

The Secret of Life.

Dr. Bacon says: "Discern of the coming of years, and think not to do this thing still, for age will not be defied." Half the secret of life, we are persuaded, is to know when we are grown old, and it is the half most hard to learn. It is more hardy learned, moreover, in the matter of exercise, than in the matter of diet. There is no advice so commonly given to the ailing man of middle age as the advice to take more exercise, and there is perhaps none which leads him into so many pitfalls. This is particularly the case with the brain-workers. The man who labors his brain must spare his body. He cannot burn the candle at both ends, and the attempt to do so will almost inevitably result in his lighting it in the middle to boot; the waste of tissue will be so great that he will be tempted to repair it by the use of a too generous diet. Most men who over their brains soon learn for themselves that the sense of physical exaltation, the glow of exuberant health which comes from a body strung to its full powers by continuous and severe exercise is not favorable to study. The exercise such men need is the exercise that rests, not the which tires. They need to get their brains with the fresh air of heaven, to bring into gentle play the muscles that have been lying idle while the head worked. Nor is it only to this class of laboring humanity that the advice to take exercise needs reservations. The time of violent delights soon passes, and the effort to protract it beyond its natural span is as dangerous as it is ridiculous. Some men, through nature or the accident of fortune, will of course be able to keep touch of it longer than others; but when once the touch has been lost the struggle to regain it can only but sorrow to the labor. Of this our doctor makes a cardinal point; but pertinent as his warning may be to the old, for whom indeed he has primarily compounded his elixir, it is yet more pertinent to men of middle age, and probably it is more necessary. It is in the latter period that most of the mischief is done. The old are commonly resigned to their lot; but few men will consent without a struggle to own that they are no longer young.—MacMillan's Magazine.

Parisian Balm. A delicately perfumed preparation for Chapped Hands and other eruptions of the skin. Only 25c. at all drug-gists.

Flour Mixing. All bakers mix flour, and every baker has his own particular mixture to which he tacks his chances of success. The man who uses the greatest intelligence in this, as in other matters, meets with the greatest success. There is always a reason why one mixture is better than another. It is probably better to most housekeepers that a mixture of two or more flours will make better bread than one flour alone. There are probably few housekeepers who ever heard of mixing flour. The mixture used as follows: Spring patent, two-tenths; spring bakers', two-tenths; Michigan clear, three-tenths; winter straight, three-tenths. The spring bakers' and patent are used for their body, the bakers' being used because of the saving of expense. The winter straight is used for the peculiar quality it gives the bread. It adds to the facility with which the dough may be handled and adds a pleasant quality of its own to the taste of the bread. The Michigan flour has a decided whiteness, not found in any other, and adds this color to the bread. Of course a mixture made of Michigan flour and winter and spring patents will be better than the one given above, but very few bakers use all patent flour, as its use would add materially to the cost of bread without yielding a comparative return in the selling price. In one house where the bread made is excellent, a mixture of one-third winter patent and two-thirds spring patent is used. The bread has a pleasanter taste than when made from either one of the two flours alone, and there is no difficulty in making the mixture. The addition of the Michigan flour to this mixture would no doubt add to the beauty of the bread, if not to the taste and keeping quality. It is simply an idea that it is a troublesome to mix flour which keeps housekeepers from adding to the quality of their bread in this way. Every cook does a thousand things more troublesome than mixing flour. In fact bread receives less attention in the average house than any article cooked there. A bread missionary would do more good for our people than any one else possibly could. We never heard of but one such. She is to be found in the person of a celebrated teacher in a school of domestic economy who refuses to give lessons in cake making but shows how palatable bread may be made even without failure. Many households testify to the value of her labors.

It has not been considered a miller's business to mix flour, but the man, be he miller or merchant, who produces a successful mixture for household use and sells it under a brand of his own will undoubtedly find a ready sale for it. This is ground. It is not possible to mixture must be made after the flour mix wheats and make good flour. Grinding which will do for one wheat will not for another and the miller who mixes two kinds will not be able to find a medium which will grind both. This has been tried many times, but without success. The mixture must be made after the flour is finished.

Sleepless Worry. Is often occasioned by a harassing, tickling cough which might easily be cured if the right remedy—Haygarth's Pectoral Balm—was made use of. Its soothing, healing and expectorant qualities make it wonderfully useful in every family for coughs and colds.

Beans. It is the fashion nowadays to deride this staple food of our grandmothers. Beans are said to be coarse, indigestible, only suitable for the laboring classes. It is even whispered at times that they are vulgar, and when Maximo Gandy issues this edict, who so bold as to defy and persist! Let us be deceitful, let us be vain, nay, even let us be dishonest, but vulgar!—shades of our ancestors!—never! Therefore I propose to put in a plea for

this same despised bean; to maintain, and endeavor to prove, that they are more sinned against than sinning; that, properly cooked and served, they form a most nutritious, appetizing, healthful and economical food, not only for stout men and boys but for delicate women and children as well. Not one time in a hundred are they properly cooked, especially when left to servants. They contain 24 per cent of nitrogenous matter in the form of legumines, or vegetable caseine, and are therefore more highly nutritious than almost any other food. Were it not for the fact that, as usually cooked, they are rather more difficult of digestion than many other foods, there would be no question as to their superiority as a diet. One pound of beans contains nearly six ounces of heat-producing properties and half an ounce of flesh-forming food, which is more than twice as much of the flesh-food, and as much of the heat-food as wheat flour. Mixed with a little fat, in the shape of good salt lard, or pork, and fresh sweet butter, to increase their heat-producing properties, they form a nearly perfect food, especially during the cold winter months.

The economical woman who means to provide beans in some form once a week, at least, during the winter, will find it better to buy them by the bushel, and keep indefinitely, and the price per bushel is much less proportionately than the price per quart. Though the small white pea-bean is the one most often used on our tables at the present day, the large dark cranberry bean has really a far richer and finer flavor, and ought to be cheaper, since it is more easily cultivated and prepared for market. In the cities, however, it is now difficult to get them at any price. The old-fashioned "yellow eye" are the nearest to them to be found in the market a dollar a peck. The black beans are usually about fifteen cents a quart, or four dollars a bushel, but one uses them in comparatively so small quantities that it is hardly worth while to buy them by the bushel.

In Holland and Germany the green bean pods are extensively preserved in salt for winter use. They are in pieces, put down in barrels, salted, and when wanted for use are freshened by soaking, and then cooked just as one cooks fresh "string beans" with us. The tiny pods make a delicious pickle by themselves, or as an addition tochowchow. Indeed there is scarcely any limit to the uses to which beans may be put as food. They will grow in any climate and under almost any circumstances. In fact they have been cultivated the world over from time immemorial as a staple article of diet,—by the ignorant savages of Hindostan, and South America, as well as by the more civilized races of the temperate zones. At one time the carob beans, grown on the shores of the Mediterranean, were supposed to be the locusts upon which John the Baptist subsisted in the wilderness, and they were therefore commonly called St. John's bread, but the superstition is now, of course, exploded.—(Good Housekeeping.)

Best of All

Cough medicines, Ayer's Cherry Pectoral is in greater demand than ever. No preparation for Throat and Lung troubles is so prompt in its effects, so agreeable to the taste, and so widely known, as this. It is the family medicine in thousands of households. "I have suffered for years from a bronchial trouble that, whenever I take cold or am exposed to inclement weather, shows itself by a very annoying tickling sensation in the throat and by difficulty in breathing. I have tried a great many remedies, but none does so well as Ayer's Cherry Pectoral which always gives prompt relief in returns of my old complaint."—Ernest A. Hooper, Inspector of Public Roads, Farish Terrebonne, La.

For Home Use.

I have tested its curative power, in my family, many times during the past thirty years, and have never known it to fail. It will relieve the most serious affections of the throat and lungs, whether in children or adults. —Mrs. E. G. Edgerly, Council Bluffs, Iowa. "Twenty years ago I was troubled with a disease of the lungs. Doctors advised me to give up, and I was nearly my case hopeless. I then began to use Ayer's Cherry Pectoral, and before I had finished one bottle, found relief. I continued to take this medicine until a cure was effected. I believe that Ayer's Cherry Pectoral saved my life."—Samuel Griggs, Waukegan, Ill. "Six years ago I contracted a severe cold, which settled on my lungs and soon developed all the alarming symptoms of Consumption. I had a cough, night sweats, bleeding of the lungs, pains in chest and sides, and was so prostrated that I could not get up. After trying various prescriptions, without benefit, my physician finally determined to give me Ayer's Cherry Pectoral. I took it, and the effect was magical. I seemed to rally from the first dose of this medicine, and after using only three bottles, am as well and sound as ever."—Rodney Johnson, Springfield, Ill.

Ayer's Cherry Pectoral,

PREPARED BY Dr. J. C. Ayer & Co., Lowell, Mass. Sold by all Druggists. Price 25c; six bottles, \$1.50.

C. P. R. BOOM

TOWN PROPERTIES FOR SALE.

\$100 AND UPWARDS I have a large number of Houses and Lots at Vacant Lands in the most desirable parts of the Town—FOR SALE CHEAP. Now is the time to secure property before the Big Rush. The C. P. R. is coming and in a short time prices will have advanced considerably. Call and see List and Prices before purchasing elsewhere.

R. RADCLIFFE, Real Estate and General Insurance Agent Office West-St., third door from Square, C. P. R. Ticket and Telegraph Office. 54-1/2.

BURDOCK PILLS

A SURE CURE FOR BILIOUSNESS, CONSTIPATION, INDIGESTION, DIZZINESS, SICK HEADACHE, AND OBSCURE OF THE STOMACH, LIVER AND BOWELS. THEY ARE MILD, THOROUGH AND PROMPT IN ACTION, AND FORM A VALUABLE AID TO BURDOCK BLOOD BITTERS IN THE TREATMENT AND CURE OF CHRONIC AND OBSTINATE DISEASES.

NOTICE TO BUILDERS & FARMERS

The Falls Reserve Lime Kiln is now running full time, and any quantity of Fresh Lime can be obtained at the Kiln at all times for 10c. a bushel.

M. & C. BÄCHLER, Proprietors Goderich, May 30, 1889. 22061

A COOK BOOK FREE

By mail to any lady sending us her post office address. Write, Richardson & Co., Montreal.

GOODE, THE DRUGGIST

Makes a specialty of FINE DISPENSING, PERSONAL ATTENTION, FINEST WORK, NIGHT ATTENDANCE. TELEPHONE CALLS PROMPTLY ANSWERED. If you request it, your Physician will leave his order at my Establishment, thus securing you these advantages and moderate charges.

HORSE AND CATTLE MEDICINES.

Try us for SPONGES, TOILET ARTICLES, PERFUMERY, ETC. A few pieces of that BEAUTIFUL MUSIC given to ladies with purchases, still in stock. McLEOD'S SYSTEM RENOVATOR, and all other leading Patent Medicines. W. C. GOODE, DRUGGIST, ALBION BLOCK.

LATEST STYLES

MILLINERY.

We have now on hand a complete stock of Pattern Hats and Bonnets, with Latest Novelties in Ribbons, Plushes and Trimming Materials. Inspection cordially invited.

Miss Boland,

(Successor to Miss Graham, West-st.)

FALL MILLINERY.

MISS CAMERON, Hamilton Street, begs to announce that she has now in stock the latest styles in fall Millinery, specially imported from the British markets for this season's trade, which comprise some of the most handsome goods ever seen in this section, including Feathers, Flowers, Ribbons, Shapes, Trimmed Goods, etc.

A CALL SOLICITED.

MISS CAMERON.

MONTREAL REPRESENTATIVE HOUSES

THE BEST GARTH & CO. BAKING POWDER

McJARRIE'S GENUINE COOK'S FRIEND. No Harm. Nothing Injurious. RETAILED EVERYWHERE.

D.A. MCGASKILL & CO. MANUFACTURERS OF FINE

CARRIAGE VARNISHES & JAPANS 4 SILVER MEDALS AWARDED MONTREAL

CHADWICK'S LEATHER OIL

STEEL-LINED TRUNKS In Samite, Leather, and all other kinds. Lightest and Strongest TRUNKS In the World. J. EVELEIGH & CO MONTREAL. Sole Mfrs. for the Dominion

HOTEL BALMORAL.

McJarrie's Cherry Pectoral. Sole Agents for Canada, J. PALMER & SON Wholesale Imp'trs of DRUGGISTS' SUPPLIES 1743 NOTRE DAME ST., MONTREAL.

RECKITT'S BLUE.

THE BEST FOR LAUNDRY USE.

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Wrappings, Manilla, ALL SIZES AND WEIGHTS TO ORDER. JOHNSTON'S FLUID BEEF THE GREAT STRENGTH GIVER A PERFECT FOOD FOR THE SICK AND FOR WARMING & INVIGORATING A POWERFUL INVIGORATOR

SPECIAL

FOR SALE, PRICES LOW.

CASH OR ON TIME.

1 General Purpose Horse. 2 One Horse Wagons, New. 1 Fairbanks Hay or Cattle Scale. 1 50 H. P. Engine and Boiler. 2 Boiler Heaters. Shafting, Pulleys & Belting. 200 Plows, various Patterns. 50 Corn Scufflers, \$2.50 each. PIPE AND FITTINGS. Plow Repairs of all Kinds. Cash paid for Cast and Wrought Scrap Iron. Warerooms near Victoria-st. Methodist Church.

C. A. HUMBER.

11-1/2

BUY ENVELOPES, NOTE HEADS, LETTER PAPER, BILL HEADS, Etc., Etc., at THE SIGNAL PRINTING OFFICE.

Merchants can get their Bill Heads, Letter Heads, Etc., printed at this office for very little more than they generally pay for the paper, and it helps to advertise their business. Call and see samples and get prices.

PUBLIC NOTICE!

Another large consignment of Fresh Teas of superior quality.

In order to counteract the dishonest practices perpetrated on the public by peddlers and others, we are offering Special Inducements in Tea and Coffee, and solicit your patronage.

REES PRICE & SON.

Kay's Block, next Bank of Commerce, Square. Orders by Telephone promptly attended to.

THE "WIRT" FOUNTAIN PEN.

EVERY PEN GUARANTEED. Writes Thin and Thick Letters, as with a dipping nib. CAN USE ANY WRITING INK. No pen spotted by blotting. No time wasted dipping into an ink bottle. Always ready for use. Always reliable. Always a source of pleasure to the owner. For the "Wirt" Fountain Pen. Business men, professional men, clerks, students, book keepers, in fact, everybody who writes at all should have a "Wirt" Pen. The large number of these Pens which have been sold in Goderich and vicinity, some of which have been in constant use for years, fully testify to their durability and efficiency. Each Pen is enclosed in a neat case, and is accompanied by full directions for filling, cleaning and using, also a glass and rubber bulb injector for filling the Pen.

Price, \$3.00 and upwards. Call on or write for particulars to D. McGILLICUDDY, Sole Agent, Goderich, Ont.

WE HEAD THE PROCESSION.

GEO. BARRY, the Furniture Man, is giving the best of value in all lines of Furniture—from the smallest chair to the largest and best bed-room set, or parlor suite. Call and see his stock and get a bargain.

UNDERTAKING.

In all its branches, promptly attended to. EMBALMING FLUID always kept on hand. PICTURE FRAMING a specialty. GEO. BARRY, Hamilton-St., Goderich.

EXPERIENCE, CAPITAL AND SKILL

Are the factors employed in the purchase of Goods from the best houses in the trade. The general verdict is that Munro is abreast of the times, and in all departments fully up to the mark. My increasing business is an evidence that my efforts to please the public are appreciated. And while I endeavor to keep almost everything usually found in a first-class house, the general public may rely upon getting the correct thing in every department. Notwithstanding the advance on Silk Goods I will sell Satin and D'Lyons, Surahs and Satin Merveilleux at former prices. My Specialties for the Season. Linen Goods in great variety, Laces and Edgings, Fine Hosiery and Gloves, and all the leading items in Smallwares, from Needles up. All Goods marked in plain figures and strictly one price.

ALEX. MUNRO,

Draper and Haberdasher.

FURNITURE

If you want to see the largest stock of Furniture in town, go to D. GORDON. If you want to see the Cheapest WINDOW SHADES and the New styles, call and see those lovely tints and shades. PICTURE FRAMING neatly done. JOBBING done cheaply. I do not keep CHILDREN'S CARRIAGES in stock for want of room, but have all the catalogue on hand, and any person wanting one I will order on a small commission. UNDER TAKING. In the undertaking I have everything required in a first-class establishment. I am the oldest and most experienced Funeral Director in the County. CHARGES MODERATE. Goderich, April 19th, 1890. 22061

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