The Art of Quick Dressing.

To be able to dress rapidly and in a small space is an accomplishment, an art which, although it takes long to acquire, will hold to one through life when once learned. Some time or other, many times, indeed, it will be necessary to dress very quickly. A child may be taken with the croup in the middle of the night, and to be able to put on one's clothes as rapidly as a boy takes them off when he goes swimming may be the means of saving life.

Boys may be taught to do this; the younger the better. The movements used in dressing, such as pulling on or lacing of shoes, buttoning the waist, drawing on of trousers or blouse, are a healthy exercise in themselves. If there are two boys in the family they may race, to see which can get dressed first. No time should be allowed to hunt for things It is a game of order, as well as speed. All the apparel needed for the day should be placed in a convenient place, so that it can be found easily and quickly.

It is a revelation to see a circus man take off his pink tights and put on his street clothes. It is done not only with speed, but with neatness. Only a very small space is allowed each performer to dress and undress, and every movement is made to count. No hunting through the grab-bag for the needed articles. Even the clown can remove the black and red marks, wash the powder from his face, put on his other clothes, and be out in the street in one-third of the time it takes the average person to dress and undress.

Girls, too, need to acquire the habit of dressing quickly. From the point of view of the husband and father, one of the sterling qualities of the woman or girl is to dress quickly. She can be just as prettily attired, the prettier the better; there is such a thing as dressing well and dressing quickly. Let her get the habit as the boy has it, and it cannot be said of her, when she grows up to be a wife and mother, that her husband will need a fresh shave while waiting for her to accompany him for the evening.

Mothers make a mistake in dressing or helping to dress children after a certain age. If for no other reason than discipline, training in self-reliance and drilling the child to take care of itself are of enough importance to deserve the attention of any mother. Watching the fireman get from his bed to his place on the horse cart or ladder-truck will show what can be done in the way of quick and thorough dressing.

Danger of Living With Consumptives

Is real danger because the sputum of affected persons diffuses itself through the air and finds lodgment in the systems of others. If exposed to consumption use fragrant healing Catarrhozone, the most efficient germicide known. No case of catarrh can withstand Catarrhozone which cures this loathsome disease thoroughly. Cold in the head is cured in a few minutes, and bronchitis, asthma and lung trouble are cured to stay cured if Catarrhozone is employed. 'I don't know any remedy so good for catarrh and bronchitis as Catarrhozone,' writes N. T. Eaton of Knowlton. 'It cured me after years of suffering and saved me from consumption. Two months treatment $1.00; trial size 25c.

The Importation of Crime.

One of the yellow journals of New York, the one which has been most heartless in invading privacy and tossing the names of the innocent into the street for the brutal to play with, the one which has probably contributed more to the breaking down of modesty and the promulgation of crime than any other one force, is having a series of sensational articles on the Ten Commandments. It hires great divines to write for it over their own names, and so to give it absolution in the eyes of the great public for all its crimes and a plenary indulgence for the further prosecution of its work of devastation. As between the newspaper and the theatre, with its posters, it is hard to say which is more responsible—it the word responsible can be applied to either—for the criminal conditions which are increasing so rapidly. A certain sort of moralists, or rather non-moralists, have a way of making out that wretchedness is the cause of crime and drunkenness instead of crime and drunkenness being the causes of wretchedness. They keep sneering at efforts to make men good, and say you must improve their conditions and then they will get good of themselves. Well, there has never been a time of greater prosperity than the last few years. Yet the development of crime in the large cities of the United States is astonishing and appalling men. Chicago has had a hundred and twenty-five murders this year, and only two or three convictions. Chicago had three hundred and ninty-four burglaries in October, and only eighty-eight arrests. In four days twenty persons were held up on the streets and robbed one was shot. Two men were beaten into unconsciousness and robbed. One of the highway robberies was by girls. Several places of business were held up. An attempt was made to hold up a street car. Innumerable people are found to carry concealed weapons. Of the thousands charged with this dangerous and useless irregularity more than half are discharged without punishment.—St. Witness.

Ikey Popper, Willie Jones has swallowed my nickel.

Cohenstein—Keep still my boy, and ye vill collect on der principal.

GLEANED BY THE WAY.

One day, as Pat halted at the top of the river bank says the Christain Advocate, a man famous for his inquisitive mind, stopped and asked:

'How long have you hauled water for the village, my good man?'

'Tin yeare sor.'

'Ah! How many loads do you take in a day?'

'From tin to fifteen, sor.'

'Ah, yes! Now I have a problem for you. How much water at this rate have you hauled in all, sir?'

The driver of the watering cart jerked his thumb backward toward the river and replied. 'All the vather yez don't see there now sor.'

The Cause of Piles

Is invariably constipation which is quickly remedied by Dr. Hamilton's Pills of Mandrake and Butternut. Sure relief, and no griping pains. For a remedy that never fails use Dr. Hamilton's Pills. Price 25c.

At an evening party it was remarked that nobody could draw two things at once. Sir Edward Landseer, who was present, replied that he thought he could, and, taking a pencil in each hand, he drew simultaneously and without hesitation with the right hand the profile of a stag's head and all its antlers complete and with the left hand a lovely horse's head. The acts of draftsmanship were strictly simultaneous and not alternate, and the drawing by the left hand was as good as that by the right.

The Joy of Living.

It is only the healthy who find a real joy in life. Weak, nervous, discouraged people find new hope and energy in the use of Dr Chase's Nerve Food. With new rich blood coursing through the veins and the thrill of new nerve force sent tingling through the nerve fibres, the joy of living returns and disease and weakness disappear.

Just a hundred years ago Napoleon Bonaparte became Emperor of France and the march on Moscow was foreshadowed. This year Louis Napoleon, exiled prince of the Second Empire, is a leader in Manchuria of the cavalry of the Czar. This is one way in which history plays her grim jokes.

CASTORIA.

Bears the Signature of Chas. H. Fletcher. The Kind You Have Always Bought

A village postmaster, who did not like to confess ignorance of anything, was once teased by some young fellows from the city. 'Its pretty dead up here Mr Pratt,' said one. 'I suppose you people don't know the war's over.'

'Oh, yes, we do,' said the postmaster.

'We read all that goes on in the papers.' 'There are some things that arn't in the papers,' said another fellow. 'I don't believe you know when Shakespeare died,. 'Well, no,' said the postmaster. 'I didn't know that he was dead; but I heard last week he was pretty low.'

Piles To prove to you that Dr Chase's Ointment is a certain and absolute cure for each and every form of itching, bleeding and protruding piles, the manufacturers have guaranteed it. See testimonials in the daily press and ask your neighbors what they think of it. You can use it and get your money back if not cured. 60c a box. at all dealers or EDMANSON, BATES & CO., Toronto

Dr. Chase's Ointment

'It's rather hard to lose your daughter, eh?' said the guest at the wedding.

'No,' replied the bride's father, 'it did seem hard at one time, but Mary finally landed this fellow just as we were losing all hope.'

The Baby's Troubles

The greatest suffering of childhood is caused by eczema, scald head, chafing or other forms of skin irritation or eruption. Because of its extraordinary soothing, healing power Dr Chase's Ointment is of inestimable value in the home where there are small children. No mother who has learned the scores of ways in which Dr. Chase's Ointment can be used would think of being without it in the house.

The how-old-is-Mary-Ann problem is thus Russianized: 'Tchadamoskoski is 24 years old. Tchadamoskoski is twice as old as Papazianopwoolostchski was when Tchadamoskoski was as old as Papazianopwoolostchski is now. How old is Papazianopwoolostchski?'

Dear Sirs.—Within the past year I know of three fatty tumors on the head having been removed by the application of MINARD'S LINIMENT without any surgical operation and there is no indication of a return.

CAPT. W. A. PITT.

Clifton, N. B., Gondola Ferry.

The English Bishop of Stepney lately dropped some remarks concerning the dearth of candidates for holy orders and a cry for recruits sent out by some of the clergy. 'Far rather,' he said, 'cut down your services than risk bringing into your parish a priest who will make a scandal of the cause. Do not let us raise the cry of 'More clergy at any price;' God knows the standard is already low enough.'

The Small-Pox Question

Any intelligent physician will admit that you don't catch small-pox because someone else has it, but because your condition favors it. Low vitality always encourages sickness and at this season especially, everyone should take Ferrozone which destroys disease germs and makes the system so strong and healthy that sickness can't exist. Ferrozone is a vitalizing tonic that makes rich, red blood, builds up the nerves, cures nervousness and drives away tired languid feelings. To get strong and keep strong use Ferrozone; it assures health and costs but 50c. at all druggists.

900 DROPS

CASTORIA

A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of

INFANTS CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Recipe of Old Dr SAMUEL PITCHER

A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

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At 6 months old 35 DOSES—35 CENTS

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Stone cutting of every description.

Terms moderate to suit the hard times.

Designs and Prices furnished on application.

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Thoroughbred GUERNSEY BULL

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Service fees, $1 Cash. $2 if booked.

B. W. Cleveland.

DOMINION ATLANTIC RAILWAY.

and Steamship Lines to

St. John via Digby and Boston via Yarmouth.

"LAND OF EVANGELINE" ROUTE,

On and after Monday, June 13th, '04, Steamship and Train Service of this railway will be as follows:

TRAINS WILL ARRIVE WOLFVILLE.
(Sunday excepted)

Express from Kentville	6 35, a m
Express " Halifax	9 57, a m
Express from Yarmouth	4 23 p m
Express from Halifax	6 43, p m
Accom from Richmond	11 36, a m
Accom. from Annapolis Royal	11 45, a m

TRAINS WILL LEAVE WOLFVILLE.
(Sunday excepted.)

Express for Halifax	6 35, a m
Express for Yarmouth	9 57, a m
Express for Halifax	4 23, p m
Express for Kentville	6 45, p m
Accom for Annapolis Royal	11 50, p m
Accom. for Halifax	11 56, p m

Royal and U. S. Steamships "PRINCE GEORGE" & "BOSTON."

LEAVE YARMOUTH

Monday, Wednesday, Friday and Saturday on arrival of express train from Halifax, arriving in Boston next morning. Returning, leave Long Wharf, Boston, Sunday, Tuesday, Thursday and Friday at 2 00 p. m.

Royal Mail steamship Prince Rupert. St. John and Digby.

Leaves St. John daily except Sunday, at 7.45 a. m, arrive in Digby 10 45 a. m; leave Digby on arrival of express train from Halifax.

S. S. "Messenger" make daily trips between Kingsport and Parrsboro.

Buffet Parlor Cars run each way daily on Express Trains between Halifax and Yarmouth, where connection is made with trains of the Halifax & Yarmouth Railway.

Trains and Steamers are run on Atlantic Standard Time.

P. GIFKINS, General Manager.
Kentville, N. S.

AT PRIVATE SALE.

Second hand Mattresses, Bedsteads, Tables, Dishes, Bureaus, Stoves, &c. Sale on and after June 1st, at the residence of Mrs W. V. Saunders, Main street.

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First in SPEED, DURABILITY, QUALITY OF WORK, EASE OF OPERATION, MIMEOGRAPH STENCILS.

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LOOK!

have leased the Mill Property belonging to the late George Webster, Coldbrook, and will manufacture all kinds of

LADDERS

for Fire Departments, Railroads, Buildings, and Extension Ladders for Painters, for Barns. Step-Ladders for house purposes, Double step-ladders for fruit picking, and Swing Chairs. Also general shop work. ☞ Ladders in stock at Stabb's Coal Shed. Team on road delivering. For further information,

D. E. WOODMAN.

Coldbrook.

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INVERNESS, - CAPE BRETON

Miners and shippers of the celebrated

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NONE BETTER.

Screened, Run of Mile, Slack,

First-class, both for Domestic and Steam purposes.

BUNKER COAL

Shipping facilities of the most modern type at Port Hastings, C. B. for prompt loading of all classes and sizes of steamers and sailing vessels. Apply to

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INVERNESS, C. B.

Wm. Petrie, Agent, Port Hastings, C. B. Geo. E. Bosk & Co., Halifax, N. S., General Sales Agents for Nova Scotia, New Brunswick, and Prince Edward Island.

House Owners and Builders.

Before you renew your old roofs, repair and a roofs or cover new roofs consider and find out about the

STANDARD ASBESTOS ROOFING

which not only gives better satisfaction than any other, wears longer, is more economical as well as fire proof.

Also for painting, find out what you can get ASBESTINE COLD WATER PAINT for, it is positively weather proof, fire proof and germ proof, durable and economical for inside and outside work. The same can be had by applying to

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No Need of going out of Town for Fine

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They are the handsomest ever shown in Wolfville!

A. J. WOODMAN.

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"For God and Home and Native Land."

Conducted by the Ladies of the W. C. T. U.

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Health and Heredity—Mrs DeWitt.
Social Purity—Mrs John Vaughan.
Mother's Meetings—Mrs. Trotter

Next meeting Thursday, June 30th, at 3.30 p m, at the vestry of the Methodist church. The meetings are always open to any who wish to become members Visiting members of other W. C T. Unions are cordially welcomed.

How Dr. Cuyler Become a Tectotaler.

Dr. Cuyler's boyhood came at a time when intemperance and drunkenness were spreading terrible havoc. Liquor was used in the country almost as freely as in the town or city, and at log-rollings, house-raisings and all sorts of public gatherings, vast quantities of strong drink were distributed. Especially was liquor considered absolutely essential in harvest-time.

Theodore's grandfather was one of the first citizens of Cayuga County to banish intoxicants from his farm, and Theodore himself signed a pledge of total abstinence when he was only ten or eleven years old. He enjoys relating, in these later days, how, even previous to his signing the temperance pledge he had a taste of Prohibition that made a lasting impression on him.

One day he discovered some 'cherry-bounce' in a wine-glass on his grandfather's side-board, and he ventured to swallow the tempting liquor. When his vigilant mother discovered what he had done she took the rod to him, and administered a dose of Solomon's medicine in a way that made him 'bounce' most mersily. Cuyler declares that that made him a 'tectotaler' for life.—Exchange

The Beginning and Ending.

Young men often ask, What harm can there be in a social, moderate glass of wine?—it is certainly, they claim, a very agreeable way of passing a leisure hour. Undoubtedly they find the exhilaration of wine and jovial intercourse very agreeable; and it is upon this admitted fact that the counsel, 'Look not upon the wine' is based. It is because it is so pleasant to indulge in this stimulant that it is so dangerous. We must beware—it is a syren's voice, alluring only to destroy. However delightful this gratification may be for a season, remember that at the last, it bitch like a serpent, and stingeth like an adder. Not at the first; did it bite at the first, who would tamper with it? Did the sting come at the beginning of the indulgence, who would be led astray? But the pleasure comes at first, and the sting at the last; and herein lies the danger of looking on the wine.

At the first, it sparkles and cheers;
At the last, it poisons and maddens.

At the first, it excites mirth and song;
At the last, it produces sorrow and curses.

At the first, it is an affair of good feeling and fellowship;
At the last, it is an affair of feuds, fighting, and murder.

At the first, it may kindle up the countenance to a more animated expression;

At the last, it gives redness of eyes, and bloat and deformity to the visage.

At the first, it may quicken the intellect to unwonted activity, and impart a captivating brilliancy to the conversation;

At the last, it emasculates the mind of every element of strength, and degrades the conversation to the merest stammering of idiotic gibbering.

At the first, it may stimulate the body to unnatural vigor;

At the last it breaks down the strongest frame, and sends weakness into the limbs and trembling into the flesh.

At the first, there may be health enough to resist the pernicious tendency of intoxication, so that with all the pleasures there are few of the pains of indulgence;

At the last, they become victims of manifold, inveterate, loathsome, and distressing diseases.

In the beginning, they count themselves of all men most happy;

In the ending, they confess themselves of all men most miserable.

In the beginning, we have a company of fine young gentlemen:

In the ending, we have a group of dilapitated and vulgar old sots.

At the commencement of their career, they have free access to respectable society;

At its close, few are willing to be seen in their company.

At the first they have no small pride of character.

At the last, all regard for reputation is overwhelmed in the lust for strong drink.

The early stages of their dissipation were cheered by temporal prosperity, and the hope of still brighter days to come; its later periods are darkened by a cloud which sheds only gloom on the present and foreshadows a still more dismal future.

At the first they are sustained by a fine flow of spirits; at the last, it is a 'cup of fearful trembling in the hand of an offended God.'

At the first there is a joyful anticipation of good times to come;

At the last there is a 'fearful looking for of judgment and of fiery indignation which shall devour the adversaries.'

At the first, it is the wine of pleasant fellowship; at the last, it is the wine of the wrath of Almighty God, poured out without mixture.'

At the first, it is the agreeable excitement of an evening; at the last, it is the long-drawn agony of an endless perdition.

At the first, it is a grateful stimulus of an hour; at the last it is 'the worm that never dies, and the fire that never shall be quenched.'—Exchange.

Nothing Like Experience.

'One truth learned by actual experience does more good than ten experiences one hears about.' Tell a man that Chamberlain's Colic, Cholera and Diarrhoea Remedy will cure cholera morbus, and he will most likely forget it before the end of the day. Let him have a severe attack of that disease, feel that he is about to die, use this remedy, and learn from his own experience how quickly it gives relief, and he will remember it all his life. For sale by G. V. Rand.

A Minister Cured of Itching Piles

The suffering from itching and burning was almost beyond endurance.

The victim of a severe case of piles is noticeably unfit for mental or physical work but is kept in almost constant agony.

Besides the dreadful itching and burning sensations there is a strain on the nervous system which almost drives a person crazy.

So far as is known the only absolute and guaranteed cure for every form of piles is Dr. Chase's Ointment, a preparation which is now standard the world over.

REV. WM. THOMAS, Brownville, Ont., writes:—"As a man of seventy years I am grateful to God and to Dr. Chase's Ointment for a cure of piles which had caused me endless annoyance and much misery. The itching and burning was almost beyond endurance, but Dr. Chase's Ointment brought quick relief and as the trouble has not returned, I have reason to believe that the cure is lasting."

Dr. Chase's Ointment, 60 cents a box, at all dealers, or Edmanson, Bates and Co., Toronto. To protect you against imitations the portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every box.

Who is Responsible for the Drink Curse?

Every man shall give an account of himself unto God. It is just as true that Christ is judge of all as that Christ died for all. It is just as true that that great restraint is laid upon us as that great inspiration appeals to us, and when Christ comes and sits upon the throne of his glory he sits as the Son of Man, and inhumanity is the one condemning sin at his bar. These things ought to lie on our mind, and we ought to see that we have the sense of responsibility on ourselves and others, it ought to be our policy in all our private relations. It ought to be the policy of our actions, of our public actions too, to deepen the responsibility and force it upon the public conscience. Even when men have power, how unwilling they are to exercise it in the simple way of giving their vote. How willing some people are to see laws come into operation by taking away responsibility from themselves. These are the things in which a law can be of deep and vital interest to the moral life of a people, and these are the things that in law ought to be resisted to the death, and it ought to be our policy in our churches too, and in our moral worth, to say to Christian people: Dare you stand before the Cross and before the judgment seat of Christ? Dare you take the responsibility of saying that you will not lift a hand, that you will not make an effort, that you will see things go on for two generations more as it has gone on for untold generations in the past? And if motives like these touch our hearts and enter into our life, we can depend upon it that God will bless the work we try to do for his name, and that we will become partakers not only in the tribulation and in the patience, but also in the triumph of our Lord Jesus Christ.—Professor Denney.

Your Doctor Bill Is Large?

Best way to keep it small is not to call the doctor, but use Nerviline instead. For minor ailments like colds coughs, chills, cramps, headache and stomach trouble Nerviline is just as good as any doctor. It breaks up a cold in one night, cures soreness in the chest, and for neuralgia, toothache, rheumatism you can't get anything half so good as Nerviline. The fame of Nerviline for cramps, colic, and pain in the stomach extends far and wide. Good for anything a liniment can be good for and costs but 25 c. for a large bottle.

Not a Smoker.

The anti-cigarette league committee of the Twentieth Century Club of Detroit, of which Mrs Charlotte S. Angatman is the chairman, recently received the following letter from Ernest Thompson Seton, whose books are so popular with boys:—

Dear Madam:—In response to yours of June 27, I have never smoked in my life, and I have always been strongly opposed to the use of tobacco by boys. In my camp of boy Indians, of which we have between sixty and seventy in the country, a constitutional law is 'no smoking.' I would give a great deal if I could stamp out this pernicious habit.

Wishing you success in your fight, I remain,

Yours sincerely,
Ernest Thompson Seton.

New York, Jan. 30, 1904.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of Chas. H. Fletcher.