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Notes From Freshwater.

On Monday, April 8th the Local Council of the Fishermen's Protection Union held a party in the L. O. L. Hall, which was largely attended by the members, one proof of many which show their fidelity to the cause. The receipts of the evening were placed to the credit of the Council, the funds of which are at a low ebb at present caused by the expenses incurred by sending a delegate to the Supreme Council at Greenspond and the Executive to Lower Island Cove to attend a meeting in which the candidates for the coming election were selected.

On Thursday, April 11th, under the auspices of the Ladies Aid Society a service was held in the Lecture Hall, opening at 7:30 p.m., when tea, which the good ladies had spread, was done justice to, after which the company numbering about 150 went to the hall above where they were treated to a good programme given by the members of the Society and some well-wishers. Owing to the absence of our esteemed pastor, Rev. A. A. Holmes, President of Conference, who is gone to Toronto on business connected with the Conference, and owing to the "Supply" promised us, failing to arrive in good time, the chair was taken by Mr. Freeman Parsons, President of the Adult Bible Class, who showed himself capable of filling the honored position. The amount of cash received exceeded all expectations, and the society is in a prosperous condition, more members than ever within its ranks.

On Wednesday we were pleased to have with us the Rev. Mr. Moody, from Victoria, who gave us an interesting talk on "Rest" at the evening service.

On Friday and Sunday we were pleased to hear Rev. Mr. Sargent from Clarke's Beach. He is supplying for Rev. Mr. Holmes, and acquitted himself creditably at both services. "That souls for his hire, and seals for his ministry" may be his is the wish of your

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Due to-day ex Minnesota, 250 Sacks Cattle Feed	Bottlers Smoked Filets Large, Plump and Fleshy
200 Sacks of Bran	TRY THEM.

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The Evening Chit-Chat
 By RUTH CAMERON



The best thing of an inexpensive kind is almost always better than a cheap thing of a more expensive class. Things which appear exactly the same on the surface are often entirely different when you look into them more closely. For instance, knowing how to spend money and knowing how to buy, might appear to be the same thing, but they are entirely different. Every woman knows how to do the first; one in a hundred, the second. And yet, knowing how to buy wisely is one of the most important divisions in woman's great science of home-making. I heard an investigator of financial conditions assert that women spend over three-fourths of all the money that is earned in the middle and lower classes. Think how important it is that they should know how to spend it wisely. Volumes might certainly be written on this subject, but I don't know enough to write them. I just want to bring home to you one principle of wise buying with which I have recently been impressed and which I have stated above, namely—the best thing of an inexpensive kind is almost always better than a cheap thing of a more expensive class.

Nine years ago two young girls who were chums were married at about the same time. These young couples had nearly the same amount of money to spend, and many of their household furnishings were similar. But in the matter of beds they disagreed. One girl was determined to have brass beds, and since she did not have enough money to buy a first class article, bought some attractive but cheap brass beds. The other girl said, "I would rather have a thoroughly good white bed than a cheap brass one," and forthwith, put about the same sum which her friend had invested, into the most attractive and well made white beds that could be bought. To-day one girl has dainty white beds which look as fresh and attractive as when she bought them, while the other has a pair of tarnished and tawdry brass beds which spoil the appearance of her whole chamber.

It is better to buy good oak than cheap mahogany; a first class cotton dress than a cheap silk one. Good muslin or scrim curtains are infinitely preferable to hangings of cheap lace. First class cretonne is better than fourth class tapestry. It is infinitely more satisfactory to pay fifty cents for the best of silk hosiery stockings than for the cheap grade of silk hose. Good lamb will give you more nutriment and satisfaction for your money than cheap steak.

Indeed, in every department of buying the housewife will find this a safe principle, and will do well not to let herself be beguiled from it by the longing to have something of a better class and more showy than she can really afford. At first she may think she is getting a bargain in the cheap expensive thing. In the end she will find out her mistake.

Ruth Cameron

A BLOOD MEDICINE WITHOUT ALCOHOL.

Recently it has been definitely proved by experiments on animals that alcohol lowers the germicidal power of the body and that alcohol paralyzes the white corpuscles of the blood and renders them unable to take up and destroy disease germs. Disease germs cause the death of over one-half of the human race. A blood medicine, made entirely without alcohol, which is a pure glyceric extract of roots, such as Bloodroot, Queen's root, Golden Seal root, Mandrake and Stone root, has been extensively sold by druggists for the past forty years as Dr. Pierce's Golden Medical Discovery. The refreshing influence of this extract is like Nature's influence—the blood is bathed in the tonic which gives life to the blood—the vital fires of the body burn brighter and their increased activity consumes the tissue rubbish which has accumulated during the winter.



Mrs. Hayes. Dr. Pierce's Pleasant Pellets regulate liver and bowels.

Household Notes.

Brass, copper and tinware should be cleaned with turpentine. Wood ashes and soap are sometimes used for brightening zinc pans. A little white sugar in hot water, two lumps to a basinful, is sufficient stiffening for delicate laces. A few drops of turpentine in the water when clothes are put to soak will whiten them wonderfully. Starched clothes, shirts, collars, cuffs, etc., if dried before a bright fire after ironing, become beautifully stiff. To put a new wick in a lamp, push in through the top of burner, and it will go in much easier than through the bottom. Clean chip hats by brushing them freely with a stiff brush dipped in gasoline, or rub them thoroughly with dampened cornmeal. A thin coating of three parts lard melted with one part resin applied to stoves and grates will prevent the iron rusting in the summer. Use a wire-covered asbestos mat for your iron stand. A rub over the wire scourer the iron, while the asbestos protects the ironing board. A rocking chair that creeps on a thick-piled carpet can be made to remain stationary by winding a couple of inches of velvet around one rocker. To insure kerosene lamps giving a clear and bright light, boil the interior parts of the lamp in vinegar and soda at least once in two weeks. A safe place for matches is a glass jar which has a screw top. Unless you use safety matches, it is better not to leave them in the box in which they come from the store. If before grinding the morning coffee the beans are heated for four or five minutes, or until they take a darker shade of brown, the flavour of the coffee will be greatly improved. To clean cotton gowns, make a solution of soap and wash them in the usual way; but as green or reds may run add a little lemon juice or vinegar or oil of vitrol to the rinsing water. Printed pillow tops are greatly improved when being made up if they are covered with a washable bobbinet. Finish around the edge with a cord to harmonize with the colors in the pillow. Owing to the fact that water has a tendency to split them, combs should seldom be washed, but frequently brushed with a stiff toothbrush that has been dipped in a cleansing oil. Turpentine gives a fine polish to tinware and is efficacious in cleaning bath enamel which has become discolored. Dip a cloth in the turpentine, rub the stained parts and polish them afterward. Skimmed milk and water, with a bit of blue in it, made scalding hot, is excellent to restore old rusty black crapes; if well squeezed and pulped dry like muslin, it will look as well as or better than new. Fainting is caused by blood leaving the head, therefore an attack may often be prevented if, when the person first feels it coming on, she will drop her knees. Old bread browned to a crisp in the oven, then rolled fine or ground in a food grinder, mixed with equal parts of flour, is much better for croquettes, fried oysters, etc. than any "bought" cracker dust. If a thick cloth or piece of Turkish bath toweling is placed in the hot

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Censure Its Members.

At a special meeting of the Firemen's Union, held last night, the matter of the men who held up the Adventure was discussed. Some strong comments were made on the action of the men in deserting and delaying the ship, and it was decided that any member who deserts in future will be expelled from the Union. If the men who deserted and are now under arrest, are at liberty when the monthly meeting takes place, they must answer for their conduct before the body.

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