

COMFORT SOAP
"IT'S ALL RIGHT"
You will know its Quality some day.
Why not next Sunday.
POSITIVELY THE LARGEST SALE IN CANADA

THE HOME

STRENGTHENING LEG AND CAUSES AND CURE OF HEAD KNEE MUSCLES. ACHES.

When a child is weak, it sometimes forms very bad habits of standing and walking. The body droops; the knees spring forward, and sometimes outward. The chest drops in, the shoulders forward, and the torso, below the waist, comes up and forward. The mother should watch her child, and when she sees that it is forming these habits, she should correct them at once, for they can only militate against the young one's health. Gymnasium or physical-culture exercises are the correctives. If these defections are not taken determinedly in hand, they will follow the child into adulthood, and ruin the poise and the figure, and incidentally injure the health. If you find that you have carried such a habit, which usually results in a lack of proper development of the lower legs, you must practice exercises which will throw the weight where it belongs, and develop the undeveloped muscles of the lower limb. It can be done by practicing before your mirror a walk, in every step of which you will throw the foot forward, jerking the knee back as the leg straightens out to receive the weight of the body. Another beneficial exercise is learning to lower the body to the floor while standing on one foot, then raising it, repeatedly, then doing the same thing while standing on the other foot. Still another exercise is extending the leg in front, with pointed toe, so that the knee is sunk in level with the leg, this to be done a number of times with each leg.

The subject must cultivate the habit of always standing firmly, with straightened legs, holding the knee back, so the back muscles of the leg receive the body's weight down to the heels.

Different kinds of headaches indicate in a measure the trouble which causes them. Headache over the eyes is ordinarily due to trouble with the eyes. Headache confined to the forehead means disturbance of the digestive organs and constipation. Headache at the top of the head is usually due to lack of iron in the blood, anemia. Headache at the back of the head may be due to eye strain, nervous exhaustion, spinal irritation, or some trouble with the internal organs.

The commonest forms of headache are what are usually known as "sick headache" and the neuralgic headache. Some writers consider the two as the same, but there is a purely neuralgic headache. Those who have headaches must surely know that something is wrong in their organism. A headache is a warning cry and it should be heeded, and no stone should be left unturned to find what is the cause, for one cannot successfully cope with headache without knowing exactly why he has the headache. The migraine attacks those who are run down. Rest from work, avoidance of fatigue, the proper attention to diet, the use of some tonic, may ward off the attacks. It is of the greatest importance to keep the bowels in good condition. A light laxative, taken immediately upon feeling as though a headache might come, will often free the system so that the headache can be avoided. The stomach, too, may be helped by taking a quarter of a teaspoonful of bicarbonate of soda.

VEGETABLE SOUP.

Get a piece of beef or a soup bone and start it in cold water. When the meat is done take it out; then take two onions, two carrots, two parsnips, half a turnip and three or four potatoes, peel and scrape them. Put them all through the coarse meat grinder. Put it all into the water the meat was boiled in, which should be strained. Some of the meat finely chopped may be added; also rice or barley. Season with salt and pepper.

THE REWARD OF ART.

Sometimes It Is Mucificent and Sometimes It Is Pitiable.

In art, as in most other professions, the "plums" fall into the hands of the few. A Sargent or a Herkomer may make his \$25,000 in twelve months by his brushes. Mr. "Dauber," who started his career with equal promise, may barely earn the check that pays his frame maker's bill. Jean Francis Millet lived and died a peasant, though he could wear the ribbon of the Legion of Honor. It was the proudest day of his life when he received \$300 for the "Angelus," which a generation later was sold for \$116,130 at the Secretan sale. John Crome was glad to pocket a dollar apiece for pictures, any one of which would be snapped up to-day for hundreds of dollars. George Morland parted with many a masterpiece for the price of an evening's carouse, and Rembrandt's canvases are valued to-day at \$20,000,000, yet he left nothing to his heirs beyond his clothes and his paint brushes.

And who will say that these magicians of the palette were less skillful than the Orchardsons and Alma-Tademas of later years, whose canvases, with the paint scarcely dry on them, were exchanged for \$10,000 or \$15,000 each; than Frank Holl, who painted \$100,000 worth of portraits in a single year; of Landseer, whose estate was sworn at \$300,000?

Today the painting of pictures for nineteen artists out of twenty is a costly hobby, which leaves little margin for even such a modest luxury as marmalade. For every score of canvases that are fit to adorn the walls of Burlington House there is barely one purchaser, and he has a keen eye to a bargain.

Take two typical cases known to the writer. Both men are highly trained artists, whose academy pictures are seldom branded with the fatal "B." One of these men confessed that he had barely \$500 to show as the net result of 2,000 hours of industry last year. The other who had a canvas "on the line" before he had finished that birthday, when the

Order-in-Council.

AT THE GOVERNMENT HOUSE AT HALIFAX.

The 25th day of October, A. D. 1912. Present:—His Honour the Lieutenant Governor-in-Council.

The Governor-in-Council, under the provisions of "The Injurious Insect Pest and Plant Disease Act, 1911," is pleased to make the following additional Regulations:

1. In these Regulations, unless the context otherwise requires—
"Provincial Entomologist" means the person appointed as such for the purpose of carrying out the provisions of "The Injurious Insect Pest and Plant Disease Act, 1911," or under the provisions of any other statute.

"Inspector" means a person appointed for carrying out the provisions of said Act and the Regulations made thereunder.

"Nursery Stock" means and includes all trees, shrubs, plants, vines, grafts, scions, cuttings and buds, but shall not include green house grown plants, herbaceous perennials and bedding plants.

2. No imported nursery stock shall be delivered to any importer or consignee within the Province of Nova Scotia unless the same is accompanied by a certificate signed by such Provincial Entomologist or other authorized government officer as is approved by the Secretary for Agriculture that the nursery or other premises on which the same was grown was inspected within the period between the fifteenth day of June and the fifteenth day of September next preceding the shipment thereof, and that said nursery or other premises were found to be apparently free from San Jose Scale and such other plant diseases, insects and pests as have been declared to be injurious to vegetation by the Governor-in-Council under the provisions of "The Injurious Insect Pest and Plant Disease Act, 1911," provided that any importation of nursery stock which has complied with the Regulations of the Department of Agriculture of Canada shall be exempted from the provisions of these Regulations.

3. No common carrier, express company or other person, firm or corporation shall send, bring or cause to be sent or brought into the Province of Nova Scotia, for delivery within the Province, any nursery stock unless the certificate mentioned in the next preceding Regulation, or duplicate thereof, is attached to each parcel or bundle thereof; provided, however, that if such nursery stock is contained in a sealed car containing no other goods, such certificate may be attached to the car.

4. Every person who imports nursery stock shall give notice to the Provincial Entomologist, Agricultural College, Truro, within five days of giving the order for the same, and shall again notify the Provincial Entomologist on the arrival of the shipment to Nova Scotia. Notice shall also be given to the Provincial Entomologist by every common carrier, express company or other person, firm or corporation bringing nursery stock into Nova Scotia for delivery within the province immediately such nursery stock is received. Such notice shall include the name of the consignor and consignee, the points of origin and destination, the name of the company or person carrying the nursery stock, as well as the nature, quantity and origin of the same.

5. (1) No nursery stock shall be brought into Nova Scotia for delivery within the province except at or through the ports and during the periods respectively hereinafter mentioned; that is to say:—
Middleton, Annapolis County, from March 15th to May 15th, and from October 7th to December 7th;
Truro, Colchester County, from March 15th to May 15th, and from October 7th to December 7th;

and at such other ports during such periods as may from time to time be prescribed by the Secretary for Agriculture.

The Secretary for Agriculture may, prescribe, for the purposes of this Regulation, any port at which the use of a Dominion fumigation station is available:

(2) At the ports hereinbefore mentioned all importations of nursery stock shall be inspected and fumigated in the fumigation house provided for that purpose, and a certificate of fumigation will be issued by the Provincial Entomologist and no nursery stock shall be delivered by any common carrier, express company or other person, firm or corporation unless such certificate has been obtained;

(3) Importations by mail shall be subject to the same Regulations.

6. There shall be clearly marked or otherwise indicated on every package of nursery stock intended for delivery within the Province of Nova Scotia the port at or through which such nursery



Joker's Corner.

RUBBING IT IN.

Mayor Stewart, at an insurance men's banquet in Saginaw, told an insurance story.

"A septuagenarian," he began "said one evening at dinner to his fair young wife:

"My darling, I have just insured my life in your favor for \$100,000."

"Oh, you duck!" the beautiful girl cried, and, rising and passing round the table, she kissed her husband lightly on his bald head.

"Darling," he said, taking her slim white hand, "is there anything else I can do for you?"

"Nothing on earth," she answered; and then, with a little silvery laugh, she added, "Nothing in this world. Nothing under heaven."

A good story is told of a Jewish rabbi who was riding in a street car, and arose to offer his seat to a lady. Before she could take it a young man plumped himself down in the vacant seat. The rabbi said nothing, but gazed at him in disgusted silence. "What's the matter?" suddenly demanded the young man in a gruff voice. "What are you glaring at me for like that? You look as if you would like to eat me." "I am forbidden to eat you," answered the rabbi, "I am a Jew."

One of the sermons, preached by Dr. Samuel Parr, in 1800, the Lord Mayor for this year is said to have remarked to the preacher that there were four things in the sermon which he had been very sorry to hear. "Dear, dear, my lord," exclaimed the doctor, anxiously, "what were they?" "Sir," was the reply, "I mean the quarters struck by the church clock!"—London Chronicle.

A Cripple Hero

Gary, Ind., Oct. 26—Residents of this town will erect a monument to William Rugh, a "newsboy" who was a grown man and a hero, though crippled. Ethel Smith, a girl he had never seen, was so badly burned in an explosion of a motorcycle that she was in danger of losing one leg and possibly her life.

Rugh had one leg that was paralyzed and useless. He offered to have it amputated that the skin might be used for grafting to cover the flesh of Edith Smith's burned member. The operation was performed, and Miss Smith was soon able to leave the hospital, though she is not yet entirely well. Complications set in after Rugh's leg was amputated, and he was told by the doctors that he could not recover. "All right," he said, "I was some good to the world after all."

These words will be engraved on the monument that Gary will erect to his memory.

stock is to be brought, and all shipments of nursery stock shall be entirely at the risk of the shippers or consignees, the Government assuming no responsibility whatever.

7. If, on inspection, nursery stock or other vegetation or vegetable matter is found to be infected with San Jose Scale or any of the plant diseases, insects and pests as have been, or may hereafter be, declared to be injurious to vegetation by the Governor-in-Council, under the provisions of "The Injurious Insect Pest and Plant Disease Act, 1911," such nursery stock shall be destroyed to the extent deemed necessary by the Inspector, and in his presence, or, if required by the consignee, shipped out of the province at the expense of the consignee. All cases, packages and packing in which such nursery stock has been contained shall also be destroyed in the same manner.

FRED E. MATHERS,
Clerk of the Executive Council.

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For the young man who wants the snappy, low crown hat with a wide brim, we have a good line to choose from; and those who wish something not extreme but right up-to-date, will also find the correct hat here. Come in and see the new shapes anyway!

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MEN'S GLOVES

We have a great variety of Men's Woolen and Kid Gloves at 45c. 60c. 70c. 95c. \$1.00 \$1.25 \$1.50 \$1.75 3.00 \$3.50

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Call and examine my Winter Overcoating.

A splendid Coat or Ulster made to order for \$15.00.

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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

For Sale or To Let

My residential property on Granville street, including house, stable and half acre of land in garden. A number of fruit trees and small fruits. Possession given on or about July 1st.

Apply to E. L. Fisher, Bridgetown. A. S. BURNS, M.D. Bridgetown, June 18th, t.f.

HOUSE FOR SALE.

The desirable cottage, the property of the late Mrs. John Munro, on Rectory St., is offered for sale. A bargain to a quick purchaser. About a half an acre of orchard in good bearing. Barn on premises. Buildings in good repair. Apply to J. W. SALTER, Bridgetown, July 30th, t.f.

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

HOME FOR SALE.

Fine country residence, just on the limits of the town, suitable for summer house or all-year-round residence. House modern, commodious and convenient, with good stable. Orchard yielding over three hundred barrels of apples, besides other fruit. Fine situation, beautiful view of river and valley. For information apply to M. K. PIPER, Monitor Office.

ORCHARD FOR SALE.

23 acres of choice orchard land, situated at Wilmot in the heart of the apple-bearing district of the Annapolis Valley. Land once owned by the late Brower G. Stomach. Fine young orchard of about 400 trees, about seven years old, now on the property. Property will be sold on easy terms to purchaser. Apply to Eastern Canada Savings & Loan Co. Halifax. or FRED W. HARRIS, Annapolis Royal.

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.

HOUSE FOR SALE.

A very desirable, centrally located house, with large garden or building lot, suitable for a single family or two small families. Small sum of money buys it. For particulars apply to M. K. PIPER, Monitor Office. Bridgetown, June 18th, t.f.

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, as 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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