

THE HOME

SOCIAL AMENITIES FOR THE SCHOOL GIRL.

We all know that true politeness means to—do and say the kindest thing in the kindest way.

But are we always practicing it? Yet if we form the habit of doing kind things we will be apt to have a way of saying them as well, for one is the natural sequence of the other.

Sometimes girls who have quick tongues are prone to use them in throwing out sarcastic remarks or retorts which they believe call for admiration as clear indication of cleverness.

The habit of being overcritical is quite as bad form as the tendency to sarcasm. Do try very hard not to criticize your young friends behind their backs, and above all never commit the offence of making unpleasant remarks about some one who is a particular friend of the person to whom you are talking.

All the rules that govern propriety should be adhered to in the little as well as the big things of social intercourse, and in the former class may be put the tendency of some to audibly criticize the food at the table, both at home and in the houses of others.

The well-bred, tactful thing is to keep still in such a case. Etiquette requires that one be as polite in one's home as in the homes of others and it seems superfluous to suggest that it would be most reprehensible to criticize food when one is a guest. No greater license is admissible at a hotel table than at a private one when your role is that of guest.

LOOKING AND KEEPING WELL.

The carriage and position of the body, during both the day and the night, have much to do with one's figure, health, and appearance. How quickly one can distinguish an army or navy officer on the street, though he is a stranger.

Always, when standing or walking, hold yourself as erect as possible; throw the shoulders back and down, elevate the chest a little, and draw the chin in a trifle.

ward, the shoulders back and down, and carrying the body in an erect position. Follow these simple rules strictly, and you will greatly improve your figure and bearing.

Do not bend the legs too much when walking, and let the weight fall slightly more on the heel first. Swing the arms naturally, but not too much.

Be careful not to bob up and down when walking. A graceful walker seems to glide easily along. Curves are always graceful, and an angular, jerky movement is always ungainly.

The reason why woman is more beautiful than man is because her form is made up of graceful curves. There are no angles whatever in a model female figure.

NICE WAYS OF COOKING RHUBARB.

If properly cooked, rhubarb is one of our best spring "fruits." The stalks should be gathered fresh, and should not be peeled, as much of the flavor and most of the color is lost by this means.

The cold water process is not always satisfactory, and much of the flavor is lost in the process. Rhubarb jelly is easily made, and is much liked by many people. It is a healthy food and is inexpensive.

THE TWO SIDES OF IT.

There was a girl who always said Her fate was very hard; From the one thing she wanted most She always was debarred.

There always was a cloudy spot, Somewhere within her sky. Nothing was ever quite just right, She used to say and sigh.

And yet her sister, strange to say, Whose lot was quite the same, Found something pleasant for herself In every day that came.

Of course, things tangled up sometimes, For just a little while, But nothing ever stayed all wrong, She used to say, and smile.

So one girl sighed and one girl smiled Through all their lives together, It didn't come from luck or fate, From clear or cloudy weather.

The reason lay within their hearts And colored all outside, One chose to hope and one to moan, And so they smiled and sighed.

If the face is washed properly there will never be any blackheads; they are just dirt, plain dirty dirt, that has passed into the pores, been rubbed in still further by the application of soaped wash-cloth and powders, and never really washed out.

You can do much to keep your hands in condition by the use of proper soap—one that has not too much alkali, which most scented soaps have—and by applying plenty of grease before drying them.

The Mighty Power of Mi-o-na

Mi-o-na, that extraordinary and perfect stomach tonic, will relieve dyspepsia in twenty-four hours.

It will cure also the readers of Monitor-Sentinel to cure the most titful cases of dyspepsia, if taken according to directions.

Mi-o-na cures by strengthening and invigorating the flabby stomach walls and after a course of Mi-o-na treatment, constipation, if there is any, will entirely disappear.

Mi-o-na is a most economical treatment, a large box of tablets only costs 50 cents at S. N. Warren's.

A JOKE THAT MAY END FATALLY.

Saskatoon, June 11.—A practical joke played by some bank clerks near here last night, resulted disastrously for one of them and may yet terminate fatally.

OF INTEREST TO FARMERS AND MECHANICS.

Farmers and mechanics frequently meet with slight accidents and injuries which cause them much annoyance and loss of time.

WEDDING STATIONERY.

New script for use in wedding and society stationery has just been received at the Monitor-Sentinel office, and we make a specialty of nice work in this line.

STOMACH TROUBLES.

Many remarkable cures of stomach troubles have been effected by Chamberlain's Stomach and Liver Tablets.

ASK FOR MINARD'S AND TAKE NO OTHER.

The Vitiating of Taste as Seen in Some Plays

(From Washington, D. C., Herald.)

Now that the season is closing it may not be uninteresting to look back over the list of musical comedies that entertained large audiences during the season, and to note how far and how fast we are travelling the road of vulgarity, indecency, profanity and salaciousness.

The astonishing thing about this growth toward indecency is that it would never be possible were it not for the public. Gradually the public taste in such matters has been vitiated until things that a few years ago would have shocked people would have sent some of the audience indignantly out of the theatre.

The stage had its era of vulgarity and of dealing with forbidden themes, but the influence of the Victorian reign was markedly for purity of speech and manners, which were reflected on the stage.

Then, too, many of the musical comedies of our time are built-up things, such as one that closed the regular season at the National theatre last week: "Mary's Little Lamb," a thing of "shreds and patches," and it, like many others of its class, finds its necessary to interpolate suggestions of nastiness to make up for its paucity of wit and legitimate fun.

It used to be that the public taste could be counted upon to correct and keep sweet the public morals, but this is no longer true. Taste has been vitiated, manners have been made coarser, morals more lax.

KILLING THE FLIES

A good way to rid your house of flies is to mix in a small watering pot equal parts of crude petroleum, or if that is not obtainable, use kerosene, and sprinkle all porthouses, barns, garbage piles or drains with the mixture.

The kerosene not only drives the flies away, but when the places where they breed are sprinkled the eggs will be destroyed, and the household will be saved from this miserable pest. This method has been tried and found to be excellent.

DIGBY SEA CAPTAIN BADLY INJURED.

Digby, June 16.—Capt. Samuel J. Milberry, of Plympton, was seriously injured at Barton on Monday.

SEVENTY-ONE NEW DOCTORS ARE TURNED OUT BY MCGILL.

Montreal despatch: The list of new doctors at McGill, seventy-one in number, were announced tonight. For the first time in eight years the class leader does not come from the maritime provinces.

IT WAS REALLY DYSPEPSIA

Though they thought she had Heat and Lung Disease.

The case of Mrs. James Russell, of Armstrong's Brook, N.B., is typical of many really suffering from stomach trouble, who think the heart or some other organ is diseased.

"Five years ago I suffered with pain in my heart which would leave me so weak I could scarcely walk; at night I would have to sit up in bed to keep from smothering. I was treated by doctors for heart disease.

Curing the stomach puts the whole system right, and there is no quicker way to cure Indigestion, Dyspepsia, Heartburn and the other forms of stomach trouble than by taking Father Morrissy's "No. 1" Tablets.

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THE GREATEST EMPIRE.

No other nation at the present time can possibly have the right that Britain has to the control of the high seas.

We say "right" because such control is founded upon national necessity for the inter-communication and defense of the various parts of the British Empire.

No other nation has such an Empire as Britain's. The high seas are the highways between its various parts and Britain's control of these highways is as vital to the continued existence of that Empire as her control of the constituent parts themselves.

Britain's position is unique; her Empire is unique; her control of the highways connecting its parts must be unique.

NOVA SCOTIA FIRE INSURANCE COMPANY.

LOWEST RATES consistent with safety. SECURITY FOR POLICY HOLDERS \$480,000.00

STRONGLY REINSURED HEAD OFFICE, HALIFAX JOHN PAYZANT, ARTHUR SAILLE, PRESIDENT, MANAGER.

Grand Central Hotel

BRIDGETOWN, N. S.

Centrally located in the business section of the town. Every attention paid to the comfort and requirements of guests.

Building Mover!

I am prepared to move and raise all classes of buildings by land or water. Also Raising and Moving Vessel, Hoisting Boilers and Engines Out of Steamers.

W. A. CHUTE

BEAR RIVER, ANnapolis CO P. O. Box 104. Telephone 11.

HOT WATER FOR COUGHS.

A sudden and wearing attack of coughing needs immediate attention, especially in consumptives and those chronically ill.

SORE NIPPLES.

Any mother who has had experience with this distressing ailment, will be pleased to know that a cure may be effected by applying Chamberlain's Salve as soon as the child is done nursing.

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

The Landlord's Laugh He has no more use for his "To Let" sign. He used our Classified Want Ads. and found a good tenant.

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

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

Nova Scotia Fire INSURANCE COMPANY. LOWEST RATES consistent with safety.

Grand Central Hotel BRIDGETOWN, N. S. Centrally located in the business section of the town.

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

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Undertaking We do undertaking in all its branches. Hearse sent to any part of the County.

Dental Parlours. Dr. F. S. Anderson Graduate of the University Maryland PAINLESS EXTRACTION

Arthur Horsfall DDS. D.M.D. Dentist Annapolis Royal - Bridgetown, At Bridgetown, Mondays and Tuesdays of each week.

Professional Cards J. M. OWEN BARRISTER & NOTARY PUBLIC Annapolis Royal

J. J. RITCHIE, K.C. Keith building, Halifax. Mr. Ritchie will continue to attend the sittings of the Courts in the County.

J. B. Whitman Land Surveyor, BRIDGETOWN, N. S. Leslie R. Fairn ARCHITECT Aylesford, N. S.