ONLY 'TAKES' AND 'ADDS'

Write down the digits 9 to 1 in descending order. Make 100 by only adding + and - signs.

For example:

98-7+6+5+4-3-2-1=100

How many ways can you find? Can you make 100 using only 4 signs?

Source: Mathematical Cavalcade by Brian Bolt (Cambridge University Press)