

# THE HOME

## FOR THE SAKE OF THE CHILD.

The public has been aroused all over the land to the danger to the child's health of the common house fly. The war against flies continues to spread. In certain cities in New York state a fly killing campaign will be carried on in an effort to exterminate the house pest. Prizes will be given to the three persons bringing the greatest number of dead flies to the respective city halls on a certain day. No flies born in captivity will be accepted, this prohibition being intended to bar the breeding of flies to win the prizes. It looks, therefore, as though the mortality among flies would climb to a high figure this summer. In many municipalities thousands of "Swat the Fly" circulars have been issued by order of the Children's Relief and General Welfare Society. The circulars advise as follows: "Swat the Fly." Flies carry more germs and sickness than anything else. Flies walk over manure and vile dirt, and then come into your house and walk on your food. Do not let a fly touch anything a baby puts into its mouth. Keep milk bottles covered and wash as soon as empty. Health Officer Hodge, of Worcester, Mass., has issued a manifesto to the children of the city in which he says that the school children of Worcester have it in their power to prevent one hundred unnecessary funerals this summer. The work of exterminating flies should spread all over the country. The London Lancet says that ten cents worth of formaldehyde will rid any house of flies without doing injury to anyone or anything else but the fly. Put two teaspoonsful of formaldehyde in a large saucer of water and set in the room; it will speedily empty the room of any flies that may be there.—Exchange.

## MEATS OFTEN ILL-COOKED.

Sausages are often served insufficiently cooked. They should be washed, put into a covered pan with a cupful of water and allowed to simmer for twenty minutes, reheating the water if necessary. Then take off the cover and brown the sausages, picking each one to let the moisture out. Stews are very often cooked too quickly and in too much water. The meat should be washed and carefully looked over, then put into a pot with about two cups of hot water; more may be added as this boils down. This should simmer for four hours, the salt and onion being put in at half that time, not at the beginning. A pleasant flavor is gained by adding half a can of tomatoes an hour before this is served. The second cut of brisket makes an excellent stew. It may be stewed cut in slices like steak. The forequarter of lamb is the most delicious part of all if it is well cooked. The shoulder blade should be removed, an onion dressing added, if desired, then placed in a covered pan in a slow oven. It should roast for at least three hours. Veal is often under-cooked. Cutlets should fry for at least half an hour.

## SUMMER SALADS

Potato Salad.—Take one quart of potatoes, two tablespoons of chopped parsley, two tablespoons of grated onion, moisten with French dressing. Slice the potatoes while hot, mix the other vegetables with them, add more French dressing, and set in a cool place for two hours before serving. Cardinal Salad.—Boil two large beets until tender; slice, cover with two tablespoons of vinegar and allow them to stand for twenty-four hours. Pour off the vinegar and use it in making a mayonnaise. Take one-half cup of white wax beans, one-half cup of peas, a few gherkins and a cupful of cold chopped potatoes, and mix with the red mayonnaise. Serve on lettuce leaves and garnish with red radishes. Onion and Lettuce Salad.—Take off and set aside the outer leaves of two heads of lettuce, wash the hearts and drop them into cold water to make them crisp. Peel one small onion, and cut it into thin slices. Shake the lettuce in a clean tea-cloth to free it from water. Fill the salad bowl with alternate layers of the lettuce and onion slices, and serve with dressing in a sauce boat. Spinach Salad.—Place one pint of minced, cold boiled spinach on a dish. Chop separately with a silver knife (steel discolors) the whites and yolks of two hard boiled eggs, and arrange them, mixed in little mounds on the spinach. Serve with dressing.

## TOO MUCH SHADE UNHEALTHFUL.

Avoid overshadowing of the dwelling-house by an excess of trees or vines. There are many houses known to the writer to be unhealthy by reason of too much shade—houses where much sickness and some deaths have resulted with successive tenants. We have no finer tonic than sunshine, and it is the lure of the health seeker who once basks in it and thereby falls under its magic and benignant influence. Vines must not be too freely planted on the house, or at least they must be kept from too much covering it. Trees are fully as baneful in their effect if allowed to thickly overshadow the dwelling. Aside from death dealing dampness which is easily dispelled by light and heat, unhealthy influences are induced and fostered in houses where proper ventilation is prevented or retarded by too much shade. Heat is by far the strongest factor in ventilation, for without it we can have but little movement of the atmosphere or "change of air." Where the sun's rays are too much intercepted by dense shade this healthful movement of the air is reduced to a minimum and unhealthy influences will soon prevail if one lives under such conditions. Still, we must have trees and vines, and should have all that may be permissible with a proper amount of sunshine on the dwelling. The true mission of the house vine is not to cover or obscure, but to embellish and to soften and harmonize the hard, monotonous lines of severe architecture. Neither is this the mission of trees; they are but to frame the picture, to relieve the monotony of landscape and architecture, also somewhat to protect. All these fine points may be too seriously considered, so much so that each one oversteps the bounds of reason and laws of sanitation.

## PITFALLS TO AVOID

Don't think that to own a few hens at which to throw feed at night and morning identifies you as a business man among hens. Don't "shew" and saw the air with your arms everytime you enter the chicken yard. The peaceful and contented bird should not waste energy in nervous shocks, but in laying eggs. Don't cross a scrub with a pure blood. Success if better attained with good stock as a nucleus rather than the non-greg. Don't buy so-called "cheap" foods—an engine cannot run on shale coal, nor a hen prosper on unwholesome fodder. The low in price is often the most costly in results. Don't, please don't, scatter mash food over the ground and on boards; feed in sanitary galvanized or wooden feeding troughs. Bits of mash food scattered on the ground soon become tainted, and engender disease. Don't keep broody hens about the place unless doing business on a clutch of eggs. Hens should be laying eggs or hatching them. Don't overfeed; fat hens lay less than those in just the right condition. Besides, they are less active and so more liable to physical ills. Don't change from one breed to another. Select the one that strikes your fancy, learn to know its characteristics and requirements, and you will be successful with it. Don't put twenty-five birds in an environment only capable of accommodating half that number. Over-crowding is inimical to good health, and conduces to bad habits. Don't allow ailing birds with the healthy; segregate them out by themselves where they can be safely and properly treated. Many of the ailments of poultry are contagious. It is good to surround the homes of the people with beautiful, uplifting things, and a country without such environment will not stand. Mere commercial endeavors, without thoughts of civic beauty, flower smothered home surroundings and everything that tends to bring the country into the town are sordid and uninspiring. We shall be glad to see more small gardens, the gardens of those who must follow this hobby in their spare hours, in the large cities. This feature, which impresses everyone who visits the old homelands, will come in time into this country—the fruit and vegetable plots and flowers with them, the cottages or houses—whichever one is pleased to call them—set, as far as possible amidst natural, and certainly economic, surroundings.—Canadian Courier.

# A MARTYR TO HAY FEVER

## "Fruit-a-tives" Cured After 15 Years' Suffering

CORNWALL CENTRE, ONT., NOVEMBER 27th 1911. "It was a matter to Hay Fever for probably fifteen years and I suffered terribly at times. I consulted many physicians and took their treatment, and I tried every remedy I heard of as being good for Hay Fever but nothing helped me. Then I heard of "Fruit-a-tives" and decided to try them, and I am thankful to say that this remedy cured me completely. To every sufferer from Hay Fever, I wish to say—"Try Fruit-a-tives". This medicine cured me when every other treatment failed, and I believe it is a perfect cure for this dreadful disease—"Hay Fever". MRS. HENRY KEMP. The real cause of Hay Fever is poisoned blood, due to the faulty action of the bowels, kidneys and skin. "Fruit-a-tives" cleans the blood by regulating bowels, kidneys and skin, and thus relieves the excessive strain on the nervous system. Try "Fruit-a-tives". 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

## "OLD HOME" WEEK AT ST. JOHN.

(St. John Globe)

It would have been impossible to secure better weather for the second day of "Old Home Week" and the crowds already in the city were largely augmented by fresh arrivals. The Artillery Band attended all the boats and trains and played inspiring selections which were greatly enjoyed, not only by the incomers but by many others as well. The first occasion at which their services were given was the arrival of the Eastern Steamship. Steamer Calvin Austin arrived early on Tuesday. She had between five hundred and six hundred passengers on board, of whom it was estimated more than half remained in the city. Many more strangers came in on the Boston and Montreal trains while the Governor Dingley, which reached the city at 12.30, brought another two hundred and twelve from the Hub. The decorations of the city are now nearly all in place and the streets present a gay and animated appearance. Men were still busily at work on the Post Office and Customs House buildings this morning. The Street Railway Company are getting ready to illuminate the walls of King Square with pretty colored lights. Many of the posts are already in place and the stringing of the wire and screwing one of the lamps will take only a very short time. In former years this illumination has been a popular feature, and has added much to the attractiveness of the square. While it is unfortunately true that the flowers are not as far ahead this year as could be desired, the lawns are looking their best. The trees also are in magnificent foliage.

## WARNED TO MOVE.

The federal cabinet have under consideration a notification given to the Dominion Government that drastic and speedy action must be taken to avert a tragedy. The government of Alberta has warned the fifteen hundred inhabitants of the pretty little town of Frank, at the foot of Turtle Mountain, in that province, that the whole town is in imminent danger of being wiped out by another great landslide worse than that of April 29th, 1903, when as a result of the coal mining operations a large slice of the mountains slid on to the village, killing seventy of its inhabitants and destroying a vast amount of property, including a mile and a half of the Crow's Nest Railway.

## TO GET RID OF MILDEW.

Cover the stains with a paste of salt and lemon juice and lay in the sun all day, moistening frequently with lemon juice. When the sun has gone wash out all the acid and salt. Repeat this process each day until the stain disappears washing each night.

## Kidneys Wrong?

If they are you are in danger. When through weakness or disease the kidneys fail to filter the impurities from the blood, trouble comes at once. Backache, Rheumatism, Sciatica, Gravel, Diabetes, Gall Stones and the deadly Bright's Disease are some of the results of neglected kidneys. Dr. Morse's Indian Root Pills contain a most effective diuretic which strengthens and stimulates the kidneys so that they do their work thoroughly and well. Try Dr. Morse's "Indian Root Pills".

## EARLY KINGSTON. Fort Frontenac Was Forerunner of Present City.

The first permanent settlement made by white men on what is now the site of the city of Kingston, was military in purpose. It was expected by its founders that a post standing on the shores of Lake Ontario, at the mouth of the Catarqui River, would attract the fur trade of the lake region, but that was a consideration secondary to the service such a post would perform in holding in check the Iroquois, whose cantonments were across the lake in what is now the western part of the State of New York. If they could be held in check, New France would be relieved of the greatest scourge that had plagued her since the flag of the Bourbons had been planted on Cape Diamond at Quebec. It was, therefore, to the military advantages of the place that Kingston owed its beginning, and from that its hundred years of the old regime the French maintained there a garrisoned post, which stood a siege before it hauled down its flag to the British in the Seven Years' War. The British increased its strength, and during their last war on this continent it was a military post and the main base for Lake Ontario. After the close of the war Great Britain spent hundreds of thousands of pounds on the fortifications at Kingston—works which for size and solidity were equalled only by those at Quebec. Today they are obsolete, abandoned, and ruinous, but still Kingston has not wholly lost its military character. It is the seat of our principal institution of military education—the Royal Military College—and the headquarters of part of our permanent militia—the Royal Canadian Horse Artillery. A soldier founded the place for the use of soldiers, and soldiers have been there ever since.

The soldier who founded that first post on part of the site of the present city of Kingston, was Louis de Buade, Count de Frontenac, the grim old war-governor of New France, and one of the strongest characters in the early history of this country. He was put in the seat of his government at Quebec, Frontenac, in the spring of 1673, issued an order requiring the inhabitants of Quebec, Montreal, Three Rivers and other settlements to furnish him, as soon as the crops had been put in, with a certain number of armed men, and the requisite number of canoes. He also invited officers settled in the colony to join the expedition. In this way he collected the force with which he set out upon the invasion of the western wilderness, which, at that time, came down to the prairies of Montreal, then little more than a fort and trading post on the edge of the forest, which stretched away to the Great Lakes and the treeless prairies beyond. While the men, the canoes, and the supplies were being collected, Frontenac sent LaSalle, the great explorer, to Onondaga, the capital of the Iroquois confederacy, to invite the tribes to send delegates to a great council. A spot on the shores of the Bay of Quinte was first selected as the meeting place, but this was changed to the mouth of the Catarqui River, where Kingston now stands.

Accompanied by his guard, Frontenac set out from Quebec on June 3. He stopped at Three Rivers, and a few days later arrived at Montreal, which he then saw for the first time. It consisted of a rude fort, a long row of small dwellings along the banks of the river, and towering over all there were the massive seminary and the spire of the church. The city of that time stood on ground now occupied by commercial metropolises.

Profits in Trees. The owner of a suburban or country home with an estate attached should not jump to the conclusion that a bit of "bush" will be unprofitable. In the first place it will help to retain the moisture and thus affect surrounding land which is cultivated. In the second place, it adds much to the beauty of an estate, and may be a joy forever to the inhabitants of said estate.

Writing in The Canadian Farm, R. H. McMillan, of the Dominion Forestry service describes a small white pine plantation, thirty-five years old, which produced 88 cords of wood per acre. This, he claims, represents an annual return of \$10 per acre for each year of the life of the plantation. He tells that in a certain 34 years old larch plantation there are 710 trees to the acre. The thickest trees average nearly 8 1/2 inches in diameter, breast high, and 55 feet in height. At 34 years this plantation yielded 620 posts and three cords of firewood per acre. The net value of these products, after deducting with interest at three per cent. the cost of establishing the plantation, was \$330.82 per acre. This was at three per cent. an annual profit per acre of \$5.73 during the whole life of the plantation. The cost of establishing this plantation was \$18 per acre. Planting larch will at least be as profitable as growing ordinary farm crops. Larch is adapted to well drained soils, but will fail where drainage is poor. It should be closely spaced, and should never be planted with trees which will grow faster and overtop it. Trees which might profitably be mixed with larch are spruce and sugar maple.

Odd Coincidence, This. Sir James Grant, the veteran physician of Ottawa, at the Health Congress recently, congratulated Miss Ellen Babbitt of New York, on a paper she had read on the care of children, and incidentally mentioned a case when, in 1864, he had been on a train on the way to Washington, and had heard a baby coughing, croup, and about a child who had a "lot" of medicine in his grip, and he hurried the porter to the mother, to tell her of the danger. Dr. Grant administered the medicine and saved the baby. When he referred to the incident, Miss Babbitt said: "What that must have been my sister. I have often heard mother tell of that terrible night train journey, and how my sister was saved. But she never knew who the physician was." Her sister is still in the land of the living.

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That very desirable residential property situated at Carleton's Corner, Bridgetown, consisting of 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.

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## 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.