us,
Out of these days will the burden drop;
wer again shall the hope deceive us,
Never the hindrance our progress stop.
eed from the chill of the vain endeavor,
Winged with the power of endless life,
e of these days we'll forget forever
All the defeats of the earthly strife.

One of these days we shall know the reason
Haply of much that perplexes now;
One of these days in the Lord's good season,
Seal of His peace shall adorn the brow.
Blessed when brought out of tribulation;
Lifted to dwell in the Lord's own light,

Lifted to dwell in the Lord's own light,

One of these days the darling faces
Vanished here from the household band,
Haunting yet our familiar places,
Wooing us yet to the better land,
Smiling then in the light of heaven,
Once again will be all our own.
One of these days 'twill to us be given
To stand with our darlings before the

One of these days! Some pearl-bright morn- the hair long and full of dandruff, and when one of these days! Some golden noon? Or the evening gray, or the midnight waning? Even so, Lord, come late or soon.

Come, beloved, and find us serving, Come, we cry with our longing scul, Come to save from our faithless swerying, Come to touch us and make us whole "Till he come!" 'tis our song and story; One of these days its thrilling chord, oing through the immortal glory,
We shall lift to our risen Lord—Margaret E. Sangster

Is Death Painful? THE VIEWS OF REV. E. J. HARDY ON THE

Many people, through fear of death, are terror of death. The thought of it made | feet had been made to fit the shoes, inst the stable window and imagined that a tre-mendous abyss yawned beneath his feet; whose feet had been rasped. Fate, in the character of Maritones, cuts the

When Louis XIV. lay dying—"Why
weep you?" he asked those who surrounded
his death-bed. "Did you think I should
When the bodies or frames have grown give live for ever?" Then, after a pause, "I them oatmeal and rye, ground entire, mixed thought dying had been harder." Dr. Hunt- with bran, putting in twice as much bran as er was another who was agreeably surprised rye. Keep up a vegetable and apple diet, by his experience of dying. His last words | and allow them to eat all the grass they will. were, "If I had strength to hold a pen I would write down how easy and pleasant a Pork made in this way will be tender and thing it is to die." A charming actress, juicy. The fat is something more than lard; friend that dying was the nicest sensation | meat. Canterbury, as his "agony" befell, quietly remarked, "It is really nothing much after

I live upon the earth the hireling of another, of a good steaming apparatus. than bear sway over all the dead that are no more." When death is bitter it is so, as a man, for instance, can scarcely die easily if man who attended Oliver Goldsmith in his last hour asked him if there was anything on his mind, as he could not account for his temperature being so high. The poet admind. To some it is riches and not poverty that render death painful. When Garrick showed to Dr. Johnson his palatial residence the latter said, "Ah, David, these are the

things that make death terrible!" John Wesley was once asked by a lady -"Suppose you knew that you were to die at twelve o'clock to-morrow night how would you spend the intervening time?" How madam? he replied; "why just as I intend to spend it now. I should preach this night at Gloucester, and again at five o'clock torrow morning. After that I should ride to Tewkesbury, preach in the afternoon, and meet the societies in the evening. I should to fill post holes when building fences. They then repair to friend Martin's house, who expects to entertain me, converse and pray many years longer than when set in the usual with the family as usual, retire to my bed at ten o'clock, commend myself to my heavenly Father, lie down to rest, and wake up in

This was the feeling which enabled the American General, Stonewall Jackson, to die as he did. When told that he had only ing winter about two hours to live, he answered-" Very good; it is all right. Order A. P. Hill to prepare for action. Pass the infantry to the ront rapidly. Tell Major Hawks-" Presently a smile of ineffable sweetness spread itself over his pale face, and he said quietly and with an expression of relief: "Let us cross over the river and rest under the shade My Toothache!

My Toothache!

Is an exclamation heard every hour in the day. Toothache is the most common ailment of young and old, and the aggregate inflicts more suffering than perhaps any other single complaint. A one minute cure is just what every person desires to possess. Nerviline—nerve pain cure—acts almost instantly in relieving the agony, and a sample bottle affords a quantity sufficient for too applications. 10 cents fills the bill. Polson's Nerviline is the only positive remedy for toothache and all nerve pains. Sold by all dealers in medicine.

ved from a good son and brother. Whenever I see a young man lovable, helpful and cheerful in his father's house, respectful and tender towards his mother, affectionat and gallant toward his sisters, I say to my-self confidentially and confidently; "There is a good husband, in sure evolution, and happy will that woman be who shall win to herself the gracious, perfected result, with-out impovershing the old home life and love."

Rev. W. A. Newcombe, Thomaston, Maine, writes: Suffering from indigestion when in Nova Scotia a year ago, a package of K. D. C. was given me. I cheerfully acknowledge that the effect of the remedy in curing the trouble was very marked and prompt as well as lasting.

-MINARD'S HONEY BALSAM is

Agricultural.

Water Your Horses Often. ceding a horse principally on grain and ring it five hours without water is like giving a man salt mackers! for dinn not allowing him to drink before supp very satisfactory for the man. If you mow anything about the care of horses and have any sympathy for them, water them as if possible. By doing this you will not only

One of these days will the heart-ache leave be merciful to your animals, you will be a work, look better and live longer. If you are a skeptic and know more about horse foregoing is wrong, because you have had horses die with watering them too much and boldly say that the agitators of frequent become overthirsty. A driver who sits in his wagon and lashes his worn-out, halfcurried, half-fed and half-watered team de serves to be punished as a criminal.

One reason why horses gall their shoulders while at work is the neglect of the attend ants in keeping the portion of the collar that presses against the skin, free from the dirt, Patiently then our cross we'll carry,
Joyously onward daily fare;
What though the word of the King may
by the friction of the collar against the the season's work the shoulder is tender the work is heavy, the collar should be cleaned every morning and noon, before co or two cleanings during the half day will prevent galling. This can be done by rub bing the hand briskly several times over the surface. It takes but a moment and can be lone while the team is resting. The shoul ders should be washed in warm water at night, rubbed dry, and if then washed in water in which white oak bark has been boiled for 15 minutes, the skin is toughene and the galling prevented. Colts, particular larly, should have their collars well fitted

Shoeing Horses.

Speaking at the dinner in connection wit all their lives subject to bondage. The questions—How shall we die? When shall we Street, who acted as one of the judges on die? and where shall we die? are continually horse-shoeing should be given in the island worrying them. Indeed, there have been In the horse-shoeing competition at the several suicides caused by this haunting show, he said, they noticed animals whose their lives insupportable, and they killed of the shoes being made to fit the horse's feet. themselves in order to know the worst. And The horse's feet had been rasped and rasped yet it is quite possible that in respect to the away to make the feet fit the shoes. To show physical sensation of dying we resemble Don | what the judges thought of such work, they Quixote, when he hung by his wrise from had cast out of the competition every hore

-The desire for good, lean pork, instead thong with lightsome laughter, and the gal- of so much fat, has put many people considwho had been twice almost drowned, told a it is meat, with the grain and substance of

-The effect of the drought in creating a scarcity of grain and fodder will undoubtedly increase the demand for appliances to cut A man said to Socrates: "The Athenians and steam food so as to make its nutritive "And value more available. A great deal of coarse CHOICE FAMILY GROCERI nature," he replied, "thas condemned them." fodder will be used this winter that usually simply as a destroyer. To them it was the | that are rejected when fed whole, or even last and most bitter of foes. Achilles in when cut into small pieces, will be greedily Hades says to Odysseus: "Nay, speak not eaten when steamed. There is much valuemfortably to me of death. Rather would able nutrition that can be saved by the use

general rule, far more by reason of anxiety and remorse than from physical causes. A defective foot can ruin a horse about as he is leaving a widow and family for whom | quickly as any blemish. It is true that a provision has not been made. The medical good many feet are spoiled by defective shoeing, but vastly more by not being kept clean.

-Here is one of the points of profit in temperature being so high. The poet admitted that there was. Debt was upon his handled, should be able to do enough work about the farm to pay for his keep-not heavy work, but light work which is just sufficient to give him the needed exercise.

> -It will be an advantage to every farmer to visit the agricultural fairs in order to keep well informed in regard to the many new implements and machinery that are invented every year. It is important to us the best labor-saving appliances. -Coal ashes may serve a very valuable

> place in the farm economy by using them arrest decay, and a post so set will last

-Mend your broken panes of glass; tighten up all the cracks; give your fowl houses a good washing with lime, and have everything clean, dry and sweet for the com

-English Sapvin Liniment removes all hard, soft or calloused Lumps and Blemishes from horses, Blood Spain, Curbs, Splints, Ring Bone, Sweeney, Stifles, Sprains, Sore and Swollen Throat, Coughs, etc. Save \$50 by use of one bottle. Warranted by deBiois & Primrose.

- When you house the chicks for win do not put too many in one house. Eight or ten feet floor space for each one is none too much for health and vigor.



INFLUENZA.

Or La Grippe, though occasiona demic, is always more or less pre The best remedy for this con is Ayer's Cherry Pectoral. is Ayer's Cherry Pectoral.

"Last Spring, I was taken down with
La Grippe. At times I was completely prostrated, and so difficult was my breathing
that my breast seemed as if confined in an
iron cage. I procured a bottle of Ayer's
Cherry Pectoral, and no sooner had I began
taking it than relief followed. I could not believe that the effect would be sor apid and the
cure so complete. It is truly a wonderful medtcine."—W. H. WILLIAMS, Crook City, S. D.

AYER'S **Cherry Pectoral** Prompt to act, sure to cure

"Shorter" Pastry

"Shorter" Bills. We aretalking about a " shorten ing" which will not cause ind gestion. Those who "know a thing or two" about Cooking (Mario Harland among a host of

COTTOLENE

purest, healthiest and cleanest ingredients go to make up Cottolene. Lard isn't healthy, and is not always clean. Those who use wealthier than those who use lard-Healthier because they will get "shorter" bread; wealthier because they will get "shorter" grocery bills—for Cottolene costs no more than lard and goes twice as far-so is but half as expensive,

Dyspeptics delight in It! Chefs praise it! Cooks extol it! Housewives welcome it! All live Grocers sell it!

> N. K. FAIRBANK & CO., Wellington and Ann Streets, MONTREAL.

FLOUR FLOUR.

Just arrived, another Car Choice Family Flour at the following prices:— Ocean, High Grade, - \$3.75 Empress, - - 3.25 Diamond D, Best Manitoba, 5.54 Middlings, per bag, 1.35

SPECIAL DISCOUNT

Tea! Tea! ry one pound of our 40c. Tea. BEST VALUE EVER OFFERED. Try it

"Gold Dust" Washing Powder. GENTS' FURNISHINGS! I am offering great Bargains in

GOLD DUST!

Men's Underclothing, Top Shirts, Cardigans, Overalls, Jumpers, Hats, Caps, Gloves, &c.

FREE TO ALL! To all persons buying Four Bars of "CENTURY SOAP," at 7 cents per bar, we will give a large picture. Call early and

BOOTS, SHOES,

and RUBBERS,

Wanted-Any quantity of Good Butter and Fresh Eggs. JOSEPH I. FOSTER. Granville St., - Bridgetown

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 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 varie-ties, 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 hariness.

THE SUBSCRIBER HAS JUST RECEIVED

AN ASSORTMENT OF Tweeds Suitings

Yarmouth and Oxford Mills, ALSO ANOTHER LOT OF

TEA, ALSO APPLE PEARERS.

Good Flour \$3.80 to \$4.00 £3 Have commenced shipping Apples and Plums to St. John, Halifax and Yarmouth. Being acquainted with all the reliable Grocers and Commission Merchants in St. John and Halifax, will get the highest possi-ble price for produce.

ble price for produce.

Butter, Eggs, Washed Wool, Dried Apples, taken in exchange for goods. J. L. MORSE.

Banks or Red Gravenstein! sn accompanies order. No person authorized to take orders for me less furnished with printed forms.

A. STANLEY BANKS, Waterville, Kings Co ADMINISTRATOR'S NOTICE!

Central Clarence, Sept. 20th, 1894. 26 13i WEDDING STATIONERY NEATLY DON'S AT THIS OFFICE. BRIDGETOWN



THOMAS DEARNESS, Importer of Marble

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. Bridgetown, March 19th, 89. BRIDGETOWN



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.

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

ATWhen you want a nobby fitout, a place to bait your hope, or any information connected with the livery business, ask for N. E. CHUTE.

Proprietor of the Bridgetown Livery Stables.

Bridgetown Anril 825, 1809

dgetown, April 25th, 1893.—4

PAGE WOVEN WIRE FENCE Has the Highest Award

in the World! officer are proven on the first of settles, in 'dress parade.

Don't fail to keep it before the people that ou the only perfectly self-regulating fence of red. Don't loose sight of the great saving! sits, as with some other fences the posts alor posts, as with some other fences the posts at costs as much as our fence complete. I believe we have the best fence for the mo on earth. I base my bolief on the fact that-string of fence sells lots more. Page fence proved itself by far the best for farmers' and we know from the orders already recei-that our business will boom with that of

armers.

A variety of fences suitable for all purp-semeteries, school grounds, hen yards, ards and hog yards, orchards, gardens. Our Lawn Fence is just right. A. B. PARKER. General Agent for Annapolis County. Farmington. 41 tf

LAWRENCETOWN PUMP COMPANY! ESTABLISHED 1880. W. 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-nam 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. KINGSTON VILLAGE ARRIVALS

KINGSTON, April 17th, 1894. triends,— I should like you all to come and see my new store and while you are here it will be a pleasure to show you what a nice line of Prints, Cashmeres, Cloakings, Lace Curtains, Shades, Boots and Shoes I have.

The gentleman. meres, Cloakings, Lace Curtains, Shades, Boots and Shoes I have.

The gentlemen will no d Jubt be pleased with the Ready Made Clothing, Shirts, Hats and Tleis; while the ladies will surely want to look at the Millimery, Capes, Jackets and Underclothing, and those nice Ginghams for Aprona. If any of you are contemplating matrimony you will be pleased with the Dinner and Teasets, Carpets, Bedroom Suites, Mattresses, Chairs and Tables.

Chairs and Tables.

The contemplating of the Chair of the Cha

FLOUR,

MEAL AND FEED.

Masonie 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 GOLDIES FLOUR at prices ranging from

\$3.15 to \$4.50

-ALSO-

\$1.35 per bag.

Read the following:-

according to quality.

-REPRESENTING-FRANK RAND & CO., SPITALFIELDS MARKET, LONDON,

86 Commercial St., Boston.

Telephone at Canning. 22 6m. -CURES-

MR. JOHN TEMPLEMAN, says:

A Pure Manitoba Flour, which is giving general satisfaction. MIDDLINGS from \$1.25 to Cornmeal, Oatmeal and Feed Flour

GATES O SUPERSEDES ALL PILLS PINYIGORATING PROSTATHARTIC SYRUP Home Testimony from Actual Ex-perience is always the same.

Fine Store and Dwelling House

Make New, Rich Blood "Land of Evangeline" Route On and after WEDNESDAY, Oct. 3rd, 1894 he trains of this Railway will run daily

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. .

Trains will Leave Bridgetown: Express for Halifax..... 1.12 a.m †Monday, Wednesday, Friday. *Tuesday, Thursday and Saturday. Trains are run on Eastern Standard Time



"BOSTON"

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 7.90a.m., local time, and from Annapolis upon arrival of the Halifax Express.

nections at St. John with all outgoing , and the International S. S. Co. TROOP & SON, Managers, St. John, N. B. J. S. CARDER, Agent, Annapolis. SPRING

SUITINGS JOHN H. FISHER,

ANNAPOLIS,

Spring Stock
has arrived, and is now on inspection. It embraces all the

Scotch and English

d 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. FRUIT BROKERS

BERRY & HOWARD, SION MERCHANTS,

Consigners to either of our houses may de pend 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 steneils with register number.

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

Lingard's Cough Balsam 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. Emulsion

W. M. FORSYTH. FRUIT & PRODUCE MARKET P. M. JENKINS & CO., General Commission Merchants.

FOR SALE!

"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 hersh 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.

ARSON

SHOE

Oil Goat, Calf,

Kangaroo, etc., etc.

Ever shown in Middleton.

\$1 buys a nice pair

of Men's Boots!

EXECUTOR'S SALE!

Saturday, the 15th day of December next, at two o'clock in the afternoon, under a license granted by the Judge of Pro-bate for the said County of Annapolis, dated he 18th day of November, A.D. 1894. All the estate, right, title, interest and emity

BLACKSMITH,

ALSO:

SYDNEY MINE COAL.

WATSON A. KINNEY

Anæmic Women

with pale or sallow complexions,

Scott's

Bridgetown, Oct. 24th, 1894.

LINE, STEP INTO

G. W. ANDREWS'

Dongola, French Kid,

LARGEST ASSORTMENT

Middleton, Aug. 21st, 1894.

Buff, Oil Pebble,

ANYTHING IN THE BOOT

Express for Yarmouth.. 11.53 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.

RAILWAY!

SUTHERLAND,



Nova Scotia and United States THE QUICKEST TIME. 15 to 17 hours be tween Yarmouth and Boston. STEEL STEAMER

Until further notice will leave Yarmouth for Boston every WEDNESDAY AND SATURDAY EVENINGS, after the arrival of the evening Express from Halfax. Returning leaves Lewis Wharf, Boston, at twelve o'clock, noon, every TUESDAY and FRIDAY, making close connections at Yarmouth with the Dominion Athalfay and the Armouth with the Dominion Athalfay and the Halfay and to 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.

To be sold at Public Auction on the premis at GRANVILLE, in the County of Ann Pres. and Managing Directo W. A. CHASE, Sec. and Treasurer. der a license granted by the Jugge of Protie for the said County of Annapolis, dated
to 18th day of November, A.D. 1894.
All the estate, right, title, interest and equity
'redemption of David R. Bath, late of Granille, deceased, at the time of his death, of, in,
p and out of all those certain lots, pieces and
arcels of land, situate at Granville, aforesaid,
and described as follows:—

1. That certain lot or parcel of land conveyed
to the said David R. Bath, deceased, by Benjamin Fellows, James E. P. decea

described as follows: On the south by the Annapolis River; on the west by lands formerly owned and occupied by George Fellows: on the north by lands formerly owned and occupied hy James Chute, and on the east by the Chute Road so-called, containing one hundred acres more or les-rain lot, tract or parcel of wood land situated in Granville, aforesaid, bounded and described as follows: On the west by lands owned by John Bath; on the north by the old cross road, so-called, on the Fast by lands owned by John Bath.

TERMS:—Cash.

GEORGIA BATH, Executrix.

ROBERT BATH, Executor.

Bridgetown, Nov. 13th, 1894. wishes to inform his many friends that his

Leading and Fashionable To Arrive!

SPRINGHILL, CLOTHS,

WHOLESALE PRODUCE AND COMMIS-

or suffering from skin eruptions or scrofulous blood, will find quick relief in Scott's Emulsion. All

general decline of health, are speedily cured.

takes away the pale, haggard look that comes with General Debility. It enriches the blood, stimulates the appetite, creates healthy flesh brings back strength and HALIFAX -**NOTICE OF ASSIGNMENT!**

PROMPT RETURNS MADE.

Notice is hereby given that by Deed of Assignment, dated the 25th day of October, A. D. 1894, and filed and recorded in the office of the Register of Deeds at Bridgetown, Annapolis county, Smith Larrimore, of Granville, in said county of Annapolis, farmer, did transfer and assign to the undersigned all his property of every kind in trust for the benefit of his creditors.

The deed provides that after payment of all costs and charges in connection with the execution of the trust, the balance remaining over is to be applied to the payment without any preference of the creditors who shall sign the said deed within three months from the date thereof; and the balance still remaining is to be applied toward the payment of the remaining creditors, if any.

A duplicate of said deed lies at the office of T. D. Ruggles & Sons, Barristers, Bridgetown, aforesaid, where the same may be inspected and signed.

(Sgd.) HECTOR MACLEAN,

The Household

a wife or husband than to publicly snub the one or henpeck the other. Couples who are anxious to separate can begin this way with the certain assurance that a grand domestic grow very tired of being called down every time she attempts to express a sentiment of her own before people. It makes her feel small; it likewise stirs up all the antagonism that lies dormant in her paters.

Tew be stuffed with the standard of jay. tempered woman in the world will soon grow very tired of being called down every though she may possess a reputation for neekness she will forget all about submissi

to accrue, and unless a married pair are an xious for an open rupture, let the fault-finding, snubbing and matrimonial sarcasms be reserved for private exhibition, and if they are really fond of each other the momentary anger will soon vanish and a serene sky take the place of lowering clouds in the hymeneal

Even a child when corrected in public resents the action by behaving ten times worse than it ever would have thought of doing if the censure had been administered privately, and as we older ones are only larger child the same instincts govern us, the same pas-sions dominate us. Therefore, to secure a tractable husband or docile wife reserve the udicious remonstrances sometimes necessary for times when outside ears cannot hear and outside lips cannot retail. It is a simple rule, but a safe one; consequently follow and be happy.

Sit Erect.

Growing people and children alike are inclined to fall into the bad habit of sliding down into a chair, and sitting for hours with the spine bent almost in a half-circle.

That this is injurious thousands of people many mallycool."

The down into a chair, and sitting for hours with the spine bent almost in a half-circle. That this is injurious thousands of people mallycool." Growing people and children alike are who indulge in it never so much as dre but that it is the cause of many serious ills hose who have investigated the subject are well aware. The continual strain upon one side of the spinal column, with the corres ponding compression on the other, gives rise to nervous difficulties and affections of the brain. Dizziness, nausea, and blind spells are not infrequently the result of this prac tice. While the strictly upright position is undoubtedly the most healthful, it seems rather hard work to pursuade the young

and indolent to maintain it. Remember, that portion of the huma anatomy generally known as the back-bone sition, and the constant pressure of the se tions of the vertebræ upon each other

productive of various ills

I hope the story of the colored woman who has a dish-washing circuit in Chicago is a true one, for such a helper, if once evolved in one city, might be apt to caus others to appear elsewhere, and great would be the happiness of those women who, for economy's sake or other good reason, keep gazed into blank futurity and recalled the no servants. The dishes that must be done after the dainty breakfast, the lunch and cosy dinner are the bugbear of many a wo man's existence, the real hindrance of many delights that might be. Now, if some one will only make real this fairy story, of the woman who goes to twenty neighboring houses three times a day and washes the dishes of a family of three for fifteen cents a week, washes them clean, without breakage and without walking off with them, she will have the gratitude of many housewives.

learn whether anything could be saved from the wreck. They found him in a magnifiintil it appears on the table. Milk and butter should be kept in air-tight vessels nothing left. and kept covered. They both take up every odor flying in the air, and are positively the air, are attracted to milk and butter. It is in gelatine jelly that expert bacteriolo-gists imprison germs of disease to watch says," explained one of the sufferers "that them propagate. They seem to thrive better on that kind of food than any other, yet in two-thirds of the pantries of the city will

"Well, in that case," said the deaf old be found half used dishes of jelly standing gentleman, "I speak for his gall."

less we are thirsty we cannot drink the immaculate. less we are thirsty we cannot drink the purest water without aversion, and as for eating when there is no appetite, it is revolting, as anyone may prove to himself by attempting to take a second meal twenty minutes after having eaten a regular dinner. no hunger, no appetite, and to compel a child to swallow food when it is distasteful

is an absurdity and a cruelty.

Onions Good for Nerves. Onions are a kind of all round good medcine and every housewife knows this without exactly knowing the reason why. She yer the snuffles." knows that a whole onion makes a good plaster to remove inflammation and hoarseness. If any one would take an onion and
mash so as to secure all the juice in it he
would have a most remarkable smelling substance that would quiet the most nervous

The strength of it inof the stages of Emaciation, and a person in no time. The strength of it in-haled for a few moments will dull the sense of smell and weaken the nerves until sleep is produced from sheer exhaustion. It all comes from one property possessed by the onion and that is in the form of opium.

The dentist drills into my jaw Until I nearly drop duwn dead; fear the forceps-fieud will bore Clear through the crown of my poor head. comes from one property possessed by the onion and that is in the form of opium.

Recipe for Corn Fritters. One quart of tender, grated corn, a gill of sweet cream, salt and pepper to taste, an ounce of butter. Drain the milk from the corn, add the cream and butter, with suffivitality. For Coughs, Colds, Sore Throat,
Bronchitis, Weak Lungs, Consumption
and Wasting Diseases of Children.
Send for our pamphlet. Mailed FREE.
Scott & Bowne, Belleville. All Druggiets. 50c. & \$4. spoonful at a time. When a pale brown, nove with a strainer and lay on a hot dish for a moment to drain. Send to the

> How to Boil Turnips Turnips boiled with their jackets on a of better flavor and less watery. A small lump of sugar added while the vegetable is through a colander.

table at once.

Joker's Carner

Too Progressive for Him

somethin' of a vet'ran, just to eighty year— that's hale an' hearty and strange Aman that's hale an' hearty and strange tew all fear; But I've heard the news this mornin' tha has made my old head spin, An' I'm goin' tew ease my conshuns if I neve speak ag'in.

'bout them crawlin' bugs an' worm.
That's a killin' human bein's with th
"mikroscopic germs." and will either flare up in regulation shrew fashion or mope sullenly, planning all sorts of schemes for getting even.

Snubbing a wife or nagging at a husband tends to destroy whatever individuality one or the other possesses or else incites them to rebellion. Some disastrous result is certain the sun;

Taint safe tew be outdoors at noon or when the day is done.

There's "bactery" in the water and "trik-eeny" in the meat,
"Ameeby "in the atmosphere, "calory" in the heat;
There's "corpussuls" an' "pigments" in a human bein's blood;
An' every other kind o' thing existin' sence the flood.

Terbacker's full o' "nickerteen" whatever that may be;
An' your mouth'll all get puckered with the
"tannin" of the tea;
The butter's "olymargareen"—it never saw a cow;
An' things is gettin' wus and wus from what the' be just now.

Them bugs is all about us, jest a-waitin' for a There's men that spend a lifetime h just like a goose, An' tackin' Latin names to 'em and letti

Now, I don't believe such nonsense, an' I'm

Misapplied Assistance Two women sitting side by side in a street happened to notice that her neighbor was wore and at which she tugged, with the result that it would neither go on nor come

near to her, and she pulled upon one shoulder and jerked up the top of the collar. Still the woman with the jacket struggled with it, and the side that the other had so obligingly assisted up slipped down again, to be grabbed once more and pulled into place by the obliging passenger

"Now, if you'll turn this way, I'll help "Thank you, ma'am," snapped the other woman. "If it's all the same to you, I'm trying to get this jacket off," and with a

example of the man who got rich minding

What the Old Gentleman Wanted. A Napoleon of finance picked out a prot up." He moved to the town, organ number of stock companies, started a bank, his own bank, and then went into bank ruptcy.
Some of the principal sufferers went to

cent apartment. "I regret it very much, gentlemen," said he, "but I have practically "My wife owns this house and some busiodor flying in the air, and are positively harmful to take into the stomach after me, if I could do such a thing, I would give standing uncovered for an hour or two, for not only odors, but the animalculæ that fill you, for there is nothing else I can do." "What's that proposition?" asked a rather Uncovered jelly is a menace to family health. deaf old gentleman, who was standing at

-Some parents compet their children to eat against their will, as when they come to the breakfast-table without an appetite or have lost it in prospect of a visit or a ride, or for the sake of "eating their plates clean" in discouragement of the chief and the control of the chief and the control of the chief and the control of the chief and the chief in discouragement of wasteful habits. Un. the chief ends of his life to keep his boat

minutes after having eaten a regular dinner.

The appetite, the hunger, is excited by the vange lady on his arms, was about to deposit presence of gastric-juice about the stomach; but if there is no gastric-juice there can be mud on her pretty pair of boots.

Instantly he stopped and dipped both her feet up to the ankles in the sea, paddling them back and forward to remove the mud, in spite of the protests of the owner. His

only remark as he finally put her on board

"Bless yer, miss, salt water won't give

With ghoulish glee he drills away, While I feel faint at every touch; -Pimples, boils and other humors of the blood are liable to break out in the warm weather. Prevent it by taking Hood's Sar-

Don't Send Bill. The editor of the weekly paper West St. Paul received a note from a gentleman an-nouncing the death of his wife, which closed

"P. S.-Just give her a little puff, will

Buckingham's Dye for the Whiskers can be applied when at home, and is uniformly successfully in coloring a brown or black. Hence its great popularity. -The Rejected One (sadly)-Sc ject to my presence at your v The Girl (quickly) -- To you