

THE HOME

HOME MAKING.

The American housewife is no more wasteful in comparison with the European housewife than the American husband is in comparison with the European husband. The laborer in this country out of his limited wages, spends on his extra-domestic comforts—his social circle in the saloon, his barber, and his bootblack—a weekly sum that is ridiculously extravagant judged by European standards. Of course we live high and we waste. We waste in our households, we waste in our insurance companies and savings banks, we waste in our municipalities and our State governments and our national government. We waste property and we waste life; and the pinch of high prices, if it is to be met at all by the practice of economy, demands economy all round. The problem will not be solved by concentrating on the grocer's and the butcher's bill. There is no justice in demanding that the woman in the kitchen shall make atonement for the extravagance that permeates the entire national life. It is all the more unjust because the woman in the kitchen concerns herself with the very necessities of life. One may economize and save and scrimp, but in the last resort the American woman cannot abandon her butcher or her grocer on the ground that they are a bad habit; whereas cigars and drink and the bootblack are obviously not essential toward sustaining life.

Home-making, to a certain extent, is not exempt, of course, from the laws that shape all forms of human occupation. In successful home-making intelligence counts, character counts, training and knowledge count. The extraordinary development of domestic science teaching shows that there is a field here for the educator. But, after all, the business of the home can never be made an exact science and art, and we have no right to expect the same results that are obtained by scientific management in the highly specialized fields of industry, commerce, or the professions. For the essence of the question is that the scene of woman's operations is not a shop but a home, and that the system she has to sustain is not the factory system but the family. It is an axiom that the highest efficiency in industry is conditioned by the highest specialization. But woman's work admits of no specialization. In the mere, comparatively sordid act of preparing dinner she is compelled to perform a number of economic functions; she must have sufficient commercial skill to purchase her raw materials in the open market; she must have sufficient technical skill to transform the raw material into a finished product; she must have sufficient advertising skill to make her product palatable to a public whose psychological vagaries must be taken into account no less than its physical appetites. And that means dinner only. But woman in the house bears also the functions of nurse, teacher, policeman, judge, dressmaker and mother. She dare not specialize and she should not be expected to do any one thing supremely well. To judge her by Mr. H. G. Wells' ideally scientific standards of housekeeping is absurd.

LOOSEN UP AND PLAY.

Loosen up, good parents, uncles and aunts, and all maternally and paternally care-takers of children, including big sister or brother who wishes to appear very grown-up. When you have the kiddies on a pleasure outing, jump in and enjoy the sensation with them. Go through the crooked house, and get all bounced up and rattled about. Take the trip to Hades, and yell when the illuminated skeleton appears; or when you are whirled about in the elevator. Take off your hat and let your hair fly in a mad dash over the gravity railway—unless the hair is of the sort that might fly away, when it may be tied on with a scarf. Put on the roller skates, and compete with the boys and girls that are having such a good time whirling about the rink.

At one of the happylands by the sea a very dignified professor and a modest young woman were romping through all of the various stunts with the zest of ten-year-olds. When they were through the man had lost his hat and torn his trousers; and the girl was in a fluff state of dishevelment. But for all his grey hair, the man's face was as young and charming as that of a boy. The unusual exertion had sent the blood flying through his veins, filling out and effacing the lines in his face, flushing and animating it, and brightening the eyes. The couple disappeared eating some of the fluffy pink confection on sale at every stand; utterly unconscious of the pleasing picture they made.

There is something vociferous that all of us bottle up too closely within ourselves. There is something of the wild man in all of us. If we don't let it loose now and then, it acts as a detriment both to physical and mental health, and deteriorates the fine spontaneity of the energies. The repression stagnates the blood, corrodes the liver, and interferes with the activities of the brain. So why not let it loose in the open air and sunshine, after the harmless and wholesome manner of little children?

The truth of the matter is that the grown-ups, and especially the mature, feel that they would be undignifying themselves by whirling around in a circle on a prancing wooden horse, to the merry music of the hurdy-gurdy; or in shooting away over a humped track to the accompaniment of high-keyed shouts and laughter. They are afraid of what people might think of them. But probably there is not one of them who has not at some time, felt a longing to get in and join the fun. And this is exactly what they ought to do. If they have a physical shrinking from the experiences and sensations that these pastimes offer, it is a sign that they need a thoroughly good shaking up to get the stiffness out of their joints, and the sluggishness out of their blood. Unconsciously to themselves, they have been slipping toward the habits of old age, when, in many cases, they are not even near their prime.

SUMMER AND THE BABY.

Don't keep him in the city during the summer. Second summer or any other summer, he will thrive best when kept out of doors most of the time. If the sleeping-on-the-porch habit has been cultivated, so much the better. If mother has kept herself in good health, and baby is not weaned, from the fourteenth to the eighteenth month he should be allowed five meals a day if he is awake long enough to take them.

The first meal, at 7 a.m., should consist of a slice of stale bread broken and soaked in a breakfast cupful of milk; or two tablespoonfuls of well-cooked and strained porridge (oatmeal or cracked wheat) with two tablespoonfuls of cream, and a little salt—no sugar—and a breakfast-cupful of milk. For variety breakfast may consist of the yolk of an egg, lightly boiled, with bread-crumbs, and a teacupful of milk.

The second meal, at 10 a.m., may consist of a teacupful of beef, chicken or mutton broth, with a slice of bread, and one good tablespoonful of rich milk pudding. Upon another day it may consist of a mashed baked potato, moistened with four teacupfuls of meat broth; also two tablespoonfuls of junket, with the same quantity of cream.

The fourth meal, at 6 p.m., if baby is awake, should consist merely of a breakfast-cupful of milk, with or without one tablespoonful of good Liebig food. He must never be awakened from sleep for it. If he awakens at five or six in the morning, he should be given a half cupful of warm milk.

As for the second summer, baby is in no more danger during this time than he is at any other period of his troublous little life. He is always in danger if you do not take the right kind of care of him. And even then, accidents will happen. But the thing to do is to give him the most intelligent care you know how to, and stop worrying.

Watch the temperature of his feet, stomach and abdomen. Never let them get chilled. If by accident they have become so, warm them immediately, either by gentle massage, or application of warm flannels. Always have some place where a fire may be started quickly—preferably an open grate, even in midsummer.

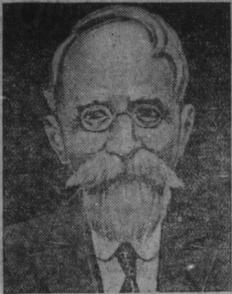
Don't overburden baby with clothing. The little body will become fatigued by too great a weight, especially in summer. And if he is too warmly clad he will perspire, and an excess of perspiration is weakening. In the very hot days measure his discomfort by your own. There will be times when you may safely strip him to his little band and shirt, and let him kick his naked legs freely. Keep him close to nature, and nature, will be kind to him.

GOOD HANDLING.

There are a lot of men who handle horses that should never be allowed to drive one. They are those who yell at the animals, strike them, swear at them, and otherwise use the horses roughly. Gentleness, kindness and quietness are prime requisites in a teamster, if he would get most out of his horses at all times.

DOCTORS COULD NOT HELP MY KIDNEYS

"Fruit-a-lives" Cured Me



MR. GEO. W. BARKLEY

CHESTERVILLE, ONT., JAN. 25th, 1911
"For over twenty years, I have been troubled with Kidney Disease and the doctors told me they could do me no good. They said my case was incurable and I would suffer all my life. I doctored with different medical men and tried many advertised remedies, but there was none that suited my case. Nearly a year ago, I tried 'Fruit-a-lives'. I have been using them nearly all the time since, and am glad to say that I am cured. I have no trouble now with my Kidneys and I give 'Fruit-a-lives' the credit of doing what the doctors said was impossible. I am seventy-six years old and am in first class health."
GEO. W. BARKLEY.
50c a box, 6 for \$2.50, trial size 25c. At all dealers or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

GUARD-MOUNT.

The night has come, and forth I fare To post the sentries of my prayer; Their silent watch to keep where'er My waking thoughts would be.

Upon a mountain-circled hill, Where cries the plaintive whippoor-will, Two prayers shall pace to keep from ill Whom God has given me;

Two more shall stand beside their door Who gave me birth, and two before Her but who lights an alien shore With love's long ministry;

And two shall nightly vigil keep To bring us word who nightly weep If they do wake from their long sleep Beneath the linden tree;

To every doer two more shall go Where trouble threates, or lurking foe Waits but the deep'ning dark to throw His dart of misery;

And one in silent round I send From prayer to prayer, his aid to lend If there be special need to fend Against the enemy.

Forth to your posts, my sentinels, Till matin prayer's reveille-bells Give you relief and daylight tells Where evil shadows flee.

—John Finley, in Century.

If you are a housewife you cannot reasonably hope to be healthy or beautiful by washing dishes, sweeping and doing housework all day, and crawling into bed dead tired at night. You must get out into the open air and sunlight. If you do this every day and keep your stomach and bowels in good order by taking Chamberlain's Tablets when needed, you should become both healthy and beautiful. For sale by druggists and dealers.

AS IT WAS IN LUNENBURG

The mercury soared to ninety-eight on Monday afternoon. It got an idea into its head that it was related to a soda fountain, and going up was its only mission in life. Work was suspended in the tailor shops, millinery rooms and printing offices, the temperature in these places being such that work was impossible.

While Rae Meisner, chauffeur at the Grand Hotel, was taking two commercial men to Tusket and Wedgeport, in the Grand's auto, the top, which was shut down, took fire from some cigar ashes accidentally dropped on it. Before the blaze could be extinguished one side of the top was completely destroyed.

Two stars have been added to the United States flag, denoting the addition of Arizona and New Mexico to the Union.

Dr. Morse's Indian Root Pills

cure many common ailments which are very different, but which all arise from the same cause—a system clogged with impurities. The Pills cause the bowels to move regularly, strengthen and stimulate the kidneys and open up the pores of the skin. These organs immediately throw off the accumulated impurities, and Biliousness, Indigestion, Liver Complaint, Kidney Troubles, Headaches, Rheumatism and similar ailments vanish. Dr. Morse's Indian Root Pills as Save Doctors' Bills

MAGNIFIED HER WEALTH.

A Five Dollar Bill That Seemed to Be a Small Fortune.

The woman handed her friend a five dollar bill. "See the number of small fives engraved on it?" she asked. "When I was in Denmark a few years ago such a bill as that caused me a great deal of amusement, and I had to surrender one before I could prove myself clear of a false belief regarding my finances."

"An aunt whom I was visiting saw in my purse one day a number of these bills, and she asked to examine one, as it was so different from any of the Danish money. She studied it attentively a few minutes and then asked me how much it was. I told her it was \$5, and, to my surprise, I saw she did not believe me. 'It is only that amount,' she said, 'why has it so many little figures on it?'

"I tried to explain, but I made little impression on her. Later I heard she had told our relatives that I was worth thousands and thousands of dollars and was trying to conceal the fact from the family lest they should expect some things of me that they would not otherwise."

"When I heard that I was visiting in another part of the country and could not very well defend myself, so I hit on the expedient of sending my aunt a present of a five dollar bill. When she went to have it changed into the money of the country she was at last convinced, though at the price of having her dream of wealth rudely shattered."—New York Press.

A FAMOUS BEACON.

The Navasink Light, Near Sandy Hook, is a Wonder.

The most powerful light in America is housed on a promontory near Sandy Hook, 250 feet above the beach, where it acts as a safeguard to all ships entering or leaving the harbor of New York. It is called Navasink light and is of 95,000,000 candle power. At fifteen or twenty miles its flash is as pointed and brilliant as a star. On a perfectly clear night its shaft of light can be seen 100 miles at sea. When the present candle power. But ocean pilots objected to its strength, saying that so amazing an electric flash actually blinded them and interfered with their work. Uncle Sam heard the prayer of the pilots and turned down his pet lamp to 95,000,000 candle power.

The amount of oil consumed by the engine that provides the power for the light is only one gallon and seven-eighths an hour. That is the astonishing thing to the unscientific visitor—the comparatively small expense and effort required to maintain so great a light. There are two fair sized dynamos and two oil engines. One set is always kept in reserve. Of course the tremendous candle power is developed by means of a great lens, made in France. The lens weighs seven tons and a half, is seven inches thick and rests in mercury. It is revolved with ease.—Saturday Evening Post.

Purely Mental.

Mrs. Holden had been blessed with remarkable eyesight all her life. It was a great trial to her when at the age of seventy-two she was obliged to put on "reading glasses." "But they are really becoming to you, Aunt Elida," said a gentle niece by way of consolation.

"No, they aren't," said Mrs. Holden, with her usual scorn for compliment. "Anybody's eyes look better without a glass in front of 'em, and you know it." "But you couldn't read without them," ventured the niece, "and you love."

"I could, too, read without 'em," said the old lady, refusing to be soothed. "I could read most as well as ever, but I couldn't sense it all—that's the only trouble."—Youth's Companion.

England's Largest House.

The proud distinction of being the largest house in England is generally accorded to Lord Fitzwilliam's Yorkshire seat, Wentworth Woodhouse. Of this house it is said that the three principal entrances are so far distant from each other that visitors are advised to bring three hats with them, one to be kept at each point of egress. A house which is 600 feet long, has a hall in which two average suburban villas could be comfortably placed and boasts a room for every two days of the year is certainly large enough to satisfy any reasonable ambition.—Exchange.

Handy Shakespeare.

"Can you loan me four volumes of your Shakespeare set?" "Certainly. Which volumes do you wish?"

"It makes no particular difference. We're to play bridge tonight, and our card table isn't quite high enough."—Louisville Courier-Journal.

Irresistible.

"However did you reconcile Adèle and Mary?" "I gave them a choice bit of gossip and asked them not to repeat it to each other."—Fliegende Blätter.

Only One Exception.

Teacher—How is it that you don't know your lesson? Boy—I can't learn it. Teacher (angrily)—If it were not for me you'd be the biggest blockhead on earth.—Exchange.

Money In Her Own Name.

Hewitt—He married a girl with money in her own name. Jewett—Is that so? Hewitt—Yes; her name was Cash.—New York Press.

Your mistake in life is that you do not look forward far enough.—Dickens.

Minard's Liniment Cures Colds, etc.

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.

SEEDS, 1912

On account of prevailing high prices the Quantity of SEEDS stocked by us is not equal to previous years, but in Quality and Assortment it Exels.

Seed Oats, Field Peas, Rennie's XXX Timothy, Red Clover, Alsike, Red Top.

Ewing's Timothy and Clover Seeds of less price, but tested quality.

Turnip, Mangel Wurtzel, Sugar Mangel, Carrots, Parsnips, Cabbage, Lettuce, Onion, and all desirable Garden and Flower Seeds.

FOR SALE BY

J. E. LLOYD & SON.

Interesting Values in Jewelry at BISHOP'S

I have just replenished my stock of fine Jewelry and Silverware with some of the latest patterns. I buy in large quantities for cash and am able to give my customers the very best values.

My repair department is giving satisfaction. All work guaranteed.

ROSS A. BISHOP

THE JEWELER LOCKETT BUILDING

Summer Millinery

Our stock of Summer Millinery is now complete, with all the latest Novelties.

All who favor us with their patronage may feel sure of satisfaction.

Miss Annie Chute STORES AT Bridgetown AND Lawrencetown

NEW SPRING GOODS

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

T. J. MARSHALL

Real Estate

For Sale

ORCHARD FOR SALE.

23 acres of choice orchard land, situated at Wilmot in the heart of the apple-bearing district of the Annapolis Valley. Land once owned by the late Brover G. Stronach. Fine young orchard of about 400 trees, about seven years old, row 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 a 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.

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

DO IT NOW

It is well known to experienced salesmen that the largest and best business in fruit trees is done during the summer months. The man first on the ground secures the cream of the trade, therefore

Secure Your Agency Now

We want a good reliable man for this district, because the demand for fruit trees never was so good. Good pay. Outfit free. Whole or Part Time agreement, and you represent a firm of thirty-five years' experience with over six hundred acres of land under cultivation. Write—

PELHAM NURSERY CO., Toronto, Ont.

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.



At the Head

The man at the head of affairs whether at home or in business, is the one whose attention you wish to attract. Our paper goes into the best class of homes and is read by the head of the family. That accounts for the results obtained by the use of Classified Want Ads.