

THE HOME

DO'S AND DON'T'S FOR PARENTS.

Don't fail to find out whether you are right or wrong before correcting son or daughter. They may be too dutiful to tell you so, but they will be quick to discover discrepancies in your logic, and they may draw conclusions which will weaken your actual influence and hold upon them.

Beware of administering blows; in the determined, destructive child they will arouse a demon of vindictiveness, the prudent-minded they will degrade; the super-sensitive child's development they will retard; they will destroy his self-confidence, and entice him for association on an equal footing with his comrades outside of the home, and he will constantly be a prey to the overhearing.

On the other hand, do not let your children be undisciplined so that they become a nuisance to every outsider. Intelligent training in the positive qualities of good, will, as a rule, leave little reason for the correction of their opposite.

Do not be irritated when your child asks for a reason why he shall do thus or so; intelligent obedience is preferable to that of dumb unreason.

Insist upon co-operation in the household—a sharing of all burdens and responsibilities, mutual courtesy and consideration, good breeding, and a cheerful spirit.

Don't become panic-stricken and interfere unnecessarily when your girl finds a mature woman friend outside of mother, whom she idealizes; a woman, perhaps, who can give her intellectual or spiritual comradeship. You are not likely to have within yourself, good mother, the answer for every need of your child's growing mind. When you have given all you can, be content when she reaches out and gathers also from other sources. Opposition to such a friendship during a girl's age of heroics is apt to drive her to a frenzy of adoration. Selfishness and jealousy must not enter into your love of your child.

Do not attempt to force the development of the girl who is slow in her approach toward womanhood; draw her, encourage her and comrades her. And do not hold back the premature girl by violence and repression. You will only awaken her resentment. Convince her that she will keep her girlish. Keep her at some absorbing study. And if this will not answer, submit gracefully to the inevitable, and teach her to become a noble woman.

Don't humor and cater to any one member of the family at the expense of the others, unless there is sound reason for a special dispensation. Your partiality will be instantly detected, and, if not openly, will be silently questioned and resented.

Do not allow your child to inflict the slightest pain upon any dumb animal. When he does, it is the seed of criminality gathering life and vitality.

Don't fail to investigate intelligently when you find that boy is not getting along well in his school work. Don't storm and drive at him. Don't jump at the conclusion that he is stupid and cannot learn. He may be possessed of a strong masculine logic, a demand for the reason behind his task that his woman teacher is not able to answer. If she is not, she will irritably compel him to silence, and destroy his interest. Know these facts when they exist, and put boy under male instructors.

Don't let him grow away from you. He becomes shy and awkward when he feels himself growing large and unwieldy. This is the time when you lose him if you are not wise. You torment him with constant correction. You tell him brutally that he is always in the way. You laugh at him, snub him, and discredit him. When he outgrows this age and takes on the grace and charm of your manhood, it is too late. Your heart cries out to him in vain. You have chilled the expression of his affections and have taught him to hold them in dignified reserve. You will never find each other again. Both will have forgotten the way.

Realize that the boy, as well as girl, needs affection. The little perfunctory demonstrations that you are half ashamed to bestow will not satisfy him. He has a great, warm heart. If you do not discover this in time, some one else will.

Punctuality is one of the chief virtues in a well ordered home—whether it be a small or large house. Meals must be prepared and served at the pre-arranged hour.

I'd rather be a Has Been
Than a Might Have Been by far,
For a Might Have Been has never been,
But a Has was once an A.R.E.

THE VALUE OF CHEERFULNESS.

There are but few persons in the world who fully realize the real value of cheerfulness. Perhaps you have never noticed it, but the happiest and most successful people in the world are those who are unfailingly cheerful under all conditions. They may receive a hard knock now and then, as most of us do, but it leaves them smiling; just as if it had never occurred. They know sorrow and trouble, like the rest of us, but when it is over they do not let it dampen the spirits of those with whom they come in contact by constantly grieving and worrying over the past. They do not forget that they will live longer and will live happier if they keep themselves sweet by their cheerfulness.

The story is told of a young girl who was employed by a large business house. One morning, greatly to her surprise, she received her dismissal. Knowing that she was not guilty of having broken any rules of the firm, she went to the manager and asked the reason for her dismissal.

"Well, I will speak plainly," he said. "It was because you spent half of your time grieving over your troubles. And you seek to enlist the sympathy of the other employees by crying over your troubles and constantly talking about them. You get their sympathy this way, but it takes up the time of the firm and more than that, there are others about the office who have a harder time than you have and yet say nothing about it. Your face is constantly clouded and it dampens the spirits of those about you and they lose the company's time in sympathizing with you and your troubles, many of which are imaginary ones. Now, when you get into the habit of cheerfulness, then you can come back. But I have found in a long business experience that cheerfulness has a high value in cash and ability."

Water defines cheerfulness as good spirits; a state of moderate joy or gaiety. But cheerfulness is more than that. It is something which will keep the life of its possessor pure and sweet and youthful long after advancing years have set their mark on the brow and made the hand unsteady and the step uncertain. It is a fountain of perpetual youth; not of physical youth, not of youth in years but of spiritual youth.

"What is it that keeps Mrs. Bland so youthful?" said a young person recently. "I am sure she is not less than fifty, yet in looks she does not seem a day over thirty, and in actions she is younger than I am."

"The reason is," was the reply, "that she does not let things worry or depress her. She always looks on the bright side of things. I have known her for ten years or more and I have never seen her frown or heard her speak a cross word. I would give all I have to be like her."

The answer was a true one. Worry and anger will make the life shorter and more bitter. Cheerfulness and love, for the two usually go together—make the life sweet and sweeten the lives of all those who come in contact with it.

"Be of good cheer," said the Saviour of mankind to His disciples, and never has the command been heeded that happiness and prosperity and love did not follow in its train.

All the world loves the cheerful person, the person whom sorrow cannot discourage.

ON JUSTIFYING ONE'S SELF.

A certain young woman who had been given a chance to make good in a very big position lost this chance recently.

And the reason, as expressed by her employers, who, by the way, were quite as disappointed as she, was simply that she didn't know how to receive criticism. Whenever her employees criticized her, she always fought back. Instead of being grateful to them for giving time and energy to try to make her a successful business woman, she was angry and resentful at every criticism. Instead of profiting by their suggestions and corrections, she always tried to justify herself.

Now to try to vindicate one's self when one knows that a criticism is undeniably unjust, is right and reasonable; but always to fight to justify one's self, no matter what the criticism, is decidedly the opposite.

And yet there are a great many employees—and others—who always adopt this latter course. Even when they know in their hearts that they have made mistakes, they try to prove otherwise to those who criticize them.

Of course it is not at all easy to tell when a criticism is just. To be able to weigh a criticism of one's

self calmly and dispassionately, and see where it is right and where it is wrong, is a fine art. Even a most upright judge finds it difficult to decide a case fairly when his own interests are involved. But one can at least make some effort to do this.

Mistakes make the greatest foundations in the world for success. But they should not be used for anything except the foundation. Once you try to incorporate them into the building itself, you make sure to build a failure which will come crumbling down about your ears sooner or later. Will you then argue and contest with the master builder who helps you to recognize these mistakes? Will you try to deceive him and incorporate some of them in the building in spite of him? Or will you listen to him calmly and thoughtfully, and thank him for his help.

According to which course you take you will prove yourself a big or little man.

For it is only the little people who cannot endure criticism. Sir Walter Scott in his journal mentions an anonymous letter sent to him from Italy, full of acid and acrid criticism on his "Life of Bonaparte," and instead of resenting it and justifying himself, he remarks with consummate wit and wisdom "Its tone is decidedly hostile. But that shall not prevent me from making use of all its criticisms where just." If Scott had been a lesser man he would have scoffed at the criticism, and concluded that the anonymous writer was merely some disagreeing ignoramus.

Again, Epictetus, after hearing a scathing criticism of himself, comments gently, "He little knew my other shortcomings or he would not have mentioned these alone."

What a splendid watchword that would make for those of us who are inclined to be resentful of all criticism to remember when we open our mouths to justify ourselves.

FOOD FOR CHILDREN.

Children require food that will promote the growth of bones, muscles and the different organs of the body. The more active the child and the more rapid the growth, the greater the demand for nutritious food. Lack of necessary food for bones, such as the mineral constituents, results in disease of bones, deformity, defective teeth, weak nerve and brain power.

Calcium, so important for the child in the formation of bones, may be obtained by the eating of eggs, rice, milk, whole wheat, rye, various cereals and all vegetables of the carbohydrate group.

Phosphates, so essential for brain, nerve, and bone may be had from the whole wheat bread, wheat cereals, shredded wheat, milk, apples, fish, etc. For the building of muscle, eat eggs, cheese, beef, mutton, beans, peas, lentils, whole wheat bread, etc. The blood building foods are those rich in iron—spinach, asparagus, yolk of egg, beef, cabbage, dandelion leaves, apples, cherries, strawberries, carrots, beans, peas, potatoes, etc.

Potatoes (the old stand-by) contain all the inorganic elements of the body except flourine. They contain a quantity of potassium salts—good for nerve and muscle. The eating of the jackets of the baked potato is highly recommended if they are thoroughly masticated.

Children have an appetite for sugar because they need sugar. Nature cries out for it with an insistence proportioned to its necessities. It has made weakly, puny children strong and robust by satisfying that which appears to the mother to be a revolting craving.

It furnishes the needed carbohydrate material to organisms that have, as yet, little or no power to digest starch. Thus, milk-sugar is a part of the natural food of the infant. Sugar by the lump (or pure candy) is better for the child when at play than with meals. If sugar is used on cereals then milk should be discarded; if milk is used, avoid the sugar—the combination is a very trying one to the stomach. —Edward B. Warman.

HEALTHFUL VEGETABLES.

Water cress, we are told in a recent magazine article, is an excellent blood purifier.

Lettuce is soothing to the nerves and relieves insomnia.

Tomatoes are good for a torpid liver but should be avoided by gouty people.

Spinach has great aperient qualities and is far better than medicine for sufferers from constipation. It is also excellent for kidney troubles.

Beets and potatoes are fattening.

Parsnips possess the same virtues as sarsaparilla.

Apples, carrots and Brazil nuts are excellent for sufferers from constipation, and the first two are also good for gouty people.

Raw carrots cure indigestion, also nerve troubles. When cooked they are good for asthma.

Celery wards off rheumatism, and is a nerve tonic.

Dates are nourishing and laxative.

The juice of grapes is laxative, but skin and seeds cause constipation.

Bananas are beneficial for chest complaints.

Onions are good for all nerve disorders, have a soothing effect upon consumptives, and are excellent for colds, coughs, la grippe and pneumonia. They are also a preventive of insomnia.

Cranberries are good for malaria and erysipelas.

Parsley aids digestion and reduces flesh.

Asparagus stimulates and strengthens the kidneys and causes perspiration, thereby ridding the system of impurities.

Cabbage purifies the blood.

HINTS ON ENTERTAINING.

Don't forget that it's people that make a good time infinitely more than things. In other words, the prime requisite of a jolly party is a congenial crowd. Get a congenial crowd together just let them talk, and feed them nothing but lemonade and cake, and they'll have a better time than an ungenial gathering fed with the most delicious fare and offered the most elaborate entertainment.

Be sure to have at least one of those folks who "make things go" on your list. Everybody has at least one or two such in his acquaintance. They may not be any cleverer or more popular than other people, but they happen to have this gift. Look over your list of guests to see if you have invited one of these folks, and if you haven't, get hold of one by hook or crook.

Be sure to have some game to begin with which will break up the ice; no matter how silly it is, so that it dissipates the slight stiffness which even a crowd of congenial people are apt to feel, when they have been bidden to a formal gathering.

And that brings me to my last suggestion. Don't have your party a formal gathering. To my mind, formality is the death-blow to enjoyment, and I am delighted to realize that the formal party of the last decade is rapidly disappearing. Elevate-hour inspirations and telephone invitations are the order of the Twentieth Century hospitality, and for my part I hope the pendulum will never swing back in the other direction.

DON'T MAKE THE WRINKLES DEEPER.

Is father's eyesight growing dim,
His form a little lower?
Is mother's hair a little gray,
Her step a little slower?
Is life's hill growing hard to climb?
Make not their pathway steeper,
Smooth out the furrows on their brows—
Oh, do not make them deeper!

There's nothing makes a face so young
As joy, youth's fairest token;
And nothing makes a face grow old
Like hearts that have been broken.
Take heed lest deeds of thine should make
Thy mother be a weeper;
Stamp peace upon a father's brow—
Don't make the wrinkles deeper.

Be lavish with thy loving deeds,
Be patient, true and tender;
And make the path that agewards leads
Aglow with earthly splendor.
Some day, thy dear ones, stricken low,
Must yield to death, the reaper;
And you will then be glad to know
You made no wrinkles deeper.

BRITISH CAPITALISTS ARRIVED HERE TUESDAY.

The party of English financial and commercial men who arrived here on Tuesday is divided in ten groups as follows:

- One—Shipbuilding, iron, steel and heavy engineering, five members.
- Two—Engineering and allied trade, nine members.
- Three—Electrical and allied industries, four members.
- Four—Provisions and allied trades, five members.
- Five—Proprietary goods, five members.
- Six—Paper, paints etc., four members.
- Seven—Dry goods, five members.
- Eight—Milling and agriculture, five members.
- Nine—Stoneware, sanitary and slate, four members.
- Ten—Professional and financial, ten members.

A barn belonging to Councillor Sullis, Parrsboro, with all its contents, was destroyed by fire Friday morning. The fire was, undoubtedly, of incendiary origin.

When your child has whooping cough be careful to keep the cough loose and expectoration easy by giving Chamberlain's Cough Remedy as may be required. This remedy will also liquify the tough mucus and make it easier to expectorate. It has been used successfully in many epidemics and is safe and sure. For sale by druggists and dealers.

Stomach, Cuts, Aches, Pains, and other like troubles of children quickly relieved by

JOHNSON'S LINIMENT

The old reliable household remedy. Give inwardly for Coughs, Colds, Cholera Morbus and Bowel Complaint. Sold by all dealers.

25c and 50c Bottles

L. S. JOHNSON & CO., Boston, Mass.

Parsons' Pills
regulate the bowels and have the liver active

The Monitor Wedding Stationery

will suit the most fastidious of brides. Correct in style, excellent in workmanship. Old English Wedding Text, Imperial Script, Tiffany Script on smooth or kid finish stationery. Ask for samples

SEEDS, 1912

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

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.

SPRING STYLES

From now on we will show the best that's made in Woman's Spring Footwear.

The new models are beauties and we will take great pleasure in showing the woman who is "just looking".

We wish to call your attention particularly to our new lines of Oxfords and Pumps in a great variety of leathers as well as in Satins, Stuedes and many handsome Tan Leathers.

\$1.75 \$2.00 \$2.50 to \$3.50

We are sure that when you see these values, you'll realize the advantage in wearing our shoes.

J. H. LONGMIRE & SONS

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, a-bout seven years old, now 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 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, Agent

FOR SALE.

The home of the late Dow Woodland of Middle street, is now offered for sale. Seven room house in first-class repair, fitted with electric lights. Veranda across front and one side. A DESIRABLE HOME AT A BARGAIN FOR AN IMMEDIATE PURCHASER.

Apply to HENRY B. HICKS, Bridgetown May 14th, 5 ins.

To Let

TO LET

The Hall over Monitor Office, formerly occupied by the Foresters. Audience room with two side rooms. Wired for electric lighting. Heated if desired. Suitable for business offices.

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.

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.

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