

THE HOME

THE BREATH.

The breath of a healthy person has no odor. This is equivalent to saying that no one whose breath has habitually a disagreeable odor is in absolute health. Somewhere there is trouble, the presence of which, although not always the location of it, is betrayed by the expired air.

A person with bad breath is not always aware of his misfortune, or perhaps one should say the misfortune of his friends, and it is a kindness and a duty on the part of his family to tell him. The trouble can almost always be bettered, if not entirely removed, and it is the duty of one so afflicted to place himself in the physician's hands for care.

The cause of a bad breath is often evident, but sometimes a very careful examination weighing and rejecting one by one the different possibilities, is necessary before the seat of the trouble can be determined.

Local troubles must be looked for and corrected. Catarrh of the nasal passages, or of one or more of the cavities in the bones of the face communicating with the nose, may cause a very foul breath; this can be relieved in many cases by snuffing up some antiseptic fluid—well diluted, for the nasal mucous membrane is sensitive—through each nostril several times a day. The nasal douche, so often recommended, should be used only under the direction of a physician.

The mouth is often the place of origin of the odor. Decayed teeth, or the decomposition of food particles allowed to remain between the teeth, or receding gums with suppuration round the edges of the teeth, may one or all effect the breath unpleasantly. The regular use of the tooth brush with an antiseptic mouth wash will usually remedy this.

There may be an accumulation of "fur" at the back of the mouth, which gives an odor to the breath; this should be removed with a spoon or the ring in one of the handles of a pair of scissors.

The tonsils may have malodorous accumulations of secretion in their pits.

Trouble in any part of the digestive tract is very likely to declare itself in the breath. Constipation, especially, is so betrayed.

It is well known that some foods, onions, for example, will scent the breath, but it is not so generally appreciated that the eating of a large amount of meat will often give a peculiarly disagreeable quality to the breath. The emotions may have their effect, too, and the ill-tempered person or the worrier is thus an offense in more ways than one.

There is seldom any excuse for permanent bad breath, for the physician can almost always discover and remove the cause.—Youth's Companion.

HOUSEHOLD HINTS.

A few drops of rose water added to almonds will prevent their oiling when chopped.

When you have occasion to use plaster of Paris mix it with vinegar instead of water.

To make a cake flavored with coffee use strong coffee in place of milk in mixing the batter.

A piece of asbestos or of leather is excellent to slip between the filling when making iron holders.

By soaking beans, peas and other dried vegetables thoroughly much fuel will be saved in the cooking.

A splendid cement for china is made by mixing plaster of Paris into a thick solution of gum arabic and water.

The addition of a beaten egg to the mashed potatoes used for potato cakes will be found well worth while.

Warm water should be used with yeast, while with cream of tartar and soda only cold water should be used.

Steel knives that are not in general use can be kept from rusting if they are dipped in a strong solution of soda.

Stains and discolorations on tinware can be removed by dipping a damp cloth in common soda and rubbing briskly.

Use a sponge for cleaning silver, faucets, sink and windows. It rinses out thoroughly and does not flatten like a cloth.

Don't cut a belt for a short waist on the length of the material, because it will shrink. Cut all belts on the cross of the goods.

Buttermilk which has turned slightly sour is an excellent wash for the face. It is harmless and efficient and is a great purifier.

A pretty and warm coverlet can be made from thin and worn blankets, covered with some of the handsome figured cretonnes.

A simple syrup that is good to serve on hot waffles is made by boiling water and sugar together and

adding cinnamon to taste.

Fat which is to be kept should be cut up small and boiled in a saucepan in a little water, and never put into the oven to melt.

Too much salt in the gravy may be remedied by putting a pinch of brown sugar in it. This does not hurt the gravy in the least.

If dirt seems to settle under the nails rub pulverized pumice stone under them with an orange stick, and wash with warm water.

An excellent preventive against scarlet fever and diphtheria in their season is to give a child a small piece of sulphur every morning.

PLANT A WILD-FLOWER GARDEN.

At present there is a strong feeling among Americans for wild-flower gardens in which the plants shall be encouraged to retain their native characteristics, says Alice Lounsbury in *The Delinquent for May*. Many nursery men now make a specialty of supplying plants for the wild garden. Usually it is better to buy their stock than to rely wholly on transplanting from the woods, because under care plants often develop exceedingly strong roots which enable them to establish themselves more quickly and permanently in a garden than if just taken up from their natural surroundings.

In my garden I have a wild-flower corner, or it might be called a small woods garden, since most of the things dwelling there are true inhabitants of dense and quiet places. A similar effect might be achieved in a border by those who have not so large a spare corner in their gardens.

The wild columbine has grown for years in light, dry soil under the full sun. Not far from columbine there snuggles in the May woods the showy orchid. The mosses flower and the large yellow lady's slipper, with other members of the evasive orchid family are to be found in the woods of May. In fact, these two mentioned beauties, along with the showy orchid, are the three representatives that have come from their native haunts into my garden.

The large yellow lady's slipper thrives perhaps the best of them all, and of it I have established a fairly large colony. Often a mistake of those who search the woods for plants for their gardens is that they strive to collect too many species. It is better taste to have few kinds and to have them in considerable numbers. The aim of wild flowers in a garden should be to form large, permanent colonies.

THE FEAR OF FRESH AIR.

The fear of fresh air is mostly a figment of imagination.

Two women were travelling through Europe together. The one, a modern of the moderns, had the ozone habit hard; the other was of the good old-fashioned type to whom a breath of air meant a sneeze; a draft, a fore-ordained cold; and an open window at night, an immediate need of the undertaker.

One night fate forced these two to room together. Miss Ozone, being the last to retire, threw up both windows as high as possible after turning out the light. Immediately came sneeze after sneeze from the bed.

"Oh, I can never stand that draft! Those windows must come down. I am taking cold already," cried Mrs. Fraid-of-air.

"But it would kill me to sleep in a stuffy room," replied Miss Ozone.

"Well, I'll have pneumonia by morning, if you don't!"

"How ridiculous! Don't you know thorough ventilation is the surest safeguard against pneumonia?"

"Oh dear, I'm getting a chill now. It's outrageously selfish of you to keep those windows up."

So Miss Ozone, being younger and really fearing the other would get sick from sheer fright, reluctantly pulled down the windows and endured a restless night, to wake up with a bad headache.

In the morning it was found that the open windows that had caused the sneezing and chill were double ones, the outer pair of which had been tightly closed throughout the whole discussion. How about people's imagination?—Sacred Heart Review.

A DRIED-UP ROMANCE.

One of the longest delayed proposals on record is related in a French story of a shy young subaltern who was ordered away to the wars. Not daring to speak, he sent a nosegay of yellow roses to the girl he loved, with a little note inside begging her, if she returned his love, to wear one of the flowers in her breast that night at the ball. She appeared without it, and he went away broken-hearted.

Years afterward, when he was a

lame old general, he again met his old love, now a white-haired widow. One day his old sweetheart gently asked him why he had never married. "Madam," he answered, somewhat sternly, "you ought to know best. If you had not refused to answer that note in the bouquet of yellow roses I might have been a happier man."

"The note in the bouquet?" she repeated, growing pale.

She opened an old cabinet and took out from a drawer a shriveled bouquet of what had been yellow roses, among whose leafless stalks lurked a scrap of paper yellow with age. "See? I never had your note," she said, holding the bouquet up. "If I had, I would not have answered it as you fancied." "Then answer it now," said the gallant old soldier. And the long delayed proposal was accepted at last.—London Telegraph.

HARMFUL POULTICES.

Do not poultice an eye in any circumstances whatever. Binding a wet application over an eye for several hours must damage that eye, the assertions of those professing to have personal experience in this to the contrary notwithstanding. The failure to aggravate an existing trouble by binding a moist application over an inflamed eye, which application is supposed to remain for an entire night can only be explained by the supposition that a guardian angel has watched over that misguided case and has displaced the poultice before it had got in its fine work.

All oculists condemn the poultice absolutely, in every shape and in every form. Tea leaves, bread and milk, raw oysters, scraped raw turnip or raw potato, and the medley of other similar remedies popularly recommended, are, one and all, capable of producing irremediable damage to the integrity of the tissues of the visual organ.—Family Doctor.

TURPENTINE CLEANS LEATHER.

Difficulty is sometimes found in cleaning successfully raised leather blotters and frames. Brown shoe polish, which sometimes is employed, is apt to darken the leather, much as it does in the matter of footwear. Turpentine, however, can be used safely as a polisher, and can be applied over and over again without any ill effects being noticeable, while it effectually removes any stains which may disfigure the leather. After rubbing on the turpentine, a little crude oil should be applied vigorously with a piece of flannel, the object being to render the leather soft and pliable. Turpentine, unless counteracted by oil, has the effect of hardening it to a certain extent. After this has been done a soft, clean cloth should be used as a polisher, and the surface rubbed gently backward and forward till the requisite shine has been attained.

TRUE HOSPITALITY.

"True hospitality welcomes a guest to the heart as well as to the home." Goldsmith has characterized true hospitality in the following lines:

"Blest be the spot where cheerful guests retire, To pause from toil and trim their evening fire;

Blest that abode where want and pain despair, And every stranger finds a ready chair;

Blest be those feasts with simple plenty crowned Where all the ruddy family around Laughs at the jests or pranks that never fail

Or sigh with pity at some mournful tale, Or press the bashful stranger to his food, And learn the luxury of doing good."

FOR A CLEAN CUPBOARD.

The kitchen cupboard which has been in use for years often imparts a disagreeable odor to dishes, and certainly such cupboards are not to be considered for a moment as a proper place to store foods. One can paint the interior with cedar oil, which absolutely destroys the foreign odor. When the oil is dry it is advisable to paint with white enamel. This paint soon dries and two coats only are necessary to make the interior a beautiful glossy white.

Muslin dresses of delicate colors should not be washed with soap; the best fluid to wash them in is rice water, made by boiling one pound of rice in one gallon of water; restarching; then wash the dress in the remainder. Rinse in clear or slightly blue water; then starch the dress in the remaining quantity of rice water and iron quickly.

Violets, after they have been worn, will come out fresh and almost as good as new, by clipping the stems, without cutting, the bouquet apart, and put the flowers into a deep glass of water, cover the heads with waxed paper and set them in the refrigerator.

POTATO OMELET.

Fry all the fat out of some slices of bacon. Then cook to a brown two cupfuls of finely chopped cold potatoes in the bacon grease. When done, serve with the bits of bacon.

FURNITURE POLISH.

Two ounces linseed oil, two ounces of alcohol, four drops aniline, four drops wintergreen. Put in and rub with a flannel cloth.

To clean furniture if rough, rub it with powdered pumice. If simply dirty, rub with diluted vinegar, which will cut grease and remove dirt. Then polish with some good furniture polish.

Table linen should be dampened thoroughly, and ironed until dry. It will then have enough gloss and stiffness to suit the most fastidious.

State of Ohio, City of Toledo, Lucas County.

Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of Hall's Catarrh Cure.

FRANK J. CHENEY.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1886.

(Seal) A. W. GLEASON, Notary Public.

Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces of the system. Send for testimonials free.

F. J. CHENEY & CO., Toledo, O.

Sold by all Druggists, 75c.

Take Hall's Family Pills for constipation.

SPRINGTIME.

Springtime o'er the Valley, and the streams are swollen high As they rush to join the river; which is flowing swiftly by. On to mingle with the Ocean, past the old historic fort, Where the French and English battled, each to win the "Royal Port."

Springtime o'er the Valley, and the birds sweet carols sing, As they nest among the trees, where the leafy mosses cling. Robin Redbreast chatters and twitters, as he flies from tree to tree. Songs of sunshine, plenty and joy, now I wish he'd sing to me.

Springtime o'er the Valley, see the leaf buds form and swell First upon the pussy willows, which grow in some sheltered dell; Then the Mayflower, tiny blossom, sheds its fragrance on the air. Tell me, all ye sylvan ramblers, is there anything so fair?

Springtime o'er the Valley, how the frogs deance flings, As they swell and croak and mutter, in the meadow, tell of spring. Mother Earth is now transforming! See Life unfolding o'er the land! Those who watch the works of Nature, note the touch of a Master hand.

Springtime o'er the Valley, soon the fields will robe in green, And the hawthorne, blossom laden, makes a fair and pleasing scene. Then the orchards through the Valley, fairest picture to our sight With their wealth of fragrant blossoms, fill the farmers with delight.

Springtime o'er the Valley! Full of comfort, full of cheer! We should thank the blessed Master for this seed time of the year. Give Him thanks for all the blessings which He sends us day by day.

Let our faith be true to Nature and He will our trust repay."

LILLIAN.

CHAMBERLAIN'S LINIMENT.

This is a new preparation and a good one. It is especially valuable as a cure for chronic and muscular rheumatism, and for the relief from pain which it affords in acute inflammatory rheumatism. Those who have used it have invariably spoken of it in the highest terms of praise. Lame back, lame shoulder and stiff neck are due to rheumatism of the muscles, usually brought on by exposure to cold or damp, and are quickly cured by applying this liniment freely and massaging the affected parts. Soreness of the muscles, whether induced by violent exercise or injury, is allayed by this liniment. For sale by

W. A. WARREN, BRIDGETOWN, A. E. ATLEE, ANNAPOLIS ROYAL, and BEAR RIVER DRUG STORE.

AIRSHIPS FOR AUSTRALIA.

Melbourne, April 28.—The Australian government has arranged to purchase six dirigibles and six aeroplanes for the purpose of experimenting.

ASK FOR MINARD'S AND TAKE NO OTHER.

RETURNED TO WORK IN A WEEK

Mr. P. M. Shannon Cured of Catarrh by one Single Treatment of "Father Morrissey's No. 26."

Dalhousie, N.B., Nov. 23, 1908. FATHER MORRISSEY MEDICINE CO., LTD. For three years I had suffered from Catarrh in the head until March, 1903, when I had to leave my work, then in shingle mills, after trying 4 different so-called catarrh cures, and two doctors who claimed there was no cure. One single treatment of Father Morrissey's prescription cured me and I returned to work in a week after starting to take the treatment, and have never had so much as a cold in the head since.

P. M. SHANNON.

We have plenty of letters like this proving positively that "Father Morrissey's No. 26" Combined Treatment has cured hundreds of cases of Catarrh, generally after other treatments had failed. Why shouldn't it cure you? In justice to yourself give it a trial. Combined Treatment (Tablets and Salve) soc. At your dealer's, or from Father Morrissey Medicine Co., Ltd., Chatham, N.B. 21

One of the saddest incidents in the history of Glace Bay occurred recently, when four children of Mr. and Mrs. Stephen McAskill, of Dominion No. 4, lost their lives by fire. The victims were reduced to a crisp and the dwelling was burned to the ground. The other occupants had a narrow escape.

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From London. From Halifax.

—Shenandoah, April 27

April 16—Kanawha, May 14

April 30—Langdale (via St. Johns)

May 10—Rappahannock, May 29

May 22—Shenandoah (via Havre)

June 10

June 9—Kanawha, June 26

LIVERPOOL VIA ST. JOHN'S, NEWFOUNDLAND.

From Liverpool. From Halifax.

—Tabasco, May 6

—Durango, May 20

May 15—Almeriana, June 3

May 23—Tabasco, June 17

June 12—Durango, July 1

S. S. "Kanawha," "Shenandoah," and "Rappahannock" have accommodation for a limited number of saloon passengers.

S. S. "Ulunda" has excellent first-class passenger accommodation.

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High grade Whitewear, Ladies' Corsets, rust-proof, new long styles.

Art Muslins and Sateens, Wash Belts, Wash Fabrics in Muslins, Gingham, Linens, Prints and Lawns Plaid Muslins, Organdies.

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