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NT. FEARLESS. INDEPEN:

S., FRIDAY, JULY 5, 1912.

WOLFVILLE, KINGS CO.,

HONEST,

When Ma's Away.

How to Live a Century. Sir James Sawyer, an English phy-iciau, has formulated the following iteen rules for prolonging life to 100 Eight hours sleep.

Sleep on your right side, Keep your bedroom v

ells which destroy the disease germs.

stroy those cells.

12. Live in the country if you can.

13. Daily exercise in the open air.

14. Allow no pet animal in your
living room. They are apt to carry

se germs. Watch the three D's-drinking , damp, and drains.

Chicago has the dustaction of du-tabling the woman formular of the anks of the civil and committing en-tincers. This is Mrs. Mary it. Kw-ng, widow of the late William Bion Ewing, one of the most prominent leaving, one of the most prominent ingineers of the middle west, who lied last spring. Mrs. Ewing has taken up and is carrying to successful completion work on various sewerage and water systems, costing approxi-mately half a million dollars, which her busband had under way or in course of planning at the time of his death.

death.
She appeared before the boards of all the villages and the different companies with whom Mr. Kwing had contracts, and it is a remarkable tribute to her technical knowledge and executive ability that each company unlesstatingly passed the contracts into her-hands for completion of the work.

To Escape Appendicitis.

A simple way to prevent appendicities was recently described by a well known physician. Reary night and morsing, he advised, go on your knees, bend beckward ustil you sit on your heels and at the same time, bend the upper part of your body forward as far as possible. Do this six to ten times.

You may vary the exercise by atanding with heels together and toss pointed straight forward and them stoop into a sitting posture until the knees touch the chest. Do this slas six or sight times slowly.

The effect is to six up the intesting in the neighborhood of the vertices in the neighborhood of th

ength For Nursing Watch Her at Dinner.

New Strength For Nursing Mothers.

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Mernomer Cruzen. — Rev. J. W. Prestwood, Partor Services on the Sabath at 11 s. m. a d 7 p. m. Sabbath at 10 s. m. a d 7 p. m. Sabbath and on Victoriads, s. m. Prayer Mean go m Wednesday eventing at 7.45. At his seats are free and strangers welcomes at all the services. At Grounwich, preaching at 5 p. m. on the Sabbath.

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Work Is an Uplifter.

The socks I darm for thee, dear heart, Mean quite a pile of work to me; count them over, every one apart, Thy hoatery, thy hoatery, the hoatery. Lach sock a mate; two mates a pair, To clothe thy feet in storm and find count each sock unto the end, and find Pve skipped a hole.

Ob, carelessness,' this thy reproof, the house to home to home to home that is a weeping over cities in largely due to the fact that too many would rather steal than work. The life of duty, not the life of unerease or pleasure, is the kind of life which makes the great men and we men. The first prize that life offers its the chance to work at work worth doing.

this country.

Do Not Neglect Your Bowels.

Many serious diseases arise from neglect of the bowels. Chamberlain's Stomoch and Liver Tablots are a pleasant and agreeable startie. They invigorate the liver and regulate the bowels. For sale by all dealors.

Good Fishing Still In Galilee.

There is still good fishing in the Sea of Galilee. Dr. Bruest W. Curtury Mastefnus', who has practised usedictive in Galilee, made a apecial study of the fishes found there, and in a recent book says that he found in the British Isles. The fisher men are taxed a fifth of the value of the fish caught, the revenue going partly to the Sultan and partly to a Pasha in Damascus.

Old Chronic Sores.

As a dieseing for old chronic sores there is nothing so good as Chamberlain's Tablots when needed, you cannot reason there is nothing so good as Chamberlain's Tablots when needed, you cannot not be salve to the salve. While it is not advisable to head old sores entirely, they should be kept in a good condition for which this salve is especially valuable. For sale by all dealors.

The proud father, to whom a college education had been decided underly good and the salve. Tounny—I want to see you and Mr. Green—But we are not going the country of the

A similar may to present by a weak section that the contract of the contract o