, keep the lawn, house and garden neat, to remove pots and pans, broken bottles and other rubbish from the back yard but it all helps to make the town more beautiful. One trouble is that here and there is a man who is too indifferent or too indolent to do these things, and one such man can mar the beauty of a whole neighborhood.

Another trouble is found in vacant lots. It is the owner's place to keep the weeds down and it is to his interest, but generally he fails to do it, and the lot is given over to weeds and rubbish.

What is needed is local pride on the part of the individual and a general public spirit that will not tolerate disfigurements.—Exchange.

MENDED HER SPINE WITH WIRE.

New York, Aug. 2.—Mrs. Mary Marino, of No. 19 Orchard street, Orange N. J., who is in the Orange Memorial Hospital, broke her spine more than two months ago in a fall down stairs. Instead of using a plaster cast, usually resorted to, when a spine is fractured, Dr. Edward Calvin Seibert performed an unusual operation by reinforcing the fractured vertebrae with fine wire. The surgeons who are watching the case said yesterday that Mrs. Marino was able to move her legs and feet. Her recovery is now almost complete.

Gruel, when properly prepared, should be a little thicker than cream and should be absolutely free from lumps.

FEARED HE HAD CONSUMPTION

"Fruit-a-lives" Cured Him



HUGH MCKENNA, Esq.

ST. STEPHEN, N.B., Jan. 17th, 1911. "I wish to tell you of the great good 'Fruit-a-lives' have done for me. For years, I was a martyr to Chronic Constipation and Stomach Trouble. I was greatly run down and my friends feared I had Consumption. I tried numerous doctors and all kinds of medicines, but received no relief until advised to try 'Fruit-a-lives' by Mr. McCready of St. Stephen, and am pleased to say that I now enjoy excellent health. 'Fruit-a-lives' are the best medicine made, and I strongly advise my friends to use them".

HUGH MCKENNA.

"Fruit-a-lives" is the only medicine that will positively and completely cure Constipation. This wonderful compound of fruit juices acts directly on the liver, causing this organ to extract more bile from the blood, and to give up more bile to move the bowels regularly and naturally.

50c a box, 6 for \$2.50, trial size, 25c. All dealers or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

TERRIFIC EXPLOSION AT PORT-AU-PRINCE, HAYTI.

Four Hundred Persons Killed or Injured.—When the Powder Magazine Exploded, Every House in City Shook Violently.

Port Au-Prince, Hayti, Aug. 8.—At 3.15 this morning a formidable explosion shook violently every house in the city and caused all the population to rush into the streets. Every body rushed toward the National Palace where it was found that the powder magazine had blown up. A few minutes afterwards the Palace itself which was built of wood, and had been badly shattered by the shock, caught on fire and was destroyed.

SERIES OF EXPLOSIONS.

During the fire a great number of explosions succeeded one another, caused by the enormous quantities of ammunition which had been stored in the cellars below the Palace, and these presented the large force of firemen who had been quickly called, and the population which was endeavoring to help, from fighting the flames.

MANY HOUSES DAMAGED.

All the houses around the Palace were greatly damaged by the explosion, but as the Palace itself was isolated, the firemen succeeded in their efforts to localize the fire. The force of the explosion was such that it projected a number of small cannon to a distance of over two hundred yards.

PRESIDENT PERISHED.

The members of the family of the President, all of whom were in the Palace at the time, were saved, but President Leconte himself was not seen again, having perished in the flames.

It is feared by many of our farmers that the wet weather which has continued for three weeks past, with only an occasional dry day will seriously injure the potato crop. Blight caused by wet ground and damp atmosphere, has already appeared in some places in the Valley. A considerable quantity of hay has also been hurt, or wholly spoiled, says a Kings County exchange.

In rebuilding their destroyed churches in Regina, after the cyclone, the Presbyterians and Methodists of that city are seriously considering Church Union and are determined not to overlap each other's work in any scheme of rebuilding.—Ex.

Dr. Morse's Indian Root Pills

are not a new and untried remedy—our grandfathers used them. Half a century ago, before Confederation, they were on sale in nearly every drug or general store in the Canada of that day, and were the recognized cure in thousands of homes for Constipation, Indigestion, Biliousness, Rheumatism and Kidney and Liver Troubles. Today they are just as effective, just as reliable as ever, and nothing better has yet been devised to

Cure Common Ills

Men's Cool Furnishings

FOR WARM SUMMER DAYS

Shirts--

MEN'S NEGLIGEE SHIRTS, made in all Newest Styles, 60c, 85c, 95c, \$1.00, \$1.25, \$1.50, and \$1.75.

MEN'S SILK SHIRTS, \$3.75 each.

Half-Hose--

We have a very fine stock of HALF-HOSE in Plain Black Cotton, Colored Cotton, Black Cashmere, Fancy Lisle Threads. Prices run from 20c. to 50c. per pair.

Straw Hats--

MEN'S STRAW HATS in the very Newest Shapes. Prices from 50c. to \$2.00.

GILBERT E. HARTT.

Corner Granville and Queen Streets, Bridgetown.

FINE GROCERIES

"The Best is None too Good."

Buy at Lloyd's and get satisfaction.

J. E. LLOYD & SON.

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, Goodyear Welt. sizes 1-5, 1-6, 1-6½, 2-7, 2-7½, 2-8, 2-8½, 1-9. Regular price \$4.25 now only \$2.98
- DERBY, Tan Calf Blu. Oxfords, welt. sizes, 1-5, 1-6, 1-8, 3-8½, 1-9½, 1-10. Regular price \$4.25 now only \$2.98
- DERBY, Gunmetal & Box calf Oxfords, welt. sizes, 1-5, 1-6, 2-7, 2-7½, 1-8, 1-8½, 1-9. Regular price \$4.25 now only \$2.98

Many other good shoes at similar reductions.

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in style, excellent in workmanship. Old English

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smooth or kid finish stationery. Ask for samples,

NEW SPRING GOODS

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

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Real Estate

For Sale

ORCHARD FOR SALE.

23 acres of choice orchard land, situated at Wilmet in the heart of the apple-bearing district of the Annapolis Valley. Land once owned by the late Brower G. Stronach. 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.

FOR SALE.

One-half double house, nine rooms, with barn and garden plot. Also small house and barn with acre of land, containing fifty fruit trees. Also ten acres field, situated on Granville street. Sold separately or combined. Apply to

H. M. CHUTE, Bridgetown, May 20th.

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.

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.

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