

THE HOME

AT THE BELT COUNTER.

To smarten up a simple afternoon house-gown, there is nothing better than a wide girdle or a belt or ornate design. These are made of broad satins and silks, showing vividly colored designs on pale grounds, and they fasten with huge rosettes, with "jewel" cabochon centres. In this class there are numerous attractive black silk girdles, braided and embroidered in gold or silver butterflies and closing with matching buckles, but none of these are quite so alluring as those to be worn with lingerie house frocks by matrons and at parties by girls not yet "introduced." These are chiefly developed in white satin thickly spangled with gold or silver, although some of them have pearl beading put on as are the jets and the nailheads applied to black satin and silk elastic, while others are gold and silver bullion embroidered in flowers and butterflies.

A triumph in the belt line; and one that is not so perishable as it seems at first glance, is developed in point de Venise lace shaped into a girde deeply pointed at the front and back and mounted over a white chiffon lining of white wire. Of course, this belt will not stand any strain, but then it is only intended to be worn with a simple chiffon dancing frock, and to which it will certainly add the least touch of smartness.

There are to be picked up by the woman, who walks about the big shops with her eyes wide open, any number of fabrics which will make pretty belts. Among these are sash ribbon remnants often so wide that a half yard may be utilized by splitting it and joining two ends beneath the back support, for both the edges, rough or selvedge, must necessarily be turned underneath, as a ribbon belt always calls for a lining, unless it is of the crush order. Almost any of the fancy silk trimmings, especially in the pale colors intermixed with gold threads, will make delectable belts if they are mounted on dark corded ribbon; and there are no end of striped black and white satin patterns too positive in character for an entire gown or blouse that will work up dark blue, green or black gowns of the simpler sort.

Goggles are considered exceptionally smart when set into belt buckles, and it is for this purpose that many a woman is using the huge brooch which was her grandmother's chief bit of jewelry. If there are ear-ring hairpins, as well as pins, they may readily be made into a back piece or be furnished with bar pins and used as enchaçons for the girdles.

PRAYER.

"His said by one who knows, that it is good To hold our dear ones ever in our thoughts As made in God's own likeness; therefore they Must manifest His attributes, and be Perfect in all things. Thinking always this Is guarding our loved ones from every ill, Is giving them a buckler and a shield, As angel guide to lead them in the way— Then let me pray that God may give me grace To keep my loved one in His secret place.

GERTRUDE D. HUGHES.

A LITTLE HAND.

Perhaps there are tenderer-sweeter things Somewhere in this sunbright land. But I thank the Lord for his blessings... And the clasp of a little hand!

A little hand that softly Stole into mine that day When I needed the touch I loved so much To strengthen me on my way.

Sister it seemed than the softest down On the breast of the gentlest dove. But its timid press and its sweet caress Were strong in the strength of love.

It seemed to say, in a strange, sweet way, "I love you and understand!" And calmed my fears, as my hot heart-tears Fell over that little hand.

Perhaps there are tenderer-sweeter things Somewhere in this sunbright land. But I thank the Lord for his blessings... And the clasp of a little hand!

—Atlanta Constitution

HOME MAKES THE BOY.

A good boy is the natural product of a good house and all the efforts of philanthropy to make boys better are consciously imperfect substitutes for the natural influence of a healthy-minded home. The great and overshadowing peril of a boy's life is not, so many suppose, his bad companions or his bad books or his bad habits; it is the peril of homelessness. I do not mean merely homelessness—having no bed or room which can be called one's own—but that homelessness which may exist even in luxurious houses—the isolation of the boy's soul; the lack of any one to listen to his, the loss of roots to hold him in his place and make him grow. This is what drives the boy into the arms of evil and makes the streets his home and the gang his family; or else drives him in upon himself, into uncommunicated imaginings and feverish desires. It is the modern story of the man whose house was empty and precisely because it was empty there entered seven devils to keep him company. If there is one thing that a boy cannot beat, it is himself. He is by nature a gregarious animal and if the group which nature gives him is denied, then he gives himself to any group which may solicit him. A boy, like all these things in nature, abhors a vacuum and if his home is a vacuum of lovelessness and homelessness, then he abhors his home.

POSITION, GIRLS!

A walk down a central street today will show hundreds of girls handsomely dressed, neatly shod, sloping along indifferently or twitching nervously forward in the effort to cover ground rapidly.

Watch them as they stand gathered into merry groups, wherever it may chance—their mothers' drawing room, the amateur-theatrical stage, before the glove counter in a large shop. Only a small percentage will stand resting on the ball of the foot, and in what stagers call the "forward position"—chest out, stomach in, chin up.

Considerations of health, of beauty and of dignity all proclaim the necessity of so training girls that they will be always straight and lithe as a young tree. It is purely a matter of habit and if well drilled into the child will be an unconscious attribute of the woman. When middle age brings fat and a general thickening of the figure—and this transformation is not uncommon—an erect carriage, maintained by muscles trained in lifelong discipline, will do much toward giving woman that poise and dignity which enabled the late Queen Victoria to convey a regal impression although she was neither tall, nor toward the end of her life, slender.

A word more regarding walking up and down stairs. How many avoid getting red in the face and scant of breath by the simple expedient of using their knees to help in the ascent? One out of a hundred, perhaps, but not more.

An incorrect carriage, standing with weight resting on the heels, neck muscles that allow the head to hang to one side—these evils will be corrected when women classify themselves in the same category as other bad manners—eating with a knife, for instance, or slipshod grammar.

CANDY TO CURE ALCOHOLISM.

The following, taken from a special cable despatch to The Inter Ocean, Chicago, from London will bear repetition and may prove of interest to our readers.

An ingenious suggestion made in the House of Commons that the inmates of Broadmoor Asylum should be given jam instead of alcohol, has though greeted with some laughter, a great deal to recommend it.

Mr. Markham asked the Home-Secretary how much beer was drunk by the inmates, whether he was aware that 32 per cent. of the inmates were there through drink, and suggested that jam or pickles might be substituted.

"The suggestion put forward by Mr. Markham that jam should be substituted for alcohol at the Broadmoor Asylum," said a west end doctor, "is of great interest. The experiment, if made, should have far-reaching results."

"Would a drunkard lose his craving for drink if he was forced to eat large quantities of sugar? It is too big a question to answer offhand, but I think it probable."

"It is certain that if a drunkard developed a craving for sugar he would unless he was an abnormal subject, lose his taste for alcohol. Sugar has in it many of the constituents of alcohol. It is well known that jam is often given to troops on active service when alcohol is inadvisable or cannot be had. While jam or anything containing large quantities

of sugar tends to stay the craving for alcoholic support, it has none of the deleterious effect of alcohol. "As a matter of fact, people who like jam and sugar do not care for alcohol, and if you can train yourself to the jam and sugar habit you are going a long way toward killing the alcohol craving."

Under the heading of "Eat more candy," the article referred to says: "Give the children plenty of pure sugar, taffy and butterscotch and they will have little need of cod liver oil."

"In short, sugar is, after meat, bread and butter, easily our next most important and necessary food. You can put the matter to a test very easily. Just leave of the pie, pudding or other dessert at your lunch or midday meal. You'll be astonished to find how quickly you'll feel 'empty' again, and how 'unfaisable' the meal will seem. You can't get a workman to accept a pall without pie in it. And he is absolutely right. The only thing that can take the place of sugar here is beer or wine. It is a significant fact that the free lunch counters run in connection with bars furnish every imaginable thing except sweets. Even the restaurants and lunch grills attached to saloons or bars often refuse to serve desserts of any sort. They know their business. The more sugar and sweets a man takes at a meal the less alcohol he wants. Conversely, nearly every drinking man will tell you that he has lost his taste for sweets. The more candy a nation consumes the less alcohol."

"The United States Government buys pure candy by the ton and ships it to the Philippines to be sold at cost to the soldiers in the cantenens. All men crave it in the tropics, and the more they get of it the less 'vino' and whiskey they want."

"In fine, the prejudice against sugar is born of puritanism and stinginess, equal parts. Whatever children cry for must be had for them, according to the pure doctrine of original sin; besides, it costs money. I know families in the rural districts where the head of the family grows over every dollar's worth of sugar that comes into the house as a 'sinful and unwholesome luxury.'"

Commenting on the above suggestions the editor of the Health Club Department of the Toronto Globe remarks:

"There is also a great deal more truth than many physicians and dentists will admit in the article regarding the wholesomeness of pure candy. The only trouble with pure candy as well as other kinds is that it is not eaten at the right time, and especially is this true of children."

"Pure candy as a dessert after dinner is good and wholesome, but the same quantity and quality taken an hour before the meal may cause serious stomach disorders and spoil the appetite for other foods."

"In the suggestions given in these items there is a wide field of opportunity for thorough trial and I would suggest that those who are afflicted or have friends or relatives that are should try the plan. On general principles I advise against the use of sweets between meals, but one who is troubled with a desire for drink should have a supply of pure candy at hand and take several pieces when the craving comes on, no matter what time of day. After eating the candy, drink a good big quantity of pure water, which is always agreeable after candy or other sweets."

"A couple of years ago I came to the conclusion that the tobacco habit could be easily cured by incorporating into chewing gum certain elements that would beat the nerves and supply the material which would relieve them and overcome the craving. Acting upon this idea, I made a quantity of gum and put in the proper materials; this I gave out and demonstrated to my entire satisfaction that anyone who wants to quit the tobacco habit could easily do so in this way. I supplied it to quite a number and so far no failures have been reported. I am now going to try the pure candy for alcoholism and will set some of the club people at work making pure home-made candies before long."

HOW ONE DOCTOR SUCCESSFULLY TREATS PNEUMONIA.

"In treating pneumonia," says Dr. W. J. Smith, of Sanders, Ala., "the only remedy I use for the lungs is Chamberlain's Cough Remedy. While, of course, I would treat other symptoms with different medicines, I have used this remedy many times in my medical practice and have yet failed to find a case where it has not controlled the trouble. I have used it myself, as has also my wife for coughs and colds repeatedly, and I most willingly and cheerfully recommend it as superior to any other cough remedy to my knowledge."

Repeat it:—Shiloh's Cure will always cure my coughs and colds."

Joker's Corner.

Mrs. Silas Bennett was a philosopher. On a certain dismal occasion some of the neighboring women were condoling with her. With commendable cheerfulness she replied: "I've raised four girls and three boys, expectin' every time they'd be twins an' red-headed like their Grandpa Bennett and yet they ain't."

"An' I've worried consid'ble over smallpox breakin' out in my big family. So fer, 'tain't."

"Last summer, durin' July an' August, an' maybe part of September I was real melancholic. 'Fessin' I got an appendix, but I guess I ain't."

"An' through it all, it never occurred to me that I'd be the one to fall through them rotten old meetin' house steps an' break my leg in two places, but I be."

A FUZZY FEELING.

(From Harper's Weekly.)

In the soft twilight of a summer afternoon mother came upon Young Hopeful standing in a brown study by the green-house door. His hands were clasped before him, and his lips were dejectedly parted.

"Why, what's the matter, lamb?"

"Mother asked bendin' over him."

"I'm fakin', muvver."

"What about, my little man?"

"Have gooseberries any legs, muvver?"

"Why, of course not, dearie!"

A deeper shade fell thwart dearie's face as he raised his glance to her.

"Then, muvver, I've swallowed a caterpillar!"

WHEN THE PROFESSOR WAS WRONG.

This story is told of a college professor who was noted for his concentration of mind. The professor was returning home one night from a scientific meeting still pondering over the subject. He had reached his room in safety when he heard a noise which seemed to come from under the bed.

"Is some one there?" he asked.

"No, professor," answered the intruder, who knew of the professor's peculiarities.

"That's strange. I was positive some one was under my bed," commented the learned man.—Judge.

CHILDREN'S STORIES.

"The boy is father to the man, and the girl mother to the woman."

It is with this thought in her mind that Miss Florence J. Lewis, a Boston girl, author of "Climbing up to Nature," is working on Christmas and Thanksgiving stories which are to be used in the Somerville public schools. Miss Lewis was once a pupil there, and she is writing, as she says, as "an ex-school child to other children." This is the first time that she has written especially for a childish audience.

Fragile, slender, distinctly feminine with no use for the ballet, Miss Lewis speaks with the greatest enthusiasm of her work in hand, which was undertaken by request of Sam Walter Foss, city librarian of Somerville.

"If you can only interest a child, you have every one," she says. "Children's stories are always full of color, reunions and happiness, and they always must be. Children appeal to me. I love to look at them. I love to see them rounding out. They are so ready to take suggestions, and you can always tell when you have reached their hearts. Very often a teacher can change the whole course of their lives, as a teacher once changed mine."

"Sickness of one of my relatives brought me under Miss Miss J. Wendell, a teacher in the Morse school at Somerville. I was only a child, but I remember once hearing her say 'Some day before I die or before you die, I shall see this little girl's name on the title page of a book.' I cannot tell you how I felt when I heard her words. It seemed at that moment as if a new path had been opened for me."

"Then," continued Miss Lewis, "I had to make oaters see it as she did. It is a pretty hard thing for a child calmly to announce that she is going to be a writer, and that 'teacher' said so. But I found sympathy and helpfulness in one near relative, and when it came to the place where I simply had to scribble that helped me. I was encouraged, urged along, and together we read over those first few chapters—and such a happy time for us, and so surprised were the rest of the people when the little book was finally out."

Miss Lewis comes of a book-making family. Her great uncle, Donald Morrison, married Eliza Monroe, of Pictou, N. S., a sister to John and Norman Monroe, who founded the publishing house in New York of that name, and who endowed two chairs at Dalhousie College. On her maternal side, she belongs to the Lewises of Sydney, N. S., whose ancestors married into the famous Pitt family of England.

SERIOUS DEPLETION IN FUNDS.

HARD TIMES HARD ON THE POOR CONSUMPTIVE

Muskoka Free Hospital for Consumptives Makes an Urgent Appeal for Money.

\$25,000 Required to Cover Bank Overdraft and Provide for Maintenance of Poor Patients.

These head-lines tell the story of our needs.

They are heavy and urgent. Many times during the past twelve months the question has pressed itself upon the Trustees, "Can we continue the work further?"

Every month brought its quota of accounts for salaries and wages of staff, bills of butcher, milkman, eggs, groceries, heavy coal bills—a serious item—and other uncontrollable expenses so long as the doors were kept open.



These had to be paid somehow. Contributions—especially after the turn of the year when the financial depression was felt at its keenest—fell off to such an extent, that each month the burden became heavier.

During all this period there was only one thing to do, and that was to lean on our banker—swelling the bank overdraft.

The trial was the severest in the history of these Muskoka Homes, in which nearly 3,000 persons, stricken by the dread white plague, have been cared for.

The E. R. Machum Co., Ltd., 31 John N. B. MANAGERS FOR MARITIME PROVINCES.



Shack Life at Muskoka Free Hospital for Consumptives.

But never for a single hour did the doors of the Free Hospital fail to swing open, and give a welcome to suffering ones without money and without price.

The good news has gone forth of a rich harvest the wide Dominion over.

Friends, we come to you at this time, when the clouds of depression are being lifted, asking that you now—in the direness of our extremity—help to lift the burden being carried—not for any personal gain, but solely, alone, only on behalf of suffering sisters and brothers.

Our plea is on behalf of the sick ones.

What will you give? Do not say nay. Help generously. Help all you can. Help now.

Contributions may be sent to W. J. GAGE, Esq., Chairman Executive Committee, 84 Spadina Avenue, Toronto; or J. S. ROBERTSON, Sec.-Treasurer National Sanitarium Association, 347 King Street West, Toronto, Canada.

JOKE PROVED FATAL.

That alleged excruciatingly funny trick which has long been in fashion with a certain class of persons of dusting powdered snuff on the floors of theatres, ball rooms, ferry boats, etc., cost a man's life in Paterson, N. J., recently.

Some practical "jokers" entered the saloon of Andrew M. Taylor, in that city, got Taylor interested in talk and while the discussion was on, quietly scattered a lot of snuff—"snuff," it is called—on the floor.

Presently, to the great delight of the jokers, Taylor was seized with a violent fit of coughing and sneezing. As the fit increased in violence the merry fellows roared with glee, and when Taylor dropped helplessly into a chair, they, too, nearly fell over with mirth.

The joke became serious, however, when Taylor was taken with hemorrhages and became unconscious. A couple of doctors were summoned. They found that Taylor had burst a blood vessel and was dying. He expired in a few hours.

MINARD'S LINIMENT FOR SALE EVERYWHERE.

5 cent and 10 cent bundles of newspapers at MONITOR OFFICE.

House Pumps Stock Pumps Deep Well Pumps

Pumps installed anywhere. PRICES RIGHT ALSO Pipes and Pipe Fittings, Pump Fittings always in stock

Bridgetown Foundry Co., Ltd.

The Manufacturers Life in 1907

A Comparison Showing Remarkable Progress.

ITEM	1906	1907	INCREASE
Net Premium Income	\$1,847,286.06	\$2,011,973.53	\$164,687.47
Interest and Rents	326,030.96	420,982.81	94,951.85
Total Income	2,193,519.19	2,433,114.15	239,594.96
Assets	8,472,371.52	9,459,230.69	986,859.17

Insurance in Force Dec. 31, 1907—\$51,237,157.00

No other Canadian Company has ever equalled this record at the same age

O. P. GOUCHER General Agent, Western Nova Scotia. OFFICE—MIDDLETON, N. S.

The E. R. Machum Co., Ltd., 31 John N. B. MANAGERS FOR MARITIME PROVINCES.

GREAT FURNITURE SALE

To be sold at public auction at or near the premises of the late John W. Whitman at Lawrencetown on Thursday the 10th. day of December 1908 commencing at 10 o'clock in the forenoon and continuing until the whole is disposed of.

All the Furniture Business of the late John W. Whitman and consisting of a large quantity and great variety of—

Tables, Sideboards, Mirrors, Easy Chairs, Rockers, Beds, Mattresses, Springs, Cots, Commodes, Couches, Cribs, Camp Stools, Office Stools, Swings, Easels, Brackets, and other things to be found in a well appointed furniture business.

TERMS:—Cash, or all sums up to \$50. and approved joint notes for larger amounts payable in three months with interest at 5%.

A. H. WHITMAN, Sole Executor.

Lawrencetown, November, 23rd. 1908.

Farm for Sale **Winter is Coming**

The subscriber offers for sale his valuable farm in Granville, a short distance from Bridgetown. Nice orchard with standard varieties. Buildings in good repair. Possession given any time. For particulars apply at—MONITOR OFFICE.

Sealed Tenders

Sealed tenders for the Collection of County rates in the various Wards of the County of Annapolis are requested for the year 1909.

1. Tenders to be filed with O. S. Miller, Clerk of the Municipality, at Bridgetown, on or before 12 o'clock noon of January 2, 1909.

2. All tenders to be marked "Tenders for Collection of Rates," and to name the proposed bondsmen.

3. Collectors must guarantee the amount of each rate roll and the collection thereof, subject only to any losses the Council may see fit to adjust.

4. The committee do not bind themselves to accept the lowest or any tender.

J. W. ROSS

SLEIGHS

My sample Sleighs will be here this week. Call and see them and get your choice early.

Prices and Terms to suit all.

JOHN HALL
Lawrencetown, Nov. 19th. 1908

FREEMAN FITCH, JOHN PIGGOTT, D. M. OUTHIT.

Committee on Tenders and Public Property.

MINARD'S LINIMENT CURES GARGET IN COWS.