THE HOME

CARELESS FAMILIARITY.

I was decidedly disappointed the other day with a very charming, and I had always thought almost ideal young person, who was visiting

A group of us were standing talking together. One of the group was a young man whom this girl had met perhaps half a dozen times. In the course of the conversation he started to repeat to her a very flattering compliment he had heard of her sing-

The girl begged him to desist, and when he laughingly kept on, she advanced towards him, and laid her

Now perhaps it will seem prudish to you, but I did not like that.

This is an age when friendships beinformal, very much less stiffly conventional than they used to be.

The modern man and woman friendship is as different from the man and lover brought his lassie.

And I think that is good. But when this friendship tends towards familiarity, that I think is

sensible and comradely and less exot- is divided into pieces of the right able to join them in some of their sports and all of their intellectual

But I don't want to see her let this fine comradeship deteriorate towards a careless familiarity.

I have heard of a girl in high society who slaps her men friends on the back when she meets them.

The public laughs at her. I think it should be ashamed to

Even between lovers I dislike see public demonstrations, and it stems to me that they show the

its manifestations. tainly isn't the least bit wrong, but definitely prescribed by doctors as a it does seem to me it borders on cure for 'nerves.' When a woman is the "tacky."

people who find it difficult to confine she is advised to take up needlethe manifestations of their mutual work as a cure. erder to the privacy of their home. "For howsoever love be blind

The world at large hath eyes." -Ruth Cameron

THE NATURAL DUTY OF PARENTS AND CORRESPONDING DUTY OF CHILDREN,

Doubtless it is difficult to "get along" in this or:any other country. world without asking; they are entitled to support and an education.

But it is not right, and it never will be right, to treat fathers and mothers who have worked and sorrowed and loved and suffered for the required result would not be white and shrunken, it proves that their children as cruel farmers treat obtained. One of my patients grew so the hair is diseased, and requires their broken-down work horses. It is easy for economists to point would sit up until three o'clock in be avoided. If the bulb is pink and

out that in a human lifetime one the morning to finish it. This was full, the hair is healthy. ought to be able to provide for old naturally about the worst thing she age. The widow who takes in sewing could do .:' to support three or four children

It is easy to assert solemnly that industry means independence. In many cases it does, but be she ever so industrious, the wife of a arunk ard cannot make herself or her children independent of the poverty and misery that his life brings upon

Mother love is natural; but it is

none the less deep and genuine, none the less welcome by the child that needs it. And it is none the less entitled to repayment when age has withered the hand that stroked the forehead of the little sick baby and dimmed the eyes that watched so other, it is before going to bed. Durcagerly over the little trundle bed.

THE CUTLET.

The cutlet as it is best known, is of veal, and is usually served fried with bacon, either plain or breaded. My own favorite method of preparing it is to have the cutlet trimmed into pieces not much larger than a silver dollar, to these pounded with the head of a hammer or a hatchet sprinkled with a few drops of lemon juice, then rolled in cracker crumbs, dipped into beatin egg, rolled in cracker crumbs crain and fried to a hot fat. Tomato sauce may ... be corved with them. When they are cooked in this way they are a quite different thing from the veal cutlet as most of us know it. The treatment with the hammer breaks up the rather tough fibers and the meat is more easily masticated. And veal requires thorough mastification to make it any-

digestion. The recipe may be varied a little by omitting the lemon juice, pepperwoman friendship of fifty years ago ing and salting the cutlets slightly, as the modern sheath of roses that dipping them in beaten egg and then the men of today sends the girl of in grated parmesan cheese before the twentieth century is from the rolling in breadcrumbs and frying stiffly arranged bouquet the old-time them. This is an Italian touch and seldom fails to please any one who tries it

thing but a menace to the ordinary

The cutlet may also be broiled satisfactorily, but for this very tender veal should be chosen, and this, too, should be hammered a little after it size. To make them still more tendwhich you have added pepper and salt at discretion and leave them in this for fifteen minutes before cooking, turning them several times in the oil bath. Broil them for eight or ten minutes. They are especially good if served with fried or baked tomatoes.

might call its natural state. The veal cuilet, made of plain and unminced meat, is a very simple affair. When we begin using other meats for the cutlet, they must be chopped first.

NEEDLEWORK AS A "CURE."

For a girl to pick a thread off a soothing occupation, that is, when man's coat or a man to put back they are not pursued under pressure Nose lock of a girl's hair in pub- of time or need. Now a further step when the two are engaged, cer- has been taken, and they have been suffering from nerves as the result of There is a couplet of Kipling's the worry of housekeeping or the which I'd like to recall to the young | modern rush of social or business life

"Light needlework comes under the category of amusements, and is prescribed for the woman with nerve trouble by her doctor in the same way as golf, for instance; that is, as something to keep the mind inwhen no eggs are used. erested without too much strain," a physician told the "Daily Mirror." "Nerves are often caused by a wom

an having no definite occupation, and in such cases we advise light needlework as an occupation. For a very The parent's duty to his children 1s busy woman who is absorbed in the great; they have come into this rush and turmoil of life we suggest of hair, you may want to know wheit as a change of occupation.

needlework cure, however, who has a ple need a hair tonic. distaste for it, and it should not be

"I was so restless that I wandered about the house perfectly miserable.' she said, "until one day I decided to attempt needlework as a new occu-

interesting that I lost my nervous, you to try it at our risk. Two sizes on the national Armada Memorial restless feeling and also the blues, 50c. and \$1.00. Sold only at our store erected by the nation on Plymouth before it was finished."

If there is one time in the day in teeth more thoroughly than any ing the night, the acids generated by

AN AMBANAS

contain the best evacuant known to modern med-

icine. - Though most effective, they never cause discomfort

25c. a box at all druggists'.

National Drug & Chemical Co. of Canada, Limited

which it is imperative to wash the LIGHTNING KILLED Arms at the Time But it Was Uninjured. NA - DIE 1 - CO

ost as the result of a terrific storm which swept over Quebec and district yesterday, doing much damage to buildings and trees. The vic tims were a mother and her twoyear-old child, who were struck by lightning at the Island of Orleans. A strange feature of the fatality is the fact that the mother was carrying a present responsible position. little infant in her arms at the time but it was uninjured.

Mr. Andrews praises Dr. Music Hall Comedian. Morse's Indian Root Pills.

Mr. George Andrews of Halifax, N.S., "For many years I have been troubled with chronic Constipation. This ail-ment never comes single-handed, and I ment never comes single-handed, and I have been a victim to the many illnesses that constipation brings in its train. Medicine after medicine I have taken in order to find relief, but one and all left me in the same hopeless condition. It seemed that nothing would expel from me the one ailment that caused so much trouble yet at last I read about these

uble, yet at last I read about these Indian Root Pills.

That was indeed a lucky day for me, for I was so impressed with the statements made that I determined to give them a fair trial.

They have regulated my stomach and bewels. I am cured of constipation, and I claim they have no equal as a medi-

For over half a century Dr. Morse's Indian Root Pills have been curing constipation and clogged, inactive kidneys, with all the ailments which result from them. They cleanse the whole system and purify the blood. Sold everywhere at 25c. a box.

the food, which has not been removed do their deadly work, and cause the enamel to decay. There are numerous preparations for use with the toothbrush, and one must discriminate. It s a good plan to consult the dentist, who! ooks after one's teeth, as he is likely to know the chief dentrifrices, the use of the individual, also what style of brush should be used. Some persons have softeir teeth than others or perhaps with more of a tendency

SOME ANSWERS TO "HOW MUCH?

Here are answers to every "how

quart of any mixture to be ser ed One teaspoon of extract will flavor one quart of custard pudding. One tablespoonful of extract will

flavor one quart of mixture to be One level teaspoon of salt will season one quart of soup, sauce or

The ordinary French dressing (three tablespoons oil, one and one half tablespoons vinegar, one-fourth teaspoon pepper) will moisten pint of salad.

One tablespoon of water or milk should be allowed for each egg in an Allow four eggs to each quart of

milk in making cup custards. Allow from four to six eggs to each quart of milk in making a custard to be turned from the mould. Rice will absorb three times its

measure of water; and a larger quantity of milk or stock. One ounce of butter and one-half ounce of flour are used to thicken Of friends, however humble, scorn one cup of liquid in making a sauce. Allow three level teaspoons of baking powder to each cup of flour

Make This Test

How to Tell if Your Hair is Diseased.

Even if you have a luxuriant head ther it is in a healthy condition or "No woman should undertake the not. Ninety-eight per cent of the peo-

Pull a hair out of your head, if turned into labor, in any case, or the bulb at the end of the root is interested in her needlework that she prompt treatment if its loss would

We want everyone whose hair requires treatment to try Rexall "93" A business girl described how she Hair Tonic. We promise that it shall was cured of a prolonged attack of not cost anything if it does not blues and nerves by making a simp- give satisfactory results. It is deple dress after she had left the office signed to overcome dandruff, relieve scalp irritation, to stimulate the hair roots, tighten the hair already baldness.

It is because of what Rexall "93" Hair Tonic has done and our sincere "I found the making of the dress so faith in its goodness that we want -The Rexall Store, Royal Pharmacy,

MOTHER AND CHILD

Woman Was Carrying Infant in Her

TWO LIONS AT BAY.

CURED OF CONSTIPATON Thrilling Experience of an English

> Stage fright of the sort that afflicted Whit Cunliffe, at one time a promi-nent singer in English music halls, is not avoidable. Fortunately also it is not common. At a place where he was engaged in Binningham one of the attractions was a lion show, some of the beasts being really wild and un-tamed. Nearly the whole stage was taken up with the setting of the ani-

liffe in telling of the incident, "I heard a hurried rush and confused shouting, and some one slammed an iron gate. I heard a voice say: 'Just in time, he was nearly out.' My music was starting, so I had not time to en-

quire. I went on the stage.
"In a moment I heard ominous growls and savage snarls, mixed with much whip-cracking and strenuous breathing. I am never fond of a wild animal show, and I felt distinctly nervous that night. The cloth behind me sagged and swayed, and then to my horror suddenly in the wings I saw the huge head and front of a

"I was singing a song called I Would, which had a lot of short verses. As I sang them, my blood running cold. I watched the lion. It eemed to advance slowly, and its baneful eyes glittered in a truly horrible way. I could not go off that side without passing it, so I prepared to make my exit with haste. "Turning, I was horrified to see an

other lion on the other side. "I was caught like a mouse in a trap. I dared not go off the stage; I dared not show my discomfiture to the audience. There was only one thing for me to do-sing. So I sang in desperation, hoping that some one would come and take the lions away. They told me afterwards that I sang ninety-eight verses, but I think that

"I wondered how long it would take those two brutes to make up their mind to come into the full glare of the footlights, and I had just prepared to leap into the stalls, regardless of the consequences, when I heard the hoarse voice of one of the stage hands say, 'Ere, Bill, these two chaps are too far forward. Give a 'and with them, will yer?' And coming up between the two lions they lifted them bodily. They were papier mache."-

Two Wordsworth Anecdotes. A correspondent of The Spectator (London) contributes two anecdotes of Wordsworth. "The scornful pity felt by an old gardener for Darwin, who, as he toiled among the idle rich, reminds me of an anecdote which I have somewhere come across about the similarly unproductive Words-

worth" An old laborer near Rydal, who had level teaspoon salt, one-eighth level often seen the poet, had been struck by his odd way of spouting his verses out-of-doors. When he was thus "booing his pottery" he seemed to the peasant to be quite daft; but his mafady was intermittent, for actually he could sometimes sayetly ademorrow, John," just like anold calse. This may be supplement to one of the Wordsworthiana which came to me on good authority. Some thirty years ago an aged lady who in her girlhood had known the poet, told me that he once showed her a daisy besprinkled with dew and applied to it the lines which I quote from memory:

Small service is true service while

not once; The daisy by the shadow that it casts Protects the lingering dewdrop from the sun.

I rather gathered that the stanza was composed on the spot; but it is possible that it had been written before, and was drawn from the poet by the object-illustration. This incident object-illustration. This incident seems to me worth mentioning. It awakened a special interest in a grandson of Wordsworth, who told me that it was almost, if not quite, the only one of his great kinsman's poems the occasion of which had been unknown to him.

A Bust of Rolls.

The bust of the late Mr. C. S. Rolls, upon which the sculptor, Mr. W. C. May, has been engaged, under the supervision of Lady Llangattock, has now been finally approved. The bust, which is looked upon as a remarkably successful study of the distinguished aviator and motorist, is borne upon a four-side pedestal, each of the four sides being ornamented with a panel descriptive of a notable event in Mr. Roll's career. These represent: The Paris to Sherborne (Norfolk) balloon voyage; starting for Calais (aeroplane flight); Paris to Berlin (motor race); Dover to Calais and back (aeroplane flight). The rear of the bust itself, instead of being left in the rough, as is usual, is finished with a moin the head, grow hair and cure detiing of roses and inscribed with the name "Charles Stewart Rolls," together with a Latin phrase prophesy ing that the aviator will be renowned to posterity. Mr. May, it will be re-membered, was the sculptor employed

The Unionist Organizer.
At the Conservative Central Office, Westminster, sits the man, Mr. James Percival Hughes, who organizes and directs the British Tory forces. Mr. Hughes became chief agent of the Tory party in 1907, and the arduous-ness of the work may be gathered from the fact that he once confessed that he barely found time for a daily walk. Mr. Hughes has had a varied career. Quebec, July 4—Two lives were In the first place, he was private secgallant soldier and pioneer aeronaut, and after the latter's death was left trustee of his estates in Ireland on behalf of the colonel's only son, who has distinguished himself as the inventor of the Atalanta mono-rail highspeed system. Then Mr. Hughes was called to the Bar, but his high reputation as an organizer and his fondness for political work led him to his

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This house is only three years old. A snap for any- SOLICIT CONSIGNMENTS of all one wanting a good home.

nection. Apply to

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on premises.

Residence of Harry J.

Crowe, situated on Granville St. opposite the Baptist Church. House contains nine

Rooms, Modern Bathroom, Electric Lights and Furnace, Good Stable in rear.

Apply to JAMES QUIRK,

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Home, situated on Granville street trimmed with West, Bridgetown, nine rooms with and beading, Three quarters acre land. 75 Fruit embroidered Trees, apples, plums, pears. Short distance from two railway stations, flounce, lawn churches and schools.

Will sell right on easy terms, or would trade for farm. W. AVARD MARSHALL Bridgetown, Aug. 15th.

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Plans, specification and form of contract can be seen and forms of tender obtained at this Department and at the offices of C.E.W. Dodwell, Esq., District Engineer, Shelburne, N S., and on application to the Post-

Persons tendering are notified that tenders will not be considered unless made on the printed forms supplied, and signed with their actual signatures, stating their occupations and places of residence. In the case of firms, the actual signature, the nature of the occupation, and place of residence of each member of the firm. must be given.

Each tender must be accompanied by an accepted cheque on a chartered bank, payable to the order of the Honourable the Minister of Public Works, equal to ten per cent of the amount of the tender, which will be forfeited if the person tendering decline to enter into a contract when called upon to do so, or fail to complete the work contracted for. If the tender be not accepted the cheque will be *sturned. The Department does not bind itself

to accept the lowest or any tender. By order, R. C. DESROCHERS,

Department of Public Works. ·Ottawa, June 30th, 1911 Newspapers will not be paid for United States, predicts that 150,000 his advertisement if they insert it American settlers will cross the bor- without authority from the Depart-