

THE HOME

THE WELL-BRED GIRL

Good breeding, while often a matter of inheritance, is more often due to careful training and a desire not to hurt another's feelings. The girl who is well bred never presumes upon her position, nor is she loud and conspicuous in appearance in manner.

The well bred girl rarely apologizes. She does not "do or say things that make apologies necessary," and she does not feel apologetic for her environments, however simple.

If the trust hospitality is to give strangers exactly what one has without comment, so is it also a sign of good breeding. To make a sprig for outsiders, the outsiders know to be a sprig which can be ill-afforded, is a sign that one does not feel socially secure.

The well bred girl does not gossip nor carry tales nor talk scandal. All the other girls may do it, and it may seem quite harmless and amusing, but is something that the girl of truly refined feelings finds revolting.

If for no other reason, a girl should shun talk that she would not be willing to stand by, because it often leads to unpleasant scenes and involves others in a network of disagreeableness that is anything but a sign of good breeding.

The well-bred girl is not boastful, aggressive nor unduly self-assertive. Above all she is not a toady. There is no surer sign of lack of breeding than to strive to curry favor with one who, by force of circumstances, may have more money or influence than you have.

Gushing or disclosing one's private affairs to a scoffing world is anything but well-bred. A quiet, interested, gracious manner that has its reserves leaves no doubt as to the claims of a girl or woman to good breeding.

Above all, the well-bred girl avoids scrapes of any kind. She does not do things that are open to question, knowing that no girl can afford to ignore public opinion and get herself talked about.

The well-bred girl is the self-respecting girl; she will no more permit impertinence than she would think of offering them. She knows she is a lady, and asks no more than to act the part and to be treated as a lady should be.

No one ever heard of a girl of good breeding speak of herself as well-bred. It is too much a matter of eyes or hands. — N. Y. Times.

CAPE OF NERVOUS CHILDREN.

"I cannot too strongly emphasize that nervousness in the child is often the result of nervousness in the mother, and it should never be forgotten that nervousness in the mother is always a defect and often a sin," said Dr. William N. Bullard in his lecture at the Harvard Medical School yesterday on "Nervous Diseases in Children."

"Such a mother is an injury to her children as long as they are under her care. Every child starts in the world with its nervous system more or less impressionable. If the persons in charge are nervous and irritable, the child will be badly influenced. How often have I said when such children are brought to me, 'Oh, if I could only treat the mother.' In the majority of such cases, if the parents could be treated the children would get well.

"Nervousness in children may occur alone or in combination with other disturbances, and it may or may not be a serious matter. It is often temporary. In some cases the nervousness is apparently inherited, or temperamental. But the surroundings are a strong factor in the production of this condition, and the proportion due to inheritance and that due to surroundings is impossible to determine.

"The child with a so-called nervous temperament should be trained from its earliest year. All physical sources of irritation should be removed. It should be sheltered from all forms of excitement, whether pleasurable or otherwise, in infancy, and trained in self control later. Discipline should be strictly maintained, but no undue severity should be used.

A GIRL'S COMPLEXION

"B. A. B." has written me a long letter, asking about the care of her complexion. Her letter is too long to publish, but this is the fact: She is absolutely ruining her skin by the constant use of facial cream, borax, massage and powder. You other girls who are doing the same thing—read and take heed.

"B. A. B." is only twenty, yet she goes through a routine night and morning such as no skin could stand—and then wonders why her pores are large, and why her skin looks "shirred" under her eyes. The result will be that by the time she is twenty-five she will look forty.

Now, "B. A. B." listen. Before you go to bed at night wash your face with a soft linen cloth with hot—not too hot—water. Use plenty of soap—the kind which you know through experience agrees with your skin. After thorough cleansing rinse in clear lukewarm water, and then in cold. Dry well. Omit cream, powder, etc. In the morning dash cold water on the face and in the eyes, then dry with a soft towel. Use very little talcum, and put it on with a soft linen cloth—not the chamois.

In place of cold cream and the like, get plenty of outdoor air, get eight or ten hours sleep every night, keep the bowels open, eat green vegetables and fresh fruits, drink plenty of water between meals and at night, stop fussing about your complexion—and with the help of Father Time you'll undo the damage you've wrought.

Stop the use of hot water, chamois, borax and cold cream. The hot water time will shirred the skin. Borax dries the skin and causes wrinkles. The chamois, if not washed after each use, is filthy with grim and oils of the skin. Successive usage of it without washing causes pimples and blackheads. Cold cream is made of animal fats or vegetable oils, and causes hair to grow. Stop all these—and give Nature a chance.—Cynthia Grey.

THE "DO-IT-NOW" WOMAN.

The woman who takes as her life motto, "Do it at once," is the woman who is not bounded by an accusing conscience. The modern prayer for forgiveness is chiefly for things we have not done.

The only time one is sure of is the present, putting off to some more convenient moment is to lay up a reputation for rudeness or slovenliness.

The woman who believes that to apologize is to accuse, will rarely have to back water in her belief if she gets into the do-it-now habit.

Do it at once is but another name for the "little drops of water" precept of childhood. The "mighty ocean" of accumulated duties will never swamp you if each wave is breast as it comes.

Doing it at once is like oiling a dusty pike. It smooths the path of life and smoothes complaint and criticism.

Much of the fret and nerve-racking comes from postponing the things that might just as well be cleared off at once. One is worried until they are done, and more worried if they are not done.

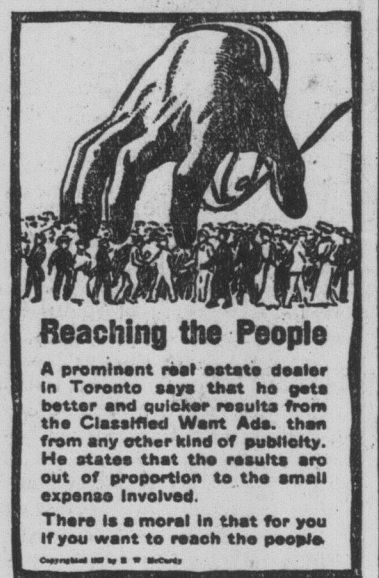
The girl who sews the first rip never has to take a day off for mending.

The girl who answers her invitations the minute she gets them never will be mortified by being called up.

REACHING THE PEOPLE

A prominent real estate dealer in Toronto says that he gets better and quicker results from the Classified Want Ads. than from any other kind of publicity. He states that the results are out of proportion to the small expense involved.

There is a moral in that for you if you want to reach the people.



over the telephone to know if she is coming.

The woman who sends her checks as soon as she gets her bills, who returns her obligation calls within a week, who gets off her gifts to a bride the day the cards come, who answers her letters immediately, never has to work the excuse of forgetfulness overtime.—Exchange.

THE WIND.

I am the wind! Make way!
I have rushed through the dark,
I have black places
Where the dust of the ages lay,
I have breathed into weary faces
With a breath from the Heart of Day
I have whispered of unknown graces
To the dwellers in Earth's dark
places.

I am the Wind! Make way!
I must toss and hustle and hurry
Where the leaves of the forest lie,
I must fetch and bustle and carry
From the ground to the roof of the
sky.

I may never have time to tarry,
There are numberless things to carry,
I am the Wind! Stand by!

I am the Wind! Ah me!
I have sobbed with the children's cry-
ing.
I have lived with the sad and the dy-
ing.
I have rocked in the arms of the sea,
And I know there is reason for sigh-
ing.

For I thrill with the children's cry-
ing.
I am the Wind! Ah, me!
Do you wish the world were happy?
Then remember, day by day,
Just to scatter seeds of kind-
ness.

As you pass along the way,
For the pleasures of the many
May be oftimes traced to one,
As the hand that plants an acorn
Shelters armies from the sun.

UNDER HIS LUCKY STAR.

Edward J. Payson, of Glen Ridge, N. J., was driving down Clark St. when a big tree branch fell on his horse, barely missing him. The horse ran away, demolishing the carriage against a stone trestle at a butment and hurling Payson across the railroad track. He was congratulating himself on his two escapes when an express train dashed toward him. He managed to get to the end of the trestle just as the train whizzed by. This all happened within one minute.

Lame back comes on suddenly and is extremely painful. It is caused by rheumatism of the muscles. Quick relief is afforded by applying Chamberlain's Liniment. Sold by all dealers.

I have yet to hear of any person who lost a position or who was handicapped in his career by good manners, but I could tell of scores of cases in which bad manners have proved a barrier to success. As a mere matter of business policy, therefore, it is apparent that bad manners do not pay. Think the matter over seriously; then ask yourself if your manners are up to the standard.

NATURAL GAS FOR MONCTON

Yielding 'of 500,000 Cubic Feet in First Sands.

(Moncton Times.)

The Maritime Oil Fields Limited, on Friday afternoon, struck another natural gas well. No. 17 with a flow of half a million cubic feet daily at the first sands the depth being from 825 to 840 feet.

This well is about fifteen hundred feet north of number 15 which gives a big yield. The location of the new wells is gradually nearing Moncton, and the well struck on Friday afternoon is nearly a mile nearer Moncton than the first well. Altogether there are between 50,000,000 and 50,800,000 cubic feet of gas capped as a daily supply. Another well has been located for boring nearly 2,000 feet still further north than either of the existing wells.

The trend of the recent discoveries justifies the belief that the Company has located a strata which leads in the direction of Moncton city and will possibly make the source of the future supply of the city much nearer here than now.

It is curious to note that instead of the flow of natural gas from these wells diminishing as additional wells are discovered, one of the earlier wells has actually trebled in its yield compared with the first announcement.

MINARD'S LINIMENT RELIEVES DIPHTHERIA.

One reason why women don't want to vote is because they haven't time to spare from the servant problem.

Food Inspectors Made Discovery

That Floor Sweepings and Badly Decayed Fruit are Canned in New York.

New York, Nov. 17.—Raymond D. Fosdick, Commissioner of Accounts, who has undertaken an investigation of the unsanitary food conditions in the city, received assurance of co-operation today from Dr. Wiley, of the Bureau of Chemicals of the United States Department of Agriculture. The Commissioner replied that assistance would be welcomed.

Mr. Fosdick's inspectors in going over the ground have uncovered something wrong every day. The latest discovery was relative to the condition of fruit, which is said to be carried on in at least one factory in the city, under abominable conditions. In this place, it is said floor sweepings were canned with badly decomposed fruit.

When the investigation is concluded the evidence undoubtedly will be sent to the Grand Jury for such action as the District Attorney may recommend.

Hull, P. Q., Feb. 16, 1910.
Empire Liniment Co.
Bridgetown, N. S.

We have used your Empire Liniment and found it very satisfactory and can recommend it to all horse men. It acts quickly and effectively for sprains, colic and horse distemper.

Respectfully yours,
BOLAND BROS.,
Butchers.

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FREE TO JAN. 1911

Every New Subscriber in Canada who sends out this slip for the Commission for 1911 will receive the new issue of THE YOUTH'S COMPANION FREE OF CHARGE.

THE COMPANION'S ART GALLERY FOR 1911, lithographed in colors and sent out with every new gift subscription.

Then The Commission for the 32 weeks of 1911—a treasury of reading that would cost \$40 in book form.

THE YOUTH'S COMPANION
BOSTON, MASS.

New Subscriptions Received at this Office.

The Youth's Companion

So Much for so Little!
52 Weeks' Issues only \$2.00.

"Only the Best" Reading
chosen from the world's abundance of every sort.

Send for Free Sample Copies of the Larger Companion and the Announcement for 1911.

HERCULES

Springs and Cots

J. H. Hicks & Sons

Advertise in the Monitor

A Liberal Offer

We Guarantee to Cure Dyspepsia if We Fail the Medicine Costs Nothing.

To unquestionably prove to the people that indigestion and dyspepsia can be permanently relieved and that Rexall Dyspepsia Tablets will bring about this result, we will furnish the medicine absolutely free if it fails to give satisfaction to any one using it.

The remarkable success of Rexall Dyspepsia Tablets is due to the high degree of scientific skill used in devising their formula as well as to the care exercised in their manufacture, whereby the well-known properties of Bismuth-Subnitrate and Pepsin have been combined with Carminatives and other agents.

Bismuth-Subnitrate and Pepsin are constantly employed and recognized by the entire medical profession as invaluable in the treatment of indigestion and dyspepsia.

The pepsin used in Rexall Dyspepsia Tablets is prepared by a process which develops its greatest efficiency. Pepsin supplies to the digestive apparatus one of the most important elements of the digestive fluid, and without it the digestion and assimilation of food are impossible.

The carminatives possess properties which aid in relieving the disturbances and pain caused by undigested food. This perfect combination of these ingredients makes a remedy invaluable for the complete relief of indigestion and dyspepsia.

We are so certain of this that we urge you to try Rexall Dyspepsia Tablets on our own personal guarantee. Three sizes, 25 cents, 50 cents and \$1.00. Remember you can obtain Rexall Remedies only at the Rexall Store, W. A. Warren.

A man who has attained a commanding place in the social world may be financially strong enough to play the part of a boor, but the man who has his way to make cannot afford to emulate him. It makes no difference how efficient an individual may be, bad manners are a handicap that will close the door upon many an opportunity that would otherwise open the way to surpassing achievement. Many a young man has remained in a humble position because his manners were "awful," or because he was lacking in tact in matters of common courtesy.

Many school children suffer from constipation, which is often the cause of seeming stupidity at lessons. Chamberlain's Stomach and Liver Tablets are an ideal medicine to give a child, for they are mild and gentle in their effect, and will cure even chronic constipation. Sold by all dealers.

Don't worry about trifles—there is nothing that aces you like worry. Some women work themselves into tantrums of worry over a little thing that before the end of the day is absolutely smoothed over. This is one reason why they grow old sooner than men.

WANTED

A LARGE QUANTITY OF
HIDES, PELTS, CALF SKINS
& TALLOW

CASH PAID AT THE
HIGHEST MARKET PRICES

McKENZIE CROWE & Co., Ltd.

MATTRESSES

NOW is the time to buy for your fall needs. We have them in all sizes and grades, from \$2.50 to \$15.50. Also a full line of the celebrated

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BOSTON, MASS.

New Subscriptions Received at this Office.

REAL ESTATE

FOR SALE OR TO LET

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,
Bridgetown, Sep. 28th, 1910.

Residential Property For Sale

Orchard home for sale on South Queen St., Bridgetown. Four acres orchard, yields one hundred to one hundred and fifty barrels apples, besides pears, plums and small fruit. House fitted with all modern improvements and heated with hot water. Will sell in whole or in part, or exchange for suitable town property. For terms apply to
DR. A. A. DECHMAN,
Bridgetown.

Small Place For Sale

Home, situated on Granville street West, Bridgetown, nine rooms with piazza and bay windows. Barn, Wagon House and other out buildings. Three quarters acre land. 75 Fruit Trees, apples, plums, pears. Short distance from two railway stations, churches and schools. Will sell right on easy terms, or would trade for farm.
W. AVARD MARSHALL
Bridgetown, Aug. 15th.

FARM FOR SALE.

Situated one and one-half mile west of Paradise, containing one hundred acres of land. With two hundred trees in bearing, good pasture and hay land. For full particulars apply to
J. C. YOUNG,
Paradise
March 29th.

HOUSE FOR SALE.

The subscriber offers for sale her cottage on the corner of Washington and Pink Street. Possession given at any time. For particulars apply to
MRS. EDWARD MARSHALL
Bridgetown, Aug. 23rd, 3 mos.

NOTICE.

The subscriber offers for sale her property on Water street, on reasonable terms. For particulars apply to
O. T. DANIELS or to
MALVENIA NICHOLSON.

BUILDING MOVER

Buildings moved without taking down, chimney or disturbing occupants.
Vessels Raised and Moved

—ALSO—
Boilers and Engines
PRICES RIGHT

W. A. CHUTE,
Phone 11. Bear River, Annap. Co.
P. O. Box 104.

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DIPHTHERIA.

You Can Enjoy

HOME SWEET HOME

these long evenings fully, for you can bring the very best entertainment that the world affords right into your home, with an Edison Phonograph.

I have them to suit all purses. Also Edison Records.

C. E. TUPPER,
Granville St. West,
Bridgetown, N. S.

PHOTO SNAPS

PORTRAITS ON POST CARDS, 60c. per dozen. Retouched \$1.00 a doz. Four High Grade Photographs \$1.00. These are the best values ever offered.

P. R. SAUNDERS
Jeweller - Optician - Photographer, Bridgetown

ROSIN AND OIL

The time for preparing for Orchard Pests is here and we have a good supply of first quality Castor Oil and Rosin. Also Tanned Felt and Pure Tar.

Karl Freeman

Queen Street

YOU CANNOT REACH

The Buying Public of the most populous section of Annapolis County unless you advertise in

The Weekly Monitor and Western Annapolis Sentinel

the paper that goes into more homes than any other newspaper in Annapolis County. The paper that reaches the homes is the

Guide to Household Buyers.

BANKS & WILLIAMS

Commission Merchants
Fruits and Produce
78-80 Bedford Row, fronting on Market Square
HALIFAX, N. S.
SOLICIT CONSIGNMENTS of all kinds of FARM PRODUCE
EXCELLENT STORAGE FACILITIES
LONG EXPERIENCE AT THE BUSINESS
PROMPT RETURNS
MARKET QUOTATIONS FURNISHED ON APPLICATION
H. H. Banks - H. F. Williams

FINE STATIONERY

Would you like some fine stationery with your address printed on it?
We have a fine line of note paper for social use in packages of one hundred sheets or by the pound on which we will neatly print your home address or your initials.
Or you can buy it unprinted, if preferred, much cheaper than by the ream. Call and see it and get our tempting prices.

MONITOR OFFICE,
Bridgetown.

Ask for MINARD'S and take no other

Headaches—nausea—indigestion—muddy complexion—pimples—bad breath—these are some of the effects of constipation. The mild, sensible, reliable remedy is

NA-DRU-CO LAXATIVES

They contain the latest discovered and best evacuant known, which empties the bowels without the slightest discomfort and without disturbing the rest of the system. Constantly increased doses are not necessary. 25c. a box. If your druggist has not stocked them, send 25c. and we will mail them. 25 National Drug and Chemical Company of Canada, Limited, Montreal.

Shiloh's Cure

quickly stops coughs, cures colds, heals the throat and lungs. 25 cents.