THE WEEKLY MONITOR AND WESTERN ANNAPOLIS SENTINEL, BRIDGETOWN, N. S., JUNE 23.

fects them not at all.

The stage had its era of vulgarity

and of dealing with forbidding

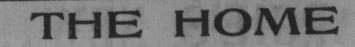
themes, but the influence of the Vic-

torian reign was markedly for purity

as Seen in Some Plays

If the jace is washed properly there The Vitiation of Taste

bed in still further by the applica- (From Washington, D. C., Herald.)



SOCIAL AMENITIES FOR

means to

-"do and say

Yet if we form the habit of doing . too much. kind things we will be apt to have a Be careful not to bob up and down sist faithfully. way of saying them as well, for one when walking. A graceful walker is the natural sequence of the other. seems to glide easily along. Curves Sometimes girls who have quick are always graceful, and an angular, hands in condition by the use of pro- gar burlesque shows of decade ago tongues are prone to use them in jerky movement is always ungainly. per soap-one that has not too much that went so far out of the bounds throwing out sarcastic remarks or Grace is an acquirable quality, but alkali, which most scented soaps of morality that they had to be retorts which they believe call forth we must remember that Nature ab- have-and by applying plenty of watched by the police. admiration as clear indication of hors angles' and spasmodic move- grease before drying them. White The astonishing thing about this cleverness. But while some of their ments; she always uses curves which vaseline is excellent. It is well to growth toward indecency is that it remarks may be bright enough to are most graceful and delicate. evoke a smile from a group of listeners, such caustic speech invariably beautiful than man is because her drying the hands. It is beneficial al- taste in such matters has been vitihurts the person at whom it is aim- form is made up of graceful curves. so to grease the hands before putting ated until things that few years ed. This is certainly not good man- There are no angles whatever in a on gloves to work in. At night and ago would have shock people. ners, and no girl who wishes to be a model female figure. favorite can afford to get a reputa- Most people, when sittin". slouch skin food into the hands.-Sacred indignantly out of the theatre, af-

tion for saying sarcastic things. The habit of being overcritical is very nearly universal, except in those

guite as bad form as the tendency to who have been trained. It is impossisarcasm. Do try very hard not to ble to slouch about on chairs or on criticise your young friends behind a sofa all day, and then expect to their backs, and above all never have a good bearing and poise when Mio-na, that extraordinary and per- of speech and manners, which were pleasant remarks about some one positions will very soon react upon pepsia in twenty-four hours. one of proper spirit resents this, and Every faculty and function sympa- tor-Sentinel to cure the most pitiful the stage would have been regarded pire as Britain's. The high seas are you offend your listener, besides be- thizes with every other, and a defect cases of dyspepsia, if taken accord- as a reprehensible license; now the

bly the girl you are discussing may good reading, writing, or thinking. Mi ona tablets not only cure dyshave offensive faults and failings, but in any but an erect position. The pepsia, but all stomach disturbances. way of being and being a even if they are flagrant, good breed-ing demands that you ignore them as with the body. ing demands that you ignore them as with the body. much as possible and that you never A habit of carrying the body in an Mi-o-na cures by strengthening and in it a vein of hitherto unsuspected call the attention of others to them. erect, dignified and graceful manner invigorating the fiabby stomach walls comedy. All the rules that govern propriety also affects the general health and and after a course of Mi-o-na treat- Then, too; many of the musical should be adhered to in the little as self-respect. Digestion, also, is very ment, constipation, if there is any. comedies of our time are built-up well as the big things of social inter- materially affected by a stooping, will entirely disappear. course, and in the former class may unnatural position of the body. Such Mrs. S. Keast, of Clarksburg, Ont., regular season at the National thea- control any menace. be put the tendency of some to audi- a posture interferes with the circula- says: "A bad stomach trouble that tre last week: "Mary's Little Lamb," both at home and in the houses of a much larger amount of work to do.

ward, the shoulders back and down. tion of scaped wash-cloth and pow- Now that the season is closing it THE SCHOOL GIRL. and carrying the body in an erect ders, and never really washed out. In may not be uninteresting to look, position. Follow these simple rules time they fill the pores with a se- back over the list of musical com-We all know that true politeness strictly, and you will greatly im- baceous matter, and a tiny black edies that entertained large audiences

prove your figure and bearing. Do not bend the legs too much whence the name "blackheads." To far and how fast we are travelling The kindest thing in the kindest when walking, and let the weight get rid of this condition apply green the road of vulgarit, indecency,

all slightly more on the heel first. soap and continue the treatment un- profanity and salaciou less. Bit by But are we always practising it? Swing the arms naturally, but not til they are all gone; this may take bit these things have ept into the a month, but is effective if you per- so-called musical come is until there are few of them on t road today

You can do much to keep your discredit in this regard, with the vulhave some always on the washstands would never be possible were it not The reason why woman is more to be able to rub it in just before for the public. Gradually the public in the morning rub a little of the would have sent some he he audience

will never be any blackheads; they

are just dirt, plain dirty dirt, that has passed into the pores, been rub-

at the waist; in fact, this fault is Heart Review.

The Mighty Power of Mi-o-ra

commit the offence of making un- standing or walking. Again, slouchy fect stomach tonic, will relieve dys- reflected on the stage. It is strange and almost unaccountable why "nous who is a particular friend of the per- the mind, and produce mental shift- It will cure and is guaranteed by avons change tout cela!" A few years son to whom you are talking. Every lessness and slouchiness in thought. S. N. Weare to the readers of Moni- ago, and a mildly spoken "damn" on

things, such as one that closed the

others. This is shocking manners for This active, and often overworked My trouble was on account of food finds its necessary to interpolate sugwhich there is no excuse. Of course organ requires extra power to force not digesting but fermenting in my gestions of nastiness to make up for at home one expects to have things the current of life through the entire stomach, forming a gas that gave me its paucity of wit and legitimate fur. This will not interest you if you \$480,000 00

but when they are not so the courte- body is in an unnatural attitude. made me weak, nervous, irritable and Mr. Carle's show the chorus of which if you are a man of moderate means HEAD OFFICE. unable to rest. Since using Mi-o-na

## IT WAS REALLY DYSPEPSIA Though /hey Thought She Had Hea; t and Lung Disease.

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

"Fig: years ago I suffered with pain spot forms on the top of each; during the season, and to note how 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. Then the pain moved to the shoulder and my left arm would be numb at times. Then the doctors treated me for lung disease, but the pain kept getting worse. At last a friend advised me to write Father Morriscy. I did, and the answer I got that could not be comin red, to their was I was suffering from dyspepsia. I got medicine, which consisted of a box of tablets. The tablets I took twice, when I was completely cured and have never been troubled since-two years now." 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 Morriscy's "No. 11" Tablets. 50c. at your dealer's, or from Father Morriscy Medicine Co., Ltd., Chatham, N.B. 48

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 Em-Wanted to rent a fruit and hay the highways between its various farm with privilege of purchasing. BARRISTER & NOTARY PUBLIC Desirous of exchanging Bridgetown parts and Britain's control of these property with same. highways is as vital to the continued existence of that Empire as her control of the constituent parts them-

Britain's position is unique; her Empire is unique; her control of the highways connecting its parts must Paper and small Rope, for sale at be unique. MONITOR OFFICE.

To no other peaceful nation is such A long history proves that fact,

IF YOU ARE WORTH \$50,000 DON'T ty. READ THIS. SECURITY FOR POLICY HOLDERS

as much as possible to one's taste, body every two minutes, when the untold suffering and pain and also There is a song in the second act of are worth fifty thousand dollars, but STRONGLY REINSURED



PAGE 7

issues will be charged as two. Minimum charge, 25 cents.



MRS. WM. A. MARSHALL,

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INSURANCE COMPANY,

LOWEST RATES COnsistent with safe-

JOHN PAYZANT. ARTHUR BAILLE.

Grand Central Botel

BRIDGETOWN, N. S.

Centrally located in the business

section of the town. Every attention

paid to the comfort and requirements

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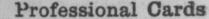
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Annapolis Royal MIDDLETON EVERY THURSDAY Office n Butchers Bock

Bridgetown. Money to wan on Real Estate

## A guantity of Heavy Wrapping J.J. RITCHIE, K.C.

Keith building, Halifax.

Mr. Ritchie will continue to attend the sittings of the Courts in the County. Fire All commun cations from Annapolis clients addressed to him at Halifar will receive his personal attention.

## J. B. Whitman Land Surveyor,

BRIDGETOWN, N. S.

Leslié R. Fairn

ARCHITECT

PERCY R. SAUNDERS, D. O.

Jeweller, Optician and Photographer

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Complete modern equipment for the

above professions. Ten years' experi-

ence in the cities of Boston. Wal-

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tham, and New York.

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ness after excessive indulgence. present age seems to have discovered selves.

ous thing is to overlook the deficiencies while the meal is in progress NICE WAYS and either hope for better things another time or mention the matter to

upset over a meal by the adverse should not be peeled, as much of the the dyspertic nervous or otherwise. poses and costumes that wire say- cents. For sale by with a start of the members re-ganging one of the viands which is by this means. It is best to cook a losing an opportunity to regain the dysperter actions of contract, poses and costumes that wire sav- cents. For sale by agely vulgar. It seems to be about W. A. WARREN, BRIDGETOWN: A. time for some legislation against E ATLEE ANNAPOLIS POVAL not just what it should be. The very little at a time, letting it get health. cereal, for instance, may be slightly quite cold before serving. A nice way A JOKE THAT MAY scorched, so slightly that it will not to cook it is to cut it, peel and all. be noticed probably unless attention in quarter-inch length pieces and be called to it, and all will eat it sprinkle a little sugar over it, leav- Saskatoon, June 11 .- A practical keep sweet the public morals. but to eat.

The well-bred, tactful thing is to added, if it can be avoided, but if whom was Walter A. Sherwood, tel- There seems, indeed, to be no rem- province graduates are: keep still in such a case. Etiquette water is necessary, use only the least ler in the Bank of Nova Scotia, be- edy against this phase of theatrical D. W. Archibald, North Sydney, N. requires that one be as polite in possible amount. Cook always in gan playing tricks on the campers. vulgarity we are passing through. S.; P. McL. Atkinson, Albert, N. B.; one's nome as in the homes of others porcelain-lined earthen, agate or en- pulling out the tent pegs, loosening unless it is to be found in the people F. M. Auld, Cove Head, P. E. I.; C. and it seems superfluous to suggest ameled ware-never in tin, copper, ropes, etc. Suddenly there was a themselves. So long as the indecen- V. Bailey, New Glasgow, N. S.; J. R. that it would be most reprehensible brass or iron. Many prefer to cook shot from inside the tent and Sher- cies and criticism of such shows as Cameron, Charlottetown; M. J. Carto criticise food when one is a guest. it without the sugar being added un- wood fell, shot through the stomach. "Mary's Little Lamb," is not only ney, Halifax; L. H. Churchill, Dart-No greater license is admissible at a til it "mushes," but let it be per- He is now in a very serious condi- condoned, but applauded, by people mouth; H. C. Cody, Centreville, N. hotel table than at a private one fectly tender and done. For canning tion. The shot was fired by R. C. who should know better, so long will B.; W. A. Curry, Halifax; C. E. A. when your role is that of guest. You the stalks should be cut in short Lane, a close friend of Sherwood's. the managers-who always care more Dewitt, Wolfville, N. S.; J. W. Dormay possibly not like the cooking. lengths, the sugar sprinkled over it The young man fired only to frighten for money than morality-pander to sey, Charlottetown; F. T. Dunlop, but you should eat without comment the night before and in the morning. the jokers away. Nevertheless he has the public demand. what is ordered, and with as much the vessel containing it set in the been placed under arrest. show of interest as possible. Your oven, closely covered, and when done hostess, of course, is not responsible can and seal as other fruits. The for the food in the same way that cold water process is not always sat- OF INTEREST TO FARMERS AND sible for the selection, and you lost in the process. Rhubarb jelly is Farmers and mechanics frequently A good way to rid your house of bull, Bear River, N. S. should pay her the compliment of easily made, and is much liked by meet with slight accidents and in- flies is to mix in a small watering seeming to be pleased. This is part many people. It is a healthy food juries which cause them much annoy- pot equal parts of crude petroleum. DIGBY SEA CAPTAIN

versationally. LOOKING AND KEEPING WELL. THE TWO SIDES OD IT. The carriage and position of the There was a girl who always said body, during both the day and the Her fate was very hard; night, have much to do with one's From the one thing she wanted most She always was debarred. figure, health, and appearance. How quickly one can distinguish an army There always was a cloudy spot. or navy officer on the street, though Somewhere within her sky. he is a stranger. How many would Northing was ever quite just right, give a fortune to possess such a She used to say and sigh. figure and bearing! And yet almost anyone who has not some natural | And yet her sister, strange to say. Whose lot was quite the same. deformity can acquire it by observ-Found something pleasant for herself ing a few simple rules and practis-In every day that came. ing a few easy exercises. As you know, it takes but a few weeks, or months, of discipline and drill to Of course, things tangled up somechange uncouth, slouchy, raw re-For just a little while; cruits into fine, erect and dignified But nothing ever stayed all wrong. She used to say, and smile. soldiers.

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

as to make yourself agreeable con-

OF COOKING RHUBARB.

Mi-o-na."

with their customary pleasure. But ing it to stand over night; this will joke played by some bank clerks near this is no longer true. Taste has ... Montreal despatch: The list of new let some one at the table say, 'Does- extract the juice, and it can then be here last night, resulted disastrously been vitiated, manners have been doctors at McGill, seventy-one in n't this cereal taste queer? What do cooked in a very few minutes, al- for one of them and may yet termin- made coarser, morals more lax. We number, were announced tonight. For you suppose is the matter with it?' ways keeping the vessel covered while ate fatally. A number of clerks were shall probably never have such an the first time in eight years the class and immediately the family gets sus- it is cooking. Another way is to camping across the Saskatchewan office in this country as censor of leader does not come from the maripicious, tastes in a gingerly fashion. sprinkle with sugar, cover. and set river from here, and a number of plays, but that is not to say that time provinces, E. H. Trink, Rossand frequently concludes it is not fit in the oven, where it will cook slow- their friends went over last night to we might not be a lot better off if land, B. C., being the winner of the ly. There should never be any water visit them. The visitors, among we could have.

a week.

KILLING THE FLI

seeming to be pleased. This is part many people. It is a healthy food ance and loss of time. A cut or or if that is not obtainable, use ker-or your duty as guest quite as much and is inexpensive. For canning and bruise may be cured in about one-os to make yourself agreeable conpreserving. June or July is early third the time usually required by third the time usually required by applying Chamberlain's Liniment as the mixture. Then sprinkly the win- Milberry, of Plympton, was seriously soon as the injury is received. This the mixture. Then sprinkly the win- Milberry, of Plympton, was seriously liniment is also valuable for sprains, dow sills and wipe off the stting on injured at Barton on Monday. He is soreness of the muscles and rheu-matic pains. There is no danger of kerosene, and you on see the Warner, which was lying aground at coughing needs immediate attention, blood poisoning resulting from an in- flies disappear. This, toc, will pre- Handford Van Blarcom's wharf. In especially in consumptives and those

> flamed and swollen. For sale by this year. W. A. WARREN, BRIDGETOWN; A. E. ATLEE, ANNAPOLIS ROYAL. and BEAR RIVER DRUG STORE.

> > WEDDING STATIONERY.

and we make a specialty of nice work been tried and found to be excellent. ed for his recovery. in this line.

A customer for whom we filled ap order last season wrote us as fol-

the work done."

Through all their lives together,

It didn't come from luck or fate

From clear or cloudy weather.

brings on a company of girls garbed and cannot afford to employ a physi and wake up in the morning refresh- in dressing gowns, held loosely about cian when you have an attack of ed. I cannot speak too highly of their figures. The appearance of these diarrhoea, you will be pleased to girls in itself was indecent, but as know that one or two doses of Cham- F L Milner, Agent, Bridgetown

berlain's Colic, Cholera and Diaryour mother or whoever keeps your If properly cooked, rhubarb is one Mi-o-na is a most economical treat- if to emphasize that side of the show rhoea Remedy will cure it. This remhouse when you are alone with her. of our best spring "fruits." The ment, a large box of tablets only a screen let down served to show edy has been in use for many years Sometimes a whole family will be stalks should be gathered fresh, and costs 50 cents at S. N. Weare's and some of these girls in silhouette in and is thoroughly reliable. Price 25

> this tendency of the stage toward and BEAR RIVER DRUG STORE. salacity.

END FATALLY. It used to be that the public taste SEVENTY-ONE NEW DOCTORS could be counted upon to correct and ARE TURNED OUT BY McGILL. of guests.

Sample rooms in connection. J. D. PACRICK, Proprietor.

Holmes gold medal. The maritime

St. John; J. J. Gillis, Miscouche, P. E. I.; A. J. Johnson, Halifax; C. M. Kelly, Fredericton; G. C. Lawson, vinces. Charlottetown; W. P. McBride, Central Bedeque, P. E. I.; F. M. Turn-

BADLY INJURED.

mer months, say, two or three times of rocks below, receiving serious in- mixtures, which disorder the diges- Queen St, Bridgetown, Telephone 46 The kerosene not only drives the home at Plympton, two miles dis- almost boiling, should be sipped when flies away, but when the places tant, being carried on a bed placed in the paroxysms come on. A cough, re-

where they breed are sprinkled the a wagon. Capt. Milberry, who is one sulting from irritation, is relieved by New script for use in wedding and eggs will be destroyed, and the of the best known captains in the St. hot water through the promotion of society stationery has just been re- household will be saved from this Mary's Bay fleet, is over sixty years secretion, which moistens the irritatceived at the Monitor-Sentinel office, miserable pest. This method has of age and grave fears are entertain- ed surfaces. Hot water also promotes

The United States has formally honored the Wright brothers, invent-"I should like to congratulate you upon the neat appearance and nice quality of the paper and withal the very moderate amount charged for the work done." Many remarkable cures of stomath troubles have been effected by Cham-berlain's Stomach and Liver Tablets. One man who had spendover two thousand dollars for molecine and treatment was cured by few boxes Many remarkable oures of stomach ors of successful flying machines. In

of these tablets. Price, 25 lents. Sam- trated. A machine with sufficient ca- nursing. Wipe it off with a soft cloth Annapolis Royal - Bridgetown, Cabinets of fifty with two sets of envelopes, \$3.60; Two Cabinets, \$4.50. Of these tablets. Price, Ziments. Sam-ples free at W. A. WARREN'S, BRIDGETOWN: A. WARREN'S, BRIDGETOWN: Of these tablets. Price, Ziments. Sam-pacity to carry a supply of fuel and oil, with provisions for the aviator W. A. WARREN'S, BRIDGETOWN: Of these tablets. Price, Ziments. Sam-pacity to carry a supply of fuel and oil, with provisions for the aviator W. A. WARREN'S, BRIDGETOWN: OF these tablets. Price, Ziments. Sam-pacity to carry a supply of fuel and with best results. For sale by With best results. For sale by

I am prepared to move and raise all classes of buildings by land or Real Estate Agent, etc. water. Also Raising and Moving Vessel. Hoisting Boilers and Engines BRIDGETOWN, N. S. Out of Steamers. Prompt and satisfactory attentions given to the collection of claims, and other professional business. Have had forty year's experience in the business and am the only pract-0. ical building mover in the lower pro-

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HOT WATER FOR COUGHS.

jury when Chamberlain's Liniment is vent you from being bothered with going forward on a staging over the chronically ill. In an emergency, ports, Capt. Milberry, in some way will often prove very effective. It is juries. He was later removed to his tion and spoil the appetite. Water,

> expectoration, and so relieves the dry cough .- The United Presbyterian.

SORE NIPPLES.

NOTARY PUBLIC. Etc. UNION BANK BUILDING. Head of Queen St., Bridgetown Money to loan on first-class Real Estate. Undertaking We do undertaking in all its branches applied before the parts become in- mosquitoes which are so troublesome bow, in order to caulk the bow that ever-useful remedy, hot water. Hearse sent to any part of the County, Do this quite often during the sum- lost his footing and fell to the mass much better than the ordinary cough J H. HICKS & SON

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upon the heel nor the toe. No one can have a good figure without throwing the chest well for-No one can have a good figure without throwing the chest well for-No one can have a good figure No one can have a good figure without throwing the chest well for-No one can have a good figure No one can have a good figure No one can have a good figure Without throwing the chest well for-No one can have a good figure Without throwing the chest well for-No one can have a good figure No one can have a good figure Without throwing the chest well for-No one can have a good figure Without throwing the chest well for-No one can have a good figure Without throwing the chest well for-No one can have a good figure Without throwing the chest well for-No one can have a good figure Without throwing the chest well for-No one can have a good figure Without throwing the chest well for-No one can have a good figure Without throwing the chest well for-No one can have a good figure Without throwing the chest well for-No one can have a good figure Without throwing the chest well for-No one can have a good figure Without throwing the chest well for-No one can have a good figure Without throwing the chest well for-No one can have a good figure Without throwing the chest well for-No one can have a good figure Without throwing the chest well for-No one can have a good figure Without throwing the chest well for-No one can have a good figure Without throwing the chest well for-No one can have a good figure Without throwing the chest well for-No one can have a good figure Without throwing the chest well for-No one can have a good figure Without throwing the chest well for-No one can have a good figure Without throwing the chest well for-No one can have a good figure Without throwing the chest well for-No one can have a good figure Without throwi

STOMACH TROUBLES.