

Practical Talks and Plain Precepts for Farmers.

Edited for the farmer readers of the MONITOR by an Annapolis Valley Agriculturist

Woman's Leisure on the Farm.

(By A. Sydney.)

With all the recent labour-saving inventions and revolutions in the domestic realm it does seem as though the housewife herself, that her time should be so closely occupied with household cares and duties...

Roots for Swine.

(Continued.)

During the last two or three years a great deal of interest has been taken in the subject of feeding roots to swine. Formerly a prejudice existed against them as on account of the risk that their use was responsible for a considerable portion of the soft bacon produced in the Canadian packing houses at certain seasons of the year...

DOWN IN DIXIE.

Amid the Stinging Pines Away from Frost and Cold.

Just now a number of our readers are planning where they will go for the winter and no doubt the majority of them will do as they have done in the past...

THE BRAIN FACTOR.

(Continued.)

In his latest book, "Socialism and Labor," Bishop Spalding thus exposes the machinery of the modern world...

Sound Investment at Home in a Rich Mining Property.

The Eastern National Copper Company, Limited, whose Gold and Copper Deposits are at Cheticamp, Cape Breton, is capitalized at \$500,000.

The Operations now being conducted by the Eastern National Copper Company, Limited, were begun only after the proposition had been most carefully investigated...

The sum of \$10,000 is to be expended in the present operations, in order to further establish the extent of the Copper Beds, and place a large quantity of Ore in Sight.

Applications for stock should be addressed to ALFRED BENNETT & CO., 16 Prince Street - Halifax, N. S.

Other Beds of Copper are known to Underlie and Overlie the Bed Now Being Developed, and it is confidently expected that this Mining Property will prove of vast value when a few months' more work has been performed.

Gold is Associated with the Copper Contents of the Eastern National Ore, in Quantity Probably More than Sufficient to Pay the Expense of Mining and Milling, Leaving the Other Contents to the Good.

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The Household.

Changes for Education.

The girl with the limited education need not be fretted under the sense of inferiority. There is no reason why she should be a failure, provided she has the right kind of character.

The best kind of an education is what we acquire through experience and observation. And the main object of education is to make us happier and better and more useful to each other.

The days are gone when a mother was expected of a girl than to look pretty and have a few feminine accomplishments.

When there is the disposition to learn property and then apply that knowledge will there is always a happy amount of satisfaction and contentment.

Since there are so many occupations now open for women, marriage is no longer considered the main object of life.

Household Hints. (From the Chicago News.) A little box of lime in the pantry will keep the air pure and dry.

White paint which dirty articles are washed in milk. Colored paints may also be treated in the same way.

To clean gutters, rub it with a mixture of soap and powdered charcoal and polish with a dry cloth.

The smell of fresh paint can be removed by leaving in the room all day a pair of water containing several sliced onions.

When hanging up a picture it is a good plan to attach a piece of cork on either side of the bottom edge, so that the picture will be held up by the cork.

Stains on books may be removed by oxalic acid. It should be diluted with water, applied with a soft brush and then washed with blotting paper.

Exercise 2. Similar to the previous exercise but do it much faster. Take five deep breaths very rapidly, filling the lungs at one quick drawing in of air, and expel all the air that you possibly can at one puff.

Exercise 3. Fill the lungs as in exercise 1. Then, holding the air, place the hands on the hips and bend forward, until the body is at right angles with the legs; then let the air out gradually.

Exercise 4. Similar to the previous exercise but do it much faster. Take five deep breaths very rapidly, filling the lungs at one quick drawing in of air, and expel all the air that you possibly can at one puff.

Exercise 5. Fill the lungs as in exercise 1. Then, holding the air, place the hands on the hips and bend forward, until the body is at right angles with the legs; then let the air out gradually.

Exercise 6. Similar to the previous exercise but do it much faster. Take five deep breaths very rapidly, filling the lungs at one quick drawing in of air, and expel all the air that you possibly can at one puff.

Exercise 7. Fill the lungs as in exercise 1. Then, holding the air, place the hands on the hips and bend forward, until the body is at right angles with the legs; then let the air out gradually.

Exercise 8. Similar to the previous exercise but do it much faster. Take five deep breaths very rapidly, filling the lungs at one quick drawing in of air, and expel all the air that you possibly can at one puff.

Exercise 9. Fill the lungs as in exercise 1. Then, holding the air, place the hands on the hips and bend forward, until the body is at right angles with the legs; then let the air out gradually.

Exercise 10. Similar to the previous exercise but do it much faster. Take five deep breaths very rapidly, filling the lungs at one quick drawing in of air, and expel all the air that you possibly can at one puff.

Exercise 11. Fill the lungs as in exercise 1. Then, holding the air, place the hands on the hips and bend forward, until the body is at right angles with the legs; then let the air out gradually.

Exercise 12. Similar to the previous exercise but do it much faster. Take five deep breaths very rapidly, filling the lungs at one quick drawing in of air, and expel all the air that you possibly can at one puff.

Exercise 13. Fill the lungs as in exercise 1. Then, holding the air, place the hands on the hips and bend forward, until the body is at right angles with the legs; then let the air out gradually.

Exercise 14. Similar to the previous exercise but do it much faster. Take five deep breaths very rapidly, filling the lungs at one quick drawing in of air, and expel all the air that you possibly can at one puff.

Another Educational Show.

(Continued.)

For a number of years Canadian horses met with a ready sale at good prices, and this was a period during which even the best were scarcely sold and interior stock could hardly be given away.

DRAFT HORSE MEN IN LINE.

(Continued.)

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Going South FOR STOVES AND WINTER?

If you are contemplating going South during the winter of 1902 and 1903 you can get valuable information free of charge by writing John T. Patrick, Pinebluff, N. C. He can save you money in hotel rates, can direct you which is the best railroad route to travel, can direct you where to rent neatly furnished cottages or single rooms. WRITE HIM.

Meat & Fish always in stock WM. I. TROOP, GRANVILLE STREET.

SCHOOL SUPPLIES ALL KINDS. Central Book Store B. J. ELDERKIN.

FARMS WANTED I have a call for a number of farms. If you have a farm for sale either near or far, please send me a full description of it as soon as you can.

CHURCH SERVICES. Parish of Bridgetown. CHURCH OF ENGLAND - Rev. E. Underwood.

50 YEARS' EXPERIENCE PATENTS Scientific American.

JOHN FOX & CO. Auctioneers and Fruit Brokers, Spitalfield and Stratford Market, LONDON, G. B.

Diaper's Corner.

That Turkey.

Christmas Eve - "There," cried Mr. Plato Jones, flinging the door open and dropping a line of turkey on the table; "there is a champion bird, if you like it, worth twenty pounds and it weighs an ounce. And I won't let it go for less than that."

Christmas Day - "This turkey is sublime!" It was brown, shining hot. Mr. Plato Jones raised his glass. "To the health of this wonderful bird!"

December 27th - "There, dear, I have grilled a leg for you. I hope you will like it."

December 28th - "What! the Diocese? Turkey! Turkey! Turkey! What! what! what! I wish I had won a sparrow."

December 29th - "What for dinner, Mr. Plato?"

January 1st - "What!" yelled Mr. Plato Jones. "Hatched turkey again! I said no more turkey!"

January 2nd - "What! the Diocese? Turkey! Turkey! Turkey! What! what! what! I wish I had won a sparrow."

January 3rd - "What! the Diocese? Turkey! Turkey! Turkey! What! what! what! I wish I had won a sparrow."

January 4th - "What! the Diocese? Turkey! Turkey! Turkey! What! what! what! I wish I had won a sparrow."

January 5th - "What! the Diocese? Turkey! Turkey! Turkey! What! what! what! I wish I had won a sparrow."

January 6th - "What! the Diocese? Turkey! Turkey! Turkey! What! what! what! I wish I had won a sparrow."

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January 14th - "What! the Diocese? Turkey! Turkey! Turkey! What! what! what! I wish I had won a sparrow."

January 15th - "What! the Diocese? Turkey! Turkey! Turkey! What! what! what! I wish I had won a sparrow."

January 16th - "What! the Diocese? Turkey! Turkey! Turkey! What! what! what! I wish I had won a sparrow."

January 17th - "What! the Diocese? Turkey! Turkey! Turkey! What! what! what! I wish I had won a sparrow."

January 18th - "What! the Diocese? Turkey! Turkey! Turkey! What! what! what! I wish I had won a sparrow."

January 19th - "What! the Diocese? Turkey! Turkey! Turkey! What! what! what! I wish I had won a sparrow."