

THE HOME

HEALTHY MINDEDNESS.

The great need in many women's lives today is the cultivation of healthy mindedness. We can never eliminate worry from daily life in the sense that all life contains some measure of difficulty of discipline, of pain. But we can cultivate the right mental attitude, try to see the good, the beauty, the happiness of life, and not morbidly exaggerate its trials. The first result would be improved looks, because beauty is very largely dependent upon expression. The worrying woman loses her charm, her power of attraction, she develops lines, ugly lines which suggest a warped nature, a selfish soul, a small, self-centered mind. In the second place the physical health is immensely improved by the cultivation of healthy optimism and simple cheerfulness. Enthusiasm and optimism increase the rapidity of the blood circulation. Cheerfulness is a direct stimulant to the nervous and digestive systems. Thus the food is more easily digested. Everybody knows how a family quarrel, a "few words," or a "worry" at meal time banishes a desire for food and brings on indigestion. The woman who gives way to worry is deliberately depressing all the vital functions. As a rule she loses weight because the body nourishment is impaired, and what doctors call tissue metabolism is interfered with. The remedy is partly physical, partly psychological. In the sense that the woman who worries must make up her mind to get well. At the same time any chronic health ailment must be attended to. Dyspepsia may be a cause as well as an effect of worry. A decayed tooth by causing attacks of neuralgia will increase any tendency to worry about trifles. Attention to the general health is also of importance in improving the vitality. Thus fresh air, outdoor exercise, and healthy recreation must not be neglected. Then there is the determination not to give way to worry is the first step. The habit of self-control can be acquired. But it requires daily, almost hourly effort. The worrying woman must keep before her the idea that healthy mindedness is a real worth striving for. Her nerves are out of hand. They want rest. So that a day or two, even one day, in bed in absolute quiet is often the best beginning to treatment. Fatigue will start the worry habit. Rest will help to cure it, will help to restore the energy, vitality, repose, peace, the possession of which are essential if we are to face the worries and disorders of every-day life in the right spirit.—Dr. Elizabeth Cresser in London Leader.

MOTHER'S EXAMPLE.

You must set your own standard of living according to your own income, education and tastes and not according to your neighbor's House-keeping and cooking should be interesting and worthy work, and the majority of women should enjoy it, if they would improve their opportunities to know more of its science and system. It must be considered elevating, the highest art, and not a brainless occupation. If a man is not ashamed of his profession or work why should a woman be ashamed of hers? There is no household management without a home, and no thoroughly organized home without some kind of system. Your systems may not be mine, nor mine yours. Why should I set myself up as an authority to say on what days you would wash, iron, mend, bake, make calls, polish silver or wash the windows? Monday does not suit me as a washday, but it might suit my neighbor perfectly; and we might follow down through each day in the week and differ in the days for regular work. Study your own home and the needs and conveniences there, and then systematize your work accordingly. A business man sold me in his office that he looked back he could see how thoroughly systematic his mother was in the home and how his father's and later his own, success in life could be traced to that very fact. Now, in his own home he is fortunate in the same careful management there, which was easy to see reflected in this successful business man.

TO WASH VELVETIN.

Not every owner of a velvet gown is aware that velvet stands washing. Yet this can be very successfully done with care. Have ready a warm soap lather, immerse the velvet garment in it and gently rub until the dirt disappears. After rinsing in clean water, lay the velvet flat on a clean towel and iron with hot irons frequently changed. Then hang in front of the fire to finish drying, and the pile will come up like new. Painted sofa pillow tops of velvet can be washed very nicely.

A LABOR SAVER.

Most every housewife has complained of scrubbing on the stairs, on the sides and back, also bare holes there is oil cloth, it is a good idea. Now, if you would get a piece of zinc, have it planed out to fit the sides and back, also bare holes large enough to allow for tacks, an place as close to the sink as possible, turning up rough edges, they will have something that is easily cleaned clean, well and is more healthy than oil cloth or wood. It can be wiped with a cloth dipped in kerosene.

FOR SMALLPOX.

A California medical man and a friend of ours gave me this curious prescription as a sure preventive as well as a cure for smallpox: Place one ounce of cream of tartar in sixteen ounces of pure water and take a tablespoonful three times a day, and you may sleep with a smallpox patient with perfect immunity.—Exc.

USE FOR AN ALARM CLOCK.

When one has a variety of work to do on baking day an alarm clock will be found particularly helpful. Just set the alarm at the time bread or cake should be done, and one may give her whole attention to another task without fear of forgetting the baking.

INK STAIN ON WOOD.

Vinegar and linseed oil blended will remove ink stains from wood; rub with the grain of the wood till the spot disappears; then polish with a piece of soft linen.

GIVING POWDERS TO CHILDREN.

A novel way of giving children powders is to cut open a chocolate cream, insert the powder and close it up again. It is even better than putting it in jelly.

A SOLUTION FOR CLEANING GREASE FROM WOOLLEN IS MADE FROM ONE PART SALT AND FOUR PARTS ALCOHOL.

If new shoes blister the feet, rub the shoes on the inside lining with a piece of hard soap.

ANOTHER C. P. R. WRECK.

Montreal, Jan. 8.—This afternoon at Vincent de Paul Station on the C.P.R. line, the train which left Montreal at half-past one p.m. was standing west of the station and the train from Quebec overran the switch at which it should have taken the side track, with the result that the baggage car partially telescoped the second class car following, killing three passengers and the brakeman. The engineer of the train from Quebec J. C. Hamilton, was badly injured as was the conductor, O. Frchette.

LOOK OUT FOR YOUR FACE.

"My boy," said a wise father, who knew how to play and be a chum with his twelve-year-old lad, "you do not own your own face." The boy looked puzzled. He had come to the breakfast table with a frowning, clouded countenance, and had started moodily to eat his food. Everybody felt the shadow of his ill spirits evident in his looks. His father's unexpected words brought him back to life, and he looked up with a half-guilty expression, but did not understand what was meant. "You do not own your own face," his father repeated. "Do not forget that. It belongs to other people. They, not you, have to look at it. You have no right to come to them to look at a sour, gloomy, and crumpled face." The boy had never thought of that, but he understood and did not forget. And all of us should understand and none of us should forget that our faces belong to other people.

GASOLINE FOR FLEAS.

When a house becomes infested with fleas the family dog or cat should be washed every other day with carbolic soap to kill the adult fleas, and if the animals are allowed to run about the house, they will in a few days attract all the fleas to themselves, where they can be destroyed as above indicated. If dogs or cats are not available as traps, gasoline should be applied after a thorough cleaning of the infested quarters. Pour the gasoline into cracks in the floor and along the baseboards, etc., taking care not to pour it near a fire. Gasoline will kill both larvae and adults as soon as it touches them.

SAVING THE HANDS.

When washing dishes, a small mop will save the hands from contact with hot water. Wearing rubber gloves will protect the hands, but they should not be worn except in the kitchen, as they make the hands perspire. A pair of large, old kids, or even cotton flannel will protect the hands while sweeping, and doing other housework. It is the grinding of the fine particles of dirt into the hands that ruins the texture. If the hands look grimy, rub fresh clean lard over them, then wash with almond or corn meal, instead of soap, and they will be clean.

A New Laxative - the best known to modern medicine is the active principle which makes NA-DRU-CO LAXATIVES so much better than ordinary physics. While thoroughly effective, they never gripe, purge or cause nausea, and never lose their effectiveness. One of the best of the NA-DRU-CO line. 25c. a box. If your druggist has not yet stocked them, send 25c. and we will mail them. National Drug and Chemical Company of Canada, Limited, Montreal.

MONTREAL WITNESS

"Canada's Best Metropolitan and National Newspaper"

Strong and Courageous

The "Daily Witness" on trial \$1.00 regular rate, three dollars. The "Weekly Witness and Canadian Homestead" on trial .65 regular rate, one dollar.

These trial rates are offered to NEW subscribers—or those in whose homes neither edition has been taken regularly for at least two years, that is, since it has been so.

Wonderfully Enlarged and Improved

Its circulation is being doubled, and is the most popular paper among church-going people. Its subscribers love it.

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THE BLESSING OF WORK

Can you work when you want to? Are you able, when troubles and anxieties harass you, to fling yourself into work that must be done, and thus dull or even completely forget these harassments? As long as you can say "yes" to these queries, my friend, I don't think you have any right to complain of your lot.

One of the most wonderful lines that Elizabeth Stuart Phelps ever wrote was this: "Too useful to be lonely and too busy to be sad." She was writing of a woman who had many of the ordinary reasons for unhappiness, but who was not unhappy because she was "too useful to be lonely and too busy to be sad."

I was quoting that line to an invaluable friend the other day and she sighed. "No one knows better than I how true that is," she said, "It's just because I haven't the strength to keep off anxiety and discontent to keep off being useful, and sadness by being busy, that I am so unhappy. I used to think my life was pretty hard when I had to work all the time, but now I know how very fortunate I was then. No one who has the health and strength to work and keep off unhappiness that way knows what real sadness is."

Half of your grievance you see—the necessity of working hard—is your greatest blessing. "Thank God every morning when you get up that you have something to do which must be done, whether you like it or not," says Charles Kingsley. "Being forced to work and forced to do your best will breed in you temperance and self-control, diligence and strength of will, cheerfulness and content, and a hundred virtues which the idle never know."

Perhaps this morning you faced the routine of a busy, exacting day with revolt and discontent. Perhaps you said: "If I only didn't have to work!" You will remember tomorrow morning won't you, that in the necessity for meeting the exacting of your day, you have the greatest antidote for worry and discontent and disappointment that the world has ever known, and that in the ability to meet these exacting you have a blessing which many thousands of your fellow beings envy you with all their hearts.

Perhaps you are of another class—of those who are able to work, but are not obliged to. Then you are not so fortunate as those who have something they must do every day, whether they like it or not, but if you will, you may still be much more fortunate than those who cannot be busy, no matter how much they may wish to be.

For you, Mrs. Phelps' great line is not so much a reminder of your blessings, as a suggestion of the possibilities of your life. It tells you the good news that you need not be sad or lonely any more, if you do not wish to. It is a bugle call to you to find the corner of the world's work which needs you and be "too useful to be lonely and too busy to be sad."—Ruth Cameron.

AEROPLANE PROPELLERS.

Principal Problem is the Selection of Proper Material.

The first aerial screw was proposed and used by Leonardo da Vinci, the great artist, architect and man of learning of Italy, who, like Giotti and Michelangelo, was too big for any one art to contain. After the fashion of most master minds, he went right to the heart of the matter and pointed out the ideal propeller for air navigation, but it was centuries after before the little men around him could get away from the follies of oars, paddle wheels, windmills and such primitive ideas as incumbered their minds, and it was not till 1834 that a series of Frenchmen finally developed the screw for balloon propulsion. Fifty years thereafter it approached the true helix under Dupuy de Lome in 1872.

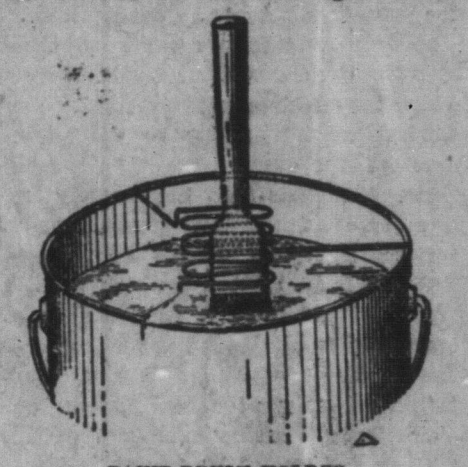
Colonel Renaud in 1888 published the results of his numerous experiments on the losses due to slip, etc., and the causes thereof, and gradually it became apparent that these should not exceed 50 per cent of the work of the motor in any well designed screw. The development of the various types soon again divided into classes—slow speed and large diameter and high speed with small diameter. At present both classes have their ardent adherents, but in view of the conclusive results in favor of the slow speeds and large diameter, obtained by experiments with ordinary blast fans during the last few years, there is no doubt that the best results are got by the slow speed and reasonable diameter of propellers.

The French never use two propellers, as in some American makes, principally because of the great danger that ensues when one of the screws breaks or stops, if there are two. They all vary in size between two and three meters and 600 to 1,200 revolutions per minute. Specifically the Voisin is 2.3 meters, 1,100 revolutions per minute; Clement-Bayard, 2.4 meters, 750 revolutions; Bleriot XII, 2.7 meters, 580 revolutions; Farman, 2.5 meters, 800 revolutions.

The principal problem at present is to get a strong, light material which will not warp in the weather, will not fly to pieces under the centrifugal force nor bend out of shape and yet be light and shapely. You can buy propellers from the aeroplane dealers in Paris in solid wood, hickory and ash, glued up of sections of flat pieces, in black walnut, oak, omege, hickory and holly, or you can get them in solid cast aluminum finely finished, prices varying from \$100 to \$150 each. I think that when Americans get around to it we will stamp them out of sheet steel and clinch the edges.

—Warren H. Miller in Engineering Magazine.

Holder For Paint Brushes. The accompanying drawing illustrates a very simple device adapted to suspend a brush in a paint pail so that the bristles will be submerged in the



paint and thus be prevented from drying. It consists of a wire frame adapted to be supported on the top of the pail and bent back upon itself a number of times to form fingers between which the paint-brush or brushes may be secured at any desired point.

Traffic of the Soo Canals. The Soo canals are the busiest artificial waterways in the world, and the traffic grows apace. The last report of Colonel C. McD. Townsend of the United States army corps of engineers shows that the total value of freight passing through the canals during the season of 1909 was \$626,104,173. The total freight traffic for the year amounted to 57,895,149 net tons, an increase of so less than 40 per cent over the amount in 1908. The average number of vessels per day through the Soo lock of the American canal was thirty-five. Through the Welland lock of the same canal it was twenty-two and through the Canadian lock twenty-seven per day. The whole of this immense traffic was confined to a season of navigation of seven months and twenty-seven days.

Paste For Hanging Burlap. The paste should consist of one pound of good glue dissolved in two gallons of water, into which put enough paste powder to make it stiff, then add to the stiff warm paste two tablespoonfuls of turpentine or Canada balsam, and stir well. The paste powder consists of eighty-four parts of wheat flour or starch, eight parts of caustic soda and eight parts of sulphate of ammonia. All parts must be weighed.

Cement and Garbage Bricks. New York has a refuse disposal plant in successful operation at West New Brighton, in which Portland cement plays a part. This plant, without causing any stench or fumes, disposes of garbage and other refuse, converting it into solid material, which, when mixed with portland cement in the proportion of 5 to 1 makes excellent bricks.—Cement Age.

"I am all right now, thanks to Dr. Miles' Heart Remedy."

The same relief is ready for you. Are you sure you do not need it? If Dr. Miles' Heart Remedy helped Charles Holmes, why won't it help you?

"I was troubled with heart disease, and after reading about Dr. Miles' Heart Remedy, I got a bottle. Before I got the Heart Remedy I had to sit up most of the night, and felt very bad at my stomach. Whatever I would eat made me feel worse, and my heart beat very fast. But thanks to Dr. Miles' Heart Remedy, I am all right now. I eat good, sleep good, and feel like a new man, although I am almost 68 years old. I have been a soldier in the late war of the rebellion, and was badly wounded." CHARLES HOLMES, Private Co. B, 54th N. Y. Infantry Volunteers, Walton, Delaware Co., N. Y.

Dr. Miles' Heart Remedy

is kept in thousands of homes as a friend always to be relied upon in time of need.

Sold by all Druggists. If the first bottle fails to benefit, your money is returned. Ask any Druggist. MILES MEDICAL CO., Toronto, Can.

Round Bill

Round Bill, Jan. 7th.—Mr. L. Wiltshire returned home on Tuesday last from the Halifax Infirmary, where he underwent an operation for appendicitis, which was very successful.

We are glad to report Mr. Bernard Saunders, who has been ill for some past months, much improved.

Miss Edith Everett of Bridgetown, was the guest of Mrs. Alex. Dargie over Sunday.

While pressing hay one day last week, Hallet McLaughlin had the misfortune to jam his foot, which will lay him by for about two weeks.

GOLDEN WEDDING ANNIVERSARY

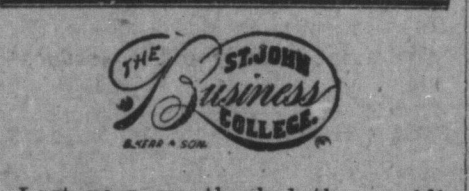
Mr. and Mrs. James McDormand celebrated their Golden Wedding on the 23rd ult. Both are as hale and hearty as persons of their age can be, possessing all their faculties and doing their share of the work to be found on a farm. They live with their daughter, Bessie, wife of Mr. Bernard Spurr, at the "Pines," one of the many beautiful sites on the Annapolis River. No public celebration was made, but a few neighbors called in the evening to congratulate the happy couple in behalf of whom Mr. Alonzo Daniels presented a purse of gold with a few well-timed remarks, made with his accustomed facility. He called attention to the fact that it is rare that a family has lived as long without a break in the ranks. Mrs. Spurr, the only fruit of their union, has three children, all living.

Mr. and Mrs. McDormand's friends unite in wishing them many more happy peaceful years.—COM.

JANUARY THIRD 1912

is the day our classes resume after the Christmas Vacation. If you have not a copy of the 1912 Course of Study, send for one. It is yours for the asking. The opening day is the best day to enter the Maritime Business College Halifax, N. S.

E. Kaubach, C. A. PRINCIPAL



Last year we thanked the public for the best year we had ever had. This year we give most hearty thanks for a very much better one. Our new term will begin Tuesday, January 2nd, Send for catalogue.

S. KERR, Principal.

WHEN ANSWERING ADVERTISEMENTS PLEASE MENTION THE MONITOR-SENTINEL

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Farm for Sale

Consisting of 450 acres, situated two miles from Bridgetown. Orchard capacity 1000 barrels. Plenty of wood and timber. Good buildings. Apply to,

Frank A. Bauckman Bridgetown, Sept. 12th. 3 mos.

RESIDENCE FOR SALE.

Situated on Granville St., Bridgetown, contains large dining room, drawing room, living room, kitchen 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

To Let

The Hall over Monitor Office, formerly occupied by the Foresters. Audience room with two side rooms. Wired for electric lighting. Heated if desired. Suitable for business offices.

Apply to M. K. PIPER.

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.

Post Office Hours

OPEN 8 A.M. CLOSE 8 P.M. Mail closes for West, D. A. R. 12.05 a.m. Mail closes for East, D. A. R. 1.30 p.m.

Local Mails

1—MAILS LEAVE BRIDGETOWN at 8 o'clock every morning in time to reach Granville Ferry to connect with the train at Annapolis Poyal going west, and return soon after the arrival of the train, at Annapolis, going east, arriving at Bridgetown about 5.30 p.m.

2—MAILS LEAVE BRIDGETOWN for Paradise and Lawrence town via South side of the Annapolis River on Monday, Wednesday, Thursday and on Saturday on the arrival of train going west, returning same day.

3—MAILS LEAVE CLARENCE every morning in time to connect with the express at Bridgetown, going west and return on arrival of the train going east.

MAILS LEAVE ARLINGTON WEST Tuesdays and Fridays, passing through Port Lorne St. Croix and Hampton to Bridgetown, returning same way on arrival of train going east. Mails leave Hampton on Wednesday and Saturday direct for Bridgetown and return on arrival of train going east.

5—MAILS LEAVE WEST DALHOUSIE on Wednesday and Saturday mornings for Bridgetown and return on arrival of train going east.

6—MAILS LEAVE CENTRELEA on Monday, Wednesday and Saturday in time to connect with the express at Bridgetown, going west, and return on arrival of train going east.

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The Buying Public of the most populous section of Annapolis County unless you advertise in

The Weekly Monitor and 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.

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CHRISTMAS HANDKERCHIEFS. Ladies' and Children's 3c. to 55c. Men's Silk Hdkfs. initialed 50c.

LADIES' COLLARS. Fancy Collars, boxed 40c. Fancy Collars at 15c. to 30c.

SILK BOWS AND TIES. Choice variety 25c., 40c.

LACE COLLARS AND JABOTS.

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Geo. S. Davies ROYAL BANK BUILDING

Hardware for CHRISTMAS. SLEDS, SKATES, SCISSORS, AIR RIFLES, SNOWSHOES, BREAD MAKERS, POCKET KNIVES, FOODHOPPER, GILLETTE RAZORS, CROKINOLE BOARDS, INGERSOL WATCHES, 22 CAL. RIFLES, etc. KARL FREEMAN Hardware, Etc.

Reaching the People. A prominent real estate dealer in Toronto says that he gets better and quicker results from the Classified Want Ads. than from any other kind of publicity. He states that the results are out of proportion to the small expense involved. There is a moral in that for you if you want to reach the people.