AN ESSEX COUNTY MIRACLE.

How an Old Lady was Released From Suffering.

STRONG TESTIMONY OF A RELIABLE WITNESS ADDED TO THE ALREADY LONG CHAIN OF EVIDENCE—WHY SUFFER WHEN THE MEANS OF CURE ARE AT HAND?

From the Leamington Post.

Mrs. Mary Olmstead, a highly respected and well known lady residing south of the village of Wheatley, eight miles from Leamington, has been the subject of an experience that has created not a little wonder, and has created so much comment in the vicinity of the lady's home that the Post believes it will prove of general interest.

Proceeding to the handsome farm residence, we were ushered into a room where sat the genial old lady. Upon inquiry she informed us that she was in her eightieth year, and for one of her years she is the picture of health. She expressed her readiness to make public the particulars of her suffering and cure, stating that while she did not care to figure prominently in the newspapers, yet if her testimony would relieve others suffering as she had done, she would forego any scruples in the matter. She then related the story of her case as follows: "About six years ago I was stricken with sciatica rheumatism, which first made its appearance in my left knee, but gradually took possession of all my limbs. Within three months after its first appearance I was unable to leave my bed and day and night suffered the most excruciating pain. My limbs were swollen to more than twice their natural size, and drawn out of all natural shape of a semi-circle. For three long years I suffered in this manner, being unable to put a foot to the floor, the only way I could move around was by being wheeled in a chair. My appetite gradually left me until I had no desire or relish for food of any kind, and I got very thin and weak. During this time I kept doctoring with the medical practitioners of the neighborhood, and swallowing gallons of medicine which cost my husband much money, but I am unable to say that I received any benefit from this medicine. My agony kept increasing and my system growing weaker, till many times death would have been a welcome relief to my sufferings. After reading in the newspapers many cures effected by the use of Dr. Williams' Pink Pills, I decided to try them. My case was a stubborn one, and it was not until I had taken half a dozen boxes of pills that I began to feel an improvement. I continued taking the pills, however, and never had a relapse, and to-day I am as hearty and healthy as I was before the rheumatism came on. I am now able to knit and sew as fast as any person, while for years my fingers were as stiff as needles. I owe my recovery entirely to Dr. Williams' Pink Pills, and will always have a good word to say for them."

Dr. Williams' Pink Pills may be had of all druggists or direct by mail from Dr. Williams' Medicine Co., Brockville, Ont., or Schenectady, N. Y., at 50c. a box, or six boxes for $2.50. Sold only in boxes, the wrapper around which bears the company's trade mark. Do not be persuaded to try something else.

An Easy Method of Keeping Warm.

I should like to call attention to an easy method of warming one's self when other and more common means are not available. It is a method that I suppose is well enough known to the profession, but probably not often used. I allude to warming the body by merely taking deep inspirations.

On one very cold afternoon of last winter, though walking briskly along I was uncomfortably cold; feet and hands were very cold, and my ears so chilled as frequently to require the application of my heavily gloved hands. In addition, the whole surface of the skin was unpleasantly chilled; "creeps" ever and anon running up and down my spinal column and radiating thence over the body and extremities; in short, a condition that every reader of this little article has doubtless many a time experienced. I then began taking an exercise often employed before with benefit; deep forced inspirations, holding the air as long as possible before expulsion.

After a few inhalations the surface of my body grew warmer, and a general sense of comfort prevaded me. Continuing, the next to feel the effects of the effort were my perviously frigid ears. They grew agreeably warm, and within the time required to walk three blocks, at the previous pace, hands and feet partook of the general warmth, and I felt as comfortable as if the same length of time had been passed by a glowing fire.

The happy results obtained from this simple method are probably owing to several causes:

The cold, of course, chills the surface of the body and contracts the superficial blood vessels, usually affecting first hands, feet and ears, and afterwards the general body surface. Contraction of the blood vessels results both in less blood to the part and in stagnation of the current, thus rendering the tissues still less able to resist the cold. Deep forced inspirations not only stimulate the blood current by direct muscular exertion, but also by compressing and expanding the lungs the flow of blood is greatly hastened through this organ, and on account of the increased amount of oxygen inhaled, this abundant supply of blood is thoroughly oxygenated, tissue metabolism is increased and more heat necessarily produced.

Many times unavoidable exposure, as in riding, driving, standing and the like, for a longer or shorter time in the cold, has been the cause of severe and even fatal congestive troubles, such as pleurisies and pneumonias, and a means of quickly stimulating the flagging peripheral circulation which a person has always with him, and which can be employed without moving a step, is one that ought not to be neglected or forgotten.

That Tired Feeling

Is a dangerous condition directly due to depleted or impure blood. It should not be allowed to continue, as in its debility the system is especially liable to serious attacks of illness. Hood's Sarsaparilla is the remedy for such a condition, and also for that weakness which prevails at the change of season, climate or life.

Hood's Pills are purely vegetable, carefully prepared from the best ingredients. 25c.

—The value of knowing how to revive those apparently drowned, is shown in a case lately reported. A boy down on Long Island fell overboard from a boat, and was under water quite twenty minutes before he was rescued and brought to shore. Nearly everybody who saw him thought he was surely dead, and for a long time the artificial breathing process had no effect. But, fortunately, the men who were working over him would not give it up, and at the end of two hours their noble efforts were rewarded by signs of returning life. The next day that "dead boy" was a very lively youngster.

—For your throat, when hoarse or husky, use Hawker's balsam of tolu and wild cherry. It affords prompt relief and leaves the voice clear and distinct.

—One-third of the earth is controlled by the Anglo Saxon race.

—"Mother, what shall I do for this dreadful cough?" "Take Puttner's Emulsion, my dear it always helps our family.

—The longest clock pendulum ever made is that of Eiffel tower—377 feet.

—MINARD'S FAMILY PILLS are purely vegetable.

Agricultural.

Beating Balky Horses.

Some days ago the secretary of the Halifax S. P. C. wrote Mr. John P. Haines, president of the American Society for the Prevention of Cruelty to animals, enquiring into the experience of the American branches regarding the beating of balky horses and the punishment thereof. Mr. Haines' reply is as follows:

Your communication of the 19th inst., now before me, in which you say you are troubled very much with cases where people are found cruelly beating balky horses; that one man was seen beating a horse with the handle of a whip, while another was seen beating a horse upon the neck with an iron chain. It is claimed that such abuse was necessary in order to make them work. Such a defence is untenable. It is impossible to make a balky horse work by abusing it.

You ask if this society has any similar cases that has been tried and settled upon appeal. I reply we have not. There has never been but one case of cruelty taken up on appeal, and that was when the proprietor of a large concern engaged in slaughtering hogs, was arrested for permitting the animal to be hauled up with a chain fastened to one of its hind legs, when the action of the society was sustained.

The fines for beating horses range from five to fifty dollars in this city, and in no case is the excuse that the horse was balky accepted by the court as a justification.

Fall Calves the Best to Raise.

There is no longer any use disputing the extra value of fall calves for raising. And they constitute one of their chief sources of profit to the butter dairymen, who has his skim milk and raises his own cows, finely bred. It is no wonder that such wise men estimate the value of skim milk at one cent per quart. And they have learned how to employ it to the best advantage. "I always feed it on bran," says one. But bran alone would not do, although it is essential to rapid growth because of its bone producing elements. A little flaxseed properly prepared, returns to the milk a part of the fat removed by skimming, and keeps the bowels in order. Boil it in six times its bulk of water for twenty minutes, or until it makes a jelly. Two tablespoonfuls of this jelly placed in each gallon of milk fed the calf with a handful or two of bran, according to the age of the calf, will make large, sleek, choice animals. Too much bran fed to very young calves is not desirable. There is no comparison between fall calves carefully reared in the barn in this way for the first six months, and spring calves turned out to battle with flies inside of two months after birth. The evidence is wholly in favor of fall calves. And it is surprising how soon they begin to eat hay. Give them the best early cut. Many are beginning to find a similar course satisfactory for veal production, slightly increasing the jelly with full rations of milk, but not enough to cloy the appetite. Some feed a little corn meal in conjunction with the ration when fattening veal. This must be used judiciously—not more than half a pint at a meal to the oldest, biggest calves. Such veal at this season and until veal begins to be low in price will sell as readily and for as much money as veal fatttened on expensive butter fats. Look out for well-bred heifer calves.

Transplanting Large Trees.

AN EXPERT TELLS HOW PREPARATIONS SHOULD BE MADE FOR REMOVAL.

Those about to plant trees, and who desire to set out large ones, are often persuaded not to do so by those who believe only small trees thrive. Indeed, to the general observer there can be but one opinion formed from what is seen, which is, that the best results follow the planting of trees of small size. But while this is so, it need not be so. Large trees, if properly prepared, can be planted with as much chance of success as attends the setting of smaller ones. In a general way it is understood that the life of a tree depends upon its roots. Yet how surprising it is that with this knowledge there should be such indifference to the preservation of them when trees are dug up. The life of a transplanted tree, be the specimen large or small, depends on the roots, their number and their vitality. Forest trees, and other ones, which have stood a long time without removal, have but a few thick roots, and when removed it is next to impossible to get but a small portion of them. With small trees there is no trouble in getting nearly all they possess, and this is the only reason why small trees do better than large ones. When this matter is well understood, the one who desires large trees will set himself to work to produce more roots on them before he removes them.

Fortunately, this is not very hard to accomplish. At almost any time of the year the trees can be root-pruned, and the heads shortened in at the same time, which brings about the desired result. I prefer either spring or fall for the work. We will suppose the tree to be a good size, say sixteen inches in diameter. A circle is dug around the tree, a distance of about five feet from the trunk. It is dug deep enough that all the roots are encountered, and all of them are cut off, making a clean cut, not a ragged one. Then the same earth that was thrown out is to be thrown in again, if it be good, but if poor it will be much better to get well-decayed manure and mix with it before filling it in. At the same time prune the tree in well, shortening the branches onel half, cutting them in such a way that will tend to bring about a well-shaped tree. Should this work be done in the spring, the tree would be in a better condition to move the coming fall than it would have been, but it would be still better if left until the fall following. The cutting of the roots is to encourage small ones to form, and this they do, a dozen or more taking the place of every large one which is cut off. I have seen very large fruit trees moved by farmers in this way, as well as hickory and oak trees from the woods. Nursery-grown trees would be no better than forest trees but for the fact that their roots are often cut in transplanting, hence they make quantities of small ones.

RELIEF IN SIX HOURS.—Distressing Kidney and Bladder Diseases relieved in six hours by the "Great South American Kidney Cure." This new remedy is a great surprise and delight on account of its exceeding promptness in relieving pain in the bladder, kidneys, back and every part of the urinary passages in male or female. It relieves retention of water and pain in passing it almost immediately. If you want quick relief and cure this is your remedy. Sold by deBlois & Primrose.

—There are many run down fields that hardly repay cultivation, yet which are kept under plow because the owners hardly know what else to do with them. A small flock of good sheep would often adjust the matter profitably.

—A cheap and sure cure for cold in the head or catarrh; a twenty-five cent box of Hawker's catarrh cure.

—Every horse owner should have a place to turn out for sunshine and exercise, and he should remember the horse is at his best when worked every day, and not too hard at any time. Notice how glad he is to get out of the stable.

—Orange diet is said to be a very effective remedy for inebriety.

—MINARD'S HONEY BALSAM is a sure cure.

HE LOVED good bread, pie, and pastry, but his stomach was delicate. SHE LOVED to cook, but was tired and sick of the taste and smell of lard. She bought Cottolene, (the new shortening) and THEY LOVED more than ever, because she made better food, and he could eat it without any unpleasant after effect. Now THEY ARE HAPPY in having found the BEST, and most healthful shortening ever made—

COTTOLENE.

Made only by N. K. FAIRBANK & CO., Wellington and Ann Streets, MONTREAL.

Neutral Sulphite of Lime,

—FOR—

Preserving Cider.

One package will keep contents of one Cask sweet all Winter.

FOR SALE AT

MEDICAL HALL,

BRIDGETOWN.

DEARBORN & CO.'S

Absolutely Pure

SPICES, HERBS, EXTRACTS.

USE THEM IF YOU WANT THE BEST.

Whole Pineapples in Syrup.

INDIA CHUTNEY PICKLES.

An Unequalled Relish.

DEARBORN & CO.,

ST. JOHN, N. B.

Scott's Emulsion

the cream of Cod-liver Oil, with Hypophosphites, is for

Coughs, Colds, Sore Throat, Bronchitis, Weak Lungs, Consumption, Loss of Flesh, Emaciation, Weak Babies, Growing Children, Poor Mothers' Milk, Scrofula, Anæmia;

in fact, for all conditions calling for a quick and effective *nourishment. Send for Pamphlet. FREE.*

Scott & Bowne, Belleville. All Druggists. 50c. & $1.

HELLO!

—AT THE—

London Fruit Store,

MIDDLETON,

They Still Lead in

Teas and Coffees.

Buy a pound, or three pounds and receive a beautiful Caddie free.

Ask for "Special Blend"

at 30c., and "I.X.L." at 40c. and 50c. per lb.

☞BEST VALUE IN TOWN, and suits all.

—ALSO—

FRESH CONFECTIONERY, Fancy Soaps, Fresh Crisp Cakes and Biscuits.

CHEAP FOR CASH.

S. C. MULHALL.

Exquisite Novelties

—FOR—

CHRISTMAS

—AT THE—

CENTRAL BOOK STORE

A PLEASURE TO SHOW GOODS.

For Service!

A THOROUGHBRED POLAND-CHINA BOAR, eighteen months old.

Terms: One Dollar, cash at time of service.

REGINALD PIGGOTT.

Centreville, Nov. 20th, 1894. 34 5i

BRIDGETOWN

MARBLE WORKS

THOMAS DEARNESS,

Importer of Marble

and manufacturer of

Monuments, Tablets, Headstones, &c.

Also Monuments in Red Granite, Gray Granite, and Freestone.

Granville St., Bridgetown, N. S.

N. B.—Having purchased the Stock and Trade from Mr. O. Whitman, parties ordering anything in the above line can rely on having their orders filled at short notice.

T. D.

Bridgetown, March 19th, 89.

BRIDGETOWN LIVERY STABLES.

N. E. CHUTE, Proprietor.

THE subscriber, having purchased the entire outfit and good-will of the Livery Business enjoyed by Mr. Wm. C. Bath for a number of years past, begs to notify his many friends and the travelling public that he is prepared, at a moment's notice, to furnish any kind of an outfit in single, double, tandem, or other styles, with or without drivers.

The capacious stables are roomy and centrally located, affording every facility for boarding and baiting.

Teams always on hand at station on arrival of all trains.

A specialty will be made of Trucking with moderate charges.

☞When you want a nobby fit-out, a place to bait your horse, or any information connected with the livery business, ask for

N. E. CHUTE,

Proprietor of the Bridgetown Livery Stables.

Bridgetown, April 25th, 1893.—4

PAGE WOVEN WIRE FENCE

Has the Highest Award in the World!

Is the unequalled approval of every customer. Our fence has won at every Fair or Exposition where entered. But what does a practical farmer care for that? The fighting qualities of a soldier are proven on the field of battle, not on dress parade.

Don't fail to keep it before the people that ours is the only perfectly self-regulating fence offered. Don't loose sight of the great saving in posts, as with some other fences the posts alone costs as much as our fence complete.

I believe we have the best fence for the money on earth. I base my belief on the fact that one string of fence sells lots more. Page fence has proved itself by far the best for farmers' use, and we know from the orders already received that our business will boom with that of the farmers.

A variety of fences suitable for all purposes: cemeteries, school grounds, hen yards, barn yards and hog yards, orchards, gardens.

Our Lawn Fence is *just right.*

A. B. PARKER,

General Agent for Annapolis County.

South Farmington. 41tf

LAWRENCETOWN

PUMP COMPANY!

ESTABLISHED 1880.

N. H. PHINNEY, - Manager.

Manufacturers of the celebrated

Rubber Bucket Chain Pump.

—Also Dealer in—

Pianos, Organs, Sewing Machines.

Manufacturers' Agent for all kinds of

Farm Machinery, Buggies, Road Carts.

A stock of repairs for the above-named articles kept constantly on hand.

GROCERIES, FLOUR, MEAL AND FEED,

in lots at WHOLESALE PRICES

Orders by mail promptly attended to.

Lawrencetown, March 3rd, 1894.

FLOUR, MEAL AND FEED,

—AT THE—

Masonic Store, Bridgetown.

The subscriber has just replenished his stock of FLOUR AND FEED, and is now prepared to show as good a selection as can be seen in the town.

I am selling *GOLDIE'S FLOUR* at prices ranging from

$3.15 to $4.50

according to quality.

—ALSO—

A Pure Manitoba Flour,

which is giving general satisfaction.

MIDDLINGS from $1.25 to $1.35 per bag.

Cornmeal, Oatmeal and Feed Flour

Always in stock at Low Rates.

W. M. FORSYTH.

Bridgetown, October 8th, 1894.

GATES' SUPERSEDES ALL PILLS. INVIGORATING The Best CATHARTIC SYRUP.

Home Testimony from Actual Experience is always the same.

Read the following:—

"It is a pleasure as well as a duty to speak well of remedies that have done for us all that is claimed for them. I therefore take pleasure in recommending the excellent preparations of Dr. Gates, and especially the INVIGORATING SYRUP. As a gentle laxative I regard it in every way superior to harsh and griping physics so commonly used, in that it performs the three-fold functions of a *physic*, an *appetizer* and a *tonic*.

E. E. LOCKE,

Pastor Baptist Church.

Lower Middleton, April 12th, 1894.

H. F. Williams & Co.,

Parker Market, Halifax, N.S.

COMMISSION - MERCHANTS,

AND WHOLESALE DEALERS IN

Butter, Cheese, Eggs, Apples Potatoes, Beef, Lamb Pork

and all kinds of Farm Products.

Special Attention given to Handling of Live Stock.

☞*Returns made immediately after disposal of goods.* 27 y

DOMINION ATLANTIC RAILWAY!

"Land of Evangeline" Route

On and after WEDNESDAY, OCT. 3rd, 1894, the trains of this Railway will run daily, (Sunday excepted).

Trains will Arrive at Bridgetown:

Express from Halifax....	11.53 a.m.
Express from Yarmouth.	1.12 p.m.
†Accom. from Kentville..	10.05 p.m.
*Accom. from Richmond.	3.50 p.m.
†Accom. from Annapolis.	6.45 a.m.
*Accom. from Yarmouth.	4.00 p.m.

Trains will Leave Bridgetown:

Express for Yarmouth..	11.53 a.m.
Express for Halifax.....	1.12 a.m.
†Accom. for Yarmouth....	10.05 a.m.
†Accom. for Halifax.....	6.45 a.m.
*Accom. for Annapolis....	4.00 p.m.
*Accom. for Kentville....	4.00 p.m.

†Monday, Wednesday, Friday.

*Tuesday, Thursday and Saturday.

Trains are run on Eastern Standard Time.

W. R. CAMPBELL, General Manager.

K. SUTHERLAND, Superintendent.

1894. 1894.

Yarmouth S. S. Co., Limited.

The Shortest and Best Route between

Nova Scotia and United States.

THE QUICKEST TIME. 15 to 17 hours between Yarmouth and Boston.

STEEL STEAMER

"BOSTON"

Until further notice will leave Yarmouth for Boston every WEDNESDAY AND SATURDAY EVENINGS, after the arrival of the evening Express from Halifax. Returning leaves Lewis Wharf, Boston, at twelve o'clock, noon, every TUESDAY and FRIDAY, making close connections at Yarmouth with the Dominion Atlantic R'y, and coach lines for all parts of Nova Scotia. This is the fastest steamer plying between Nova Scotia and the United States, and forms the most pleasant route between above points, combining safety, comfort and speed. Regular mail carried on steamer. Tickets sold to all points in Canada via Central Vermont or Canadian Pacific Railways, and to New York via Fall River line, Stonington line, and New York and New England Railway.

For all other information apply to D.A., I.C., and N. S. Central Railway agents, or to

L. E. BAKER, Pres. and Managing Director.

W. A. CHASE, Sec. and Treasurer.

Yarmouth, Nov. 1st, 1894.

BAY OF FUNDY S. S. CO., Ltd.

Annapolis, Digby and St. John.

PROPOSED SAILINGS,

Steamer "CITY OF MONTICELLO."

NOVEMBER and DECEMBER.

Monday, Wednesday and Saturday from St. John and from Annapolis (calling at Digby.) Sailing from St. John at 7.30 a.m., local time, and from Annapolis upon arrival of the Halifax Express.

Connections at St. John with all outgoing trains, and the International S. S. Co.

TROOP & SON, Managers, St. John, N. B.

J. S. CARDER, Agent, Annapolis.

SPRING SUITINGS

JOHN H. FISHER,

the well-known Merchant Tailor, now carrying on business at

ANNAPOLIS,

wishes to inform his many friends that his

Spring Stock

has arrived, and is now on inspection.

It embraces all the

Leading and Fashionable

—Lines of—

Scotch and English CLOTHS,

and is beyond doubt the most extensive and varied display ever shown the people of the Valley.

An inspection is respectfully solicited.

WM. RAND,

CANNING, N. S.

—REPRESENTING—

FRANK RAND & CO.,

FRUIT BROKERS,

SPITALFIELDS MARKET, LONDON,

—AND—

BERRY & HOWARD,

WHOLESALE PRODUCE AND COMMISSION MERCHANTS,

86 Commercial St., Boston.

Consigners to either of our houses may depend upon prompt returns at highest market rates, and drafts made against consignments if forwarded with Bill of Lading attached will be accepted to any reasonable amount.

Shippers to our Boston house will be furnished free with blank invoices, shipping cards, and stencils with register number.

Cable address of London house "Rand, Spitalfields, London."

☞Telephone at Canning. 22 6m.

Lingard's Cough Balsam

—CURES—

Coughs, Colds, Asthma and Bronchitis.

MR. JOHN TEMPLEMAN, says:

HAMPTON, Nov. 30th, 1893.

Having been a great sufferer from Asthma, I was induced to try Lingard's Cough Balsam, and with great success. I would not like to be without it. Having received so much benefit, I can confidently recommend Lingard's Cough Balsam to all who may have this dreadful complaint. Yours truly,

JOHN B. TEMPLEMAN.

HALIFAX

FRUIT & PRODUCE MARKET.

P. M. JENKINS & CO.,

General Commission Merchants.

We receive and sell on consignment all kinds of Fruit and Produce, Butter, Poultry, etc., etc.

PROMPT RETURNS MADE.

☞Good Bank references. 24tf

FOR SALE!

THAT well known business stand situated in Melvere Square, well known as the Spinney Corner, and owned by Arthur W. Smith, consisting of a

Fine Store and Dwelling House

combined, and seven and three-fourth acres of choice land, a young orchard of 72 trees commencing to bear; besides several large trees turning off from eight to ten barrels of apples yearly. It is one of the best business stands in the province, and will be sold at a bargain. Three churches, a graded school, post office and an establishment of mills, all within a half mile.

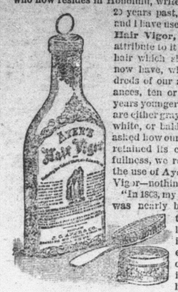
For particulars apply to Arthur W. Smith, Kingston; or J. Randall, on the premises.

Terms easy.

Kingston, April 16th, 1894. 3 tf

Gentleman

Who formerly resided in Connecticut, but who now resides in Honolulu, writes: "For 20 years past, my wife and I have used Ayer's Hair Vigor, and we attribute to it the dark hair which she and I now have, while hundreds of our acquaintances, ten or a dozen years younger than we, are either gray-headed, white, or bald. When asked how our hair has retained its color and fullness, we reply, 'By the use of Ayer's Hair Vigor—nothing else.'"



"In 1873, my influenced was nearly bald, and the hair kept falling out every day. I induced her to use Ayer's Hair Vigor, and very soon, it not only checked any further loss of hair, but produced an entirely new growth, which has remained luxuriant and glossy to this day. I can recommend this preparation to all in need of a genuine hair-restorer. It is all that it is claimed to be."—Antonio Alarrun, Bastrop, Tex.

AYER'S HAIR VIGOR

IF YOU WANT

ANYTHING IN THE

BOOT

—AND—

SHOE

LINE, STEP INTO

G. W. ANDREWS'

Boot and Shoe Room, and see his new stock

—IN—

Buff, Oil Pebble, Oil Goat, Calf, Dongola, French Kid, Kangaroo, etc., etc.

LARGEST ASSORTMENT

—AND—

LOWEST PRICES

Ever shown in Middleton.

$1 buys a nice pair of Men's Boots!

Middleton, Aug. 21st, 1894.

Nerves

REGULATE and CONTROL

the Brain
the Stomach
the Heart
the Lungs
the Muscles
the Intestines
the Liver
and Kidneys.

WEAK NERVES ARE MADE STRONG

BY

HAWKER'S Nerve and Stomach TONIC.

It gives new strength and vigor to Nerves, Brain, Stomach, and Blood, and all weakened organs.

All Druggists sell it. 50c. a Bottle. Six for $2.50. Mfd. only by Hawker Medicine Co Ltd. St. John, N.B

To Arrive!

A CARGO OF

SPRINGHILL, BLACKSMITH,

—AND—

Stove Coal!

ALSO:

SYDNEY MINE COAL.

WATSON A. KINNEY.

Bridgetown, Oct. 24th, 1894.

HARRIS & HATFIELD,

Plumbers,

Steam, Hot Water and Hot Air Heating.

Stoves and Kitchen Furnishings.

ANNAPOLIS, N. S.

Call on us when you desire anything in the above for prices, etc.

We are making specialties of Stoves and Kitchen Furnishing Goods. Our goods are new, bright, and of the latest designs.

We have always in stock all kinds of Plumber's Supplies, Bath Tubs of all varieties, Copper Boilers, and all other fixtures pertaining to the Plumbing business.

All we ask is a trial order to convince patrons that we are here to use them as well, is not better, than any others engaged in a familar business. 28

Banks or Red Gravenstein!

As this apple was officially named the "Banks" at the World's Fair, it will be known in the future as "Banks, or Red Gravenstein."

I invite inspection of the apples on the tree. Also of nursery stock. As my stock fit to set this season is limited to hundreds, I cannot agree to reserve stock for spring delivery unless cash accompanies order.

No person authorized to take orders for me unless furnished with printed forms.

A. STANLEY BANKS,

18 1y Waterville, Kings Co

The Household.

A New Cure for Plumpness.

San Francisco women of the rotund order of figure, who long for the sylph-like form of their youth, are all on the *qui vive* over a new anti-fat remedy which, in one instance at least, has been a gratifying success. Jeffreys Lewis, the actress, is the happy exponent of its virtues, and the envy of all the fat women who flocked around her to learn her secret. Two years ago, says the San Francisco Chronicle, Miss Lewis was unquestionably fat, weighing 200 pounds, and in order to take the leading part of a slender young maiden in a play there was only one thing for her to do. The flesh must go. And now, owing to the shrinking properties of a skimmed milk and chewing gum diet she is a marvel of grace and slender proportions.

By rigidly following this diet she has taken off forty pounds of flesh, and has every reason to believe she can take off ten more within another month. Two quarts of milk taken daily, in small quantities, at short intervals of an hour or so, is her rule and after each drink she chews gum, taking a fresh chew every time. She abstains entirely from any other food or drink, and declares that the departing layers of flesh leave no wrinkles behind. The cream which rises on the milk is used as a face lotion, with charming results. Miss Lewis is showered with letters and besieged with calls from fleshy women who are willing to sacrifice all their worldly possessions for a form like hers. In an interview she says:

"I'm thinking of opening the Jeffreys-Lewis Anti-Fat institute," she says, "for the reduction of fleshy females, with myself as the living example. It would be a grand thing for the women if they would take up the treatment and stick to it. Within the past few days I have received nearly fifty letters, all from women who wish to grow thin. They have seen me, and the change surprised them. Why I was once so fat that I was ashamed of myself, and I either had to reduce or leave the stage. It required will power to give up the good things of life for skim milk by the spoonful, but I did it, and you can see the result. Solid food has no temptation for me now, and I can sit at the dinner table and take my milk without a sigh."

The ladies who have tried this unique method of reducing flesh have found it a very rapid process. After two weeks of the milk diet their clothes have to be taken in, and in three months they seem never to have been made for them at all. Before trying the skim milk diet Miss Lewis took a course of athletics under a professor, who was supposed to know how to make her thin. She walked, pulled weights and swung clubs, and gained flesh at the rapid rate of five pounds a week. Long walks were tried, but to no purpose.

"My face was getting dredfully fat," she said, "when I tried those walks. I didn't care so much for my form, but the folding jowls worried me. So I got a heavy woollen sweater, which came up to my ears, and then pulled a thick Tam-O'Shanter cap down over my face. I also put on a heavy woollen skirt, and thus attired on the hottest days of an eastern summer I would walk from the bath-house to Coney Island and return, a distance of seven miles.

"After the tramp I rolled in the surf an hour or so, and confined myself to a diet of lean, under done beef. But the result was the same as in the gymnasium. I never gained less than five pounds a week, and it was sometimes seven.

"Last Christmas I started on the skim milk and chewing gum, and quickly lost the undesirable portion of myself. It was an awful hardship at first, but I persevered, and soon had the modiste taking tucks in my garments. By trying on my old gowns I could keep an accurate account of what I lost in feet and inches, and the result was enough to startle one. The modiste actually refused to believe that I had once worn the dresses sent to her to be altered. Milk and chewing gum are indeed great blessings for fat people. On the road I use the same diet, with slight variations, carrying my milk bottles along on the train, but I get very little credit for my heroic application. Strangers accuse me of harboring milk punches in wholesale lots.

"Where it is impossible to get skim milk I use it fresh, diluted with lime water, and that makes more trouble for me, for the lime water passes for gin."

Simple Remedy for Earache.

"I am afraid I have greatly interfered with my own practice," said a celebrated aurist, "by giving the following advice to many of my friends. At the first symptoms of earache let the patient lie on the bed with the painful side uppermost. Fold a thick towel and tuck it around the neck; then with a teaspoon fill the ear with warm water. Continue doing this for fifteen or twenty minutes; the water will fill the ear orifice, and flow over on the towel. Afterwards turn over the head, let the water run out, and plug the ear with warm glycerine and cotton. This may be done every hour until relief is obtained. It is an almost invariable cure, and has saved many cases of acute inflammation. The water should be quite warm, but not too hot."

Unqualified Commendation.

Rev. T. Watson, Colborne, Ontario, writes:—"K. D. C. has produced in me a wonderful change, almost from the first time of using. My indigestion is all gone, and my health is much better than it has been for years. K. D. C. has my heartiest and unqualified commendation. I believe it to be all its makers claim it to be.

Free sample of this wonder-working remedy, mailed to any address. K. D. C. Co., Ltd., New Glasgow, N. S., Canada, and 127 State St., Boston, Mass.

CRANBERRY TART PIE.—Line a pie tin with good crust, rolled rather thin. Spread with cranberry sauce, and lay narrow twisted strips of the crust across: or cut circles of crust with a thimble and lay them regularly on the top. Bake just long enough to bake the crust.

—Cranberry Tartlets.—Line patty-pans with paste, fill with cranberry sauce and bake. When done, spread over the top a meringue formed by beating the white of an egg with one tablespoon of pulverized sugar and return to the oven to brown.

—Ayer's Sarsaparilla braces up the system; purifies and invigorates. Invalids need it.

CRANBERRY PUDDING—One and a half cups of sour milk; one teaspoon of soda; three-quarters cup of molasses; saltspoon of salt; three cups of flour. When mixed, stir in two cups of raw cranberries. Pour into a buttered mould and steam ninety minutes. Serve with a hard sauce.

CRANBERRY SHORTCAKE.—Make a shortcake as for any fruit. Stew the berries as directed above (they should be partially jellied). Split the shortcake, spread with the fruit and serve with rich sweet cream.

HEART DISEASE RELIEVED IN 30 MINUTES.—All cases of organic or sympathetic heart disease relieved in 30 minutes, and quickly cured by Dr. Agnew's Cure for the Heart. One dose convinces. Sold by deBlois & Primrose.

—The better men and women know each the less they say about ideals.

—MINARD's HONEY BALSAM, once tried, always used.

Joker's Corner

A Guessing Match.

"Whew! Did you ever see a [illegible] geousness! Alice has certainly ou[illegible] self this time," soliloquized Jack [illegible] he opened the parcel and carefully [illegible] from its tissue-paper wrappings the st[illegible] ately embroidered Christmas gift.

"I don't go much on fancy-work, bu[illegible] is a hummer, and no mistake," co[illegible] Jack, as he held the silken trifle at [illegible] length and examined it critically. "[illegible] little girl; she made that herself, too; [illegible] bit of it. Isn't she a darling! There's [illegible] work on that than on one of my ba[illegible] sheets. It's a beautiful thing, [illegible] Jack's jaw dropped three inches. [illegible] the deuce is it, anyway? H-u-m; that [illegible] do. I must find out before I write [illegible] thank her for it. It would never do to [illegible] her think that I didn't recognize wha[illegible] was it was intended for at once. Oh, mo[illegible] Oh, girls! Come in here a moment; I [illegible] to show you something!" he called [illegible]

Mrs. Ford was the first to enter the [illegible] in response to her son's call for assis[illegible] but the other members of the family qu[illegible] followed her, and formed a group ar[illegible] the table where the present was displaye[illegible] all it's rainbow splendor.

"What do you think of that?" asked J[illegible] proudly.

"It's very pretty. That stuff must ha[illegible] cost—I—don't know—how—much a yar[illegible] It's one of the most exquisite mouchoir-case[illegible] I ever saw," said Mrs. Ford, admiringly.

"A mouchoir-case? Isn't it a little to[illegible] large for that?" inquired he dubiously.

"Of course it is. It's to hold your slipp[illegible] pers," cried Lily, the eldest sister, in a tone [illegible] of entire conviction.

Jack frowned. Such a use seemed like a desecration.

"No, it isn't. I guess it's to put neck-ties in," hazarded another expert.

"Yes; or gloves, or writing-paper, or—or photographs, suggested the Baby, who was always bound to have her say.

"Oh, well, but which?" cries Jack [illegible] pair.

"Oh, never mind; it's perfectly s[illegible] anyway. What difference does it ma[illegible] responded the feminine chorus.

"But I want to know what it's for!"

"Ask Alice."

"I'd like to see myself. Do you mean to say you can't tell me?"

"N-o," admitted the girls. "We have told you what we think it is."

"Oh, I could guess myself!" cried Jack scornfully. "Perhaps it's to hold pipes or cigars. Maybe it's a dress-shirt shield. How would it do for souvenir spoons or hair brushes? Might be for collars and cuffs, [illegible] Couldn't use it for a chair-cushion or a sofa pillow, could I? Must be a dictionary cover, or a wall-pocket, don't you think? Sure it isn't a match-safe in disguise? Oh, you girls don't seem to have a reasonable idea among you! Never mind; run along now. Go and talk about who's engaged and who isn't. I'll figure this out myself. Hang it all! what good are sisters to a fellow anyway!"

A Pleasant Remembrance.

"Ethel," said the landlady to her daughter, "we must make the Christmas season pleasant one for the boarders. Suppose [illegible] ask them all to hang up their stocking[illegible] Christmas Eve so that we may put [illegible] little remembrance in each?"

"That is a very good idea mother [illegible] can give Mr. Mouldy a penknife; [illegible] Palette, the artist, we can give a box o[illegible] paints; young Scribbler would be delighted with a patent lead-pencil; and for Mr. Slowboy we could get a—well let me see—what would you suggest for Mr. Slowboy's stocking, ma?"

"Mr. Slowboy's unreceipted bill will do for Mr. Slowboy's," replied the old lady sternly.

Reason Enough.

Patrick and Michael were talking over the grim subject of autopsies, and Michael said:

"An' sure it's meself that would never permit the murtherin' doctors [illegible] ahtapsy wid me."

"Fwhat wud ye do, Mike?" said [illegible]

"It wud be nicissary for the spalpe[illegible] walk over me dead body first!"

"Indade, an' why mightn't they do tha[illegible] Mike? It's a simple moind ye have, me b'y. Now for me own part, whin I'm dead I'll have an ahtapsy, sure."

"An' why will ye have it, Pat!"

"Bekase I'd not deny meself the s[illegible] satisfaction of knowin' fwhat I died wid!"

Aroused Her Suspicion.

"Is Misther Dolan very sick?" asked the sympathetic neighbor.

"Ter'ble. The docther said the day he wor goin' to diagnose his case."

"Goin' to phwat?"

"Diagnose it."

"Mrs. Dolan, take my advice. Put a mustard plaster on 'im and trust to luck."

I t's Beginning.

Loving Mother—I cannot understand what makes our boy, Robert, so fond of pedestrianism.

Fond Father—He gets that from me. Didn't I walk the floor with him for weeks when he was a baby?

—There is a street lamp near Edna's home, and she often used to stand at the window and watch the shadows of people passing by. On Christmas eve she stood there for some time, and her mother asked her if she was watching for Santa Claus. "Yes, mamma," she replied. I shall see the shadow of his walksteps when he comes."

—A Scotchman and an Irishman were driving along a road in a trap. The horse took fright and ran away. Pat, frightened and exclaimed, "I would give twenty-five pence to be out of this." The Scotchman replied, "Keep your siller, mon; keep your siller, you'll be oot in less that a minute for nothing." And over went the trap.

Small Consolation.

Miss Silligurl (sobbing)—I think it's awful mean. That horrid