

THE HOME

NEW WAYS TO COOK RHUBARB.

Delicious Rhubarb Jam—This will repay you for the making. Take equal parts chopped rhubarb and best cane sugar. Heat the sugar with just enough water to keep it from burning. Pour it over the rhubarb and let stand for several hours, then pour off the syrup and boil until it thickens. Add the rhubarb, and to each pint of rhubarb allow two good cooking apples or three oranges. Cook gently until quite smooth.

Baked Rhubarb—One of the best ways to bring out the flavor, making a pretty sauce and requiring less sugar, is to cook it in the following manner: Take the young tender stalks only; don't peel them, but cut into inch lengths. Put them into a stone crock with at least one cup of sugar to two cups of cut rhubarb, using more sugar if you wish. Do not add any water. Cover and bake until the pieces are clear. A little lemon rind may be used to flavor. A few large seeded raisins cooked with the rhubarb gives a fine flavor and help to sweeten it. If the cooking cannot be done in the oven, set the crock into a pan of hot water on the top of the stove. A double boiler closely covered will answer, but the heavier ware is better. When the rhubarb is done and chilled, you may make a dainty whip by adding the beaten whites of two eggs and whipping very light. Heap up in little glasses and serve with a thick cream and nut sauce poured over it.

Rhubarb Pudding—Take two cups of flour, two tablespoons baking powder, half a teaspoon of salt, two tablespoons butter and half a cup of sweet milk. Work into a smooth dough. Roll out half an inch thick and fill the centre with light stalks of tender young rhubarb; sweeten well with sugar; fold the paste over the stalks, turning over the ends of the paste and pinching lightly in order to keep the juice in. Lay on a well-floured cloth and fold it, tying the ends with twine and leaving room for the dough to swell. Drop into a kettle of boiling water, and keep boiling constantly for one and a half hours. Serve with a sauce made of rhubarb juice thickened slightly with corn starch.

Rhubarb and Ginger Ice—Make a rich, sweet, thick sauce of chopped stalks of rhubarb. Use the tenderest stalks and do not peel them. Add plenty of sugar and when the sauce is done put through a coarse sieve. Flavor with syrup from preserved ginger; add to a cup of preserved ginger cut in shreds. Freeze quite stiff, add a meringue of two whites of one egg beaten with two tablespoons of powdered sugar. Mix thoroughly and repack. Let stand two hours to blend the two flavors, then serve.

Cream Rhubarb Pie—One cup of rhubarb chopped fine, one cup of sugar sprinkled through it, and the grated rind of a small lemon. In a cup place a tablespoon of cornstarch and moisten with a tablespoon of cold water, mix until smooth, then fill the cup up with boiling water; stir until mixed smooth; then pour over the rhubarb with the yolks of two well-beaten eggs. Bake in an under crust only, and when it is cool heap a meringue over it made with the whites of the eggs and half a cup of powdered sugar.

VEGETABLES AS OPIATES.

The health doctor of the Toronto Globe was asked if there was any form of opium or opiate that could be used by a victim of insomnia without the deadly effects of rest and sleep from their use without the least danger to yourself or others. The first in importance is lettuce. Eat it freely at supper time, using

well-made French dressing. Next our good old friend the onion.

Onions are a kind of all-round good medicine, and every housewife is aware of this without exactly knowing the reason why. She knows that a whole onion eaten at bedtime will often by next morning break a severe cold. She also knows that onions make a good plaster to remove inflammation and hoarseness. If anyone would take an onion and mash it so as to secure all the juice in it he would have a most remarkable smelling substance that would quiet the most nervous person in a very short space of time. The strength of it inhaled for a few moments will dull the sense of smell and weaken the nerves until sleep is produced from sheer exhaustion. It all comes from one property possessed by the onion, and that is a form of opium.

To increase the beneficial effects of these clean, wholesome vegetables, practise the following every morning: Before rising and one hour before breakfast, drink a cup of boiling water as hot as can be sipped, after which remove the pillows and lie flat on the back. Gently knead the bowels, beginning at the groin, going up the right side, across the upper part of the abdomen, and down the left side, following thus the course of the colon. Continue this manipulation for two or three minutes, then inflate the lungs by taking a deep breath. While doing this gradually raise the arms above the head, clench the fists and while yet holding the breath raise the body to a sitting posture, then bend forward as far as possible, and drop back to first position. Now slowly expel the air from the lungs; then breathe rapidly and deeply six or eight times. Repeat the raising of the body, bending forward and the breathing, three times each morning. After faithfully going through the regime, the body is in a proper condition for the bath. This stimulates the solar plexus, and prepares you for a splendid day.

GIRLS AND MARRIAGE

If a girl marries with a false idea of the power of the marriage ceremony to solve all problems for her she is certain to blame the man she marries when her dreams fail to come true; she fancies they will come true with another man and proceeds to the divorce court to secure freedom to seek her ideal.

Oh girls, girls, girls, marriage is never a state of supreme bliss; it is just life with more responsibilities and fewer illusions than you had as a girl. It is worth while if you are willing to do your part of the world's work, and take your share of the world's suffering, and it carries rewards with it—if you earn them.

But men are human and have failings, none of them are perfect, and neither are you. Select as your husband the man with the best disposition, the virtues that most appeal to you and the faults with which you have the most patience and then try to understand him so the two of you may live and work together in harmony, but do not expect the marriage ceremony to transform him into a demi god or transport you into Paradise.—Cynthia Grey.

THE GIRL'S TRAINING.

This extract is worth reproduction: Every mother should teach her daughter just as she would desire some other mother's daughter taught that is to become the wife of her son. Give her, if you can, a knowledge of music, and other accomplishments within your reach, but with them a practical knowledge of housekeeping. Let her own hands knead the bread, make the butter, wash, iron and mend, make beds, and sweep, dress the children, prepare the breakfast, dinner and supper, and

PURIFIED HIS BLOOD

Dr. Morse's Indian Root Pills Healed Mr. Wilson's Sores

When the sewers of the body—bowels, kidneys and skin ducts—get clogged up, the blood quickly becomes impure and frequently sores break out over the body. The way to heal them, as Mr. Richard Wilson, who lives near London, Ont., found, is to purify the blood. He writes:

"For some time I had been in a low, depressed condition. My appetite left me and I soon began to suffer from indigestion. Quite a number of small sores and blotches formed all over my skin. I tried medicine for the blood and used many kinds of ointments, but without satisfactory results. What was wanted was a thorough cleansing of the blood, and I looked about in vain for some medicine that would accomplish this.

At last Dr. Morse's Indian Root Pills were brought to my notice, and they are one of the most wonderful medicines I have ever known. My blood was purified in a very short time, sores healed up, my indigestion vanished. They always have a place in my home and are looked upon as the family remedy."

Dr. Morse's Indian Root Pills cleanse the system thoroughly. Sold by all dealers at 25c a box.

then you need not be ashamed to give her to the very best in the land. She is fitted for life; she will succeed; and if the future should find you alone in the world, her husband will gladly welcome you to a home which you taught your daughter to make for him, "the dearest spot on earth."

WHEN TO STOP.

The tired out woman who knows that she absolutely needs a little rest and who says: "I cannot afford to take it, because there are so many who need me," is really starving the very reason she cannot afford not to take it.

A week, a week-end, even a day, of stopping short, resting and recreating at the psychological moment, have staved off and prevented more breakdowns than weeks and months and years of vacations have ever cured.

Wise, indeed, the woman who has the wisdom to know when to stop and the foresight to do it.—Ruth Cameron.

COAT HANGER.

When away from home one very seldom thinks of taking a coat hanger along, but to prevent the coat from becoming creased and untidy looking by being thrown over the back of a chair, an emergency coat hanger may be readily made, says an exchange. Roll a newspaper tightly and tie it in the middle with a stout cord, forming a loop to attach it to a hook or nail. This is better than throwing the coat into the nearest place, and is contrived in a minute with the materials always at hand.

THE YEAR'S AT THE SPRING.

The year's at the spring
And day's at the morn;
Morning's at seven;
The hill-side's dew-pearled;
The lark's on the wing;
The snail's on the thorn;
God's in the heaven—
All's right with the world!
—Robert Browning.

Hair Health

If You Have Scalp or Hair Trouble, Take Advantage of This Offer.

We could not afford to so strongly endorse Rexall "93" Hair Tonic and continue to sell it as we do, if it did not do all we claim it will. Should our enthusiasm carry us away, and Rexall "93" Hair Tonic not give entire satisfaction to the users, they would lose faith in us and our statements, and in consequence our business would suffer.

We assure you that if your hair is beginning to unnaturally fall out or if you have any scalp trouble, Rexall "93" Hair Tonic will promptly eradicate dandruff, stimulate hair growth and prevent premature baldness.

Our faith in Rexall "93" Hair Tonic is so strong that we ask you to try it on our positive guarantee that your money will be cheerfully refunded if it does not do as we claim. Two sizes, 50c. and \$1.00. Sold only at our store—The Rexall Store, W. A. Warren.

DEATH OF A FAMOUS WOMAN ASTRONOMER.

Boston, May 22—Mrs. Wilhelmina Paton Fleming, one of the foremost astronomers of the world and curator of astronomy records at Harvard University, is dead. Mrs. Fleming became one of the most interesting personalities among the scientists of the world through her activity in the handling of the astronomical photographs at Harvard University by means of which she had discovered no less than seven new stars and many variables.

Moncton Bay Lost Right Eye

Would Not Cry Because He Was a Boy Scout.

(Saturday's Daily Transcript.)

The accidental discharge of a small pistol last evening in the hands of young Ernest Cole of this city resulted in the unfortunate lad losing sight of his right eye. The young fellow with three companions was out at the School Camp on the West Lane. They had with them a small rifle, pistol and cartridges. Young Cole was handling the pistol, when it was accidentally discharged, the bullet entering his right eye. He was taken to the hospital last evening, and this morning underwent an operation but it was found that he had lost the sight of the eye.

While the young fellow was coming home last evening after the accident walking along and holding a handkerchief to the injured eye, a gentleman met him and inquired what the matter was. The lad did not wish to tell at first, giving his reasons and bearing the pain with commendable fortitude.

"I won't cry," he said, "because I am a Boy Scout."

CARELESSNESS WITH FIRE.

(Toronto Globe.)

Many of the so-called "brush fires" are the result of inexcusable recklessness on the part of settlers, who start them to clear their land, and take chances on being able to prevent them from spreading. It is not practicable to rid the land of its forest growth and fit it for cultivation without burning much of the encumbering rubbish in the place where it accumulates; but the risk of widespread and devastating conflagration may be reduced to a minimum by careful choice of the time when the burning is to be done. No fire should be started after a spell of dry weather, or in any kind of weather when there is a high wind.

In this matter taral vigilance is the price of safety, and it would pay the people of a locality to so arrange the starting of brush fires as to have co-operative help within easy reach in case of general danger. Probably ninety out of every hundred fires of this sort might have been prevented without adding materially to the cost of clearing the land. Frequently the loss of valuable timber from settlers' fires is quite appalling.

STOP SINNING.

Our active agents tell of astonishing cures made with REED'S EARTHINE REMEDIES. However, we had some patients who refused to give them a faithful trial. Others cannot be cured because they will not stop doing that which has been the cause of their ailment.

In some cases our treatment had to be followed for three months or more, by patience and perseverance, then they were cured after long years of suffering. Write for circulars.

N. H. REED, H.D.
Shelburne, N. S.

DAIRY HINTS.

High Priced Dairy Products Cannot be Produced With Dirty Vessels.

Clean and well-cared-for milk vessels have much to do with the production of pure and wholesome dairy products. Dirty and rusty pails, cans etc., man dirty milk and dirty products.

Under circumstances as they exist on many farms it is better to use none but tin vessels for the holding of milk. The chief objection to the use of wooden pails is that they are difficult to keep clean. The pores in the wood readily absorb portions of the milk and only severe treatment in the way of scalding can keep the pails clean. The wooden milk pail will remain sweet if it is regularly washed and saturated with boiling water after each milking, but on farms this is not done because of the time required. It is better, therefore to depend upon tin vessels that are free from seams. Even with the best of tin vessels it is difficult to keep them free from stains and rough spots, and especially should the seams be flowed full of solder.

Vessels used to hold milk should be used for no other purpose. Keep all sour or tainted milk out of them. This infects the utensils so badly that a great deal of washing is required to make them clean again.

TORONTO CLERGYMAN ON "NE TEMERE."

Toronto, May 18—Rev. Dr. Hencks, in dealing with the "Ne Temere" decree, said, in Bond street Congregational church, the father of a family, who through listening to a priest breaks up his home and puts his wife on the street and sends his daughters on the street, should be treated as a common criminal, and should be punished together with the priest who has been the means of breaking up the home.

SHOWING THE PRINCE

KAISER'S ELDEST SON WAS ENTERTAINED IN INDIA.

Nizam of Hyderabad Held a Great Review in the City of Swords When Crown Prince Handled a Native Cavalry Brigade—Has Learned the Fighting Capacity of the Eastern Empire.

During his recent visit to India the German Crown Prince reviewed the native troops of the Nizam of Hyderabad, and handled a cavalry brigade himself. The gorgeous pageantry of our native troops is thus described editorially by The London Telegraph: A brilliant episode of the German Crown Prince's tour in India has been the visit to the City of the Swords. At Hyderabad, in the centre of the most important of the feudatory states, the Kaiser's heir reviewed the native troops, himself handled a cavalry brigade, and he expressed his pleasure at the efficiency of the manœuvres. The whole incident was of extraordinary interest.

Far and wide through the Near East and Asia, since the achievements of 1870, has run the fame of German prowess, and every representative of that empire is regarded with more consideration in consequence. It is a lesson for ourselves. Oriental men in the twentieth century, as of old, still worship excellence in the wielding of arms and armies, and our own dominion in the vast Peninsula would soon crumble if it were not for the obvious firmness of its military foundations. A distinguished soldier used to say that we held India "by the swagger of Tommy Atkins," whose obvious courage and self-confidence were, and are, more of an Imperial asset than is usually realized. That truth is not so all-important as it was.

No extent of force would maintain us in India without the progressive wisdom of our administration. Yet it is still essential to remember that throughout the east power is still the vital guarantee of authority. This being so, we may imagine all the stir that has belonged to the crown prince's experiences in a native state of exceptionally warlike traditions. In their guest and visitor the Nizam and his subjects saw the heir of the greatest war-lord in the world. We have no doubt that when the crown prince himself led the Nizam's squadrons, their evolutions excited evidences of enthusiasm to which the immobile East rarely gives way. Hyderabad offered a famous setting for such a scene.

To begin with, it is the capital of the second most important Mohammedan state in the world. The Nizam is a very proud monarch. He is something between a feudatory and an ally. In the heart of the Deccan his ancestors carved out with their good blades a dominion which is well-nigh as large as all Great Britain, and to-day the Nizam rules over more subjects than any Moslem Sovereign except the Sultan. This fact alone may convey some sense of the magnitude of that splendid system of feudatory states, in which the Nizam shines as premier, under the Imperial Crown.

What will probably have fascinated the imagination of the Kaiser's heir, like that of other men, is the infinite variety of India, regarded in its military aspect alone. Hyderabad is called the City of the Swords, because its inhabitants, though to a less extent now than formerly, are hung with arms like Albanians, and their bazars are stuffed with all manner of fighting iron.

Among native forces the Nizam's army is conspicuously good. The core of the troops maintained by two or three other princes is also soundly disciplined, but it is to be hoped that inspection of the more serious side of military life has not prevented the crown prince from making acquaintance with the more traditional and disorderly levies which a many of the courts are still among the most bewildering and bewitching sights in the world.

Successive epochs of history seem to pass visibly before us in waves of rainbow-crested color. There are equestrian jingling in chain mail, such as they might have worn in the days of Marco Polo. There are marching battalions of men in thick-wadded clothing, a kind of soft armor which Alexander may have seen more than two thousand years ago in his campaigns beyond the Indus. There are troops, with swords and bucklers and iron caps and flowing robes of red and green, very like many of the light-armed auxiliaries that must have swarmed among the miscellaneous hordes of Xerxes.

These arrays have no military value, but they bring before the mind as nothing else does a sense of the tenacious antiquity of Asiatic custom and of the fighting aspect of tumultuous ages that have long since sunk to dust. But it is not, of course, in these many hued spectacles, nor even among the sterner pageants which the Nizam can marshal, that the German crown prince will learn to realize what very few in Europe really understand, the solid fighting weight and potential military capacity of India. For that demonstration the heir of the Hohenzollerns will depend upon his experiences in the north.

The chivalrous clans of the Rajputs are still grouped round their rock fastness or strongholds towering from the sand. Most conservative of Indian races as full of the sense of immemorial tradition, they are in spirit and fidelity second to none on earth. Their tradition is of the concentrated and consuming valor that took "death before dishonor" for a motto in the utter extremity of its meaning.

Then, again, further north, is the Gurkhas and Sikhs. Lord Roberts has always been convinced that these tribes, properly brigaded with British battalions, could face any imaginable military task. Nor does this exhaust by any means the compass of the subject.

MINARD'S LINIMENT cures Burns,

"I had been given up to die by three of our best doctors,

I could not stand it to be on my feet and I was so swelled in the abdomen I could hardly breathe.

But thanks to Dr. Miles' Heart Remedy and Nerve I am able to be about the streets, a walking advertisement of the curative qualities of your remedies, although I am 70 years old."

JOHN R. COCHRAN,
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Dr. Miles' Heart Remedy are these words of Mr. Cochran. He speaks from experience, the highest possible source of knowledge. If you have any of the signs of a weak heart, such as pain in the left shoulder or arm, fainting and hungry spells, shortness of breath, smothering spells, fluttering or palpitation of the heart, you need

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W. W. AVARD MARSHALL
Bridgetown, Aug. 15th.

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The subscriber's farm at Lawrence-town containing seventy acres. There is on the place an Orchard, Hayland, Pasture, Wood and Poles.

The whole or part of the place will be sold at a bargain.

J. B. HALL,
Truro, Apl. 4th, 2 mos.

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S. McCOLL
Upper Granville, Jan. 5th, tt.

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A small stock of good Silverware always on hand.

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