## WEEKLY MONITOR,

What to Eat

Peace Hath Its Victories CITIZENS' IMPORTANT PART IN THE UPHOLI rently the Octawa Journal think sity exists for some observations like those which follow, and probably there is. The country has been living in a state of excitement, and is wrapped up in eathus-phates for the brain and nerves, and nitro nem which is delightful to witness and to enjoy. But the real work of life is not done alone upon the battle field, and there are fat and keep up the heat and energy of the

onditions in the world of work which call body. It is hardly necessary to speak of the for great sacrifices. The normal state of our civilization is a state of peace, and our coun-try is developed by labor and not by warfare with bullets and powder. Surveying the present conditions of things the *Journal* magely indulges in these reflections : It is a time of enthusiasm over the soldier ordinary people at least. So we will only and his doings. An empire resounds with | consider the kinds of food under two genera bilation-roars with it, one might say. heads. To make blood, etc., eat good War which in the beginning was marked by invasion of British territory, and by bloody whole wheat oatmeal, etc., These kinds of check after check to British arms and British pride, is approaching with unexpected and feeding the brain and nerves, but they condramatic rapidity au overwhelming triumph. tain a larger proportion of this blood and

The world-wide British public, compelled brain material than the other class of foods. for months to be grimly patient and silent, They also furnish some carbonaceous mater is almost hysterically demonstrative with the turn of the tide. Its feelings boil up in body always. The carbonaceous foods that a quite extraordinary way. The Imperial spirit is at white heat. The evil, the misery, the cost and curse of war are little recked of meal, buckwheat flour, potatoes, rice, but for the moment in the pride of victory. The soldier is the hero of the hour. He and his some blood-making material, but not enough boom hugely in the public imagination. The blood red glory of war floods with glamor try to live mostly, or about entirely, on the public atmosphere; the brilliance of these carbonaceous foods (they are most military courage and endurance, of military cheaper) cannot have the best of health for tion, of military genius, dazzles the public eye.

It is well enough, so far as it goes. The algia, weak nervous systems and many other virile qualities which are desirable in war and find honor by it are essential to national life. But even at such a time as this, let us of white bread, potatoes, butter, coffee, not forget certain truths, nor allow them to sugar, etc. Persist in trying it and you All too much into the background. All of us know, when we stop to think, you. My father was a minister and you

that courage of the citizen is as honorable as know they didn't use to have very much of that of the soldier. All of us know it is far this world's goods. We had to live too more rare, far more necessary to the state, and infibilely more valuable. The refusal of John Hampden to pay a shilling of unjust health of the family no doubt. But father tax was worth more to England, worth more and mother, of course, knew almost nothing to the British Empire, worth more to the about these matters that are so well under world, than the physical courage of any stood now. They did not know why my bundred Englishmen who ever rushed into battle. The courage of the soldier all of us why I had little vitality. Understand that white bread and butter know to be almost the commonest attribute of human beings the world around, and the potatoes, etc., are all right if you eat with bravest and best-disciplined troops of civil- them a fair amount of lean meat, cheese ized Europe must admit that in mere physical milk etc. Then every part of your system intrepidity they have not a whit the better may be properly nourished. Trouble come of the Ghoorkhas or Sikhs of India, the from eating food that does not fully supply Fuzzy-wuzzies of the Soudan, the Maoris of New Zealand, the mountaineers of Albania learned how to feed their cows during the or Cossacks of the Don. Rarely does a last few years so as to get the best results healthy and hardy human animal lack the in milk. The same care should be given to appetite for animal battle. The difference feeding ourselves and the children, surely, in the sense of duty, in the sense of respon-The simple truth is, my dear friends, that

sibility. Empires have been carved out by one may have enough to eat in quantity and brute courage, but no state ever yet lasted still be starved because some elements are long honorably whose citizene lost or failed lacking. The great majority of people are exhibit political and civic courage and ailing in some way, and will die before they self-sacrifice. Therefore, even at a time like should, partly for this reason. Is it not the present-indeed, most of all at a time | worth giving our earnest attention to? The like the present-let us be anxious to em- great mistake of many in the line of eating phasize the fact that the citizen who dons a is using too large a proportion of carbonniform for drill does no more for his country accous food. There would be danger from than he who puts on his hat to go to a public excess the other way, but it is not likely to or other local meeting ; that he who masters occur. We naturally want potatoes and the use of a rifle does no more for bis country other vegetables with meat and fish. You than he who takes up a public cause by voice | would not care to make a meal of cheese or pen ; that the citizen who joins a volun- alone. Instinctively you eat bread or someteer regiment or spends money upon it is not thing else with it. It is my earnest opinion

We must allow for individuality and the amount and kind of work we may be doing. Don't say Miss or Mister without the per-There are so many varieties in these lines Don't say pants for tron that no iron clad rule can be laid down for all; but still there are general principles that Don't say gents for gentlen Don't say female for woman. Don't say elegant to mean every Don't say genteel for well-bre genous food for the blood, muscles or lear Don't say ain't for isn't. Don't say I done it for I did it. Don't say he is older than me, han I. Don't say not as I know, say not that I know. Don't say he calculates to get expects to get off. Don't say he don't, say he doesn't.

Some Useful Rules

Don't say she is some better, say newhat better. Don't say you was, say you were. Don't say I say, says I, but simply say I bia Don't sign your letters your , etc., but yours truly. Don't say lay for lie, lay expresses action, ie expresses to rest. Don't say them bonnets for those bonnets Don't say party for person. Don't say it looks beautifully for it loooks Don't use slangy words, they are vulgar.

Don't say it was her, when you mean i Don't say the two first for the first two. Don't say he learned me French, say he ught me French. Don't say who done it, say who did it. Don't say if I was rich. I would buy a cariage, say if I were rich. Don't say who may you be, say who are Don't say I shall call upon him, say I hall call on him.

Don't say I bought a new pair of shoes, ay I bought a pair of new shoes. Don't say I had rather not, say I would Don't say two spoonsful, say twospoonfuls. Among the above are examples of errors in rammar more common than they should be onsidering the opportunities for a common chool education, at least, and the facilities or learning the grammatical construction of our language which, if not learned in the

learned afterwards, even if a college course s a part of the training. Woman Telegraphers. An expert woman operator recently made

Celery is best stored in trenches. Trucker he following interesting remarks concerning usually dig a trench not over a foot wide and telegraph girls' to an Evening Post reporter: Of the applicants for telegraph positions the graduates from the school do well, but I just deep enough to sink the tops of the plants to the surface level. In taking up the plants some soil may be left on the roots think the best are those who have been instructed by friends who are expert in the Most growers knock all the soil off to sav trade. I have taught many girls myself, space. Pack all the plants in the trench very closely together; then either lay a sin and I have always noticed that it is easier o adopt yourself to one pupil than it is to gle board across the top, which covers it, make a species of trough from two boards, half a dozen.

driver.

minute differences are more marked in wom. the center to keep the celery from crowding

en than in men. The latter are much more too closely together. This is covered with a

uniform in their work and in their physical peaked roof of boards, having ventilators a

condition. They manifest differences of reasonable distances, which are filled with

Storing Celery.

'This personal equation is a permanent put together in a V shape and place this co affair. No matter how much the student er over the trench. Close the end with straw or leaves, so that there will be some vent may try, it is never eltimated altogether. It is physical as well as mental, and is When cold weather begins, put some so easily recognized by all experts. In my own case I can identify at least twenty over the top and later coarse manure if desired. As the celery sweats a good deal operators the moment I hear the wires beginwhen first stored it is not wise to put th ning to click. Sometimes it is the sharpness of the sound, sometimes the rapidity soil covering on at once, but it must be pu of the transmission, sometimes the blurring on when really cold weather starts. Some growers use a wide trench, making it abo letters, and sometimes a wavelike varation in the sound sequences. I think these four feet wide, a board being run through

perator's mood than

Anatomy In Rhyme.

soft with the view to being easier on the bined with the hypophoshand. The three qualifications just named phites and glycerine. What should be present in the horse collar. If the collar is the proper length and fits the animal, will it do? It will make and is stuffed full and round, it may be as the poor blood of the anæmic hard as iron without danger of galling the rich and red. shoulder. Of course, the hames must be drawn up high enough so that the draught will not centre on the shoulder point. The logic of this is simple. If the handle of a manual implement galls the hand, it is be ause of roughness or improper shape-never because it is hard. If it is to be continual used, the man does not pull on a mitten i warm weather to overcome a defect in it neither does he demand that the handle be made of something soft, but simply that he World. be shaped and hard. The collar, which it ound and hard, rolls on the skin at every motion of the animal, somewhat after

sion ?

nanner of a ball bearing, admitting the air and thus cooling the parts, but the flat, so collar sticks so closely that it compels the skin to move on the underlying flesh in such a way as to produce irritation and deer seated galls. The above is a clipping from the Horsem nd contains both sound sense and good logic

Horse Collars.

Broadly speaking, every implement

hand. It is about a certain size, is rounded

smooth and hard, at least it is never made

signed for the use of man is provided with a

adle, and this handle is made to fit the

but the analogy between the shoulder of the horse and the hand of a man should be carried a little further. They both require careful usage until they become hardened, for natter how smooth and well fitted to th hand the implement may be, blisters are sur to rise in consequence of too close application on first commencing work. And right her is where a little neglect may cause a gra deal of trouble. The green colt, and even the old horse after a few weeks' lay off, mu have careful attention, until the parts beco

hardened by moderate work; not only mu the collar be smooth and well fitted, but the harness must be taken off during the dinner hour, and the shoulders carefully washe with salt water, and rubbed dry before th collar is put on again. A little care and at tention at first may save a great deal of a noyance and probably loss of time later, an the pain inflicted on the horse while your primary schools and at home, will not be frequently makes him unreliable, and man a promising colt has been permanently ruin through the neglect and carelessness of th



are at

What is Scott's Emul-

It is the best cod-liver oil,

partly digested, and com-

Trains will Arrive at Bridgetown: Express from Halifax..... Express from Yarmouth.... Accom. from Richmond..... Accom. from Annapolis..... cocom, from Yarmouth Tuesday, Thursday and Saturday..... cocom, from Kentville Monday, Wednesday and Friday..... Trains will Leave Bridgetown: Express for Yarmouth... Express for Halifax ..... com. for Halifax. Accom. for Annapolis..... Accom. for Kentville Tuesday, Thursday and Saturday..... Accom. for Yarmouth Monday, Wednesday and Friday..... The Great Selling Stoves **BOSTON SERVICE:** S. S. "Prince Arthur." CROWE'S 2,400 Gross Tonnage; 7,000 Horse Power

11.06 a.m

1.17 p.m 4.35 p.m 6.20 a.m

1.38 p.m

9.15 a.m

.17 p.m

4.35 p.m

9.15 a.m

45 a.m

. 1.00 p.m . 3.45 p.m

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2,400 Gross Tonnage; 7,000 Horse Power, by far the finest and fastest steaner plying out of Boston, leaves Yarmouth, N.S., Wed-nesday and Saturday, immediately on arrival of the Express Trains, arriving in Boston early next inorning. Returning, leave Long Wharf, Boston, Tuesday and Friday, at 4.00 p. m. Unequalled cuisine on Dominion Atlantic R'y Tin & Stove Store The Largest Assortment At Bottom Prices. **Plumbing and Furnace Heating** a specialty

Roval Mail S. S. 'Prince Rupert. 1,200 Gross Tonnage; 3,000 Horse Power. ST. JOHN and DICBY. Job Work promptly attended to. Four trips per week: Monday, Wednesday, Thursday and Saturday. ALLEN CROWE. 7.00 a.m Leaves St. John .....

## WEDNESDAY, JANUARY 9, 1901.

BY THE

Joker's Corner. The Rousehold. Are You Going South Aroused Her Curiosity after All. From the New England States? Working Butter "Don't want any," said a North Broadway RE SHOULD BE TAKEN NOT The Best Route to Travel is from sekeeper from her second story window THE MATTER to a street vendor whose wagon was standing a few steps away and who had just pulled Boston to Norfolk, Virginia, One cannot write intelligently about workng butter without first taking into conside " Don't want any what ?" gruffly asks the ation the condition of the butter to be work ed, writes F. W. Mosely in the American Arab who hasn't had even a chance to tell Merchants' and Miners' Steamers. what his wares are. Jultivator. We will, however, assume th "What have you got?" asks the housein churning the butter had been left in gran keeper, whose curiosity is getting the better ules and the buttermilk properly drained and rinsed out. If sufficient time is taken of her annoyance. "O, never mind, you don't want any. you can travel by rail, and you get rid of the dust and changing care. If you want to go South beyond Norfolk to Southern Pines and Pineblaff, the Winter Health Resorts, or to Vaughan, N. C., the Pennsylvania Colony headquarters, Peach-land, N. C., the New England Colony, Sta-tham, Ga., the Ohio Colony and headquar-ters of the Union Veterans Southern Settle-ment, or to points in FLORIDA, you can connect with the Seaboard Air Line. For any formation as to rates of travel address W. P. TURNER, General Passenger Agent, Baltimore, Md. the rinsing water can be drained off so thou Git up, Bob." it up, Bob." "Now, I wonder what that examplerating man is selling, anyhow ?" she ex the wagon disappeared around the corner. Had His Own Girl. One of the churches in a little western town is so fortunate as to have a young voman as its pastor. She was called to the pared with a flat ladle with which to turn the edges of the butter toward the center as door of the parsonage one day, and saw there a much embarrassed young farmer of the the working proceeds. The neatest job of batter working the erman type "Dey said der minister lifed in die house writer ever witnessed was at the internation-al dairy fair held at the old American Insti-"Yes," replied the fair pastor. tute building, New York city, beginning "Vell-m-I-I vant to kit merrit !" Dec. 8. 1879, and lasting ten days or two "To get married ? Very well, I can marry you," said the ministeress, encouragingly. "O, but I got a girl alreaty," was the disweeks. There had been a churning contest result ing from a prize offered by John S.ewart of certing reply. lowa, whose butter took first prize at the Centennial, 1876, and made Iowa famous a a butter producing state. A Lady fro nesota whose name I have tried hard to remember, but cannot, who had a fine exhibit of prints and artistically formed butter at the fair was selected to work the butter churned by the contestants. The lady in question used a common shaped lever butter worker. She first spread

a piece of muslin over the bed of worker, In this calamity we see the downfall of letting the edges fall over each of its sides. Then the lot of butter to be worked, granular, of course, was poured on the musli and the proper amount of salt was sifted or prinkled on, I do not remember which

The working consisted of a slight downward pressure of one of the flat surfaces of the lever, with perhaps an occasional pressure of a corner of the lever for the purpose of making a channel for the escape of the brine. In this instance time could not be spared to salt the butter and set it away to allow

the salt to dissolve. Instead of using a ladle to turn the butter back to the center of the worker the edge of the muslin were lifted, first one and then the other and drawn so as to fold the edges of the butter toward the center. It was a cently reported a former citizen, Dr. W. H. very nice way of doing it; more gentle than it could have been done with a ladle. This the dead man wrote and said : "I went

1.38 p.m ed the same thing was done with the ends of the muslin. Remember that in working butter with lever the pressure should be straight down carry in a lot of coal and water. So, Mr. instead of a side or sliding one, for the latter will break the grain.

sorbs all the moisture from the surface which

it touches, thus drying up and parching the

Ignorant of the fact, nurses and mother

have applied pure glycerin to the chafed

skin of infants, producing often great pain.

The glycerin ought to have been first mixed

with an equal bulk of water. This being

done, it may be applied to the most tender

Philadelphia Ledger.

the natural course of the world. You can

they will not freeze.

ut when required.

prove with keeping.

E H Grove

0 80.

O. S. MILLER,

How to use Glycerin. Since so many people use pure glycerin for the skin a word of caution seems nec If you apply a little glycerin to the tip of the tongue, you will find that although it

wife.

surfaces without producing injury, and as it that I am well provided for in this respect."

claimed he thought the holly was mistletoe. Edna-What did you do about it? Gladys-Do? I did what any other selfhas a pleasant, sweet taste, the first sensrespecting girl would do under the circumation that is felt is one of pain and burning. tances-I made the horrid thing return This is caused by the fact that glycerin has every one of them. a strong affinity for water and that it ab-

"Why do you tramp through the p

in those bright red carpet slippers every time

I have a caller?" demanded the minister's

"My dear," he replied, "Christmas in

coming, and I desire to impress the fact upon

the feminine members of my congregation

An All Around Calamity. A gentleman invited some friends to din ner, and as the colored servant entered the room he accidentally dropped a platter which held a turkey. "My friends," said the gentleman in a most impressive tone, "never in my life have I witnessed an event so fraught with disaster to the various nations of the globe. Turkey, the upsetting of Greece, the destrucion of China and the humilation of Africa." Her Misgivings. A little girl well expressed the mingling of hope and doubt which anticipation ho

for many people. When she received her first "very own" doll, after a succession of treasures inherited from her older sisters, she turned to her mother a face full of rapture.

"I expected I'd have a doll some day," she said breathlessly, "but I didn't expect I should ever have my expect !"

-The Oskaloosa (Kan.) Independent re-Ridgeway, as dead at Topeka, whereupon was repeated as often as necessary, and when the mass of butter became too much elongat duced the copy of your paper in proof. While she is a good woman and all that, she thinks your paper lied. And she showed the courage of her convictions by making me Editor, I may say that I am not dead, but I am mad.

## Measure for Measure

Gladys-What a horrid, rude thing that Mr Flirtmash is ! He stole six kisses while I was standing under a holly wreath and

Method in His Action

and inviolate our country and institutions, as citizens at home to protect, promote and I used to work hard and had something to improve them—only if among us many are to be found willing to be soldiers in a political before breakfast, I am sure that cheese, beans or municipal or social sense—willing to make efforts in public causes, no matter how poorly were helpful for supper. It was needed to paid ; willing to give time and suffer incon- make up for the day's draught on the blood. venience, in the service of citizenship, no Those who are not working hard may well matter how vainly to all appearance for a make the last meal a rather light one in while; willing to risk private less and injury quantity usually. You will have a better to accomplish good for the community; willing to risk political or municipal or private Stormbergs or Magersfonteins of

Spion Kops in the course of campaigns of

public work. Teachers and pastors have an oppo Teachers and pastors have an opportunity to utilize the present stir over the British success in South Africa to emphasize to the rising generations the duty of the citizen, and the essential honor and nobility of the citizen, and the essential honor and nobility of the citizen's duty. It needs support. The lust of battle in the blood of every healthy man in battle in the blood of every healthy man in every fighting race calls to the soldier's trade and compensates for the soldier's hardabine compensates for the soldier's hardshipe. but the citizen's duty is often as unattractive as it is thankless, and certainly presents n glittering invitation on the surface to the

minds of the younger people among us.

-Among the martyrs of science none deserve a higher place in the gratitude of man- geon cheerily, only the plaster, for we're kind than Dr. Jesse W. Lazear and Dr. James A. Carroll, assistant surgeons in the won't hurt you much, so be brave now. It United States army. Acting on the theory that yellow fever and other contagious "All right, doctor. Go ahead," said the that yellow fever and other contagious diseases are communicated by the bites of morquitoes, flies and other insects, and be-pital reached out and took his hand in hers. ng that the human system could be pro- "Is the operation very painful?" she whistected from this sort of contagion by means pered to the nurse. The nurse nodded. or vaccination, these two physicians voluntar-ily risked their lives. After having taken all prome protective precautions they al. fiskes. The yellowed, tightly clinging linen all proper protective precautions they alelves to be bitten by mosquitoes was removed. The pitfully thin leg was which had been in contact with yellow fever patients in a Hayana hospital. Both were patients in a Havana hospital. Both were stricken with the disease, thus proving that insects do carry and communicate contagion. The little sufferer did not stir or wince once Under the care and observation of their during the operation, but he gazed fixedly deep," writes M. E. Carter of "Housekeepinsects do carry and communicate contagion. fellow-physicians, they were given the best possible attention. Dr. Lazear died, only regretting, it is stated, his inability to witness the final triumph of science over his malady, of which he felt assured, despite its boy: "How could you bear it so bravely? It fifty dollars apiece ; immense damask cloths failure in his own case. Dr. Carroll recovered and is preparing a report which must be of the greatest value to the profession. For cool, intelligent heroism in the cause of humanity there is nothing on record finer you know. And I kept buzzing because I than the self-sacrifice of those two physicians. Whether their suffering will establish the truth of the principle for which they risked their lives or not the fact remains that they

faced death in its most painful and repulsive form for the good of others, than which no human action could be more heroic. Valuable Advice to Rheumatics

Est meat sparingly, also very little sugar avoid damp fee', drink water abundantly and rely on Nerviline an absolute reliever of pain. Five times stronger than any other, its power over pain is simply beyond belief. Get a bottle at your druggist's, test it and ain. Five times stronger than any other, s power over pain is simply beyond belief, et a bottle at your druggist's, test it and e if it is not so. Medicine dealers sell it

"When angry, count ten; when very ang-sy, count a hundred."

gives his time or money to service on a school anced ration at each and every meal. The who goes to target practice has a much more much as we need to keep up the heat and ful one, than he who goes around with a sub-ful one, than he who goes around with a subacription list; that the man who fights would usually be better to get the blood lief that after a short period of study any few holes may be bored into the sides of the bravely in battle for his flag is no better making material from a little cheese, or some girl can become a good operator is entirely soldier, nor more to be honored, than he who baked beans, milk, etc. But now there is soldier, nor more to be honored, than he who contends for any public interest, or spends a difference of opinion on this point, doubt-least three months before she is capable of out. Such a box as this may be placed in a energy upon social or charitable institutions | less owing to different circumstances. Some which promote public welfare or progress. think the last meal of the day may well be Let us be prompt to say that every citizen | quite carbonaceous. They say that as the of a free country owes allegiance to his fellow day's work is done there is not much need citizens in their local and home interests as of making more blood. Probably this may much as or more than in their military ones. be a wise plan for sedentary people who are Let us lay stress on the point that after all the only nobility of war is to maintain free work is done, and who haven't worked much through the day. Ordinarily now a bowl of and that these can be worthy of being main-tained only if we exert ourselves individually using rice occasionally for a change. When

fighting better for his country than he who that active people generally need a well-bal-

AN EASY WAY TO MEMORIZE THE MEMBERS OF THE BODY. A recent writer in an Australian pape teaches anatomy in verse. The rhymes are not all perfect, but they "will serve." How many bones in the human face? Fourteen, when they are all in place. How many bones in the human head Eight, my child, as I've often said. How many bones in the human spine? Twenty-four, like a clustering vine. How many bones in the human chest. How many bones in the human cheat; How many bones in the shoulder bin Two in each, one before, one behind. How many bones in the human arm?

day.'

A Brave Little Cripple. A cripple boy looked up with bright eyes

In each arm, one; two in each forearm How many bones in the human wrist? Eight in each, if none is missed. How many bones in the missed. Bight in each, if none is missed. How many bones in the palm of the hand? Five in each of every one's hand. How many bones in the fingers ten? Twenty-eight, and by joints they bend. How many bones in the human hip? One in each, like a dish they dip. How many bones in the human thigh? ed leg was held rigid by a plaster cast. He saw the bowl of new plaster and the big One in each, like a dish they dip. How many bones in the human thigh? One in each, and deep they lie. How many bones in the human Knee? Two in each, we can plainly see. How many bones in the ankle strong? Seven in each, but none is long. How many bones in the ball of the foot? Five in each as the palms were put. bandages and the surgeon's glittering scissors and needles. His lips closed tightly for a

"You're going to change my leg again, Five in each as the palms were put. How many bones in toes half a score? Twenty eight and there are no more. doctor?" he piped in a thin voice. "No, not your leg, my boy," said the sur-And now, if you reckon the bones on a slate going to save your leg, you know. We They count in a body two hundred an eight Then we have in the human mouth too, Teeth, upper and under, thirty and two. And now and then there's a bone I think That forms on a joint or to fill up a chink, A sesamoid bone or wormain, we call, And now we may rest, for we've told then

The surgeon ran a sharp knife through NOTHING IS TOO COSTLY FOR THE DAILY USE

"In the linen-room of the millionaire's home, each set tied up with beautiful ribbons, are piles of embroidered, lace bordered pillow cases, matching sheets also decorated with French needlework half a yard at the ceiling and made a continual buzzing ing in a Millionaire's Family," in the Jan uary Ladies' Home Journal. . "Countless noise with his mouth. After the surgeon and his attendants had dozens of towels embroidered eighteen inches left the bedside the lady visitor said to the deep; guest sheets costing two hundred and shat required special loom building for their must have hurt you dreadfully." Shat required special loom building for their "Well, yes'm, it did hurt," he replied, weaving. Twenty four diners can surround "but I jest made believe that a bee was a table covered with one of these clothe.

stinging me. Bees don't hurt very much, you know. And I kept buzzing because I was afraid I'd forget about its being a bee," for one to presume to guess the price. The bath towels are worthy of mention, so luxurious are they in texture and size, and sometimes exquisite in color. They seem to

Hood's Pills beautiful for the bathroom until you visit the latter : Mexican onyx trimmings, with Are prepared from Na-ture's mild laxatives, and silver or gold mountings; bathtubs sculp-tured out of solid blocks of spotless marble. while gentle are reliable and efficient. They Axminster rugs which are laid on the floor harmonize perfectly with the contents of the

everywhere, 25c. per box. Prepared by C.I.Hood & Co., Lowell, Mass.

Internetic perfectly with the contents of the linen room. Eye bath not seen, nor hath it entered into the heart of man to conceive, anything too delicate or too costly for the daily use of our American millionaires. Any of their bed-rooms that you survey will represent a private fortune in its farnishings." **Rouse the Liver** Cure Sick Headache, Biliousness, Sour Stomach, and Constipation. Sold

low for cash.

We have Ontario & Manitob are willing to sell very

-You have read of the cures by Hond's Sarsaparilla, and you should have perfect confidence in its merit. It will do you good. TROOP & FORSYTH.

course, but these depend more upon the litter in very severe weather to keep th frost off. rator him Where only a little celery is grown self. Woman, on the other hand, do not manifest their moods so much in their mani- family use it is quite practicable to stand the plants in a box deep enough to hold them pulation of the key. It is always subordinhaving a layer of loam on the bottom. ate to their personality. The common bebox, and through these a little water can using an instrument intelligently, but she corner of the cellar, and the celery will th is altogether inadequate to do work of any keep well. Still another way for the home growe value. One year of practice and work is re. quisite to make her a third or fourth-class savs Rural New Yorker in conclusion to the foregoing, is to take the old soil and manur operator. In the second year of her work out of the hotbed, put in a little loam an she should develop enough command of the Cover with the shutters and when ver severe weather comes fill the frame clear to the top with hay or leaves. Replace the sashes or shutters and pile hay or straw or the top. Curicg a Cold. The recent report in one of the publ prints of an Italian doctor's treatment for a

old, which attacked a New Yorker travel ing in Italy, solely with pure cold water, draught of it taken at frequent intervals, r calls the efficiency of the coldwater cure pr scribed in cases of asthma. It has been a leged, and has been demonstrated in mor cases than one, that a wineglass of water taken with absolute regularity every fifteer minutes during the waking hours will con trol a serious asthmatic attack, and, if per evered in at every recurring evidence of further attack, will finally work a cu The remedy sounds simple, but it is, in fect very difficult to keep up as a moment's r action will show. The American referred in the account quoted has remembered her Italian experience, and repeated it with su cess since her return to this country. the first intimation of a cold in her own cas

or in that of any member of her family, th cold water treatment is promptly begun, al ways with excellent results.-New York 'Evening Post.' Pallor and Leanness are the ev lence of deficient nourishment

lefective assimilation. Puttner's Emulsion

ontains in small compass and In the Very Lap of Luxury.

palatable form a surprising amoun OF AMERICAN MILLIONAIRES. of nourishment and tonic virtue Thin people who take it grow fat pale people soon resume the hue nealth; puny children grow plum and rosy.

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portion of the purchase money may remain on mortgage. For terms, etc., apply on the premises to Mrs. Shaw. 4 tf

Arrives in St. John ... PIANOS. Buffet Parlor Cars run each way daily on Express trains between Halifax and Yar-ORGANS. S. S. Evangeline makes daily trips be ween Kingsport and Parrsboro. Trains and Steamers are run on Eastern standard Time. Sewing - Machines. P. GIFKINS, If you thinking about one it will pay you to write MONEY TO us for Price List. **On first-class Real Estate** BUGGIES Security. We have on hand a few open and covered Buggies which will be sold at Bargains to close out. Also a few second-hand Waggons. Apply to T. D. RUGGLES & SONS, Solicitors, Bridgetown, N. S. full liue of Harnesses always stock. Write for Price List, the Canada Permanent and N. H. PHINNEY, - Manager Western Canada Mortgage Corporation. **Corporation.** This company loans money on farms and on productive city, town and village property on the straight loan plan at lowest rates of interests and on favorable terms of repayment. It has cart of the province on about the province of the province on about the province. The principal may be repaid in one sum or by instalments as required, and may be provided for in the mortgage. Payments of principal may be deferred by consent, and will in that case continue to bear the same rate of interest. Loans may be renewed at maturity without any or with trifling expense. Me scorbitant charges on high rate of interest charged. Lawrencetown, Aug. 20th, 1900. PALFREY'S CARRIAGE SHOP -AND-**REPAIR ROOMS.** Corner Queen and Water Sts THE subscriber is prepared to furnish the public with all kinds of Carriagee and Buggies, Sleighs and Pungs that may be desired. Bost of Stock used in all classes of work. Painting, Repairing and Vanisning excended in a first-class manner. For full information apply to T. D. RUGGLES & SONS, Local Appraisers, Bridgetown, N. S. Oct. 23rd. 1900. ARTHUR PALFREY. CABLE ADDRESS: | Established over a guarter of a century Bridgetown, Oct. 22nd. 1890. 9917 JOHN FOX & CO. A. BENSON Auctioneers and Fruit Brokers. UNDERTAKEI Spitalfield and Stratford Market, and Funeral Director. LONDON, G. B. 437 We are in a position to guarantee highest market return for all consignments entrusted to us. Cash draft forwarded immediately goods are sold. Current prices and market re-ports forwarded with pleasure. Caskets of all grades, and a full line eral furnishings constantly on hand. Cabinet Work also attended to Nova Scotis Apples a specialty. Represented by Abram Young, Bridge-own, who will give shippers any information equired. Sept. 5th--6m Warerooms at J. H. HICKS & SON'S factory.

39 y WALTER FORD **OYSTER and LUNCH COUNTER** Fruit Broker, OYSTER STEWS AND LUNCHES SERVED AT ALL HOURS. Borough Market, Ovsters sold by the peck or half peck, or o LONDON, S.E., ENGLAND BREAD, CAKES and BISCUIT fresh from Irst-class bakery always on hand. T. J. EAGLESON, 36 if QUEEN ST., BRIDEETOWN eccived and sold by private sale a st market prices. Account of sales and cheque mailed direct to ch shipper, from London.

BRIDGETOWN MEAT MARKET Agent at Bridgetown: Jas. Marshall, Clarence Agent at Roundhill: James H. Tupper. CEIEF AGENT: H. C. MARSTERS, Berwick, N. S. Having purchased the business formerly wned by W. M. Forsyth. Esq., we are in a osition to supply our customers with every ning in the line of Flour and Feed, Fine Gro pries, Fresh and Salt Meats, Fish, etc. Butter and Exces taken in exchange for goods. Sept. 5th, 1900.

EXECUTOR'S NOTICE. MESSENGER & HOYT. A LL persons having legal demands against the estate of JAMES WILSON, late of Centreville, in the Country of Annapolis, farmer, deceased, are hareby required to render the same, duly attested, within tweive months from the date hereof, and all persons indebted to said estate are requested to make limmediate WANTED

> ridgetown June 26th, 1900.-14 tf W. A. KAIN, 116 Germain Stree ST. JOHN, N. S. EXECUTOR'S NOTICE.

All persons having legal demands agains e estate of JOHN R. KINNEY, late of ridgetown in the County of Annapolis, farm artistics of the second That well-known and valuable farm situate r Bridgetown and formerly owned and apied by the late T. W. CHESLEY. A

HETTIE J. KINNEY, Executrix. JOHN L. MARSHALL, Executor,

does not dry up, it virtually maintains the His Opportunity. part in a constantly moist condition, exclud ing the air and promoting the healing pro-"I wish I could think of some new and unusual Christmas present to surprise mam-ma with this year," said Miss De Muir, Rosewater is most frequently used, and enzoin is an excellent addition. wrinkling her fair brow in deep perplexity. "How do you think she'd like a son in-Every Girl's Duties. law ?" hoarsely whispered young Spoonamore, falling readily into the only line of thought that seemed to suggest itself. Every girl has certain duties to perform that she dare not shake off if she would be rue to herself. Inwardly she will acknow \_"What is an anecdote, Johnny ?" asked ledge them, for we all have a conscienc the teacher that tells us right frou wrong, and, though "A short, funny tale," answered the little with an excuse, she may wriggle out of doing her duty, there will be that still small "That's right," said the teacher. "Now, voice within that forbids her to forget. Johnny, you may write a sentence of It is a great mistake to think that becs blackboard containing the word." some good natured sister takes upon herself Johnny hesitated a moment, and the perform your distasteful duties things will wrote this : thus right themselves. They never will. "A rabbit has four legs and one anecdote Such a method of keeping peace is based on a wrong foundation, and you cannot make **Properly Staked.** right out of wrong. By shirking our own burdens and casting them upon some one else Mr. Boorum Place (reprovingly)-The idea of a strong man like you soliciting alms! I to bear we are doing a great wrong. That some one else, too, however good her motive o not suppose you know that Collis P. may be, is really encouraging our weakness Huntington started in business 50 years ago and is also to blame. Her intentions are | without a cent ! laudable, but she overlooks the fact that th Perambulating Pete-No; boss. Ef dat is

best way to help a weak nature is to teach o, den, I've got all de necessary capital. that nature to help itself. She has no right to rob it of its duties. Is this a new light Celestial Etiquette. in which to consider the point? Perhaps.-"The Chinese are said to be models of

polite conduct." "Yes ; shey would rather kill the mission-

-Don't let events depress you. Maintain | aries than hurt their feelings by telling them your equilibrium and let mind rule matter | to leave the country." and good sense judge events. The emotional nature is always watching for a chance to Her Way.

exploit itself. Keep it in reserve, ready for " Is Georgina a sympathizing friend ?" every touch of human feeling, but do not al-"Well, when she praises anything I wear, ow it to tinge your understanding or in any she does it in a way which makes me feel way affect your same view of business or the affairs of life. Check expression when bitter that everything I usually wear is simply hideous. r somber feeling has the best of you. To

say how sad or perplexed you feel when your -Lady of the House (addressing young eart sinks for the moment deepens your in five year-old, who, with his parents, had been invited to dinner)-Well, my little man, ward troubles and at the same time spreads it to outside people. You would not spread how did you enjoy your dinner? lisease; do not spread mental distress. Your Youngster-Pretty well ! Sometimes we don't have any better dinners at home, but desponding words, bursting impulsively rom a full heart in the presence of a friend, I always get bigger helps.

add to the burdens of another human being -one, perhaps, already weighed down by cares and anxieties. To so speak is to allow On the Habits of Husbands

"I always telephone John when we have yourself to be overborne by 'things' ruled by company, so he'll be prepared." "Goodness ! If I telephoned William he'd not rule the world, it is true, but you have stay down town." the power to rule part of it-that is your-

-"How long does the train stop here ?" the old lady asked the brakeman." -Meat and vegetables should always "Stop here ? answered the functionary. kept in the coolest part of the larder or cel-ler in summer time and in winter time where Four minutes ; from two to two to two two." "I wonder," mused the old lady, "if that Wire covers cost little and should always man thinks he is the whistle ?"

e kept over the meat to keep away the flie -A poor woman was talking to a district Where possible groceries should always be visitor in Eogland about her various ailought before they are wanted and given ments, and how the doctor had prescribed for her "sluggish liver." "What beats me, It is no saving whatever to order in things she remarked, "is how them slugs get inside they are wanted. In a hurry you althe liver." ways exceed your limit of expenditure if you

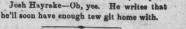
-Josh Hayrake-I've got one smart son Soap and candles should be bought som p in the Klondike. time before they are needed ; they only im-

Josh Hayrake--Ob, yes. He writes that

-Daughter-I love him. He is the light

This signature is on every box of the genuine Laxative Bromo=Quinine Tablets ject to having my house lit up by him after

Reuben Glue-Gettin' rich fast, I s'pose.



of my heart Father-Well, that's all right ; but I ob-