

JOHNSON'S ANODYNE LINIMENT

Used for Nearly 100 Years

The great National Family Doctor. Gets right at the source of the trouble—reduces all inflammation, eases pain and effects a speedy cure. Can be relied upon in all emergencies. Keep a bottle handy in case of accidents, cuts, burns, scalds, bruises, sprains, lame back, stiff joints, muscular rheumatism, swellings, face ache, headache, earache, frost bites, chilblains, chaps, or any other external pain or inflammation. Every drop means relief—just follow directions. Sold everywhere. Guaranteed under Food and Drugs Act, June 30, 1906. Serial number, 513.

25 Cents a bottle—3 times as much for 50 cents. L. S. Johnson & Co. BOSTON, MASS.

BRIDGETOWN BOOT AND SHOE STORE

Our new Lines for Spring and Summer comprise the best and most up-to-date Goods in Ladies' Footwear in the market, including:-- Patent Bals, Button Oxfords, Buckle Oxfords, Tan Blucher Oxfords, Patent Slippers.

No trouble to show goods.

E. A. COCHRANE.

Murdoch Block, Grayville Street.

Health in every cup of

COWAN'S PERFECTION COCOA

Very nutritious and very digestible. Give it to your children and drink it yourself.

THE COWAN CO., Limited, TORONTO

SPRING MILLINERY!

New goods constantly arriving.

Quality, Style and Finish of our Millinery Lines Unexcelled.

MISS CHUTE, Stores: Bridgetown & Annapolis.

Have You Selected Your Spring Suit?

Call and see our choice assortment of Spring Suitings, English, Scotch and Domestic before you purchase.

I. M. OTTERSON, MERCHANT TAILOR

NEW CARRIAGES.

I have bought a carload of first class carriages direct from the factory of A. S. Fillmore, South Hampton, N. S. and I have a number of styles to select from including several up-to-date cushion rubber tired carriages. These goods are thoroughly built by competent workmen in our own province and deserve your patronage. Give me a call and look over the goods and I think you will be satisfied.

F. B. BISHOP, LAWRENCE TOWN

Spramotor accessories of all kinds in stock at my office.

Moses and Young

DEALERS IN ALL KINDS OF

Meats, Fish and Vegetables in Season

MANUFACTURERS OF

Sausage, Headcheese, Mince Meat, etc.

Ham and Bacon Curers.

THE HOME

Fretting

Walk along the street and observe the women met. Nine out of ten of them have their foreheads drawn and wrinkled, their mouths curved downwards and are bearing a general look of anxiety and discontent, which gives the impression of some mortal and woeful disaster beyond the power of human endurance. Usually there is nothing the matter worth such signals of distress. The paperhanger has said he must put her off for a week; the landlady has disappointed her; her maid has given warning; the woman she depended upon to make her spring things has been obliged to refuse her dearest foe has a hat the very image of her; Bobbie's shoes are as good as gone and Phyllis must have a coat—the weather is so contrary—and, and, and...

If she would iron out the wrinkles on her face and turn up the corners of her mouth; if she would use a little common sense and remember that she is not helping matters by fretting, that she is adding years to her looks and teaching her friends to avoid her; if she would take stock of her mercies and contrast them with the sorrows of dozens of women she knows, maybe things would not seem quite as dreadful. If she would smile and stop fretting for a few minutes, she would remember that the cobbler could fix up Bobbie's footwear, that Phyllis' old coat could be sponged and pressed and have a few stitches where needed; that the landlady was spooling her clothes, and that she could do better; that as for the maid, there were as good fish in the sea as ever were caught; that if the spring things were not made they would not have to be paid for; and that as for waiting another week, or a fortnight probably, the weather would be warmer by that time for the papering. If she would stop short, she would give her inner woman, that usually sensible inner woman, a chance to make things go.

None of us can afford to be lazy and let things take care of themselves, but after all there is a good deal to say for lazy women. One of them boards because it is too much trouble to keep house; to be sure, she lives in one room with her husband and child, and the household of boarders bears all their little family jars. She goes out into the dining room the last one in the house because she cannot hurry and tire herself, to suit anyone, and finds poor food and scant service. She means to take Ruth out for a walk, but it is too much trouble to get a child ready; and the little looks as though she needed to be out-of-doors, but that cannot be helped. She wears her winter clothes way along in the spring, and her summer clothes in the winter, for she is so unfortunate in getting her work done for her. She says it is "so respectable" to go to church and that she is going regularly. But it is too hot, or too cold or too windy, or too wet, or the breakfast was too late, or she could not get Ruth ready, so while others go and return refreshed, she dawdles the day away and yawns and stretches because of its long hours, but she never worries. She takes it easily and just vegetates. Should any of us like to be in her frame of mind?

Is there a midway between too much anxiety and too little; between too much fretful activity and laziness; between ceaseless worry and idle apathy. Pillow counsel is a good help-in the morning. If the habit can be formed of waking a few minutes earlier than duty demands, a few minutes given to planning work, meals, expenditure and pleasure, will go a long way toward the success and happiness of the day, and will help keep the wrinkles from the brow and the downward curve from the mouth. Try it. At all events, do not fret over trifles; there is so much sorrow in the world, that mere annoyances seem trivial, too trivial to worry about.

PRETTY IS AS PRETTY DOBS. There are some small boys. And some small girls, too, who sullenly do push for, and shove week through. Their tempers are ugly. Their faces, also, are ugly. And people dislike them wherever they go. There are some small boys, and some small girls, too, who are happy and helpful. The whole week through. Their manners are lovely. Their faces, also, are lovely. And people do love them wherever they go.

Health Hints.

The feet are susceptible of many deformities and are subject to all sorts of neglect. Many people do not bathe them sufficiently often, do not change their stockings with sufficient frequency, and do not care for them in other ways as they should. The soldier who cares for his feet is the one who holds out on the march, and many foreign armies have doctors to see that the men care for their feet. To rub the feet with alcohol refreshes them wonderfully. A famous physician declared that his income would dwindle to half if women kept their feet warm. And it may be added that a woman's chance of being a comfortable person would be improved if she would wear the right kind of shoes, and care for them and her feet properly.

Infants, Colic—According to a writer in The Mothers' Magazine among the peasant mothers of Russia the following is a common treatment for colic in the child:—When the pain begins the child is laid on its back, and the stomach covered with a thin coating of any household oil accessible. The mother then takes the palm of her hand and softly rubs this oil into the skin. She gives the palm a circular twist in doing the work, and does not cease until all the skin of the stomach and bowels is warm. When this condition is reached she binds a warm flannel cloth about the stomach, restores the child's night clothes, and tucks it into bed. It is said to be usually asleep long before the cloth is bound about it.

GOOD LOOKS AND DRESS

Study appearance by studying what you wear. Choose your clothes in harmony with your own particular style of beauty rather than the latest fashion.

The color of your eyes should guide you in choosing the shades that suit you best; a girl with brown hair and brown eyes never looks prettier than when dressed in varying tones of brown. Bright lips and a fresh complexion can be emphasized by wearing a string of coral beads, or by introducing a touch of cherry color into the trimming of one's dress. A pale complexion is set off to the greatest advantage by very faint tints of color, such as pale blue, pale pink, a soft shade of heliotrope or delicate green.

JUST BEING HAPPY.

"Just being happy is a fine thing to do; looking on the bright side. Rather than the blue. "Fai or sunny musing is largely in the choosing. And just being happy is brave work, and true."

A housekeeper says that jelly which cannot be detected from the best currant jelly can be made by using a quart of cranberries to a peck of tart apples. The galvanized iron tubs can be cleaned by scrubbing with hot vinegar. The currant jelly can be made to remain on for a time, then wash in hot strong soap suds and wipe dry.

TRUST.

Build a little fence Of Trust Around to-day. Fill the space With loving work And therein stay. Look not through The sheltering bars Upon to-morrow. God will help thee Bear what comes, Of joy or sorrow.

Mary F. Butts.

The dealer who keeps foodstuffs in stock finds it worth his while to study the storage problem. So, likewise, should the housewife. If her flour is not to deteriorate, she must keep it covered, and her vegetables and fruits should be stored in a well ventilated and cool place. Her ice-box must be kept carefully cleaned, else micro-organisms, developing in it, will give a bad taste to the butter and milk. Furthermore, if she is wise, she will not put her celery and lettuce in water to keep them fresh, like flowers in a vase, but will wrap them in a damp cloth. The soaking of green vegetables in a mass of their flavor, which passes into the water that is thrown away.

Secrets of a Happy Life.

You sometimes see a woman whose old age is exquisite, as was the perfect bloom of her youth. She seems condensed sweetness and grace. You wonder how this has come about; you wonder how it is that her life has been a long and happy one. Here are some of the reasons:—

She knew how to forget disagreeable things. She understood the art of enjoyment and inflicted them on no one. She kept her nerves well in hand, and inflicted them on no one. She believed in the goodness of her own daughters and in that of her neighbors. She cultivated a good digestion. She mastered the art of saying pleasant words. She did not expect too much from her friends. She made whatever work came to her congenial. She retained her illusions, and did not believe that all the world was wicked and unkind. She relieved the miserable and sympathized with the sorrowful. She retained an even disposition and made the best of everything. She did whatever came to her cheerfully and well. She never forgot that kind words and a smile cost nothing, but are priceless treasures to the discouraged. She did unto others as she would be done by; and now that old age has come to her, and there is a halo of white hair about her head, she is loved and considered. These are the secrets of a long life and a happy one.

A widow lady in New York makes her living in this way. She makes a house-to-house canvass, looking for hats which need rettriming. She carries a book containing the latest styles in millinery. Her customer selects the shape she wants, the lady collects the old hats and trimmings and takes them to her house, where she converts them into the most stylish hats.

Such is the demand for this kind of work that the lady has often fifty orders on hand at one time. She not only makes a living, but proves what women can do.

Macaroons.—Blanch, dry and pound 1 lb. almonds. Make into a paste with 1 teaspoon rose water. Beat 3 egg-whites with 1 cup powdered sugar, adding the sugar by the teaspoonful. Add 1 teaspoon almond extract. Add the pounded almonds, if very soft, add 1 tablespoon flour. Roll into balls, walnut size, with wet hands. Flatten a little and place apart from each other on buttered paper. Bake slowly.

Some ways of cooking as every housewife knows, are very wasteful. If a roast is to be prepared, for example, the pressure valves are lost by too low a temperature in the oven. The oven should be good and hot to start with, in order to crisp the outside quickly and make it a hard shell to hold the juices. It pays, indeed, to use a thermometer, and there are household ranges provided with thermometric dials, which show at a glance the exact temperature of the oven.

A useful suggestion to the laundress is as follows: When ironing if you should scorch your garments at once put a wet cloth over the place, and hold a hot iron over the cloth, continuing wetting the cloth until the scorch has disappeared. Do not spread the cloth out, but punch it up, this is much easier and quieter than the old way of hanging the garment in the sun.

Knock some old cotton cloth on to a small board, saturate with kerosene and rub the iron well over it, then on a clean cloth before using. There will be no more trouble about staining or rubbing up, and they can be done in half the time.

TO DEVELOP THE CHEST.

The best exercise for developing the chest is a stretching movement. Stretch well and thoroughly over and over again until the muscles of the arms and shoulders feel quite loosened. One can do so lying down or standing, but it is the best when stretching the shoulders to stand. While in an upright position throw the arms to the back of the head and stretch well. After she has exercised her back and shoulders in this way a woman will find it hard to sit in a stooping attitude and she will without effort square her shoulders and hold herself erect.

Much time is wasted in cutting out doughnuts. A farmer's wife who had learned to save time as well as money told me that she dropped the soft dough into the fat by tablespoonfuls. Afterwards, I had the pleasure of tasting some golden balls, rolled in powdered sugar, that proved the experiment was a success.

One Cent Brings It

WOULD-YOU-LIKE-TO-READ-THE-STORY OF THE FURNACE? —Just how correct principles say it should be constructed? —Just why no other plan of construction will do? —Just wherein lies its ability to be easy on fuel, quick in action, simple in operation? The story is briefly told in a little booklet called "Furnace Facts." It's not an advertisement. No furnace name is mentioned, and you can read the whole story in 5 minutes.



McClary's
Bridgetown Foundry Co., Local Agent.

Seeds For Early Sowing

We have now our full lines of Seeds in stock. Start your Tomatoes and Cauliflowers early and insure yourself the first fruit. Our stock of

Flower Seeds includes the choicest and best special lines of the best growers. Atlee's Strains of MIXED SWEET PEAS and GIANT CALIFORNIA VARIETATED NASTURTIUMS both climbing and dwarf are unexcelled. The above named we put up in 5c and 10c packages. Postage paid on all package seeds. Send us a trial order.

Atlee's Drug and Stationery Store

Annapolis Royal N. S.

WHAT LUCK MEANS.

Luck means rising at 6 o'clock in the morning. Living on a dollar a day if you can't do it. Minding your own business and not meddling with other people's. Luck means appointments you have never failed to keep. The trains you never failed to catch. Luck means trusting in God and your own resources.

STOMACH TROUBLES.

Many remarkable cures of stomach troubles have been effected by Chamberlain's Stomach and Liver Tablets. One man who had spent over two thousand dollars for medicine and treatment was cured by a few boxes of these tablets. Price, 25 cents. Samples free at W. A. WARREN'S, BRIDGETOWN, W. W. WADE'S and BEAR RIVER DRUG STORES.

PLAYED WITH MATCHES.

Pottsville, Pa., June 17.—Dressed in a frock of this material preparatory to participating in a children's entertainment today, Joseph Teasdale, aged 3 years, son of the Rev. Mr. and Mrs. C. W. Teasdale, of Minersville, during a few minutes that he was left alone in his father's study, played with some matches and fired his clothing. His shrieks brought his parents, but they were too late. They found him enveloped in flames. He was roasted to death, dying of his terrible injuries shortly after the accident. Rev. Mr. Teasdale is pastor of the Baptist church.

The Famous Pedestrian

"I was a martyr to catarrh of the head, throat and stomach. I was so bad the doctors feared consumption. I tried many physicians and medicines. A friend suggested Pyechine. I tried it and it was the only thing ever did me any good. I am now perfectly well. It is the greatest remedy the world has ever known. I do not need it for my health now but I use it as a strengthener for my walking matches. I owe much of my physical endurance to Pyechine."

JAMES REYNOLDS,

Port Hope, Ont. Pyechine is the greatest cure for catarrh of the head, throat or stomach in the world. It is a wonderful tonic and strengthener of run down system, acting directly on all the vital organs, giving youthful vigor and strength to the system. At all druggists 50c. and \$1. or Dr. T. A. Stearns, Limited, Toronto.

WANTED.

A LARGE QUANTITY OF HIDES, PELTS, CALF SKINS & TALLOW

Cash paid at the Highest Market Prices. MCKENZIE CROWE & Co., Ltd.

Jos I. Foster

MINARD'S LINIMENT CURES DANDRUFF.

Fresh New Stock

White Blouse Waists from 55c to \$2.60 Selling fast

Ladies' and Children's Whitewear and Ribbed Underwear

Wash goods in Prints, Gingham and Lawns.

Hamburgs, Laces, Ribbons, Hosiery and Gloves

George S Davies, Union Bank Building.

Field and Garden ... Seeds ... in Great Variety

Our seeds are especially selected and we sell only what we can recommend

Paris Green and Blue Vitriol for preparing Bordeaux mixture

A full line in best grades of Commercial Fertilizers