

THE HOME

THE FORETHOUGHT HABIT FOR MOTHERS

This morning when I went to sweep the back piazza I found the floor spotted with white patches, the clinging, memories of yesterday's kite-making. The boy was off to school, troubled with no uneasy consciousness of the paste-daub left behind him; and as company was coming, there was nothing for it but to remove the spots myself, meditating meanwhile on my lack of forethought, cheerfully the lad would have removed the traces of his work had I secured his agreement to do so when I gave him permission to make the kite!

Then I thought of the litter of scraps often left by the little girl whose chief joy seems to lie in cutting paper dolls; of the playthings left scattered and forgotten in the excitement of some new game; of the sticky dishes after the candy-making, that should at least have been filled with water and left to soak; and I concluded that a mother who had cultivated the forethought habit would have saved herself all the inconvenience and extra labor and oftentimes embarrassment of such negligence by securing, at the beginning, of the child's play, an agreement that no untidy traces should be left behind.

Generally speaking, when a child wants a thing, he wants it so hard that he will accept almost any terms beforehand; and children are naturally honorable about fulfilling conditions they have made of their own accord. If they should forget a simple reminder is all that is necessary, while, if no agreement has been made, there will not be the same sense of responsibility, and the child, absorbed in something else, will feel himself abused if compelled to come back to do the irksome task.

Not only is this forethought habit a valuable help to the mother in training her children in habits of orderliness, but it will often come to her aid in helping a child over some disagreeable duty. "May I go to the well, game?" asks the little fellow eagerly. "Yes, my son," when you have brought in the coal and kindling, replies his mother, and the homely chore is illumined with the anticipation of the pleasure to come.

Most children who are untruthful begin to be so through fear of punishment or at least a scolding, and the forethinking mother will beware lest the tones of her voice or the manner of her words in questioning the small delinquent betray her state of mind and preclude the punishment. Thus the habit of thinking out her course and her bearing beforehand will aid in establishing that pre-eminent quality, truthfulness in her children.

She will realize its worth also in securing obedience. What mother has not said to herself countless times: "O, why did I insist upon this matter? Now I've got to see the thing through." A wise forethought would have led her to avoid talking up issue of a thing perhaps altogether trifling in itself, but which she has made too important to overlook, by committing herself too hastily. And was there ever a mother who has not at some time shielded herself for a hasty command or threat of punishment she would give a good deal to get out of honorably?

Most mothers of little children are dreading the time when the unfolding of the child's mind will lead him to ask questions hard for any mother to answer, but a wise preparation of thought will arm her to meet such questions when they come, so readily and naturally that the answer will be received in the most matter-of-fact way as if it concerned the most matter-of-fact subject.

In forestalling questionable amusements the habit of planning ahead will be of untold assistance to the mother, by preparing her to be able, not only to substitute something equally fascinating for that which is questionable, but also, to meet the boy's or girl's questioning with sympathy and convincing intelligence. True, she may deem it wiser sometimes to yield against her own better judgment than to

meet the question with arbitrary decision. But she is prepared for a course of action, and the boy or girl feels instinctively that in her very readiness to respond there is strength while irresolution on her part might seem weakness.

The mother who cultivates the habit of forethought will treasure up this suggestion or that, this novel form of recreation of that, keeping her own counsel meanwhile and never spending all the small change of her resources at once.

Unlooked-for emergencies will, of course, come, and so, on the other hand, will occasional inspirations of the moment; but the emergency will find the forethinking woman the better prepared to meet it, and the inspiration is more likely to come to her who has formed the habit of mentally creating and meeting her emergencies beforehand.—L.M. Allen.

HOUSE FLIES.

(Eastern Chronicle).

Last fall the subject of flies was very generally condemned by medical authorities and by the newspapers, the latter taking their cue from the former. In this paper recommendations were made to kill the flies. There are houses in town that have no flies, or hardly any. These houses have screen doors and shutters and in addition they fly that gets past is swatted with a folded newspaper and thereby does its death. There are only just so many house flies in the whole country and if every one that infests every house would be killed there would be no more. It would not be a hard matter for the people who live in these houses to kill the flies that infest many of them.

That house flies are a menace to the health of people is certain, for they will go outside in the hot part of the day and load their legs and feet with filth if they can get at it and straightway come in and crawl over the food on the dining table, in the pantry, and everywhere else they can get to it. It is simply disgusting to sit down to eat at a table in a room infested with flies.

But there is another source of contamination and that is in some grocery stores. There the place is often found reeking with flies which of course are crawling over all the foods for sale in the store. They go outside, back and front, and get smeared over with poisonous particles of all kinds, among them deadly fever germs such as typhoid, diphtheria, typhus and other infectious diseases, and come back into the store and foul the goods people take home to eat and for food for their children.

We are making these observations now because there are no flies and no place can feel that it has been singled out, and we make them for the deliberate purpose of advising people not to buy from any place or store in which food is not protected from flies.

Time and again we hear of one disease or another breaking out in a home and hear someone wondering aloud where or how it came. As likely as not the source of contamination was from the house fly, at any rate fevers and such sickness are more prevalent when house flies are plentiful. We are not pretending to give expert statements, but, nevertheless, we believe that fever and flies go together. However, it is safer to destroy the flies in our own houses and refuse to buy food that has been polluted, may be infected with a deadly disease, by house flies.

Out in the open there is another species of fly that comes from all points of the compass and from every dirty place in the neighborhood and alights on any food or similar substance, and pollutes, and as like as not, infects it with some bad disease, but these are not house flies and seldom or never come into the house. What we are after is the ordinary house fly. All last year's males are dead, the females are stowed away in cracks in the walls, in corners and in various places to be ready in the ordinary course of nature to give birth to next summer's swarms. These females should

be sought during the winter and destroyed—for the death of one of these means the absence of thousands of its like next summer.

THE END OF THE DAY.

An experienced and observant woman declares that the most important moment of the day is the ten minutes that follow his return from the work of the day. At that time one word may change his whole state of feeling. He comes home usually tired. Work or the vexations of business during the day have frequently brought him to a point of fatigue or nervousness, at which a very little thing may decide what his mind will be for the rest of the evening. Of course, the particular disposition of every man is going to tell here, just as it does everywhere else. But the rule will hold good for the average man. The most important thing for the tactful woman to do is to wait until she sees some of his temper before she makes any decided move.

Don't, above all things, tell him that the publisher has sent in a terrible bill for merely making that little alteration. Don't talk too much in the beginning on any subject. Conversation taken torrentially at the outset is likely to upset every body who is a little tired after a day's work, and who wants the quiet enjoyment of the home. The woman who follows this advice will find her evenings pleasanter than if she jumped at the beginning into the heart of their editorials, especially disagreeable things.

118 Iberville St.,
Montreal, P.Q.

I have used Empire Lin. for many years and I find it excellent for head-ache, and for other pains. I consider it has no equal.

A. J. SINGLER.

GOT A DOLLAR?

IF NOT, FIFTY CENTS WILL DO

Where can you get a great metropolitan newspaper for fifty cents a year? The publishers of Canada's great national newspaper, the Montreal Weekly Witness and Canadian Homestead, will send their paper to you on trial for one year for only fifty cents, or the Daily Witness for only one dollar for one year. These offers are only open to those who have been taking neither the Daily Witness nor Weekly Witness.

The Witness has only just decided to offer these bargains to genuine new subscribers, and the publishers agree to refund the full money to any subscriber who writes them in a month that he or she does not like the bargain. That's fair, is it not? The Witness is an up-to-date newspaper. Its special stories are alone worth several times the price and its editorials are history-making and unparalleled. The Witness, Canada's great national newspaper, is, as everyone knows, always fair and square and fearless. During its jubilee, just celebrated, newspapers and public men of every province have made remarkable tributes to the value and enterprise of the Montreal Witness. We have only space for one of them and will quote the Hon. Sidney Fisher, the Canadian Minister of Agriculture, in congratulating the Witness on the occasion of its jubilee:

"I have taken the opportunity of saying to many people that I consider the Montreal Witness the best managed newspaper in Canada, for it is thoroughly interesting and fearless in its expressions and its principles are broad, generous, and in the public interest, and sound economically in public affairs."

The Witness should be in every home. Remember, NEW subscribers may have the Daily Witness on trial for the year 1911 for only one dollar (\$1.00), or the Weekly Witness for only fifty cents (50c). Address your subscription at once to the publishers, John Duggan & Son, Witness block, Montreal.

EXPRESS RATES MUST TAKE A DROP.

Ottawa despatch.—A judgment has been given by the Railway Commission on express rates which declares that the rates are too high and orders the companies to file lower tariffs within three months. It also states that the express companies are owned by the railway companies, and there is no reason for the existence of separate companies of Canada, but that it could be done by the railway companies as it is in fact being done now. The judgment declares that the express companies overpay the railways for accommodation in stations and intimates that this is a convenient way of disposing of profits which otherwise might be so conspicuously large as to be inconvenient. It declares that the forms of contract which express shippers are compelled to sign are unreasonable, and are designed to enable the companies to escape responsibility for shipments lost or damaged in spite of the fact that their high charges are supposed to provide for this. The form of contract is abolished.

Important Suggestions for Fruit Growers by Inspector Fitch

The Outlook this week gives its readers the substance of an interview with Mr. Freeman Fitch. The subject of the interview was the question which is now receiving so much attention viz: "How can the development of the Valley be best promoted?" Mr. Fitch is a man of keen observation and shrewd judgment and being a life-long fruit grower, a government fruit inspector for the past nine years and for fifteen years a member of the Annapolis County Municipal Council, his opinions are worthy of attention.

Naturally, Mr. Fitch's interview dealt with the apple industry of the Valley. He would like to see the development of our fruit belt through the development of our fruit and secondly by producing a finer quality of fruit to be handled.

Mr. Fitch says if the farmers could see how many of the apples that are inspected show the effects of bad handling they would use much more care in picking and packing. Picking should be done with more care than is generally practised. It is best to place the apples in barrels without sorting and house them the day they are picked. In packing, the heads should not be pressed too tightly as in very many barrels there is a waste at the bottom through bruising when heading.

Warehouses should be carefully ventilated during the warm weather in the fall. If artificial cooling could be used for a few weeks in the fall in the warehouses our apples would do better. This is an improvement that will have to come soon.

Mr. Fitch is inclined to think that the box as an apple package should be used more extensively. The apples in barrels are bruised so much in packing and in being tolled in warehouses, cars and steamers that there is an expensive waste through bruising from which the boxed fruit is exempt.

In reference to the production of a better quality of fruit Mr. Fitch believes we have not yet given as much attention to spraying as its importance demands. He also believes that far-seeing farmers will improve the quality of their fruit by planting more young orchards to replace the old, for as trees grow old they produce a poorer quality of fruit. Those orchardists who trust to their old orchard and fail to provide for younger trees to replace them will get left just as there are many cows in our stables and fowls in our poultry houses that can with profit be replaced by younger ones, so there are many apple trees in the Valley which should be cut down, their place being taken by younger trees which will produce a better quality of fruit. The cost of pruning, picking, spraying and thinning on the young trees is also much less.

Through the thinning is another way in which Inspector Fitch believes the quality of our fruit can be greatly improved. And quality is becoming more and more the important thing.

In a season like the last the thinning is so important as w/a we have a full crop. It has been proved that by judicious thinning nearly the same number of barrels of fruit can be obtained while the quality is much better.

Under ordinary conditions about fifty per cent of the fruit is packed as number one, twenty per cent as number two and the while ten per cent remains as culls. By proper thinning the number one's can be increased to seventy-five per cent and the cull be practically eliminated. At the various kinds net from twenty-five to fifty cents a barrel for culls; from seventy-five cents to one dollar for number three's; one dollar and a quarter to two dollars for two's and two to three dollars for number one's, the value of the thinning can be readily seen. Not only has the value of thinning been proven outside but F. H. Johnson, of Bridgetown, R.S. Eaton, of Kentville, and others of our own horticulturists by actual experiments have become convinced of its importance.

Mr. Fitch is strong in the belief that the orchard area especially in Annapolis county should be greatly extended as the best means of increasing the wealth of our people. The example of such men as R. B. Chute, Berwick, A. Stanley Banks, of Waterville, and others that might be named, should be an inspiration to our young men to follow their example and enjoy life success in fruit growing.

Medicines that aid nature are always most effectual. Chamberlain's Cough Remedy acts on this plan. It allays the cough, relieves the lungs, opens the secretions and aids nature in restoring the system to a healthy condition. Thousands have testified to its superior excellence. Sold by all dealers.

Sheriff's Sale

IN THE SUPREME COURT
1910. A. 1550.

Between Julia Ruffe, widow. Plaintiff
Chas. E. Phinney and
Annie, his wife. Defendants.

TO BE SOLD AT PUBLIC AUCTION by the Sheriff of the County of Annapolis or his Deputy at the Court House in Bridgetown in the said County on Saturday the twenty-first day of January A.D. 1911 at the hour of three in the afternoon pursuant to an order of foreclosure and sale made herein the fourteenth day of May, A.D. 1910 and an order for re-sale made herein the sixth day of December, A.D. 1910, unless before the sale the amount due to the plaintiff with interest and costs is paid to the plaintiff or her solicitor or into Court.

All the estate, right, title, interest claim and equity of redemption of the defendants in, to and out of all the following lots, pieces or parcels of land situate at Wilmot in said county as described as follows:—

All that certain piece or parcel of land and premises situate lying and being in Wilmot in the County of Annapolis and bounded and described as follows:—That is to say, beginning at a stake and stones on the south side of the Saunders road, so called four feet east from the corner of a certain ditch or water course said ditch running southerly or parallel with the Wheelock road so called, said ditch being about sixteen and one half rods west of the said Wheelock road, thence running southerly until it meets the north-east corner of land owned by Edward T. Phinney and said Charles E. Phinney, thence westerly in the same direction of the south side of said land to within four feet of the centre of the said ditch, thence northwesterly following on the east side and the same distance from the course of said ditch to the place of beginning, being one and one half acres be the same more or less and all other if any the hereditaments comprised in a certain indenture of mortgage made the 20th day of September 1892 between Frank A. Robblee and the said Charles E. Phinney, and recorded in the said Registry of Deeds in Book 97, page 479.

Also all and singular all that certain piece or parcel of land and premises situate lying and being in Wilmot aforesaid and bounded and described as follows:—That is to say, beginning at a willow tree at the Saunders road so called, thence running a southerly course forty-eight feet to a willow tree, thence easterly forty-eight feet to a willow tree at the Wheelock road so called, thence southerly along said road twenty rods to lands owned by Chas. E. Phinney, thence westerly eight rods thence northerly twenty rods to the aforesaid Saunders road, thence easterly eight rods to the place of beginning, containing one acre more or less and all other, if any, the hereditaments comprised in a certain indenture made the first day of March 1893, between Edward T. Phinney and the said Charles E. Phinney and recorded in the Registry of Deeds in Book 93, page 364, together with the buildings, easements and appurtenances thereto belonging.

TERMS.—Ten per cent deposit at time of sale, remainder on delivery of deed.

EDWIN GATES,
Sheriff of the County of Annapolis.

F. L. MILNER,
Solicitor for Plaintiff.

Dated the 17th day of December, A.D. 1910.

At my Store you will find a Stock of carefully selected goods for Xmas trade consisting of

Grapes, Oranges, Lemons, Nuts, Dates, Figs, Table Raisins, Seed, Raisins, Citron, Lemon and Orange Peels.

Also CHOICE CONFECTIONERY In boxes, Sixty varieties of Malt's High Class Chocolates, Creams and Holiday Mixtures, Clear Toys, Xmas Stockings, 20 lbs. of Beet Sugar \$1.60

We are pleased to see each customer and will fill your order carefully and deliver your goods promptly.

MRS. S. O. TURNER
Granville Street

At my Store you will find a Stock of carefully selected goods for Xmas trade consisting of

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MRS. S. O. TURNER
Granville Street

REAL ESTATE

FOR SALE OR TO LET

Residence of Harry J. Crowe, situated on Granville St. opposite the Baptist Church. House contains nine Rooms, Modern Bathroom, Electric Lights and Furnace, Good Stable in rear.

Apply to
JAMES QUIRK,
Bridgetown, Sep. 26th, 1910.

Residential Property For Sale

Orchard home for sale on South Queen St., Bridgetown. Four acres orchard, yields one hundred to one hundred and fifty barrels apples, besides pears, plums and small fruit. House fitted with all modern improvements and heated with hot water. Will sell in whole or in part, or exchange for suitable town property. For terms apply to

DR. A. A. DECHMAN,
Bridgetown.

Small Place For Sale

Home, situated on Granville street west, Bridgetown, nine rooms with piazza and bay windows. Barn, Wagon House and other out buildings. Three quarters acre land. 75 Fruit Trees, apples, plums, pears. Short distance from two railway stations, churches and schools.

Will sell right on easy terms, or would trade for farm.

W. AYARD MARSHALL
Bridgetown, A.G. 15th.

FARM FOR SALE.
Situated one and one-half mile west of Paradise, containing one hundred acres of land. With two hundred trees in bearing, good pasture and hay land. For full particulars apply to
J. C. YOUNG,
Paradise

March 25th.

NOTICE.
The subscriber offers for sale her property on Water street, on reasonable terms. For particulars apply to O. T. Daniels or to
MALVENIA NICHOLSON.

EXECUTOR'S NOTICE

All persons having any just claims against the Estate of the late Mrs. Elizabeth Healy will please present the same, duly attested, inside of three months, and any person indebted to said Estate are requested to make immediate payment.

S. E. BANCROFT, Executor.
Lawrenceston, Dec. 12th, 1910. 3mo.

ALL DAMAGE

is covered by a good fire insurance company; the damage by fire, by water, by smoke and by firemen in their efforts to extinguish the flames. The man who

IS COVERED

by insurance has little fear of fire. If you have forgotten your insurance, permit us to remind you of it. As a sensible man you will thank us for the suggestion and instruct us at once to

WRITE YOU A POLICY

The Acadia Fire

INSURANCE COMPANY,

W. D. Lockett,
Agent.

HOLIDAY GOODS

At my Store you will find a Stock of carefully selected goods for Xmas trade consisting of

Grapes, Oranges, Lemons, Nuts, Dates, Figs, Table Raisins, Seed, Raisins, Citron, Lemon and Orange Peels.

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MRS. S. O. TURNER
Granville Street

We wish to thank the public heartily for the most prosperous year in our history. We will begin our 44th year Tuesday, January 3rd.

S. KERR,
Principal.

Special Winter Excursion

TO
Nassau Havana and Mexican Ports

BY
Elder Dempster Line Steamships
SOKOTO and BORNU.

These steamers have magnificent saloon accommodations, room electric lighted, and carry a doctor and stewards.

EXPECTED SAILINGS
S.S. Skoto, Jan. 3rd, Feb. 21st & April 15th.
S.S. Bornu, Jan. 28th & March 18th.

HALIFAX TO MEXICO and return \$98.00 including rail fare to Mexico City. To NASSAU and return \$70.00, steamers calling at Nassau on return only in March and April.

43 DAYS ROUND TRIP.
For further particulars telephone or write to
T. A. S. DEWOLF & SON
Agents. HALIFAX, N. S.

WOODS HARDWARE

We Have Good Values

IN
GUARANTEED AXES
ORDINARY AXES
PEAVIES
COIL CHAIN
ELECTRIC WELDED CHAIN

SLED STEEL
AND HANDLES OF
ALL KINDS

Freeman's Hardware Store

BANKS & WILLIAMS
Commission Merchants

Fruits and Produce
78-8 Bedford Row, fronting on Market Square

HALIFAX, N. S.
SOLICIT CONSIGNMENTS of all kinds of FARM PRODUCE. EXCELLENT STORAGE FACILITIES. LONG EXPERIENCE AT THE BUSINESS. PROMPT RETURNS. MARKET QUOTATIONS FURNISHED ON APPLICATION.

H. H. Banks - H. F. Williams

FINE STATIONERY

Would you like some fine stationery with your address printed on it?

We have a fine line of note paper for social use in packages of one hundred sheets or by the pound on which we will neatly print your home address or your initial.

Or you can buy it unprinted, if preferred, much cheaper than by the ream. Call and see it and get our tempting prices.

MONITOR OFFICE,
Bridgetown.

CLOCKS!

CLOCKS! CLOCKS!

The celebrated Globe Alarm only \$1.00
Beaver Alarms while they last . . . 85c.
Eight day half-hour strikers, in oak cases, only . . . \$3.50
Orders taken for watches of any make.

REPAIRING A SPECIALTY

ROSS A. BISHOP

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

Headaches—nausea—indigestion—muddy complexion—pimples—bad breath—these are some of the effects of constipation. The mild, sensible, reliable remedy is

NA-DRU-GO LAXATIVES

They contain the latest discovered and best evacuant known, which empties the bowels without the slightest discomfort and without disturbing the rest of the system. Constantly increased doses are not necessary. 25c. a box. If your druggist has not yet stocked them, send 25c. and we will mail them. 25 National Drug and Chemical Company of Canada, Limited, Montreal.