

THE HOME

CURE OF ECZEMA.

Ecze-ma is a very natural disease; a catarrhal inflammation of the skin, with a surface that exudes a tear-like fluid when it is irritated. The skin is dotted with red pustules, or papules eventually forming scabs that pale to the natural color of the skin as they shade from apex to edge. The itching and smarting is intense, and sometimes almost crazing.

In a great many localities on the earth, especially in mountainous regions of America and in Switzerland, a remedy for ecze-ma is found that comes near being a specific. It is a heavy black oil that comes to the surface through crevices in the rocks. This liquid is commonly called rock oil, but it is in reality the oil of fish that were reduced to this substance in the formation of the earth's strata centuries upon centuries ago, far beyond any suggestion of record, but fully established in its character by geology and chemistry, to which it is known as ichthyol. Purified and presented as a drug commodity it bears that name in pharmacy. Separated in the way suggested, from its irritating qualities, it is a favorite prescription for the healing of skin diseases of many kinds.

The early settlers of the south and west in the United States were first taught the value of this oil by the Indians who obtained supplies of it to use for purposes mentioned above by skimming it from the surface of mountain pools and other still waters.

In treating ecze-ma with ichthyol, or rock oil the affected parts should be thoroughly cleansed with soap and water and carefully dried. The ichthyol should then be applied on soft cloths held in place by bandages, and this should be kept up until a cure has been made. Sometimes this will be achieved in a few days. The disease is sometimes exceedingly stubborn, and then the treatment requires longer perseverance, of course. Then the healing process begins at once. When the exudations of water or weeping continue, sprinkle the surface freely with talcum powder.

During this treatment the towels should be kept open by two tablespoonful doses of olive oil daily, preferably with the dinner, and in some cases of stubborn constipation a teaspoonful of cream of tartar should also be taken in water before breakfast. This quantity is for adults. For children reduce both the olive oil and cream of tartar by one-half.

The treatment of ecze-ma by the use of this oil is absolutely safe, and the danger from mercurials and other mineral poisons is avoided. Moreover it is as reasonably a sure cure as can be obtained. Besides it is inexpensive.

Ecze-ma is contagious, and therefore all valueless cloths used in the treatment should be destroyed and the towels and valuable cloths should be thoroughly washed through a boiling process. At no time should one of these towels or cloths be left to that a child, or by accident a grown person, could come in contact with it.—Dr. Reeder, in Toronto Globe.

FROSTING.
Boil two cups of sugar and two thirds cup of water ten minutes, remove from the fire, and beat until it strains; add any extract liked for flavoring.

A STIFF FROTH.
When whisking an egg be sure that your basin and knife or whisk are perfectly dry if you wish a good stiff froth.

A GOOD TONIC.
A glass of hot water before breakfast is a clear and tonic for the entire system. For an oily, greasy skin squeeze half a lemon into the water; drink without adding sugar.

A SMOOTH GRUEL.
So many persons say, when a hot drink is recommended, "Yes, I might take a hot drink if I could get anything but gruel—that I cannot take." Even gruel may be made a pleasant and tempting drink by taking extreme care in making it beautifully smooth and thin, and varying the flavoring. All such drinks should be carefully served in a nice thin-edged china mug or glass; falling these, a nice cup is very suitable.

SPOILT MEAT.
Don't allow your marketing to stand in the kitchen, especially during warm weather; put it away at once. Meats frequently become heated, and quickly spoil.

REMOVES ODOR.
A little vinegar put in the frying pan and then boiled up on the stove removes the odor of fish or onions from the utensil.

RULES FOR BOYS

BIG AND LITTLE.
Hit lifted in saying "Good-bye" or "How do you do?"
Hat lifted when offering a seat in a car or in acknowledging a favor.
Keep step with everyone you walk with.
Always precede a lady upstairs and ask her if you may precede her in passing through a crowd or public place.
Hat of the moment you enter a street door and when you step into a private hall or office.
Let a lady pass first always, unless she asks you to precede her.
In the parlor, stand until every lady in the room is seated, also older people.
Rise if a lady come in after you are seated and stand until she takes a seat.
Look people straight in the face when speaking or being spoken to.
Let ladies pass through a door first, standing aside for them.
In the dining room take your seat after ladies and elders.
Never play with knife, fork or spoon.
Do not take your napkin in a bunch in your hand.
Eat as fast or as slow as others and finish the course when they do.
Rise when ladies leave the room and stand till they are out. If all go out together gentlemen stand by the door till ladies pass.
Special rules for the mouth are that all noise in eating and smacking of the lips should be avoided.
Cover the mouth with hand or napkin when obliged to remove anything from it.
Use your handkerchief unobtrusively always.
Always knock at any private room door.

SOME SIMPLE RULES FOR LIVING.
Eishop John V. Vincent, who recently celebrated his 80th birthday, gives in the Pittsburg "Christian Advocate" some simple rules for everyday living.

Let my first thought at waking in the morning, he says, be a thought of gratitude to God for the end of the night and the beginning of another day.

Let my next thought be a thought of aspiration, becoming a prayer and passing into a resolve that I will honestly try this day not to pronounce one word that wholly centers in self, concerning success, failure, foreboding, future plans or expectations. Nor one word of adverse criticism or fault-finding about anybody or anything.

In moments of depression I will try to look to God, and to remember that the present mood, even if natural, is abnormal, and that the sun will rise tomorrow.

And I must remember that a true Christian life is, on the human side of it, a series of efforts, acts of will—a series of decisions; and that to make for one's self, and to induce in others one right decision is a good and wholesome thing.

But we may easily overstate the value of a single decision, though it settles matters beyond its own present moment. Sometimes it does, but all acts of will are not of equal value. I must remember that the most effective decision a soul can make is that which places his personality in the hands of Christ—pronouncing in that act the "I will" of a complete surrender, establishing the lifelong habit of resting in Christ and of serving him.

REMOVING STAINS FROM THE DINING TABLE.
Get a pint of linsed oil, a pint of paraffine oil, half a pound of finely-powdered rottenstone and a pint of turpentine. These materials will last you a year or more for your table or other furniture, which requires special polishing. Have a couple of pieces of an old felt hat, some pieces of chamois cloth and a large piece of well-worn soft linen; or, instead of the linen, a piece of chamois. Pour linsed oil on the marred places, then sprinkle with the powdered rottenstone, rub with a piece of felt. Let the movement be light, quick and circular. Be careful not to use pressure enough to cut the varnish. Rub until the surface of the wood becomes hot. Be careful not to let the rottenstone become dry, as it then would scratch the finish. Add oil from time to time, and if needs be, rottenstone. When the table is sufficiently polished wipe clean with a piece of chamois cloth. Then dampen a piece of chamois cloth with an equal mixture of turpentine and paraffine oil; rub the table well with this and let it stand for several hours. Then polish with chamois or old linen. In polishing furniture you can use a great deal of pressure. Get an asbestos roller for your table.

Consists by Steamboat

(Boston Evening Transcript)

Two fleets of coastal steamers ply the waters of the New England shores from Boston to the eastward—the white vessels of the Eastern Steamship Company, and the slim, black craft of the Dominion Atlantic Railway. On summer afternoons the harbor sees a stately procession of them turning bows for the ports of Maine, New Brunswick and Nova Scotia, and on many a tempestuous night of winter these staunch vessels are steaming across the heaving bay on their appointed errands.

That numerous public which was voyaged in them learns with mixed pleasure and regret that the yacht craft of the Dominion Atlantic Company are again to pass to the possession of the Eastern Steamship Company. It is announced that the change will bring improvements of the service. For, although Digby will probably be discontinued as a port of call for steamers to Boston in summer, the schedules to Yarmouth and St. John, including, of course, connections at Digby, may now be co-ordinated in such a manner as to involve no inconvenience. Changes in the personnel of the fleet at least for the present, may be expected to be very slight—which is well, for a more efficient body of marine officers than the men in these black hulls is hardly to be found on our coast. Furthermore, these vessels must, in the nature of things, remain under the British registry, and British registry means British officers. The probabilities include additions to the fleet as the stimulation of Nova Scotia travel by the new service shall justify the outlay, and it is intimated that the new steamers will follow the present type of vessels, high-sided vessels now in vogue with the Eastern Steamship Company, rather than the long lower lines of the Prince Arthur. But it is to be hoped that the three steamers of the Dominion Atlantic Company, the two mentioned and the Boston, will continue to plough up our harbor for many years to come, for they are almost the sole representatives on the coast of that type of staunch, graceful crafters which the British shipyards have taught the world how to build and which adorn the waters of the English and Continental shores in such numbers. They have the proportions of the trans-atlantic liner, without her unwieldiness; properly handled they can stand almost any weather—as they have had abundant opportunity to prove in Massachusetts Bay—and in their neat, fleet lines and excellent design, black hull, white upperworks and crimson funnel, they are an ornament to any harbor.

There is reason to suspect that this transfer of ownership is the beginning of trainter travel between Nova Scotia and New England. The inducements of that peninsula were our cousins when they had not been New Englanders themselves; the fishing fleets keep up this commerce, and the boundaries between the Province and New England have been so largely erased that a large share of Nova Scotians consider themselves as Yankees, and they are often much more so. The differences between Maine and New Brunswick and Nova Scotia, for instance, are very slight; boundaries are an arbitrary affair. If the relations between the United States and Canada were as genial as those between New England and New Scotland we should have been the United States of North America years ago. At all events, even such an event as the promised quickening of the water traffic between our port and theirs is to be welcomed as an increase of a friendly intercourse from which both Commonwealth and Province have as much to gain as to give.

THREE DAYS IN A DORY.
With their clothing wet through from the fog and ocean spray, suffering greatly from the cold and nearly exhausted from starvation after being adrift in a dory for three days without food or water Edgar Peoples and Albert Tuff, members of the crew of the Gloucester fishing schooner Era and Mildred were brought to Halifax by Captain Ross of the Gloucester schooner Vega McKeown.

BENEDICTION.
Be comforted. Lift must her leaves unroll.
For all the secret sorrows of your soul,
For hasty deeds, long passed beyond control,
Be comforted.
Be comforted. The tenderness you miss,
The loving hands and sweet forgiving kiss
Still hover. Memory whispers this—
Be comforted.
Be comforted, dear heart. That one is best
Who steadfastly and with unflagging zest
Go forward. Afterwards comes rest.
Be comforted.
A. C. H.

SCOTCH SHEEP RAISERS.
W. W. Hubbard has received word from Mr. Ritch, Dominion sheep expert, that a party of Scotch sheep raisers were making preparations to come to this province to settle as soon as the industry was sufficiently organized so that a steady market for the products could be assured.—St. John Times.

"The Only Thing That Will Relieve Neuralgia."

The piercing pains of Neuralgia, which often follows a bad cold or La Grippe, are frequently almost unbearable and few medicines afford any relief to the sufferer.

I am a rural mail carrier and have been a user of the Dr. Miles medicines for years.

Dr. Miles' Anti-Pain Pills can't be beaten. They are the only thing I have found that will relieve my neuralgia and I have tried most everything, besides medicine from the doctor. I am willing to tell anyone what the Anti-Pain Pills did for me.

CHARLES HILDERBRANDT, Box 205, Woodville, Ohio. "I have tried most everything" in vain, why not do as he did, fight your aches and pains with Dr. Miles' Anti-Pain Pills. Let the pills bear the brunt of the battle. No matter how stubborn the contest, they will come out victorious.

Dr. Miles' Anti-Pain Pills stand on record, which is a long list of names extending back a generation. Druggists everywhere sell them. If first package fails to benefit, your druggist will return your money. MILES MEDICAL CO., Toronto, Can.

A PORCUPINE HERO.
(Continued from page 2.)
Dome, and it is safe to say that the man who worked for him and those who work with him know nothing of this story, for he is not that kind of man; he acts, he doesn't talk. But Mr. Mack did talk, and he talked to Mr. A. R. Turner, the general manager of the Canadian Cooper Co. at Cooper Cliff. Mr. Turner took the matter up wholeheartedly and laid the facts before the Carnegie Hero Fund and the British authorities. A few days ago the news despatches told of the honor Edward Bell had received at the hands of the King, and it is hard to see how it would be possible for a man to more deserve the reward and medal from Mr. Andrew Carnegie than Edward Bell.

PREHISTORIC MAN.
The discovery near Ipswich, Eng., of a human skeleton of the modern type is a triumph for those anthropologists who hold that the modern type of man was evolved at an extremely early date. If Dr. Wallace, the eminent rival of Darwin in biological science and evolutionary doctrine, had not recanted already the Darwinian theory of the descent of man, of which he had been the ablest exponent, this evidence of an ancient development of modern man would have given him pause. The human remains hitherto discovered have belonged to what scientists term the Neanderthal type, which existed in Europe during the earlier and greater part of the Glacial Period—one estimated to have extended over a period of a million years. The men of this type had the receding forehead suggested by the skeleton. He was brutish perhaps in appearance, savage, no doubt, in his nature, and in every sense of the biologist—a man. But now, as a result of the latest discovery, science declares that thousands of years before the Neanderthal race flourished in South Germany, Belgium, and France, England was occupied by a race of men which in build of body and form of brain were of the distinctly modern type.

The discovery was made in the chalky boulder clay near Ipswich. Before this clay was laid down, scientists tell us, there was apparently a sandy land surface and on this lived the man whose remains have been found. The man stood five feet ten inches in height. His head was perhaps a trifle smaller and flatter than that of present day man, but there was nothing brutal or simian in his appearance. It is calculated that the skeleton is 100,000 years old.

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Dr. Miles' Anti-Pain Pills can't be beaten. They are the only thing I have found that will relieve my neuralgia and I have tried most everything, besides medicine from the doctor. I am willing to tell anyone what the Anti-Pain Pills did for me.

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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

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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 Satin, Suedes and many handsome Tan Leathers.
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Our stock of Summer Millinery is now complete, with all the latest Novelties.
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T. J. MARSHALL

Real Estate

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23 acres of choice orchard land, situated at Wilmet in the heart of the apple-bearing district of the Annapolis Valley. Land once owned by the late Brower G. Stronach. Fine young orchard of about 400 trees, about 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.

RESIDENCE FOR SALE.
Beautiful Home With Spacious Grounds in Bridgetown.
Hot water heating, electric lights and all modern conveniences. Orchard yields 100 to 150 bbls. apples, beside pears, plums and small fruits. About four acres in all, one acre marsh, balance in orchard. Gentle slope to river bank. Shady trees in front and rear. Lovely spot for one wishing to retire. For price and terms, apply to M. K. PIPER, Monitor Office.

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 and 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.

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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—
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