

# THE HOME

## FOR FARMERS' WIVES.

As I sit and watch the first snowflakes of the season dancing around the buildings and scudding along the pavement, my mind travels back to the many times when from the window of a little farmhouse on the prairie I watched the first snowflakes and thought of the long winter before me, just as many of you are doing today.

As I look back to life on the farm I feel like one who, from a distance, watches a game, and feels that he can tell the players what to do; so, because I am outside of the game, I can perhaps warn you, who are in the thick of the struggle, of a few dangers that are threatening.

First, I would like to tell you how happy you should be in your life of quietness and plenty, but I suppose you will not believe me any more than we believed our parents when they told us our school days were the happiest in life. But note that I said your lives should be very happy, not that they are, because in too many cases the greed for gain is making slaves of our farmers and their families.

We teach our children that the days of idleness are passed; that we no longer offer sacrifices, but they will worship idols, and our offering now is always a human sacrifice. Students every year are offering themselves up to the altar of ambition; business men are following the glimmer of gold, regardless of all the other and higher joys of life; professional men are lured by the most subtle of all temptations—fame—to give themselves body and soul; while too often the farmer offers himself and his family to satisfy an insatiable desire for cattle and horses and land.

Just here, it seems to me, comes in the tragedy of life on the farm. It is always possible to get men to garner the harvest, but there is no one to help the farmer's wife, cook and care for the extra harvest hands, and prepare for threshing. Then, too, at this time of year, picking and pressing must be done, and the fall sowing is always demanding time. How our pair of hands can do so much I cannot say; in fact, it has always been a mystery to me, but do it they often do, and very well at that. Of course, they have to work long after the rest of the family are sound asleep, and they have to begin again before the others are up, but they get it done.

You wonder why the husband and father will allow the mother of his children and the woman he has solemnly promised to love and protect to commit suicide, and never raise a hand in protest. It is chiefly because he does not think. When they first started out in life together, they were very anxious to succeed, and both did all they could. Then a child came to the home. The mother was not strong, but she persisted in doing without help, regardless of the fact that she was ruining her physical frame. The husband at first protested but men are very human, and he soon became accustomed to her doing all the work, and expected it of her. She made superhuman efforts, and congratulated herself that she was saving a girl's wages, never thinking that she was violating one of nature's most stringent laws, and that she would in time pay the penalty; never thinking that she was wronging her husband, her child and her children yet unborn, never thinking that in time to come her children might blame her needless and wicked abuse of herself for their lives of torture and blighted hopes. You are paying too dearly for your farms, my friends. Your worldly possessions will only mock you when you come to face the great and inevitable fate of mankind—death.

I am not prepared to offer a solution of the servant girl problem, but it has frequently occurred to me that if farmers advertised as diligently for help for their wives as diligently for help for themselves, the demand would not greatly exceed the supply. I would like to suggest, however, that you lighten your burden by engaging a girl to do your spring sewing. If you had never had one, you will be surprised at the great relief you will feel to have all the sewing for the summer done. In all the districts in which I have lived sewing girls can be engaged at from seventy-five cents to a dollar and a half a day, and it is surprising how much they can do in a couple of weeks if they are reasonably smart.

It will be money well spent, for it eternally true that "the hand that rocks the cradle is the hand that rules the world," and we do not want a nation nurtured by white slaves, weak in body and mind, but by women, strong in body and intellect, and able to bequeath to their children that which is above the price of cattle and horses and land.—Belle MacDonald in *Heath and Home*.

## THE DANGERS THAT BESET THE GOOD HOUSEKEEPER.

Few there are who, in the pursuit of their daily duties, are exposed to a more poisonous atmosphere than she—the combined effect of a limited field of arbitrary power, and the complete absence of competition. Good housekeeping, if it be a virtue, is one to which many others must be sacrificed and yet how little this is understood. How seldom any one steps forward to warn our sheltered women against the many risks, moral and mental, which they are obliged to run. In the first place, there is the risk of becoming inhospitable; for, contrary to popular opinion, this is the danger, not of the bad, but of the good housekeeper. Eager to offer them anything less, she is always getting ready to play and never playing; occupied with arranging her house rather than with enjoying it. Spring and autumn cleaning, with improving on the last cook, and repainting the kitchen keep the household in a continual state of abnormality, so that there is only occasionally a "dies non" on which a guest may creep in on and be welcome.

And if she lacks hospitality upstairs how much more is the area: it closed against the unexpected visitor. How quickly can she trace the disappearance in the trash chest and the disappearance of an egg when the cook has a friend to supper. Generosity, hospitality, and democracy are alike swallowed up in the higher duty of keeping the bills down.

Then come the risks and dangers of mean-spiritedness, and of the poisonous effects of suspicion and disappointment in small things, of laying traps for dust and deceit, and of the eye—the well-known housekeeper's eye—which is always roving, roving in search of household crimes.

Worst danger of all is that of a slow atrophy overtaking all her human relationships, for in making the frame she only too often ruins the picture. Or, to vary the simile, she is apt to be as little a part of the drama of life as the sense-shifter is of the play. You drop in to tea. The silver is bright, the food delicious, yet your hostess sees not you, but the voice of a strange man in the kitchen. She looks habitually, not at her husband, but at the new laundress's touch on his shirts. She sees in her children, not their warm hearts, but their dirty hands.—From "The Point of View," in the April Scribner.

## INSTEAD OF DARNING.

In these halcyon days of guaranteed hosiery—at a very moderate price, too—it can be said with emphasis that it does not pay to spend much time darning stockings. When they have really begun to give out the putting of a whole hour on a large hole is nothing less than wicked. The sensible housewife prefers to put by the rugged socks and stockings and to buy new rather than to spend on prolonging the life of a couple of pairs for two or more wearings the time that would suffice to make a new cutting skirt or a simple tailored waist.

But there is no need to throw old black stockings in the rag bag for want of ways to use them. First of all, a well worn black sock is one of the best things to be had for use in sponging off dark clothes with household ammonia or other cleaning fluid. It leaves no light colored lint and is soft and absorbent to handle. A supply should be always in some convenient place if the men of the household have a way of wearing black or dark blue suits for everyday.

## A SONG OF BEING BUSY.

(By Rebecca B. Foresman.)  
If you were busy being kind,  
Before you knew it, you would find  
You'd soon forget to think 'twas true  
That someone was unkind to you.  
If you were busy being glad,  
And cheering people who were sad,  
Although your heart might ache a bit  
You'd soon forget to notice it.

If you were busy being good,  
And doing just the best you could,  
You'd not have time to blame some man  
Who's doing just the best he can.

If you were busy being true  
To what you know you ought to do,  
You'd be so busy you'd forget  
The blunders of the folks you've met.  
If you were busy being right,  
You'd find yourself too busy, quite,  
To criticize your neighbor long  
Because he's busy being wrong.

**PRIVATE OFFICE**

Some to back in ten minutes

Cramming down ill-chosen food, and rushing back to work, leads straight to dyspepsia, with all it means in misery.

Proper habits of eating, with a Na-Dru-Co Dyspepsia Tablet after each meal, restore good digestion, health and happiness.

A box of Na-Dru-Co Dyspepsia Tablets costs but 50c. at your Druggist's, National Drug and Chemical Co. of Canada, Limited.

## MISS HELEN GOULD'S CHICKEN FARM AT TARRYTOWN.

There may be 30,000,000 eggs in cold storage in New Jersey or anywhere else, but Miss Helen Gould can snap her fingers and forget about it, for she owns one of the finest poultry farms in New York State. The establishment of this farm has proved Miss Gould to be a good business woman, for it is practically self-sustaining. This is an added comfort to the convenience of having fresh eggs when you want them and as many as you want. The farm is located in Tarrytown, N. Y.

## AT THE FINE ART INSTITUTE SHOW.

Young Artist to Friend—"Charlie, do you see that lady and gentleman who are looking at my picture, and talking in such low, earnest tones?" Friend—"Yes." Young Artist—"I wish you would saunter carelessly by and find out what they are saying. It looks like business." Friend (after sauntering carelessly up) "She is blowing him up, George, for leaving off his dainties too soon."

## Terrible Result of Blood Poison

AFTER THREE OPERATIONS ZAM-BUK WAS TRIED AND PROVED SUCCESSFUL.

If people would only use Zam-Buk for chronic sores, blood-poison, etc., before permitting an operation, scores of limbs would be saved.

Mr. Robt. Patterson of North Pelham, Welland Co., Ont., writes:—"My daughter, Annie, had blood-poison in her finger. The doctor operated twice on the finger, but did not obtain the desired result, and a third operation was considered necessary.

"Three doctors were present at this operation, but after it had been performed the wound did not heal. Try as we would we could not get anything to close the wound.

"We at last tried Zam-Buk, and it was really wonderful to watch how this balm healed the wound. Each day there was a marked improvement. First the wound in the palm of the hand closed, and then the finger which had been bad so long began to heal. The deceased flesh seemed to rise out of the wound and then drop off, and new healthy flesh formed below, pushing off the diseased tissue. In a short time the wound was completely healed. Had we applied Zam-Buk at first we might have saved the finger.

"We had another proof of Zam-Buk's power in the case of my son. When two years old he had his hand mangled. One finger had to be amputated and it left a running sore for some months. This wound also was finally healed by Zam-Buk."

For chronic sores, blood-poison, ulcers, abscesses, scalp sores, piles, eruptions, inflamed patches, eczema, cuts, burns, bruises, and all skin injuries and diseases Zam-Buk is without equal. 50c. box all druggists and stores, or post free from Zam-Buk Co Toronto, for price. Have you tried Zam-Buk Soap? 25c. tablet.

## SUPPLEMENTARY ESTIMATES.

The following items appear among the supplementary estimates passed in the House of Commons, Ottawa, Tuesday.

ANNAPOLIS COUNTY	
Michelle, wharf	2,000
Young's Cove, breakwater	2,000
DIGBY COUNTY.	
Bas River, wharf, revore	\$ 4,700
Belleveuve's Cove, extension to north breakwater and dredging	2,000
Centreville (Trout Cove) breakwater	60,000
Salmon River, harbor protection works	1,500
Weymouth, harbor improvements	25,000
In addition to these \$375,000 has been voted for dredging in the maritime provinces.	

## PRESERVING MEATS.

The public is prone to shudder at the statement of our government investigators who declare that meat can now be preserved a year or so in storage without danger of putrefaction, but what will this same public say to the statement of the Italian experts who have discovered a means of mummifying the fresh killed beef or sheep so that not even ice is required to keep the meat in a perfectly normal and luscious condition in a moderate temperature?

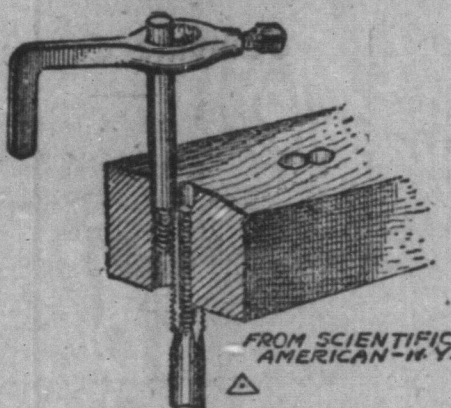
The procedure described sounds so elaborate, that one can scarcely believe it will be feasible for practical purposes. First a simple solution of 100 parts of water, 25 parts of common salt and 4 parts acetic acid is prepared. Then when the beast is killed the veins are drained of blood, and the solution is injected into the system in its stead.

The original experiments were made at Turin, and the animals experimented upon were hung up in an even temperature of 61 degrees F. and allowed to remain there for two months and a half. Then the carcasses were skinned, cut up and prepared for the scientific reveal. While the carcasses were that indulged in the repast is not generally known as yet, but all tests showed that the flesh was tender, exceedingly palatable and in every respect as good as fresh meat, if not superior. It is declared that there need be no time limit to the preservative powers of this exceedingly cheap and simple solution.—Chicago Tribune.

## HINT FOR THE WORKSHOP.

How to Cut a Left Hand Thread With a Right Hand Tap.

The illustration herewith shows how a left hand thread can be cut with a right hand tap. Two holes are drilled in a very hard piece of wood in such



CUTTING LEFT HAND THREAD.

a manner that they cut into each other. The tap is screwed into one and held rigid. The other hole serves as a guide for the rod that is to be threaded, causing the rod to bear against the outside cutting edge of the tap. By turning this rod in a left handed direction a left hand thread will be cut, both the pitch and cutting edge of the tap coming true for this purpose.

## TO REPLENISH FORESTS.

Government Has Secured Ten Tons of Tree Seed.

Owing to the immense amount of timber that has been cut from our forests in the past and because the failure to plant new trees has so reduced the supply of certain hard woods the department of agriculture has gathered, through the efforts of its forest rangers and foresters, some ten tons of tree seed, which is planned to plant in the burned sections of the west and in those sections where certain trees will thrive the best.

When one considers that in one pound of seed there are about 10,000 individual seeds it will be realized how much time and labor were expended to secure ten tons. Out of these 10,000 individual seeds in each pound it is expected that there will mature about 400 plants or young trees. The seed is to be planted where it is desired to have the trees grow, doing away with transplanting and thinning out.

In this manner the department of agriculture expects to be able to replenish the now nearly depleted forests and at the same time to bring about relief from a possible wood famine.—Scientific American.

## Sugar as a Food.

In a paper on the value of sugar as food as compared with fat M. Auguste Chauveau maintains that its nutritive value is considerably higher than that deduced from its heat of combustion and that the calculation that 0.756 pound of the former is equal to one pound of the latter is in many cases exceeded. The increase in relative nutritive value is due largely to the fact that sugar promotes assimilation of the proteins and reduces dissimilation and the value of a food must necessarily depend not only on the energy it is capable of supplying, but also on the indirect influence that it is capable of exerting in the renewal and formation of animal tissue. From whatever point of view the matter is regarded, the superiority of sugar over fat as a food, whether for men at rest or at work, is very distinct.

## Fish of Canal Zone Waters.

The Field Museum of Natural History at Chicago announces the intention of that institution to make a study of the fresh water brackish and salt water shore fish of the canal zone during the coming dry season. The study will be made before the completion of the canal in order that the fish may be taken before they have had a chance to cross the divide and undergo the changes incident to a new environment.

**Parsons Pills**

Tone the System and Regulate the Bowels

The Liniment that is 101 Years Old

Quick relief for hiccups, colic and pains. Every household should keep on hand the old, reliable

**JOHNSON'S ANODYNE LINIMENT**

For over 100 years it has had no equal. Use inwardly for Colds, Bowel Disorders, Cholera, Morbus, etc.

25c and 50c Bottles  
L. S. JOHNSON & CO.  
Boston, Mass.

## The Monitor Wedding Stationery

will suit the most fastidious of brides. Correct in style, excellent in workmanship. Old English Wedding Text, Imperial Script, Tiffany Script on smooth or kid finish stationery. Ask for samples

## REAL ESTATE REAL ESTATE

### CURGENVEN & GRAHAM

If you want to sell your farm either write, giving full particulars, or come and see us at once as purchasers will be arriving shortly. It costs you nothing to list your property with us and you are at perfect liberty to withdraw it at any time without charge, on giving us a week's notice. Do not delay, you may miss a good sale.

**GILBERT CURGENVEN**  
Granville Ferry, Nova Scotia.  
PHONE 92-31

**H. G. GRAHAM**  
St. George St Annapolis Royal  
PHONE 59

## Seasonable Goods

Spring goods arriving daily. Naval Oranges are now sweet and cheap. Grape Fruit reasonable.

**FISH**  
Mackerel, Herring, Codfish, Fresh Haddies, Bloaters.  
**FRESH CLAMS** every Friday.  
Eggs, Potatoes and Butter taken in exchange.

## J. E. LLOYD & SON

## Fresh Beef and Pork

Pickled Shad, Dried Codfish, Tongues and Sounds.

New Tamarinds 7c. lb., Fresh Christie Biscuits

C. L. PIGGOTT QUEEN STREET

## NEW SPRING GOODS

JUST ARRIVED! A large shipment of Spring Goods in the latest shades. Leave your order now for your SPRING SUIT.

**T. J. MARSHALL**

## Real Estate

**FOR SALE.**  
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.

## RESIDENCE FOR SALE.

Situated on Granville St., Bridgetown, contains large dining room, and pantry on first flat. Six bedrooms and bath room on second flat. Basement contains summer kitchen, laundry and cold storage room. Heated by furnace. Hot and cold water.  
Apply to  
**JOHN IRVIN, Agents**

## FARM FOR SALE

The subscriber offers his valuable farm for sale, situated in Clarence, four miles from Bridgetown, consisting of a splendid orchard, good hay farm. Plenty of wood and water, good buildings.  
Part of purchase money can remain on mortgage if desired.  
**ADONIRAM RUMSEY.**  
Clarence, Jany. 29th, 3 mos.

## FARM FOR SALE

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. NELLY,**  
Bridgetown, Jany. 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, Feby. 29th.

## FARM FOR SALE.

100 acres midway between Paradise and Lawrencetown on main road. 3 acres of orchard, plenty pasture and wood-land, comfortable buildings.  
For particulars apply to  
**G. O. BALCOM**  
Lawrencetown, Feby. 5th, 3 mos.

## To Let

**TO LET**  
The Hall over Monitor Office, formerly occupied by the Foresters. Audience room with two side rooms. Wired for electric lighting. Heated if desired.  
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.

## WANTED

A LARGE QUANTITY OF HIDES, PELTS, CALF SKINS & TALLOW

CASH PAID AT THE HIGHEST MARKET PRICES  
**McKENZIE CROWE & Co., Ltd.**

**IN THE RACE FOR BUSINESS**

The gentleman on the tortoise represents the man who does not advertise—the one who tries to do business as it was done in the days of the tallow candle or the oil lamp.

Are you in the race for the electric light—in the automobile of Modern Methods?

Our Want Ads. are high voltage batteries, whether you want light or power—business publicity or competent help.

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