

THE HOME

KEEPING THE SKIN FRESH. A WAY TO USE SILK REMNANTS.

The modern girl has a problem to solve in keeping her skin fresh. Our grandmothers may not have had a beauty parlor at every corner, but they did not have soot-laden air, and they usually managed to have soft water.

It covers a multitude of feature deficiencies to have a fine skin and coloring. Yet it is not easy to achieve by natural means, and it is rather difficult to keep when one is blessed with it by nature.

The modern girl, with her zeal for an open-air life and love of athletics, forgets all about her skin until it begins to look the worse for neglect; then she is agitated and rushes into all sorts of foolishness in complexion cures. What is needed is ordinary precaution and common sense every day.

The girl who would keep her skin in good condition first considers her digestion. With a poor stomach a small fortune may be spent on complexion cures in vain.

Exercise is another potent complexion maker. Let the circulation grow sluggish and the skin is sure to suffer. A brisk walk every day, especially well protected, on rainy days is worth a dozen lotions for foundation work.

Cleanliness is an essential factor to a good skin. The badly washed face soon shows it. A good scrubbing once a day, preferably at night, will hurt no one if properly done. Use plenty of warm water with a pure soap, then rinse freely with cold water to tone it up and keep the muscles from getting flabby. Where water is hard, as it usually is in cities where filtration plants prevail, use a softener. This may be simply little bags of oatmeal or almond meal.

Once thoroughly cleaned, do not use soap on the face and hands a dozen times a day. In dirty cities a temptation to frequent scrubbing is irresistible, but this roughens the skin and takes out too much of the natural softening oils. At times use a cleansing lotion instead.

An excellent one is rosewater and alcohol mixed in the proportion of one-third alcohol and two-thirds rosewater. Wipe the skin off with this whenever dingy-looking and no roughness will ensue. At least, not in the majority of cases. In the use of lotions, every girl should find out what agrees with her skin and then stick to that. There is no bigger mistake than to try every skin remedy recommended. It is the same in regard to soap. Each person should get a good pure variety that suits her own skin, and then not be persuaded to change. Always rinse thoroughly. The common neglect of this rule is responsible for many bad skins.

Use a good cold cream occasionally. Rub a little in after the night face cleansing, if the skin feels dry. Great care should be taken in the choice of a cream, to procure one best suited to the individual need. Unless you understand muscle building and the proper massage movement it is safer to do little more than rub in the cream, always with an upward stroke to prevent sagging.

A MOTHER'S RULES.

Things which I must teach my little girl:

That if you must choose, it is better to be a beautiful home-maker than a fine housekeeper. That, for instance, ruffled pillow-cases cost too much if they mean ruffled tempers.

That the one indispensable quality in a home is happiness; every home, no matter how beautiful, which misses that, is a failure; but no home, whatever its faults, can be wholly a failure if it is happy.

That happiness is a matter of spirit, not "things."

That it is possible only when every member of the household is considered, and all work and plan together, and God is its constant Guest.

That, is to be in her own place where ever that may be, a beautiful home-maker is the loveliest ambition a woman can have.

These are things that I want to help my little girl to understand.

The utilizing of one's old silk remnants and bits of leftover ribbon by cutting them into strips, sewing them together, winding them into balls and then having them woven into rag rugs of delightful quality for table covers and other decorative uses has been found most economical. It is artistic in its results to a degree exactly corresponding with the judgment used in arranging the color sequences. But it often happens that finding a weaver is a matter of some difficulty.

But the person who can knit in the plainest "garter" stitch can produce results quite as available as those of the loom. The coarsest wooden needles should be used and care be taken to have them of the most perfect smoothness, as a slight protruding splinter otherwise not to be noticed will catch in the raw edges of the silk rags and cause trouble.

The silk can be sewed in a hit or top by a fold or piping of red, silk or solid color to be sewed and wound, according to the result desired. The hit or miss gives a soft, Oriental effect, harmonizing with almost any color scheme. The strips can be cast on as many stitches wide as the needles will accommodate or the knitter care to manage. If silk and patience be not lacking several long strips joined together will make a very handsome and artistic portiere. Smaller breadths will make a table runner for the library or serve to cover sofa pillows, or can be used for curtains to a low bookcase. In fact, once the work be taken up it will grow steadily and the number of uses to be found for it will extend.

All bits of old silk can be used for this purpose, no matter how hopeless seeming, for if soiled they can be brightened in a dye bath. And the judicious use of black, usually to be found in all piece bags, will give depth and richness to the whole fabric.

TAKE COURAGE.

There comes times to all of us when we feel that we are tried beyond our strength and when it seems that the more we strive and sacrifice the farther off is the day of victory. But we must rouse ourselves from these moments of discouragement and despair. If we yield to them we are lost. Tip very moment we feel ourselves giving way to weakness we must summon all our energy to resist the deadly attack and assert all the manhood and womanhood there is in us. Soon we feel ourselves fired up again and given a new lease of strength for a braver effort than we have yet made.

Of all human beings on earth the workers have the least cause to despair of their lot. If they are still in bondage it is because they will it so. No power between the skies and the seas can enslave them but themselves.

MOCK FRUIT CAKE.

One cup sugar, half cup lard or butter, one cup milk (milk will keep it moist longer), one pound currants or raisins, one cup of walnuts chopped fine; one teaspoon cinnamon, one teaspoon soda. Put all on stove and let come to a boil; then remove; when cool add two and a half cups flour, one teaspoon soda. Bake ten minutes.

CUBAN FRAPPE.

Boil to a syrup one pound of sugar with a pint of water, and while it is hot pour over it the grated rind of half an orange and half a lemon. Add two cups of orange juice, one grated pineapple and half a cup of lemon juice. Pour one cup of boiling water on one teaspoon of good tea. Add that to the mixture when cool. Strain and freeze.

MAKING FUDGE.

In making fudge if you will put in a pinch of salt, not enough to taste, it will make it as smooth as glass when poured out.

JELLIES THAT WON'T "JELL."

When making jellies, if they will not "jell" easily, add a pinch of powdered alum. The result is fine.



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The Lost "TITANIC"

The steamship Titanic of the White Star line, the largest vessel afloat, was on her maiden voyage when she met with the accident and was due in New York April 16th. The Titanic is 46,328 tons register, with a displacement of 66,000 tons. Her total length is 882 feet six inches, her breadth is 92 feet six inches, and she is 175 feet from the keel to the top of the smokestacks. She has eleven decks, which is equal to what was called a sky scraper a few years ago. The vessel will carry 4,000 persons, including passengers and crew, and in spite of the fact that the staterooms are unusually spacious, beds taking the place of bunks in most of the apartments. Two regal suites on the Titanic cost \$4,350 each for the trip, the occupants having a private promenade deck on which they have as much privacy as in the piazzas of their own home. When the huge ship left Southampton on April 10th she passed near the New York of the American line, and the tremendous suction developed by the passage of the leviathan caused the seven hawsers holding the New York to snap and turn that vessel loose. She was pushed back into her dock without mishap. To show the tremendous advance made in the building of ocean greyhounds in recent years it may be said that the Titanic is nearly four times as large as the Kaiser Wilhelm der Grosse, which ten years ago was one of the largest, finest and fastest boats in service.

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In our experience in the handling of drugs and medicines, we believe we have never had experience with any Remedy that gave such great satisfaction to our customers as do Rexall Orderlies. This Remedy is not like any other laxative or cathartic. It contains all the good features of other laxatives, but none of their faults.

Our own faith in Rexall Orderlies is so strong that we offer them to you with our own positive personal guarantee, that if they do not thoroughly satisfy you, you only need tell us and we will hand back to you every penny you paid us for them. Therefore, in trying them upon our recommendation you take no risk whatever.

Rexall Orderlies taste like and are eaten like candy. They do not gripe, cause nausea, excessive looseness, or other annoyance. They act so easily that they may be taken at any time, day or night. They are particularly good for children, aged, or delicate persons. They are put up in convenient tablets in three sizes of packages. Prices 10c., 25c., and 50c.

Remember, Rexall Remedies can be obtained in this community only at our store—The Rexall Store—Royal Pharmacy, W. A. Warren.

BORN

MARSHALL.—At Hampton, Apr. 8, to Mr. and Mrs. Jos. Marshall a son.

MORGAN.—At Crossburn, Apr. 10th, to Mr. and Mrs. J. N. Morgan a son—John Ingram.

FURBISH.—At Plymouth, Me., Mar. 31st, to Mr. and Mrs. B. Furbish a son—Benjamin Keith.

MARRIED

TAYLOR—CUNNINGHAM.—On Apr. 10th, by Rev. H. How, B.A., assisted by Rev. H. S. Wainwright, M.A., Marguerite, younger daughter of the late Dr. A.B. Cunningham, of Annapolis to Hastings W. Taylor, of Weymouth.

DIED

POOLE.—At St. Croix, April 10th, Israel Poole, aged seventy-nine yrs.

REGION OF WARMTH.

Hot Springs Are Reported to the North of Porcupine.

Superintendent A. E. Snyder, commanding the Royal Northwest Mounted Police at Whitehorse, Yukon Territory, reported to the commissioner in 1900 that from north of the new famous Porcupine district in northern Ontario there had come repeated rumors of the existence of a wonderful "tropical" region which was still inhabited by mastodons, says the Success magazine. "The Indians," concludes Superintendent Snyder, "report having seen the gigantic tracks of these animals."

But little attention was paid to these stories until in November of last year Mr. C. J. McIntyre and two companions reported a most amazing discovery north of Porcupine. They were traveling by dog-sledge, with the thermometer at forty below, when to their astonishment the temperature began to rise so fast that within a space of two hours they had thrown off their garments, and the snow was soft underfoot.

"It seemed," said Mr. McIntyre, "as though we were suddenly passing from winter into spring."

Soon after they came upon the first of numberless hot springs, the snow disappeared entirely, and dense vegetation took the place of the stunted birch and the plain of the plateau. Because of the necessarily slow travel on foot the explorers were not able to determine the extent of this wonderful oasis in the far northern wilderness. They found several good-sized rivers flowing with warm water, teeming with fish, and the country was alive with bear, caribou, ducks, pheasants, wild geese, and other game, and gold was found in a number of creeks.

First House in Halifax.

The distinguished geographer, Sir Clements Markham, K.C.B., F.R.S., has entered upon his eighty-second year. He comes of a family famous for its antiquity and valour. A very interesting record of the Markham's history, edited by Sir Clements, was compiled by his father, the late Rev. David Markham, sometime Canon of Windsor. The house has given many gallant sons to both army and navy. Major William Markham, born 1686, who served in Spain under Peterborough and Stanhope, is said to have built the first house in Halifax, Nova Scotia. He is buried in the North Cloister of Westminster Abbey, where also lie the remains of his eldest son, who became Archbishop of York. The archbishop's second son entered the navy, rose to the rank of admiral, and was served as a Lord of the Admiralty.

Sir Clement has been both secretary and president of the Royal Geographical Society, and recipient of one of its gold medals for research.

Kitchen Hints.

When hanging meat it is well not to put the meat back through the meat itself, but through a loop of string tied on to the joint.

To preserve lemons for a length of time bury them in a box of sawdust. In this way they will keep fresh for several months.

To remove a grease spot from wall paper hold a piece of blotting paper over the spot with a hot flatiron for a few moments.

In order to beat the white of an egg to a stiff froth quickly add a pinch of powdered sugar and fine salt and beat on a dinner plate with a broad-pointed knife.

Wood ashes are excellent for cleaning tin articles. Wring a cloth out of warm water, dip it in the ashes and with this scour the things; then rub off and polish.

To remove unpleasant odors from the hands dash a spoonful of sugar on the hot stove and hold the hands over the steam. Ground coffee answers the same purpose.

Duke's Escort.

The Canadian Military Gazette, Ottawa, says:

The escort for the Duke of Connaught will be the same as for another Governor-General, namely, 33 of all ranks under the command of a captain. It was thought that since the Duke was a member of the royal family, he would be entitled to a major's escort of 87 of all ranks, but the British War Office has informed the Canadian Department that the position of Governor-General supercedes his position as member of the royal family, and he is entitled to the captain's escort instead of the major's. It is a fortunate thing for the dragons. The escorts are all drawn from a squadron, which would not have been large enough to supply the major's escort, nor would there have been enough ceremonial uniforms to go round.

Praise for Canada.

General Sir Walter Kitchener has been in Montreal with his daughter, who is to attend McGill. The general thinks that Canadian education is so far ahead of that of Oxford or Cambridge that he is having his son and daughter educated here.

He himself would have made Canada his home, but at the time that he was preparing to come, the war in Egypt broke out, and he spent years in campaigning after that. He was in command of the Strathcona Horse and the mounted rifles in South Africa, and says that the Canadians were as good soldiers as he ever saw. Sir Walter has returned to the Bermudas, of which he is governor.

A Proud Old Lady.

Jeremie Barrette of Montreal was a proud great-great-grandmother the other day, when at the age of 103 years, she held in her arms a one-day-old child, which was christened at the Church of the Immaculate Conception.

Five years ago she held in her arms the youngest of a family of great-grandsons, when he was christened at a church in Point St. Charles. The eldest of that family has now been married over a year, and only a few days ago a representative of the fifth generation was born.

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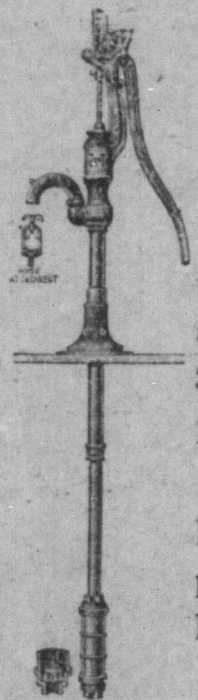
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That very desirable residential property situated at Carleton's Corner, Bridgetown, consisting of modern dwelling house, stable, shop and orchard and garden. Also one hundred acres of woodland. Possession can be given first of May.

For further particulars apply to J. B. WHITMAN, Province Bldg., Halifax, or F. R. FAY, Esq., Bridgetown.

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At a sacrifice, in North Williamston, formerly owned by the late Simpson Charlton. Is in prime condition. A young orchard yielding 700 to 1000 barrels of apples. A good hard-wood lot attached. Two good pastures. Has a good house and barn.

Apply to the owner, T. A. NEILY, Bridgetown, Jan. 29th, t.f.

FOR SALE.

The subscriber offers for sale that valuable farm known as the Col. Starratt farm at Paradise. Convenient to school, church, and stores. For further particulars apply to G. N. BANKS, Paradise, Feb. 29th.

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G. O. BALCOM, Lawrencetown, Feb. 5th, 3 moe.

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TO LET

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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.

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