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MIDDLETON, N. S.

THE PRODUCTION OF CLEAN MILK

(Issued by the Department of the Public Health, Nova Scotia.)

Milk

Which is so necessary to the life of children, is all too often the medium through which death is conveyed to our little ones. Experience everywhere has shown that the great mortality amongst infants is largely traceable to unclean and carelessly protected milk. No other food is so easily contaminated, nor so likely to be rendered unfit for use by careless handling.

The dairyman is in a position to be a real benefactor, if he will but insist upon cleanliness of the cows, the barn, the milkroom, the containers, and those engaged in milking and in handling the milk. On the other hand if he is indifferent about these matters, he will be responsible for much suffering and many deaths.

The following suggestions, which are, with slight variation, those formulated by the Dairy Division of the United States Department of Agriculture, are offered for the guidance of those engaged in the production and sale of milk.

The Cows

1. Have the herd examined frequently by a skilled veterinarian. Promptly remove animals suspected of being in bad health. Do not add an animal to the herd until certain it is free from disease, particularly tuberculosis.
2. Never allow a cow to be excited by fast driving, abuse, loud talking or unnecessary disturbance; do not expose her to cold or storms more than necessary.
3. Keep the cows as clean as possible. Clip hair in region of udder.
4. Do not allow any strong flavored food, like garlic, cabbage, or turnips, to be eaten, except immediately after milking. Changes in feed should be made gradually.
5. Provide fresh, pure water in abundance, easy of access, and not too cold.

The Stables

6. Dairy cattle should be kept in stables, preferably without cellar under the cows or "storage" loft, and where no other animals are housed.
7. The stable should be light (four

square feet of glass per cow) and dry, with at least five hundred cubic feet of air space per animal. It should have air inlets and outlets, so arranged as to give good ventilation without draft of air on cows.

8. The floor should be tight and constructed preferably of cement. Walls and ceilings should be air tight, clean, free from cobwebs, and the walls should be white washed twice a year. Have as few dust-catching ledges, projections and corners as possible.

9. Allow no dust, musty or dirty litter, nor strong-smelling material in the stable. Haul manure to field daily or store under cover at least forty feet from stable.

Milk House

10. Have a light, clean, well ventilated and screened milk room, located so as to be free from dust and odours.

11. Milk utensils should be made of metal, and all joints smoothly soldered. Never allow utensils to become rusty or rough inside. Use them only for handling, storing or delivering milk. The top of milk pails should be partially covered, leaving an elliptical opening about 4 by 5 inches. This will prevent a large amount of dirt from falling into the milk.

12. To clean dairy utensils, use only pure water. First rinse the utensils in warm water. Then wash inside and out in hot water in which a cleansing material has been dissolved, and rinse again. Sterilize with boiling water or steam. Then keep inverted in pure air and sun, if possible, until wanted for use.

Milking and Handling Milk

13. Use only dry, dusty foot just previous to milking.
14. The milker should wash his hands immediately before milking, and milk with dry hands. He should wear a clean outer garment, kept in a clean place when not in use. Tobacco should not be used while milking.
15. Wipe udder and surrounding parts with a clean damp cloth immediately before milking.
16. In milking be quiet, quick, clean and thorough. Commence milking at the same hour every morning and evening and milk the cows in the same order.
17. If any part of the milk is bloody

stringy or unnatural in appearance, or if by accident dirt gets into the milk pail, the whole contents should be rejected.

18. Do not fill cans in stable. Remove the milk of each cow at once from the stable to milk room. Strain immediately through cotton-flannel or cotton. Cool to 50°F. as soon as strained. Store at 50°F. lower.

19. Never mix warm milk with that which has been cooled, and do not allow milk to freeze.

20. A person suffering from any disease or who has been recently exposed to a certain contagious disease should be required to remain away from the cows and the milk.

THE DUTY OF THE MOMENT

(From the Department of Public Health Bulletin)

That man is without excuse, who, in these momentous days, does not give much of his thought to the means by which he may serve the Empire and play some part towards the solution of the enormous difficulties which confront us. We follow with the most intense interest and sympathy every movement of our gallant troops, and glory in their magnificent bravery and achievements. And we have no doubt about a triumphant ending to the great struggle which is being waged at so tremendous cost in blood and treasure. But we must not overlook the fact that it is not alone in the success of our arms that the fate of the Empire lies. While we must unhesitatingly give of our substance and unflinchingly yield up our men to the great cause for which we fight, we must not neglect to take due thought for the future. Property losses can be readily offset, and are of comparatively trifling significance; it is the inestimably more deplorable losses in men—the sturdiest and most efficient of our men—which gives us most concern. These losses can never be fully compensated for, but something may be done towards offsetting them, and it is our patent duty to direct every energy towards such a result which is humanly possible.

Vigorous prosecution of public health measures within recent years has effected a notable reduction in the mortality rate of many countries, and has had a potent influence in increasing the material prosperity of those countries. Nothing is more deterrent to progress, nothing more productive of poverty, than ill health. Here in Nova Scotia, despite our exceptional advantages, we can claim little advance in the matter of conserving life and health. Our death rate last year approximated 15 per thousand. That of England and Wales (1913) was but 13.7. If our rate could be made equal to that of the mother land, we would save at least 650 lives in a single year in our Province. Would not such an accomplishment be a contribution to the cause of the Empire in which we could take a reasonable pride? And would it not be of unquestionable value to ourselves?

Standing out very conspicuously in our mortality returns is our appalling tribute to tuberculosis, to the acute respiratory diseases, and to the diseases of infancy. A reduction of the deaths so caused to what might be considered even a reasonable ratio would go far towards making our death rate comparable with other countries situated similarly to ours. It is for those of us who are not taking a place in the battle line to see to it that the sacrifices being made by our noble representatives at the front are not to be made in vain. The greatest asset of a nation is its people, and it is of supreme importance that its people be healthy, vigorous, resourceful and competent. Competency without health is all but an impossibility. The boards of health and medical health officers of our province occupy at all times positions of great responsibility, but never before has this responsibility been so great. There must be no rest until the sanitary conditions of every city, town, village and rural district be made as nearly perfect as possible, until all the conditions under which our people live are such as to insure them the greatest chance for life and health. We appeal to the patriotism of every health officer and every member of the local boards of health to make his best effort, and to the patriotism of every citizen to give cordial support to the health officials in the discharge of their duties. This is nothing more than is demanded by self-interest, but it is also of surpassing movement in the cause of Empire.

WHAT CATARRH IS

It has been said that every third person has catarrh in some form.

Science has shown that nasal catarrh often indicates a general weakness of the body; and local treatments in the form of snuffs and vapors do little, if any good.

To correct catarrh you should treat its cause by enriching your blood with the oil-foam in Scott's Emulsion which is a medicinal food and a building- tonic, free from any harmful drugs. Try it.

Scott & Bowne, Toronto, Ont.

Middleton

Miss Laura Cecil Smith is the guest of Mrs. Spain.

Mr. Gabriel is acting agent during Mr. Jacques' absence.

Mr. William Morris is the guest of his parents, Rev. and Mrs. Morris.

Mrs. Haverstock of Wolfville is the guest of Mr. and Mrs. W. A. Baker.

C. R. B. Dodge is acting as Town Clerk during the absence of Mr. Gates.

Mrs. B. Healey and son are spending a few weeks in Liverpool, Queens County.

Mrs. Churchill of Wolfville spent Sunday with her brother, Mr. E. S. Dodge.

T. A. Elliott and wife of Halifax, have been the guests of Mr. and Mrs. G. N. Reagh.

Mrs. W. H. Mulhall and children of Liverpool, are the guests of Mrs. Mulhall's parents, Mr. and Mrs. I. Young.

Miss Marion Shaffner arrived home last Wednesday and will spend her vacation with her father, L. S. Shaffner, Bridge Street.

MELVERN SQUARE

Miss Mina Pierce is spending a few weeks at Kingston, at the home of Dr. DeVinne.

Master Robie Weaver of Port George, is visiting his friend, Eugene Baker, of Melvern Square.

Miss Shaffner, of South Farmington, spent the week end with her friend, Miss Myrtle Morse of Melvern.

Mrs. Alfred Oakes, of Bridgewater, is the guest of her parents, Mr. and Mrs. Amos Fales, for a few weeks.

Miss Edith Spurr, of Hantsport, is the guest of her cousins, the Misses Hattie and Hortense Spurr, this week.

Miss Beatrice Phinney is spending a short time with friends at Margareville, enjoying the breezes from the Bay of Fundy.

Miss Georgie Brown, who attended the Lawrencetown High School during the past year, was successful in obtaining a "B" certificate.

Fenwick Pearson still remains critically ill of brain trouble and paralysis, superinduced by sunstroke, and very little hope is entertained of recovery.

The Rev. William Brown accompanied by Mrs. Brown, were calling on their many friends in the vicinity of Melvern last week, and were, as usual, gladly welcomed by all.

Automobile parties seem to have been the order of the day, or rather, of the week, a large number having passed through this vicinity during the past week, Sunday not excepted.

Mrs. Ada Nichols who lately visited her niece, Mrs. Outhit of Melvern, is now making a short visit with friends in Greenwood, Millville, and other places throughout Kings County.

On Wednesday of last week, Mr. Joseph Baker, accompanied by his daughter-in-law, Mrs. Edwin Baker, started for Burlington, Kings County, where they will visit for a few days.

Last Friday evening the members of the Methodist Mission Band ably assisted by the ladies of the Methodist Church, held an ice cream social on the Church Grounds, when the neat sum of \$11.00 was realized. Proceeds for church purposes.

Miss Hazel McNeil, daughter of Lt. Col. McNeil is receiving congratulations on obtaining a "B" certificate. We are pleased to state, also, that Miss McNeil received her tuition at our own Melvern School, with Miss Elsie Staples of Colchester County, as principal.

One day last week quite a number of our Baptist friends met at the Baptist Church where they proceeded to give the church its annual Spring cleaning. The heavy showers during the forenoon spoiled the perfect hay day and gave the male portion of the busy community an opportunity to assist the ladies in their work.

Warm weather has arrived at last, and during the past week many have been seeking refuge from the heat under the shade trees, for which Melvern is noted, by the way, while the clatter of the mowing machine and the smell of new-mown hay, convinces us that the "good old summer time" is here—what more proof can we want?

Dr. and Mrs. W. S. Phinney and family of Peniticon, B. C., are visiting relatives in Wilmot and Melvera Square. The Doctor has returned to his native province very much improved in health after spending over a year in the West, which is certainly gratifying to his many friends. The Doctor and family will return to Peniticon later in the season.

A few days ago a painful accident happened on Pleasant Street, when Douglas, the five-year old son of Mr. and Mrs. Harry McNeil, was the unlucky victim. While in the act of climbing a cherry tree the little fellow fell from the tree upon a sharp scythe which had been carelessly left under the tree, cutting his foot quite badly. Several stitches had to be taken, and the wound is healing slowly.

Keep Minard's Lintment in the house.

Lawrencetown

Mr. and Mrs. F. M. Whitman have been spending a week at Port George.

The Misses Winnie and Lizzie Feltus are spending a fortnight at Karsdale.

Miss Annie Phinney has returned from a few weeks outing at Port Lorne.

Mr. and Mrs. E. Fowler and children of Sackville are visiting Mrs. James Bancroft.

Mr. and Mrs. B. S. Banks are spending a few weeks on their farm at Meadow Vale.

Mrs. William Olson of Massachusetts is visiting her parents, Mr. and Mrs. H. C. Daniels.

Mrs. George Hatt and little daughter, of Kingston, are visiting Mr. and Mrs. William Hatt.

Mrs. A. R. Archibald was "at home" to a number of friends on Monday afternoon of last week.

Mrs. W. P. Morse and her mother, Mrs. Israel Daniels, are attending the Camp Meeting at Berwick.

Mrs. John Buckler and little daughter Doris of Somerville, Mass., are visiting Mrs. Arthur Duncan.

Mrs. Blair and son, and Miss Lottie Landers of Boston, visited their sister, Mrs. (Dr.) S. Primrose, last week.

Rev. Mr. McWilliam of Lower Granville will occupy the pulpit in the Baptist Church on Sunday, August 8.

Mr. and Mrs. George Daniels spent Sunday at Port Lorne, guests of Mrs. Daniels' parents, Mr. and Mrs. M. Dalton.

Mrs. Mary J. Chesley of St. John, arrived on Friday to visit Mrs. Thomas Chesley and other relatives and friends.

Electric lights are much needed in the Park. Who will suggest a plan by which this improvement may be made in our local pleasure grounds this year.

Mrs. James Groves and children of West Lynn, are visiting her cousin, Mrs. D. M. Balcom. Mr. Groves has been here for a few days, leaving for home on Saturday.

A special program was presented on Sunday evening, the occasion being the Sixth Anniversary of Rev. H. G. Mellick's pastorate with the Baptist Church, Lawrencetown.

An illustrated lecture given by Rev. Mr. Robbins will be held in Phinney's Hall on Thursday evening, August 5th. Over one hundred views of the war will be presented. Part of proceeds for Red Cross work.

On Wednesday afternoon last, Mrs. H. G. Mellick and Mrs. H. Freeman, entertained their Sunday School Classes at the Parsonage in honor of the young ladies who are preparing to train for nurses. It is regretted that Dr. L. R. Morse was called away at the time, as he was invited to give an address. Tea was served on the verandah and a very pleasant time was enjoyed by all present.

On Friday evening last at the home of Mr. and Mrs. W. H. Phinney, a "farewell" was given the Misses Pearl Balcom and Fay Rosengreen on the eve of their departure for Natick, Mass., where Miss Balcom has been in training for nurse a year at the Leonard Morse Hospital, and Miss Rosengreen is just entering her first year. A large number were at the station on Saturday to bid them good bye, and wish them success in their chosen occupation.

NORTH WILLIAMSTON

July 28

Mr. and Mrs. Otto Nixon welcomed a son on the 22nd. Congratulations.

Miss Margery Parker of Fells, Mass., is spending the summer at the home of Mrs. Isaac Hiltz.

Miss Grace Bezanson is spending a week with her sister, Mrs. Arthur Bent at Paradise.

Miss Mildred Garber, who still continues quite ill, is spending a few weeks at Port Lorne.

Mr. Otto Nixon has sold his farm to Fred Charlton. Mr. Charlton and family intend moving to Margareville in the near future.

Among the recent visitors at Mr. Oliver DeLancey's, were: Mr. and Mrs. Robie Gibson of Dartmouth, and Miss Alice Anderson and brother Charlie of Bridgetown.

Mrs. J. W. Driver of Providence, R. I., who is visiting at the home of her brother, A. C. Stephenson, spent a few days in Wolfville with Miss Hattie Pierce and sister, she was accompanied by Mrs. A. Stephenson and Mrs. W. E. Hilsley.

A house in New York was nearly burned down recently because someone had left a magnifying glass leaning against a wicker sewing basket. The glass focussed the rays of the sun on the inflammable material in the basket, and a blaze followed.

Keep Minard's Lintment in the house.

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Was the former price of this used
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Prize Lists are now ready. If you have not yet received one, write
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Manager and Secretary Halifax, N. S.

SEA LEATHER

There are several varieties of leather made from denizens of the sea—the shark, the sturgeon, and less known finny leather-producing fishes. We find an interesting description of some of these products in an exchange.

The skin of sharks is a beautiful burnished gray or bluish color. The surface resembles finely-grained leather, inasmuch as it shows many tiny prickles set all one way.

This property of shark skin renders it especially valuable to the manufacturer of shagreen. Since the skin is at once tough and easy to work, it can be used for many purposes where decorative effects are desired.

In spite of its lumpy armor, the sturgeon, furnishes a valuable and attractive leather. It has been found that when the bony plates are removed, the patterns remain on the skin, just as the patterns of alligator leather. This adds greatly to the value of the product. From the sturgeon that abound on our Pacific coast and in the Great Lakes we get a tough leather that is used for the making of laces to join leather belting for machinery. It is said that the lacing frequently outwears the belting itself.

There is found in Turkish waters a strikingly unattractive fish called the angel fish, classed among the little sharks. This fish yields an extremely high quality of green leather, much esteemed in Ottoman dominions.

In Russia certain peasant costumes are trimmed with the skins of a food fish, the turbot, and in Egypt men wear sandals made from the skins of fish caught in the Red Sea. In our country too, the cod has been used in a similar manner for in by-gone days a good many shoes and gloves have been made in Gloucester from the skin of the humble cod.

Eelskin is useful for many purposes, among them the manufacture of leather-binding for books and for braiding into whips.

The garfish, a fish found along our coasts, has a skin that can be polished till it resembles ivory. It is used in making picture frames and jewel caskets. The skin of this fish was used by certain of our Indian tribes to make a sort of armor. It is so tough and hard that, according to some accounts, a breast plate made of it will turn a knife or spear.—The Outlook.

SEA LEATHER

magnitude; a star of the second magnitude is 2.5 times as bright as a star of the third magnitude, and so on. Stars which are 2.5 times as bright as a star of the first magnitude are called stars of 0 magnitude, while stars 2.5 times brighter still are said to be of the -1 magnitude, and so on.

Professor Cerasik has made measurements to determine the magnitude of the sun, reckoned in this way. By adopting different methods of measurements he reaches very accordant results, and it appears that our sun is a star of the .265 order of magnitude, which means that it sends us as much light as 880,000,000 of stars of the first magnitude.

At the distance of a little over four light years—i. e., about 20,000 times its present distance—it would be a star of the first magnitude, so that, considered as a star, it is nothing out of the ordinary.—Pittsburgh Gazette-Times.

An Irishman was shooting ducks with a friend, who noticed that although Mike often aimed his gun at the flying birds, he never shot it off. At last he said, "Mike why didn't you shoot then? The whole flock was right in front of you." "I know," said Mike, "but every time I aimed me gun at a duck, another would come right between us."

SEA LEATHER

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All butter, wrapped in parchment, must have the words **DAIRY BUTTER** printed thereon.

We will mail direct to you, printed parchment at the following prices.

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MEASURING THE STARS

What is Meant by First and Second Magnitude and So On

The classification of the stars into orders of magnitude, depending on their apparent brightness, was undertaken a little hastily, with the result that many stars have been found which are brighter than stars of the first magnitude. Aldebaran is a typical star of the first magnitude, but Sirius is much brighter. Consequently the system of classification has to be extended.

A star of the first magnitude is 2.5 times as bright as a star of the second