Miscellaneous.

The Dog Carried the Life Line.

A good story comes from Maine, A. C. Great Spoon Island, about 200 feet from the mers of Ontario should study economical shore. The men hoisted signals of distress, and were in momentary danger of being in order that they might produce cattle at swept away. Tremendous waves were running, and the crowd of excited fishermen on the one who had in his care the dog Pat berope from one point to another, and often

flung as far as possible into the water. "Pat" promptly sprang in, swam to it, and brought it to the shore. Several times he were in despair. The waves were splashing so high they could not direct the dog's attention to the men on the reef. Finally "Pat" seemed to comprehend that there was something more serious on hand than he had at first thought. He raised his head and looked intently over the water. His and looked intently over the water. His eye caught sight of the boat with its signals of the boat with its signals of the boat with its signals and lowf distress and the waves dashing over it.
When the lath with the cod-line attached

was again thrown into the water " Pat " at once sprang after it, took the lath in his of money per year to teeth, and, instead of turning to the shore, struck out through the roaring surf to the reef Many times he was buried under the waves, but after a few minutes of intense

had got his second wind. famous kennels of Mr. Archer, of Tullamore, inoids and fat in which the corn is deficient. near Cork, and is a dog of remarkable The method of growing was as follows: beauty and sagacity.

Fresh Air in Fevers.

perience illustrating the importance of secur- provided in the ensilage will be equal to 5 of a large hospital in which at one time in the winter season he had under treatment three hundred and twenty cases of measles.

State of these plants is likely to be more digestible than that from ripened grains. The advantages were just as great as though Just at this time the hospital took fire and burned to the ground. The patients were per acre, in addition to his corn crop, withplaced in tents, and all but one or two recovered. He had no doubt that the number money than in the growing of the corn alone. of deaths would have been thirty or forty at THE EXTRA COST OF GROWING raging disease. - Good Health.

Advice to Young Men. Don't mistake notoriety for fame.

Be loval to death to those who have be-

friended you. When you assist the needy, don't do it | There would be a clear gain to

Silence is the best weapon to use against a vulgar and spiteful tongue.

to do-then if you fail to accomplish it, nobody will know.

will rob it of more than half its terror.

A Kingston Orangeman. ache, rheumatism and kindred complaints, have started using Dodd's Kidney Pills, and several marvellous cares are already reported Mr. Blair joined the Orange order in 1854, and is the oldest Orangeman in Napanee. He has been a delegate to the Orange grand lodge, and he has held several important offices in the order. His friends considered his case as incurable, and are of course amazed at his wonderful recovery.

"I see that Thomas Edison is now rated more of this class of stock. According to "I see that Thomas Edison is now rated at \$3,000,000," said S. J. House, who is spending a few days at the Luclede. "I knew Tom when he was a barefooted boy living at Fort Gratint. Mich. He was allive weight of the swince. Canadian bacon." living at Fort Gratiot, Mich. He was al- live weight of the swine. Canadian bacon ways tinkering with telegraphy, and once and hams were almost equal in reputation to rigged up a line from his home to mine, a the Danish and Irish products. In view of block away. I could not receive very well, the increase demand for live hogs in Canada and sometimes I would come out, climb on the fence, and halloa over to know what he of their business a wide and rapid extension. said. That always angered him; he seemed | England imported about \$50,000,000 worth to take it as a reflection upon his telegraph of swine products annually. A much larger line. -St. Louis Globe-Democrat.

suffering from the same malady. Davidson, Winnipeg, Man.

"And did you hear the sermon, Mo At meeting here to day?"
"Yes, sah, I hear de sermint sah."
"What did the preacher say?"

"He ses, ses he, his tex was dis,
A k'lection 'll be took up';
So 'mejitly I retch my hat',
An' out de do' I scup."

It would be worth while for the ladies to hear in mind that if they take a gentle course of Ayer's Sarsaparilla in the spring, they will have no trouble with "prickly "things" (things "things").

Agricultural.

The Cattle Trade

Prof. Robertson, in a recent lecture be il, a former well known journalist of fore Ontario Farmers, made the statement Washington City, usually hunts during the | that the restriction imposed by great Britain sporting season on Penobscot Bay. When would not prove an unmixed evil, if it induces not hunting he leaves his dog "Pat," a very fine-bred Irish retriever, in care of a fisher-towards feeding the cattle which they have man on the shore of the bay. A few days to dispose of to a finish of fatness before they ago Mr. Buell received a letter from the were sold or shipped from this country. fisherman telling of a remarkable perfor- Proceeding, he said there were some matters mance of Pat in rescuing no less than seven in the home products of the farmers which persons from a fishing smack that bad been | need more serious attention than even the thrown on a reef in a heavy gale. The restrictions which the two Governments had smack was lodg-d on one of the reefs of seen fit to impose on Canadian cattle. Far-METHODS OF FEEDING

the shore knew that it would be fatal for them to attempt a rescue, as no boat in their favorable circumstances, could leave a profit possession could live in that sea. Suddenly to the feeder. In conjuction with well-cured corn ensilage, 5 lbs. per day of meal seemed the one who had in the dog had been taught thought him that the dog had been taught the maximum limit for the economical fatto not only retrieve, but to tow boats by a tening of steers, and very little above that rope from one point to another, and often when a boat would get adrift he would be day for the economical feeding of milch cows. when a boat would get wante it is nose under sent for it, and would run his nose under the painter till he would come to the end of the painter till he would come to the end of on for the last two years at the Central which steam exerts is estimated to be equal on for the last two years at the Central which steam exerts is estimated to be equal to the manual labor of 4.000,000,000 men, it, and he would take it in his teeth and experimental farm to discover if there were to the manual labor of 4,000,000,000 men, fetch the boat to shore.

"Pat" was at once called. A long codline was attached to a piece of lath and line was attache which was yielded-in its richness or percentage of solids. It was found that the addition of meal to the ration of a cow, after repeated this performance. The fishermen it reached from 5 to 7 lbs. per day, was not economical in point of either the quality or the quantity of the milk which she gave in return. Something over 20,000 separate tests were made of the milk in order to have such a measure of data as would enable them to draw conclusions which would certainly ance for a milking cow or a fattening steer, but if even that small amount could be saved

to the farmer it would mean many millions THE CATTLEMEN OF CANADA. For some years he had been seeking to discover some substitute for the expensive suspense he was seen from the shore clam- and rich meals which ought to be added to bering up the side of the reef, and a great | corn ensilage in order to make it a complete shout went up as the imperilled sailors took hold of him and lifted him into the boat in At last he ventured to think that he had an almost exhausted condition. In brief been successful in discovering a substitute time a strong rope was attached to the cod- which was now within easy reach of every line. The men on shore were signalled to farmer in Ontario, and almost every farmer haul away, the rope was made fast to the in the Dominion who kept cattle. He had reef and the shore, and one by one the men | with him samples of the ensilage which had passed hand over hand from their place of been made from mixing the heads of sundanger, the brave dog following when he flowers with Indian corn. He had also a sample of ensilage made from Indian corn Mr. Buell thinks that Congress ought to and English horse beans, which had been vote "Pat" the most elegant silver collar that can be made. "Pat" is from the flowers and horse beans supplied the album-

Mix one-half bushel English horse beans with one-third bushel of Indian corn; sow these in rows 3 or 31 feet apart, to cover one AN IMPORTANT AGENT IN THE CURE OF RAV. | acre. When the crop is grown, put the pro duct from two acres of that mixture with At a late sanitary convention, in the discussion of a paper on ventilation, an old army surgeon related a very interesting ex- olds from the beans and sunflowers thus ing to the sick, and especially persons suf-He stated that during the war, he had charge the albuminoids in the green and succulent

least, had the patients remained in the hos-pital. He afterward sent one hundred men the seed for the English beans grown on the who were only slightly ill, to the general rows with the corn was equal to \$15. hospital at Nashville, and seventy-five of Against that extra outlay the farmer got them died. Upon visiting the hospital, he from the 21 acres enough additional feed to found it so poorly ventilated that the air was exceedingly foul, producing a sickening barley and oats. That was equal to a clear sensation when he had only been in for a few gain in cash (valuing the mixed grain at 1 minutes. The doctor concluded by remark- cent. per lb.), of almost \$17 per acre more ing that he regarded pure air and water as than the growing of Indian corn alone, and nost important agents, and believed them the growing of ripened grain to feed with it, to be capable of controlling the ravages of in order to make it a perfect or well balanced ration. If a patron of a cheese factory or creamery in Ontario would grow three acres of this Robertson combination for the feeding of cattle, it would be equal to a saving Don't work unworthy of you if you can of grain to him (as good as cash in the first year) of \$51. Multiply that by 50,000

patrons of cheese factories and creameries in Ontario, and they had a sum of \$2,550,000. THE FERTILITY OF THE SOIL equal to about 30 lbs. of nitrogen per acre. When it was remembered that a ton of wheat

Don't indulge in the luxury of strong or took from the soil annually 40 lbs. of nitrogen sour opinions in the presence of your elders and betters, as the former is likely to fly to your head, and the latter to your stomach. fed them on this combination the better able If you haven't the moral courage to laugh at sneers, then you are another of nature's mistakes.

Don't talk about what you are "going"

fed them on this combination the better able would they be to grow all other grains without the exhaustion of the soil. The clear gain in the nitrogen from the growth of the bean crop might be quite equal to \$4.50 per acre. If this sum was multiplied by three Never let a day pass without thinking and creameries in Ontario, and added to the seriously, if only for a minute, of death. It direct cash gain from the growth and feeding of this crop, the sam will come to over \$3,200,000 per annum, or more than \$60 per A Kingston Orangeman.

Kingston, April 17.—Mr. James Blair of Napanee, whose case has been creating so much interest in that locality, is well-known in the "limestone" city. He was a resident of Kingston for fourteen years, and it was while he was engaged as cutter for Mr. Livingstone of this place, that he contracted Bright's disease of the kidneys. His Orange friends in Kingston are delighted to know that he is cured of this terrible disease, by using Dodd's Kidney Pills. Many of them who have been similarly troubled with backache, rheumatism and kindred complaints. have started using Dodd's Kidney Pills, and right in the matter. It was given to the farmers free, with the very best of good

cured swine products were in very active favorable demand in Great Britain. I would pay the farmers to rear and fatten share of this should hereafter come to Can share of this should hereafter come to Canada. In the matter of poultry and eggs
Canadian farmers needed as much awakenThe subscriber will keep for sale as formerly Indigestion Cured.

GENTLEMEN,—I was thoroughly cured of indigestion by using only three bottles of B. B. B., and truthfully recommend it to all cheese and beef. Eugland imported of these two articles of food to the value of \$20,000,. 000 a year. He knew there were difficulties G. S. DeForrest & Sons. in the way of reaching Eugland with perish- Bridgetown, March 28th, 1893. 52tf

ot insuperable. Prof. Robertson said the English butter merchant judged Canadian butter at its might be at creamery, men should use the very best quality of grease proof paper on the inside of the package. There was a of any counterfeits or imitations. In that regard—as it should in all others—the name of "Caracities" stands for honesty and he

WANTED.

OUT OF THE **FRYING PAN**

be the only good which would result from the putting of these new and better plans into practice. The further and better result would be the lifting up of the farmer's life to a higher plane of activity, wherein he would find a scope for the exercise of every manly faculty and gift. The first gain which was recognized might be the amelioration of his hardships in making money. The best ultimate gain would be the lifting of his life ntellectually, morally and spiritually through doing right, and putting things **PROGRESSIVE** around him in their correct relationship

The Best Remedy.

DEAR SIRS,—I was greatly troubled with weakness, loss of appetite, restlessness and sleeplessness, and found B. B. B. the most rengthening and beneficial medicine I have ken. Miss Heaslip, 34 Huntley Street,

each other. - The Empire.

sellence. In all these matters it takes in-

telligence and care to get money out of any

ranch of farming, but with those who exer-

cise farming as a business there is much pro

fit making with them as in any other in

his calling. The immediate good will not

EQUAL TO 4,000,000,000 MEN. -- The man who "invented" steam multiplied many times the forces of the world. In the man-

-Walter Lane, of St. John, whose wife and daughter have been great sufferers from nervous trouble, says they received great benefit from Hawker's Tonic, and he heart ily recommends it to all suffering from weak-ness from whatever causes.

-Minard's Liniment cures Burns, &c.



flesh and seems to be in a rapid de-

Of Pure Norwegian God Liver Oil and Hypophosphites flesh and rich blood, and so giving him energy and perfect physical life, cures Coughs, Colds, Consumption, Scrofula and Bronchitis. IT IS ALMOST AS PALATABLE AS MILK.



The Shortest and Best Route between Nova Scotia and United States. THE QUICKEST TIME. 15 to 17 hours be-

"BOSTON" AND "YARMOUTH."



5 Years Old, 16 Hands, 1100 lbs.

No trouble to show him, whether you breed or not. He can stand the most critical examination.

For tabulated pedigree and further information send post card to HORACE H. FEINDEL, Elm House, Lawrenceto

52 tf **CHEMICAL FERTILIZER WORKS** HALIFAX, N. S. Established 1878. 'CERES SUPERPHOSPHATE (The Complete Fertilizer.)
POPULAR PHOSPHATE,
APPLE-TREE PHOSPHATE,
POTATO PHOSPHATE,
STRAWBERRY PHOSPHATE.

Our fertilizers are now being offered to the JACK & BELL.

> TO THE PUBLIC! LAWRENCETOWN, MARCH 20th, 1893. Please take notice that the agency held by

NOTICE! TEMPLE BAR,

J. H. LONGMIRE, Master.

Fruit Trees! We offer a fine stock of Plum, Fear, Apple. Nurseries, MOODY & SONS, ished 1839. Lockeport. V.N.

OTTOLENE O COTTOLENE O COTTOLENE O

Has come not a little knowledge as to cookery-what to do, as well as what not to do. Thus we have learned to use COTTOLENE, the most pure and per fect and popular cook-ing material for all frying and shortening purposes.

COOKING is the natural outcome of the age, and it teaches us not to use lard, but rather the new shortening,

which is far cleaner, and more digestible than any lard can be. The success of Cottolene has called out worthless imitations under similar names. Look out for these! Ask your Grocer for COTTOLENE,

and besure that you get it. Made only by N. K. FAIRBANK & CO., Wellington and Ann Sts., O COTTOLENE O COTTOLENE O COTTOLENE

> Windsor & Annapolis Raiw'y Time Table. COMMENCING THURSDAY, JAN. 5th, 1893,

and until further notice. GOING WEST. 6 45

A.M. A.M

8 25 2 35 5 30

cent there are passengers to see down. Fu-ceed figures show where trains cross or pas-frains of the Western Counties Railwa we Annapolis daily at 12.55 p.m., and c-lesday, Thursday and Saturday at 6.00 a.n we Yarmouth daily at 8.10, a.m., and onday, Wednesday and Friday at 1.45 p.m. Trains of the Cornwallis Valley Branch lea-entyille daily at 10.40 a.m. and 3.40 p.m., ar Saturdays an extra trip is made to conne

BAY OF FUNDY

STEAMSHIP COMP'Y

(LIMITED)

Annapolis, Digby, St. John,

CITY OF MONTICELLO,"

will, during the month of April, sail from the Company's Pier, Reed's Point, Jt. John, N.B. on MONDAY, WEDNESDAY and SATURDAY mornings at 7.30, local time, for Digby and Annapolis, returning same days, sailing from Annapolis upon arrival of the Halifax Express, calling at Digby, and due in St. John at 6.30

HOWARD D. TROOP, President St. John. N.

R. H. FLEMING, Con

the Evening Express from Halifax g Kentville at 6.50 p.m., for Canning and

7 17 6 55 3 40 3 45 UNDERTAKING. 8 07 *... *... 8 17 8 55 4 50 8 25 9 10 5 0 Beg to announce to the public that they intend carrying on the Undertaking Business at Middleton, and have now in stock a varied and comprehensive line of

Caskets, Coffins, Trimmings, tion, at most reasonable charges. ROOP & SHAW.

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Monuments, Tablets, Headstones, &c. Also Monuments in Red Granite. Gray Granite, and Freestone. Granville St., Bridgetown, N. S.

Agency for

A Tiverton Miracle.

DOCK BLOOD PURIFIER, THE KING OF REMEDIES. lawe Middeton at 2.65 p.m., for Bridgewater and Lunenburg. Steamers of the Yarmouth Steamship Line. Steamers of the Yarmouth Steamship Line. leave Yarmouth every Tuesday, Wednesday, Friday and Saturday p.m. for Boston. Steamers of Bay of Fundy S. S. Co. leave St. John every Monday, Wednesday and Saturday. for Digby and Annapolis. Returning, leave Annapolis on same days for Digby and St. John. Steamers of the International Line leave St. John every Monday and Thursday a.m., for Eastport, Portland and Boston. Steamer "Winthrop" leaves St. John every alternate Friday at 10.00 a.m. for Eastport, Bar Harbor and New York.

Trains of the Canadian Pacific Railway leave St. John at 6.25 a.m. daily, Sunday excepted, and at 8.30 p.m. daily for Bangor, Portland and Boston, and for Montreal at 10.40 p.m. daily, (Saturday excepted).

Through tickets by the various routes on sale at all stations.

W. R. CAMPBELL. From Ross C. C. Handspiker, Esq., of Tiverton, N.S.:—



CTICAL WATCHMAKER and JEWELLER MIDDLETON CORNER.

PALFREY'S CARRIAGE SHOP REPAIR ROOMS.

Best of Stock used in all classes of work.
Painting, Repairing and Vanishing executed
a first-class manner. Administrators Notice.

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MONUMENTS. UNLIKE ANY OTHER IN THE MOST GRACEFUL STYLES.

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IN ALL THE LATEST STYLES.

FINE WORK

-such as-

MONUME

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Nova Scotia Wins.



For INTERNAL as EXTERNAL use. Originated by an Old Family Physician. Think Of It. In use for more than Eighty Think of It. Years, and still leads. Generation after Generation have used and blessed its ravey Traveler should have a bottle in his satchel. Every Sufferer From Rheumatism, Every Sufferer From Rheumatism, Every Sufferer Sciatica, Neuralgia, Population of the State of the Science of the State of the St ervous Headache, Diphtheria Cougha, Carlons Headache, Diphtheria Cholera-Morbus, Diarrhoea, Limeness, hitis, Asthma, Cholera-Morbus, Diarrhoea, Limeness, foreness in Body or Limbs, Stiff Joints or Strains, foreness in Body or Limbs, Stiff Joints or Strains, foreness in Body or Limbs and Java Johnson. Should have Johnson. Should have Johnson. Every Mother should have Johnson's Bould have Johnson's Anodyne Liniment in the house for Croup, Colds, Sore Throat, Tonsilitis, Cold, Cuts, Bruises, Crampa and Pains liable to occur in any family without notice. Delays may cost a life. Relieves all Summer Compilaints sike magic. Price, 85 cts. post-paid; 5 bot tles, 82. Express paid, I. S. Johnson & Cd., Euston, Mass

HAVING purchased the Stock in Trade and Randolph & Co. and T. Shaw,

lately conducted by them, under the management of J. B. Reed, Esq., I intend to continue the same business at the old stand.

I have employed the services of Mr. Reed as salesman, and think I can guarantee good atisfaction to those wishing to purchase.

UNDERTAKING carried on as usual on the premises. All those indebted to the old firm will kindly call and settle up as soon as possible.

W. M. FORSYTH.

THREW AWAY HIS CRUTCHES AFTER YEARS OF TERRIBLE SUFFERING.

Bridgetown, January 18th, 1893. 43



STATEMENT OF MR. WM. MCNEE. For eight years I was troubled with a sore on my leg which resulted from having it broken. The doctors kept me in bed five months trying to heal it up, but all to no purpose. I tried all sorts of salves, liniments, ointments, pills and blood medicines but with no benefit. In 1883 it became so bad that I had to sit on one chair and keep my foot on another for four months. I could not put my foot on the ground or the blood would my foot on the ground or the blood would rush out in a stream and my leg swelled to twice its natural size. ELEVEN RUNNING SORES

developed on it which reduced me to a living skeleton (I lost 70 lbs. in four months). Friends advised me to go to the Hospital; but I would not, for I knew the Hospital; but I would not, for I knew they would take my leg off. The doctor then wanted to split it open and scrape the bone, but I was too weak to stand the operation. One old lady said it had turned to black erysipelas and could never be cured. I had never heard of Burdock Blood Bitters then, but I read of a minister, Rev. Mr. Stout, who had been cured of a severe a becession the neck of a minister, Rev. Mr. Stout, who had been cured of a severe abscess on the neck by B.B.B., after medical aid had failed, and I thought I would try it. I washed the leg with the Bitters and took them according to directions. After using one bottle I could walk on crutches, after taking three, I threw away the crutches, took a scythe and went to work in the field. At the end of the sixth bottle my low was entirely healed up: pieces of loose eg was entirely healed up; pieces of loose one had worked out of it and the cords bone had worked out of it and the cords came back to their natural places again. That was nine years ago and it has never broken out since. I can walk five miles to-day as fast as anyone, and all this I owe to B. B. B., which certainly saved my leg, if not my life. I cheerfully recommend it to all sufferers. Give B. B. B. a trial, it will cure you as it did my

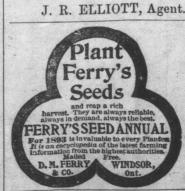
Yours truly,
WM. McNee, St. Ives P.O., Ont.
Mr. F. C. Sanderson, the druggist of
St. Marys, Ont., certifies to the entire truthfulness of the remarkable statement made by Mr. McNee and says that several

baked. Always have some kind of coarse bread either hot or cold. Dry, water, and GREAT milk toasts, all are good for breakfast. Avoid fried food. When broiled meat or fish forms a part in spring, it is a good plan CLEARANCE SALE on the table. Have fruit on the table when -ATyou can, and a few flowers, if possible.

The Farmers' Store, LAWRENCETOWN. \$2,000 worth of First-class Stock to be cleared out during the Coming FOUR Weeks.

Prices of Goods sure to be an inducement to cash buyers. In Groceries will sell, 25 lbs. good Brown Sugar for \$1.00. Single gallon Kerosene Oil, .25 All other Groceries in like proportio

1,000 Pairs Boots and Slippers, from 20c. and upward. In Paints and Oils this class of Goods for Spring Painting.



HEALTH FOR ALL!

USE ONLY SWEET'S BONE LINIMENT TESTIMONIAL.

The Rousehold.

Keep Disease at Home. Observation, instigated by a heart and soul interest in my children, has taught ut that many parents are too unmindful of contagious diseases. It is a common occurrence to see children in whose families there are one or more victims of mumps, chicken pox after time the minister has vainly appearance. or more victims of numps, effeken-pox or whooping-cough, as the case may be, playing on the streets and endangering the health of the neighbor 'children, when they should be confined fosely at home.

Because your little ones are so unfortunate, is it altogether just that you should impose

A shrewd Scotsman, who had recently

the affliction upon others? This question can hardly be answered in the affirmative. "O, was not long until he noticed this state let them go-it's all over town anyway," is affairs; and a remedy soon suggested a happy way of relieving your mind, yet to his practical mind. your thoughtless conclusion may be as a shovel to heap loads upon some already officials, "if you make me treasurer, I'll enweak toil-worn shoulders. Not only does gage to double the collections in three the indifference of one woman bring work | months." and worry on another more prudent, but His offer was promptly accepted; and serious consequences ofttimes result. As an instance a lady whose little babe had been until, by the time he had stated, they were exposed to and stricken with an infectious nearly twice as much as formerly. disease, was forced for several weeks to "How have you managed it, Mr. Sandy. nurse her cross, sick child, do most of her man?" said the pastor to him one day. housework (having no efficient help,) and care for aged paralyzed father whom she Scot: but I'll tell you in confidence. The

perhaps causing death .- Women's Work.

A Few Reminders.

sweet milk, sopping it up with a sponge or

cloth and adding more milk, until the ink is

removed. Also it is well to remember that

be easily removed from table linen, hand

kerchiefs, aprons, etc., by pouring boiling

water over the stain before the article is sent

a basin and pour the boiling water through

the spot.) That silk lace may be cleaned by

washing it in benzinc several times, using a

never be used at night or near a fire. An

excellent starch for dark calicoes and mus-

fee made by pouring hot water on the coffee

grounds left from breakfast, letting it stand

until just before it is needed, then strain

through a thick cloth-not a butter cloth,

rain water for this purpose. In three gal-

solve one pound of chloride of lime and a large spoonful of sal soda. Dip the sheeting

in this, wetting it thoroughly; then rinse it

bottleful of this solution kept near the kit-

chen sink will be found very convenient. It

may be added to the water for dishwashing,

for cleaning shelves, tables and floors. It

should not be used for varnished surfaces.

Proper Food for Breakfst.

Good Housekeeping says: "Appetites are

apt to be capricious in the spring, especially

as regards breakfasts. Don't force the fam-

relished. It is not difficult to provide dish-

es which will be eaten with zest. Oatmeal

should not be served at more than one

breakfast in a week. Vary the fare by using hominy, cracked wheat, wheat germ,

yellow cornmeal, etc. Eggs creamed,

poached, boiled, and cooked in the form of

nicely broiled, broiled chops, and add occa-

sionally a steak, salt fish in cream sauce,

Have potatoes cooked in simple, savory

ways. Let the bread be light and well

have a dish of watercresses or radishes

few flowers and a bit of green bring a great

thought and time to prepare those savory

but it pays to give the thought and time. To the worker-and we are almost all work-

hundred percent better condition than he or

Housework as an Exercise.

Let the following clipping from a mos

sensible, domestic magazine urge the girl of fashion and frivolity to ease the burden

for her tired mother: To keep girls' com-

plexions and spirits good, to preserve grace,

strength, and ability of motion, there is no

gymnasium so valuable, no exercise more

eneficent in result that sweeping, dusting,

naking heds, washing dishes, and the polish-

ions and pomades that were ever invented.

much more for women than games is the

act that exercise which is immediately pro-

courage to go on living and makes things

eem really worth undertaking.

ctive cheers the spirit. It gives women

food for the morning meal."

she who has a poor meal. As the heaviest

deal of sunshine to the table. It takes

corned beef, hashed meat on toast, fricassee of chicken or yeal—here are seasonable dishes.

for that is too thin.

shrink.

knew was slowly but surely passing away.

As I looked from her tired, anxious face Weel, when I got the money every Sabbath to the death-dimmed eyes of her holy pa- evening, I carefully picked oot the sma' rent as he lay still and helpless in his last coins and put them by. Noo, as there's earthly pose, I could but wonder, and wonder again, why mothers do not more univer- in a little place like this, and as I have sally sympathize with one another. Surely | maist o' them at present nuder lock and key, hese tests of sorrows and tears should link the folk maun give saxpences, at least, in us into one long chain of kindred humanity! stead. Sae that's the way the collections Then let us at least try, when one child is are doubled." And the pastor went away declaring that taken with an authentic case of contagious every Scotsman is a born financier. disease, not to permit the others to continue walking, visiting and going to school where they will surely develop feverish symptoms,

He Thought in a Good Cause.

Little Dick C- got into trouble with a schoolfellow the other day, and agr. him to "have h out" before school next thereby spreading sickness and trouble, and morning. That evening, when Dick knelt How wise we would be if we could reby his mother's side to say his prayers before going to bed, he delivered himself as ember everything we read; but, alas, when follows, after the usual "Now I lay me;" the knowledge is needed it seems to slip "And, O God, please make me as strong away from us. For instance, when ink is as lions an' things, 'cause I got to lick a boy spilled on the carpet it is well to know that it should be immediately washed up with in the morning. Amen."

Judicious Confidences. Old friend-You should always take your wife into your confidence. Women appre

grease may be removed from carpets with a preparation composed of equal quantities of ate that sort of thing. ether and chloroform. That fruit stains may De Broker—Oh, I de De Broker-Oh, I do that; that is in part. Old Friend-You tell her of your gains and losses, I presume?' De Broker-Um-I always tell her of my to the laundry. (I spread the cloth over losses.

A Double Responsibility Upon Him. Embarrassed young man "Have youlittle at a time. The best benzine should be er—got any cradles?"
Furniture dealer—"Yes, used, and as it is highly inflammable, should (Becoming still more embarrassed)-"I cases where—where—when it wasn't just lins is made in the usual way, but instead just what you expected, you know, andof adding boiling water to the starch dissolvand-and you have to buy cradles or know,

ed in cold water, add boiling-hot weak cofone cradle big enough for both sf 'em?" A Little too Polite. Strange Lady-I beg your pardon, but I heard you mention Mrs. Upperten's name, and I know she has been very sick. Can

If you have unbleached sheeting you wish whitened, endeavor to save a few gallons of Strange Lady-Thank you. Lady's Friend (in a whisper) You should not nave said thank yo carefully through two waters, using rain water if you have it. It is better to do this -"I suppose," said the fellow who had

before sheets are torn off for the cloth will been studying up physiology-"I suppose helps the lumber region?" "No," said the water soft is composed of borax, super-car-bonate of soda and ammonia, and one gallon for more." "And I tell you," said the landof boiling water. Dissolve a quarter of a lady, grimly, "it's because you've get to pound of borax and one and a quarter pounds plank down or you'll be fired." of super-carbonate of soda in the water; set it away to get cold, then add three ounces Anxious to Sell. of squa-ammonia. For washing clothes, use one cupful to a boilerful of water. A small

Miss De Classic-I should like to look at some music; not new music like this on the counter, but old music, real old. Store boy (anxious to assist)-Yes'm, That on the top shelf is jus' black with fly

specks and I guess they'll sell it cheap. That Tired Felling. Customer-" And this will cure most any

of these tired feelings?"
Drug Clerk—"Yes, ma'am." Customer-"I'll take one of the larger ily to eat at this season things which are not sized bottles and try it on them boar that's bin refusin' mackerel and prunes. Social Prostige at Stake.

"John," said Mrs. De Porque, "I hou you will not tell anyone else that you melets, should be used freely. Broiled fish,

"It dosen't sound select. 1 told M thin slices of ham, of breakfast bacon Feathergilt about it this morning, and she says colds are dreadfully common just now Generous Enthusiasm. Rosalie-George and I are engaged, an he gave me this beautiful engagement rin

Ennice-Oh, I'm so glad! It didn't real

Highly Spoken Of.

DEAR SIRS, —I have used your Hagyard Yellow Oil for sprains, busies, scalds, burn rheumatism and croup, and find it as requalled remedy. My neighbors also highly of it. Mrs. Hight, Montreal.

dishes which are so desirable at this season, this office." To the worker—and we are aimost at whaters—it makes considerable difference all day long when a right start is made in the morning. The man or woman who begins the day with a hot, well-cooked, simple breakday with a hot, well-cooked with a hot with a hot with a hot with a hot well-cooked with a hot well-cooked with a hot with a hot with a hot with a hot well-cooked with a hot with a hot wit

fast will get through his or her work in a Pills. --First boy (contemptuously) Hub! You part of the daily work usually comes be- mother takes in washin' Second Boy-O tween breakfast and the mid-day meal, all | course. You didn't s'pose she'd leave housekeepers should do their part to make hangin' out overnight unless your f

the battle of life easy by providing proper | was in prison, did ye?

Too Much of a Good Thin Why did you dismiss Mr. Goodhe Blanche-Oh, he got so he'd rath -Dandruff is due to an enfeeb

ing of brass and silver. One year of such muscular effort within doors, together with regular exercise in the open air, will do preventing the formation of dand keeper-Can't complain. Jus Traveller-How was tha Man wanted to get tru

Try it.