We tell your doctor all

there is in Scott's Emulsion,

just how much cod liver oil.

hypophosphites, glycerine. But we do not tell him how

these are combined. You

have your secrets; this is

ours. This knack of mak-

ing the very best thing has

come to us from years of ex-

perience with just one thing.

We make only Scott's Emul-

sion—all our energy is bent

on making that better than

NOVA SCOTIA

AGENCY.

CARRIAGE COMPAN

Teams, etc., etc.

Pyrethrum

Cinerariætolium

Powdered

Dalmation

B. W. B. & CO.

The stock used in the construction is the b American manufacture, the waggons all the thorough workmen, and each and eventure pertaining to their make will meet artiest approval of the eye of the critic,

SWAYS AUDIENCES WITH HIS MAS-TERLY ELOQUENCE.

He Writes a Letter of More than Usual In

Xenia and near Dayton and Springfield, is located Wilberforce University and Payne

These two institutions of learning have educated many ministers and teachers. In this somewhat noted educational centr resides Bishop Benjamin W. Arnett, D.D., cause of his thrilling eloquence with which he has swayed many audiences. Among the high officials of the church, no



ing minister in his church and also a very minent Republican. He represented his

the following testimonial from him will be found very interesting reading and fully ex-

"In April, 1894, while on my way home from Philadelphia I caught a very severe cold, was impossible for me to rest by day or sleep led to take to my bed, where I reget up, I could only get about by the use of

"The fall came on and the rheumatism grew worse, lasting all through the winter of '94 and '95. I suffered as I never suffered before. I thought that the spring would bring me relief, but it did not, consequently I was forced to cancel a number of engage-

"One day in June, 1895, my wife said, Bishop, I read so much about Dr. Williams' Pink Pills, suppose you try them and see if

they will not help you?' them for we have tried almost everything that has been recommended to us, and none

Ohio, and bought a box of the pills. On her return she gave me a dose at noon and another at night. She was only called one time to attend to me during that night.

"For months previous she had been called next day I took three doses of the pills, and oths, had a good night's sleep.

time on account of the rheumatism. I carry a box of Dr. Williams' Pink Pills in my

"I cheerfully bear testimony and hope that others may find relief as 1 did. I have re ended Dr. Williams' Pink Pills to sev eral people.
"Yours for God and Man.

BENJAMIN W. ARNETS " thus driving disease from the system. Avoid imitations by insisting that every box you purchase is enclosed in a wrapper bearing the full trade mark, Dr. Williams' Pink Pills for Pale People.

Praise to the Face.

I once saw a father walk up to a map his little boy had made and pinned on the wall. He stood before it a long time in silence, and was sitting in the room, and his father knew he was there. He was watching with his ord of approval. As none came, his poor next room walked the father, and said, care-

map in there. Look at it when you go in." a judicial listener, following from the room where little Robert still sat.

never thought to mention it." "Well, you ought to be ashamed of your-

now and tell him." We ought all of us to be ashamed of ourselves a dozen times a day for like sins of omission. It costs so little to saynice things, and the result in another's pleasure is out of all proportion to our trouble.

Praise to the face: open disgrace. No such thing. The proverb is wroug. Praise to the face is one of the sweetest things on earth, and there is no disgrace in it, unless untruth enters, or unless the praise cause no one may ask for open praise and receive by asking. When it comes thus at call it is not praise; its fine flavor is quite gone, and it is but flattery.

Could Not Turn in Bed. TERRIBLE SUFFERING OF AN ELORA LAD OF SOUTH AMER-

ICAN RHEUMATIC

CURE. No pen can describe the intensity of suffering that may come from an attack of rheumatism. "For fifteen years," says Mrs. John Beaumont of Elora, Ont., "I have been more or less troubled with rheumatism, which took the form of pains in my back, often confining me to my bed, and rendering me part of the time wholly unfit for my duties. At times I suffered so intensely that I could not turn in my bed, and the disease was fast reaching a point where both myself and my husband had become thoroughly discouraged of recovery. A friend recommended South American Rheumatic Cure, and after the first bottle I was able to sit up, and before four bottles were taken I was able to go about as usual, and have been in excellent health ever since. Sold by S. N. Weare. No pen can describe the intensity of suf-

think of health as being a moral obligation. Yet so inseparable is our physical being from the mind and spirit during this life, that the

1

Agricultural.

Light-Weight Beef. For many years the great aim of beef grow ers was to produce great mountains of flesh and fat at the age of four years. Beef less than three years was considered green, unripe and not suited to the taste of the purchasers of first quality goods. This has and feeders fitting their cattle for market at

an age that would have astonished the feeder of a decade ago.

The English lead the world in big, fat bullocks and the breeders of this country were aiming at the same high idea. It has been pretty well understood of late that the big fat hogs of the past were not wanted. but that smaller animals and younger ones, with more lean flesh and less grease, were more satisfactory to the consumer, and, by reason of the better prices, more satisfactory to the producer also.

But who would have thought that the

rubicund, anti-dyspeptic Briton would go back on the national tradition of five centuries, and demand rapidly grown baby beef, British rotundity, rubicundity and blonde side-whiskers? Nevertheless the British butchers are now calling for baby beef. The copular taste for beef has changed, and her cuts are wanted. It may be that British beef eaters are not as able as heretonot be advantageously cut into smaller ones. But this is neither here nor there. Facts and wherefores take care of themselves.

Baby beef, then, is the demand of the times. Then must our Herefords, Angus and Shorthorns go for naught, with their elephantine proportions? Not much. They are the very cattle needed to make the beef required at eighteen and twenty months of age, at less cost than the same can be done with long horns or non-beef producing breeds. crops in the time previously required for one and the two crops will outweigh and outsel the one. Then instead of breeding for size mained for some time. When I was able to alone we must breed for early maturity, realizing that it is the early matured beef that atches the top of the market.

New Bordeaux Mixture. At a meeting of the National Agricultur mixture was suggested with the object of re moving certain objections to the one now so largely used in this country. It has the ad vantage over the old mixture in being less injurious to foliage, less liable to be washed away by rains, and less liable to choke the nozzle of the spraying machine. The new formula is as follows: Quicklime, 4 pounds 6 ounces; molasses, 4 pounds 6 ounces; sulphate of copper, 4 pounds 6 ounces; water, 22 gallons. The essential difference between the new and old formulas is the presence of the molasses, which has a greater influence than would at first be expected. The meth-od of mixing is to add the molasses to 13 gallons of water, then slack the lime and add 4 and a half gallons of water to form a milk three to four times during the night. The water, stirring briskly in order to mix in of lime. Pour this slowly into the sweetened timately. Next, in a third (wooden) vessel dissolve the bluestone and pour this into the previous mixture, stirring well. In this blending of materials chemical changes are taking place. When the milk of lime and the sweetened solution are intimately mixed together, then the saccharate of lime is formed. Next, when to this is added the solution of sulphate of copper, a double decomposition takes place; sulphate of lime is ate of copper on the other. This saccharate of copper is only formed in presence of an

the potato. For this reason the skilful farmer is careful to buy his seed potatoes away from home and to make frequent changes in the kind he plants. Just why this deterioration takes place takes place is not easy to in silence walked away. The ltttle fellow say. But as a consequence of it, new varieties without number are continually coming on the market and the buyer is in constant eager child's eyes, waiting anxiously for a danger of being imposed upon. There are conflicting theories too as to the quality and little face fell unhappily. Straight into the size of the potato to be planted. Many contend that a small potato will serve as well as lessly:

a large one; that a very small piece of tuber "Robert has drawn a very clever little so long as it contains two eyes, is large ap in there. Look at it when you go in." enough. As to the latter theory it may be "Did you tell him it was clever?" asked said that the farmer who plants his potatoes in small pieces is making a mistake. Nature here little Robert still sat. intends the young sprouts to have something to live upon in their infancy and that is why she placed so much starchy matter about each eye of the potato. If we follow Natself." was the deserved reply. "Go back | ure's plain intention we will leave enough of it there to give the plant a hardy start i

-A disease known as scaly legs is bred in filth, though when once it is contracted the cleaning of the hen house will not alone eradicate it. The first thing to be done is to kill the germs that cause the disease, rubbing the legs briskly with rags saturated with kerosene oil, until most of the scales disappear. Repeat this on the second and third days. By this time the germs that were not far enough developed to be destroyed will be gotten rid of. Then make a thorough clearing out of all the filth in the hen house washing the roosts and nest boxes with a solution of carbolic acid. If the entire interior is then whitewashed, putting some carbolic acid in with the wash, it is probable that so far as the henhouse is concerned the disease will be eradicated. But you will have to look out for it for some weeks, and on any reappearance of the disease this pro-cess should be repeated. It is a good deal of trouble, but success with fowls cannot be

expected so long as this disease troubles them -The following formula of a complete fer-—The following formula of a complete fer-tilizer for tomatoes can be relied on: 800 b. nitrate of soda, 1000 lb. superphosphate, 200 lb. muriate of potash, making 1 ton of material, of which 500 to 800 lb. per acre should be used, it being worked well into the soil previous to the setting of plants. As it has been shown by carefully conducted experiments and the success of practical growers that nitrate of sods increases matur-ity and yield, a second application of it broad-cast, say 160 lb. per acre, two or three weeks later, or when the plants are growing nicely, could advantageously be made.

A Broken Down Lumberman.

NOT A FINANCIAL, BUT WORSE, A PHYSICAL WRECK — PAST DOCTORS' SKILL, BUT CURED BY SOUTH AMERICAN NERVINE. the mind and spirit during this life, that the possibility of accomplishing good is immeasurably increased if the desire for this is accompanied with a sound, healthful body. Instead of being a wrong and inviting spiritual dangers to give due care to our bodies, it is a duty that cannot be omitted without incurring just penalties from offended nature, whose laws are violated. We are bound to make in every possible way the most of life. If we out-life short by neglect of the plain laws of health, it is constructive suicide as truly as if we directly shortened life by violent means.

If the system is fortified by Hood's Sarsaparilla, which makes rich, red blood, there is little danger of sickness.

THE LITTLE SEEDS ARE NOT SO DANGER Things have been said about the banefu and delicious juice of the grape ever since the olden time when Noah found out about it and came thereby to grief, but even before that, men ate grapes, and only within the last decade have they been talked to about that. It is only since surgeons began to make money hunting for grape seeds in the vermiform appendix that people have been

afraid to eat grapes and to eat them straight. It now appears that in all the thousands of cases famous, and possibly in some cases infamous, in which this new fashioned surgical operation has been performed there is not one case in which a grape seed or any ther little bullet shaped thing has been found in the vermiform appendix. The whole interior of the appendix is only big enough to admit a medium sized darning seedle. Nobody knows what it is there for out it must have been useful at some time. It is a case of the survival of the unfit, like the wisdom teeth, which are of so little use to most people, and the tonsils, which cause

so much trouble now and then The tonsils and the appendix are both unsed parts of the body and peculiarly liable to disease because they are not strengthened by use. If inflammation attacks them, they are unable to resist. Thus many diseases which have been ascribed to peritonitis or colic or a mysterious providence of some kind have been due to the diseased condition of this little useless organ of the human system, and if the trouble had been discovered in time the appendix could have been removed.

and all would have been well. The remedy, therefore, is not in avoiding grape seeds, which do not cause the trouble out in keeping as well and as strong as pos ible, and in case of sudden illness calling eliable doctor, who will know what the matter is. Somebody once said that mest people use a doctor to enable them to ain against the laws of nature with impunity. But that is a bad use for him.

Lady Aberdeen's Address. Commenting on Lady Aberdeen's address

at the convocation of the Chicago university, the Boston Transcript says: that as education in the best sense become more and more general, women will make ome life finer and simpler by virtue of their mental training in acquiring education. College discipline will not of necessity make omen a perfect race of home makers, but it must enable them to bring a trained faculty nto the exercise of the profession. Even women who marry "for a home and sup port," in the cold phrase, will recognize their industrial responsibilty in making nomes which will be primarily places of con tent for all concerned. The prophecy of 'the fadless woman" made some time ago by a prominent educator is a fitting part of the effect foretold by Lady Aberdeen.

the savings of several years through a severe case of nervous prostration, says the New York Times, found that the cause was no overwork, but astigmatism. It was one of the most serious forms of the disease, her physician said, that he had seen. "I should have worn glasses when I was a child," the young woman says. "All my nervous manerisms, they say now, have been due all my life to a nervous condition produced by my

It is a remarkable fact that the area the most delicate and sensitive organ of the human body, are more apt to be neglected than any other. If we remember that a pair of really good eyes is vouchsafed us but once, that they are worthy the best of care, and excess of lime, and its formation is indicated | that they should never be overworked or ne-Dr. Williams' Pink Pills cure by going to the root of the disease. They renew and ish tings. Thus the mixture assuming a beautiful green, ish tings. Thus the mixture is rendered alties to the disease. buildup the blood, and strengthen the nerves, kaline, and the acid is neutralized by the until, like the deacon's "one hoss shay," we go to pieces toto, instead of by sections.

—No other vegetable seems to deteriorate so rapidly if planted as seed year after year in the soil from which it was raised, as does hotel bar. "Buttonholing" the delegates

nceremoniously, he said: "What are you fellows trying to do, any way? You are hot on temperance, I see by the papers. Do you think you could make

a temperance man of me?"
"No," replied the delegate, looking him over from head to foot with a keen glance, slightly contemptuous, "we evidently could not do much with you, but we are after your

At this unexpected retort the man dropped a large one; that a very small piece of tuber so long as it contains two eyes, is large enough. As to the latter theory it may be when I was a boy, I should be a better man to-day."

Minard's Liniment cures Burns, etc.

WANTED!

Men to sell the old, established Fonthill Nurseries; largest in the Dominion; over 700 acres of choice stock, all guaranteed strictly first class and true to name. Large list of valuable specialties controlled absolutely by us. We have the only testing farms that are connected with any Nursery in the Dominion. Permanent place and good pay to those who can prove themselves valuable. We furnish everything found in a first class Nursery; fruits, flowers, shrubs and seed potatoes. Write us and learn what we can do for you.

STONE & WELLINGTON,

ONE CASE

(All Styles and Prices.) Direct from the Manufacturer.

PRICES RICHT. B. STARRATT. Paradise, April 16th, 1897.

Do You Use Them?

.. THE .. E. B. Eddy Co's Matches.

They Are The Best. **Much in Little**

sick headache, jaundice, constipation The only Pills to take with Hood's Sa 1897 - - 1897 PUMPS

Spray Pumps. Wash Boards. Barrel Covers.

House Pumps, Wringers, Garden Hose, Maslin Kettles, GRANITE IRONWARE in all the latest pai

-AND ALL KINDS OF-KITCHEN FURNISHINGS Cook Stoves and Ranges.

Nickle-Plated Tea Kettles

Custom-made Tinware. Factory Cans and Cheese Factory Work a specialty. Plumbing and Jobbing Promptly attende

R. ALLEN GROWE



'Sir William," 2.25% (Exercise half mile, 1.07.) Will stand for service during a portion of the season in charge of W. F. Gibbons, at the Grand Central Hotel Stables, Bridge-

charge.

His record is no limit of his speed. At His record is no limit of his speed. At the time he met with the accident last summer and went an exercise half in 1.07 it was conceded by all that he could have gone the full mile in 2.14, and on a mile track could have taken a record of 2.10 or better. His breeding is the best, and that, combined with his courage and disposition, should make him one of the greatest sires.

For further particulars enquire of

OR HUGH FOWLER. Bridgetown, April 13th, 1897. 3tf

SCRIBNER'S MAGAZINE

A Red Letter Year for 1897!

THE ENTIRE NOVELTY of many of the plans for 1897 is noticeable. For instance, the series devoted to London as seen by Charles Dana Gibson. Mr. Gibson has not before appeared as a writer. He visited London last summer for SCRIBNER'S Magazine, for the purpose of depicting with pen and pencil those scenes and types which the huge metropolis presents in endless variety. Of like novelty is the first considerable

Novel by Richard Harding Davis, The Conduct of Great Business. A beautiful illustrated series of articles of which the following are already completed:
"The Great Department Store."
"The Management of a Great Hotel."
"The Working of the Bank."
"A Great Manufactory."

"A Great Manufactory."

Undergraduate Life in American Colleges. A series of articles touching upon the life of our older universities as represented by the doings of the students themselves. Judge Henry E. Howland writes on "Undergraduate Life at Yale."

Mr. James Alexander on "Princeton," and Robert Grant and Edward S. Martin on "Harvard."

Japan and China since the War will be a most interesting group of articles richly illustrated. inustrated.

The Unquiet Sex. Under the title of "The Unquiet Sex," Mrs. Helen Waterson Moody will write a series of articles: "Woman and Reforms," "The College-Bred Woman," "Woman's Clubs," and "The Case of Maria" (a paper on domestic service),

W. D. Howells' Story of a Play. In this Mr. Howells gives us the best novel he has ever produced in his delightful vein of light comedy. ngnt comedy.

George W. Cable. In addition to the fiction enumerated there will be a series of four short stories by George W. Cable, the only ones he has written for many years, ones he has written for many years.

How to Travel Wisely with a minimum
of wear and tear must be regarded as an art
little understood. Mr. Lewis Morris Idings,
in two articles, will offer a variety of useful
suggestions and data on "Ocean and Land
Travel." This will be happily rounded out by
an article from Mr. Richard Harding Davis
on "Travellers One Meets; Their Ways and
Methods." The illustrations by American and
foreign artists will be highly pertinent.

. It is impossible in a small space to even mention the many attractive features for 1897. A beautiful illustrated booklet has been pre-pared, which will be sent, postage paid, on re-Scribner's Magazine \$3 a year

25 cents a copy. CHAS. SCRIBNER'S SONS. 153-157 Fifth Avenue, New York. ADMINISTRATRIX'S NOTICE.

A LL persons having legal demands against
the estate of RICHARD S. McCORMICK,
late of Bridgetown, in the County of Annapolis,
Merchant, deceased, are requested to render
the same, duly attested, within one year from
the date hereof, and all persons indebted to said
estate are requested to make immediate pay MARY McCORMICK, F. L. MILNER, Proctor of Estate. Bridgetown, March 24th, 1897.

NOTICE All persons having legal demands against the estate of J. WAYLAND BROWN, late of Bridgetown, in the County of Annapolis, deceased, are requested to render the same duly attested to within twelve months from the date herof, and all persons indebted to said estate are requested to make immediate payment to

Bridgetown, March 4th, 1897. 50 3m ADMINISTRATOR'S NOTICE ALL persons having any legal demands against the estate of MARIA WHEE-LOCK, late of Granville, in the County of Annapolis, widow, decessed, are requested to render the same, duly attested, within three months from the date hereof, and all persons indebted to said estate are requested to make immediate payment to

DAVID B. PHINNEY, ranville, March 8th, 1897. E. RUGGLES, Proctor for Administrator. 2n

NOTICE ALL persons having legal demands against the estate of ALBERT FYERANDOLPH, late of Williamston, in the County of Annapolis, farmer, deceased, are requested to render the same, duly attested, within one year from the date hereof, and all persons indebted to said estate are requested to make immediate payment to AGNUS M. FITZRANDOLPH. Or ROBERT FITZRANDOLPH,

**Administrator, Lawrencetown,

Williamston, April 12th, 1897. FOR SALE!

SCHR. "CRUSADÉ," now lying at Annapolis, 43 tons, good sailer and well found. Will be sold cheap. JOHN H. LONGMIRE,

DOMINION ATLANTIC

Land of Evangeline" Route On and after MONDAY, 1ST MARCH, 1897, the Steamship and Train Service of this Railway will be as follows (Sunday except-

Trains will Arrive at Bridgetown: Express from Halifax 11.26 a.m. Express from Yarmouth... 12.35 a.m. Accom. from Richmond... 5.05 p.m. Accom. from Annapolis... 6.30 a.m. Trains will Leave Bridgetown: Express for Yarmouth... 11.26 a.m. Express for Halifax..... 12.35 a.m. Accom. for Halifax...... 6.30 a.m. Accom. for Annapolis.... 5.05 p.m. Pullman Palace Buffet Parlor Cars run each way daily on express trains between Halifax and Yarmouth.

Royal Mail S.S. "Prince Rupert ST. JOHN and DIGBY, Monday, Wednesday, Friday and Saturday.

Leaves St. John..... 8.00 a.m. Arrives in Digby...... 11.00 a.m Leaves Digby...... 1.00 p.m. Arrives in St. John...... 4.00 p.m. Trains are run on Eastern Standard Time W. R. CAMPBELL, General Manager SUTHERLAND,



Nova Scotia and United States THE QUICKEST TIME. 15 to 17 hours be

Two Trips a Week. The fast and Popular Steel Steamer "BOSTON,"

Commencing Wed. Nov. 4th and until further notice will leave Yarmouth for Boston every WEDMESDAY and SATURDAY EVENING after arrival of the Express train from Halifax. Returning will leave Lewis' Wharf, Boston, every TUESDAY and FRIDAY at 12 o'clock, noon TUESDAY and FRIDAY at 12 o'clock, noon, 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 to all points in Canada via Canadian Pacific, Central Vermont and Boston and Albany Railways, and to New York via Fail River line, Stonington line, and New England and Boston & Albany Railways.

For all other information apply to Dominion Atlantic Railway and Central Railway agents, or to

THOMAS DEARNESS

and manufacturer of

Headstones, &c.

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,

Bridgetown, March 19th, 89.

Bridgetown, Nov. 11, 1896.

Scientifio American

PALFREY'S

CARRIAGE SHOP

-AND-

REPAIR ROOMS.

Corner Queen and Water Sts.

THE subscriber is prepared to furnish the public with all kinds of Carriages and Buggies, Sleighs and Pungs, that may be desired.

Best of Stock used in all classes of work.
Painting, Repairing and Vanishing executed in a first-class manner.

ERVIN & ALCORN.

ANNAPOLIS VALLEY

REAL ESTATE REGISTRY

REMEMBER no charge is made until

are is effected.

Parties having residental lots in the town or lose vicinity to sell at bottom prices would do rell to place them with us, as we have application for squared.

Bridgetown, Oct. 22nd, 1890,

ARTHUR PALFREY.

991y

Insect flowers This Insect Powder L. E. BAKER, Pres. and Managing Di W. A. CHASE, Sec. and Treasurer. the Highest Grade Manufactured Put up in 1-lb. Sifting Tins and in bulk.

Yarmouth, Nov. 1st, 1896. DEARBORN & CO., BRIDGETOWN Agents-ST. JOHN, N. B MARBLE WORKS N. B.—Our Sifting Tins contain from 1 to

Importer of Marble "I cannot get any Coffee like The above remarks were made to me last week by a lady and gentleman of our tows. Suppose you give it a trial and let me hear what you have to say about it. Monuments, Tablets, Also Monuments in Red Granite, Gray Granite, and Freestone.

THE USUAL LINE OF GROCERIES. CONFECTIONS. PATENT MEDICINES, STATIONERY.

TOILET SOAPS.

A. BENSON. Also Good Cider Vinegar. UNDERTAKER, F. C. PALFREY.

BRIDGETOWN. CRAND Caskets and Robes MARK-DOWN kept constantly on hand.

liso M'f'g of Hearses, Fancy Mantels, and Newel Posts. ##Jobbing orders promptly attended to. Business stand at Shaw & Fisher's factory.



Payson Store, Bridgetown.

FARM FOR SALE!

The subscriber offers for sale the valuable property, on Port Lorne Mountain, known as the Joseph Corbett farm. This farm is nicely subscribed by the subscribed of the subscr

CAUTION! All persons indebted to the estate of the late J. AVARD MORSE, either by accounts or promissory notes, are hereby notified that all payments of the same must be made to the undersigned, as no person has been authorized by them to collect said accounts or

Bridgetown, March 10th, 1896. Direct Evidence

in favor of the Banks or RED Gravenstein, is they sold for \$1 per bbl. more than the ordin-ary Gravenstein. My near neighbors who have carefully examined the fruit on the trees, and also my nursery stock, are now setting them by the fittles and hundreds. First-class trees, \$30 per hundred, \$5 per dox. FOR SALE: A snug Cottage in one of the best suburban parts of this town, with 2½ acres of land. Also a valuable business stand on Queen street in Bridgetown.

TO LOAN: On real estate, a small sum of \$250.00. A. STANLEY BANKS. rville, Kings Co., Nov. 13, 1896, 18 ly

The Bousehold.

IS, IF YOU WANT TO HAVE HEALTH AND A WAIST THAT IS

ardently admire and long for small ones. A pinched, laced waist is not only ruin to health, but to beauty, for it is always stiff looks are deceiving. Now, there was

any other emulsion in the world. We have no other business thought. Is it any wonder that it is the standard? go on breathing by movement of the abdomen and the muscles at the side of your waist. A very slight movement is all that is necesary for normal breathing; but now you have without fatigue—you can't do it, at all, for five! Do you know that the preservation or achievement of a round, slender waist like a lark. So, you see, a cough ain't any Light Single and Double Riding Waggons, Phaetons, Express, will be your reward if you will strengthen your muscles and learn to keep your chest up? It will certainly, except as you become up? It will certainly, except as you become Grocery and other Delivery

JOHN HALL, Agent. you try to fasten a tight skirtband), at the same time breathing deeply from the abdo-sauce and three cups of coffee at one meal, men. After the three times you are exhausted; rest and try it again; to-morrow you can perhaps do it four; don't tire yourto? On the other hand, there is my brother self, but keep at it till you have strengthened the muscles that hold your chest up first as you would strengthen the muscles of your "Do you sleep well?" arms, with use. Always practise out-ofdoors or with your windows up; there are many good breathing exercises and but few can very well be conveyed in print, but the main thing is very simple; breathe with your chest up, and keep on doing so till you do it

You could have fired a cannon off over his naturally, all the time that you are not re-

laxed in rest.

One good exercise that can be taught is to imply stand and take as long a breath as you can, chest well up, and then hold it as ong as you can. This exercise used for a awful feeble constitution. Se minutes every day is most beneficial, and physicians recommend it for strengthen-

ing and expanding the lungs. general rule, any air out of doors was better han any air indoors. Breathing exercises are most effective outside the house and gen erally they are not conspicuous even on a

-When polishing mirrors, windows o picture glass with whitening, the best way use it is to have it in muslin bags. Dampen the glass lightly, then rub with the bag and polish off with a crumpled news-

The best way to clean Brussels carnet is to lies there, then by the corners drag it over the grass to brush off the loose dust. When flavoring has been forgotten in s pudding or cake the fault may be remedied

by rubbing the desired extract over the outside of the cake as soon as it is taken from the oven.

A solution of vinegar and salt is the best thing to clean polished iron as well as copper. Heat the salt and vinegar in the frying pan or other dish. Rub off the stains, then wash

it off and scour it with sand soap.

The best dress to wear in the kitchen in gown of cotton turned back at the throat and made with sleeves that reach only a short distance below the elbow and need not be

rolled up. German country women boil in milk the yarn for their home-knit black stockings, so they will not "crock." If black underwear, equestrian tights or stockings that stain are treated in a like manner, the result will be found very satisfactory.

-The greatly elaborated collars and chokers have had their day, and the stock is having its inning. The choker is covered with a ribbon, with a bow either in front or behind, a circular piece of silk or velvet about an inch wide turning flatly upon the choker, like the white linen ones. This starts on each side of the bow, and encircles the opposite half

Scarfs of lace are wound about the throats satin stock is the thing, and is folded like the men's hunting stock.

you have had the pleasure of meeting me before." Or that of the charming elecutionmen's hunting stock.

was suffering from an epidemic of diptheria, the Board of Health decided that its presence was to be attributed to the fumes of a kerosene lamp turned down low, more than o any other single cause. Whether or not this be so, it certainly is a mistaken kindallow a lamp to remain in a child's bedroom

ly exposed. -Frequent basting is the secret of tender neat. Unless basted often the outside will often. But very good work may be done in an ordinary dripping-pan by supporting the meat on tripods and basting often.

—In answer to inquiries about rose pruning, I would say that I always find the spring the best time to prune all varieties of roses. Cut the stalks back to the first strong buds, and prune out all dead wood. In pruning in the fall you run a risk of taking away wood the stalks back to the first strong buds, and prune out all dead wood. In pruning in the fall you run a risk of taking away wood the stalks are to restrict the stalks back to the first strong buds, and prune out all dead wood. In pruning in the fall you run a risk of taking away wood the stalks are to restrict the stalks back to the first strong buds, and prune out all dead wood. In pruning in the fall you run a risk of taking away wood the stalks are to restrict the stalks back to the first strong buds, and prune out all dead wood. In pruning in the fall you run a risk of taking away wood the strong that the strong the strong the strong that the stro and prune out all dead wood. In pruning in the fall you run a risk of taking away wood that would, if left, possibly winter, and what you leave might die, so on that account alone it is better to prune in the spring rather than the fall.

-For the diaphanous organdie or Swis shirtwaist the prettiest finish at the throat is the stock of bias taffeta silk wound twice

Minard's Liniment the best Hair Restorer. -Minard's Liniment Cures Distemper.

Joker's Corner.

"Can you describe some of your symp-ome?" asked Dr. Pillsbag of a women weighing about 170, with the apparent con-

health, but to beauty, for it is always stiff and wooden, but the alenderness of youth is beautiful; the broad, flat waist so usual in middle age is not beautiful. It is not an inevitable curre. Lacing will not avert it, and neither will keeping thin, though it is certainly necessary not to get too fat.

Most women lose their figures because they do not breathe right. Breathing is a highly important function, and bad breathing produces any number of ills, from consumption down; but none more surely than a big waist.

duces any number of ills, from consumption down; but none more surely than a big waist.

Do you know what an "active chest" is?

Probably not; but your chest ought to be active—that is, lifted up—two-thirds of the Uncle Peter's wife on my mother's side. time you are awake. Stand up and take a Aunt Mandy her name was. Why, she long breath, as long as you can; now you lift your chest; keep your chest up while you as red as a beet in the face, and if she tried to run she'd look like a flame, and you'd thought she was raging with fever; and ther

was my Aunt"___ "Do you cough any?" let your chest fall! You are so tired you can't hold it up! That shows a very bad, unnatural state of things; the normal human being, whenever he is not relaxed, walks

"Do you cough any?"

"Well, not to say actually cough any, but I kind 'o hack a little. But, la, doctor, there was my brother Jim's wife. When it comes to coughing I wish you could have eing, whenever he is not relaxed, walks comes to coughing I wish you could have the heard her, and yet, if you'll b'leeve me, she vigor or interest, it is with his chest up; and you can't hold yours up three minutes Why, I've seen that woman all but choke in

hopelessly fat, and even then good breathing will do much to preserve some good outlines in your figure. Proper breathing and the if I have just what I want. But, mercy on the internal organs in their proper place and keep them from spreading the waist in a way that is unsightly, and shows not Greek health, but deficient vitality.

The first thing is to get so you can hold the

I've seen her eat a quarter of a pie and four. chest up. Walk across the floor three times, holding up your chest (just as you do when and four hot biscuits, and a good half pound

> "Middlin'. But, my good land, I know folks who sleep like dogs, and yet they ain't well. Now, there was my first husband— I've been married twice, you know, and my head without awakening him. I used to rur a sewing machine and sing gospel hymns at next room, and he'd snore right along, 'most as loud as I could sing, an' yet he had an "Tell me some of your symptoms, can't

That she could and did was evidenced by the fact that nine other patients who had assembled in the doctors waiting-room had to go away without seeing him, because Mrs. Gas was ahead of them, and the doctor was powerless to get her out for two hours and a half, and then he left her talking still,

A transposition of two or more letters, or instance this extract from a bride's letter of thanks: "Your beautiful clock has been received and is now in the drawing room on our mantlepiece where we hope to see you

The literature of advertisements is sometimes as humorous as the sayings of the fun-niest men. In the far west a man advertises for a woman "to wash, iron and milk two cows." A rather ghostly humor surrounds the announcement of an enterprising under-

taker, who says in the daily paper:
"No person who has once tried our airtight caskets will ever use any other." "A dry goods firm put a placard in the window which read: "Bargain sale now going on. Don't go elsewhere to be cheated come in here."

results in the following: "Wanted-An organist and boy to blow "Wanted-A boy who can open oysters with a reference." "A lady desires to sell her piano as she

A complication of curious advertisements

is going abroad in a strong iron frame,"
"Widow in comfortable circumstances wishes to marry two sons." "Bulldog for sale; will eat anything; very fond of children." A dentist advertises: "Teeth extracted of the bow, and encircles the opposite half of the choker, be it the front or the back half, according to where the bow is placed.

The mistakes of speech are sometimes

The plain chokers are topped by a lace or tulle or silk frill either all about or just at the back, the wrists being finished to match.

amusing to all except the embarrassed speaker. For instance, that of the insignificant youth who was introduced to a distinguished lady, and completely transposed the meaning of his elaborate address when of dressy frocks, the front arranged in a jabot, and for severe tailor gowns or skirts the black he bowed low and said: I think, madam, ist who thus rendered the climax of the —Who would suppose that a turned-down heroic poem she was reciting: "Go, your liver loves," said Cromwell, "Curfew shall are all accustomed to the disagreeable fumes arising from this cause; and when New York smart boy of the village, who spoke his piece before a large audience, beginning thuswise; Under the spreading blacksmith tree
The village chestnut stands,

Then come the slips of reverned tongues, when it is wicked to laugh, and worse not this be so, it certainly is a mistaken kindness on the part of an indulgent mother to on hearing the hymn "Conquering kings" allow a lamp to remain in a child's bedroom with the flame turned down. A turn-down kerosene lamp is a magazine of deadly gas, to which the strongest lungs cannot be safe-ly exposed. thy knee to an idol," and read it to his congregation "Bow not thine eye to a needle," must have been chagrined to see the smiles follow, and not know why. So with and be dry, hard and tasteless. A covered roastof the cloth who intended to read "This ing pan—a self-basting one—is a housekeeping utensil that ought to be in every kitchen; it saves much labor if beef is to be roasted it sale a fleeting show," but by a slip of the tongue rendered it thus: "This world is all a floating shoe." One can imagine the embarrassn

grand lady who, finding a stranger in her pew, asked him haughtily if he intended to

—Assimilable Phosphorus is the brain and nerve food, par excellence. One bottle of Puttner's Emulsion contains more of this invaluable element than a gallon of the much vaunted stimulants, Liquid Beefs, etc., of the day.

shirt wast the prettiest finish at the throat is the stock of bias taffeta silk wound twice around and ending in the stylish four-in-hand knot in the front.

"I can't see why they speak of the wisdom of the serpent." "Well, you never heard of a serpent getting its leg pulled, did you?"