fter Spasmodic Efforts for a Cure Usually

THERE IS ONE MEDICINE THAT HAS CURED THOUSANDS AFTER OTHER MEDICINES HAD FAILED-A RELEASED SUFFERER ADDS HIS STRONG ENDORSATION OF THIS WONDERFILL REMEDY

From the Trenton Courier.

What an innocent sounding name has rheumatism, and yet how terrible a reality to the thousands who suffer with it. Doctors agree that rheumatism results from poison how they can be reached and eradicated, it | who have wondered through other lands, would seem that their knowledge fails. The which may give temporary relief, but do not cure, and then the patient usually gives up, thinking that there is no medicine that will cure him. This is a mistake. Rheumatism is not a necessary evil, and because one is growing old it is not imperative that one should accept rheumatism as a natural accest class quality sufficient for all needs. In the

There is a remedy for rheumatism despite the general belief that it cannot be cured-a | the interests of our health. Too often the remedy that has cured thousands of the well is located near to the stables, or in such most severe cases. A noted instance of the a position that the drainage from the stables, truth of this assertion which has just come | both surface and through the ground, finds to the knowledge of the editor of the Courier, is the case of Robert Francis, Esq., formerly of Trenton, now retired from business in Rat rats and mice find their way into the wells, Portage, Ont., and still residing there. He and die there, poisoning the water with their has been a victim of rheumatism for over three years. Last winter he visited his be traced to causes such as these, and it is, friends in Trenton and was then contemplat- | therefore, of the highest importance that our ing a visit to the south in search of relief | wells should receive considerable attention om his constant foe. He had to use a staff | every year. in walking and went on a slow pace. This Christmas he was here again on a visit to his friends, smart and erect and without the In addition to planting and caring for the stick or the sorrowful look of a year ago. stick or the sorrowful look of a year ago.

His friends and acquaintances all accost him devote a little time this spring to beautifying as a new man and congratulate him on his and improving their premises. Many healthy, fresh and active appearance in contrast with a year ago. He has cheerfully and gratefully given the following statement of his efforts after a cure. "My home is at garden and a neatly arranged and well kept Rat Portage, Ont., where for years I was lawn. Fine flowers may be easily cultivated, engaged in business and where I still reside. and neat lawns, or grass plats, cost little in For three years I have been a great sufferer time or labor. Farmers usually have ample from rheumatism. I tried several highly recommended remedies to no purpose, as I continued to grow worse till it was difficult should every spring improve their surroundfor me to walk. I was for thirteen weeks | ings in that direction, thus not only increas confined to my bed at home and in the Wining the beauty but adding to the intrinsic nipeg hospital. I was then induced to value of their homesteads. try the Mount Clement Springs. I took six courses of baths or twenty-one baths each | plant trees, shrubs, vines and flowers, and without any seemingly beneficial result.

I heard of several cures in the Courier from

There is health and pleasure in doing these Dr. Williams' Pink Pills for Pale People, and things, aside from the satisfaction derived friends who used them with benefit to themselves urged me to try them. I did so and and character of one's surroundings. after a short time I felt an improvement in planning to lay out grounds few designs are my condition. I have taken twelve boxes in boxes in all and my improvement has been continuous and satisfactory, so that I need front, the middle being left open for a good the cane no longer and I have increased my space of grass. Avoid dotting things about. They will do as well, and they are more Pink Pills. I am not entirely free from difficult to care for, and so is the grass. rheumatism but I am a new man, one thousand per cent. better than I was a year ago and I attribute my health entirely to Dr.

Williams' Pink Pills.' Dr. Williams' Pink Pills strike at the root of the disease, driving it from the system and restoring the patient to health and strength. In cases of paralysis, spinal troubles, locomotor ataxia, sciatica, rheumatism, erysipelas, scrofulous troubles, etc., these pills are superior to all other treatment. by all dealers or sent by mail postpaid, at c, or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Company, Brockville, Ont., or Schenectady, N. alleged to be "just as good."

The Teacher Taught. WHY SIR EDWIN ARNOLD CEASED TO USE

THE ROD ON PUPILS. Sir Edwin Arnold, in the volume of autothe unique story of how, as master of the

The class was engaged on Cicero. Some disorder occurred near the master's chair, and seizing the cane, he "gave a nasty cui upon the too tempting back of one youth in the stomach underneath the desk."

good luck themselves of "licking" a master, that suddenly inspired Jones, I know not. What I do know is that he reached forth his hand, took the cane, and dealt me no prints of butter, and it is coming into more ing cut over my shoulders. I had no idea that the ridiculous instrument could sting, as it did, like a scorpion. "Rubbing the notice in the New York Produce Review Jones for his obliging compliance, and then said to him, "Break that detestable weapon across your knee and throw it out of the to do with such methods bere.

ishment is, in his view, a cowardly and clumsy expedient, and that "he who cannot no great difficulty in lining the sides smoothteach without the stick had better get some | ly, just like hanging paper on a wall.

The telephone was put to a novel use re cently during the Cuban war. A Cuban low ploughing succeeds the best. Deep skirts of a town in which was a Spanish garthe Spanish commander, called on him to to the crop from winter freezing and thawsurrender within the hour, under penalty of ing. having the town burned. At the end of the

-Hood's Sarsaparilla purifies the blood, overcomes that tired feeling, creates an appetite, and gives refreshing sleep.

Minard's Liniment the best Hair Restorer

Agricultural.

Health on the Farm. A farmer's life is proverbially a healthy one; but it is evident, in many cases, that the standard of health might easily be improved, were it not for the neglect of certain sanitary conditions. Fresh air and green fields do much to remedy what would in other surroundings, such as in a city, cause severe attacks of certain diseases; but even the aids to health fail occasionally, and the individual has to succumb at length to the insidious foe disease.

Pure water is one of the most important

essentials to good health. None but those where pure water is a scarce commodity, can realize the blessing enjoyed by the man who has at his door an unstinted supply of good, care of our wells and springs, however, we oftentimes show a lamentable disregard of its way, sooner or later, into the water, and

country home, now plain and unattractive i appearance, might be rendered charmingly

This is the proper season to arrange lawns shrubs behind and low growing plants in

Curing Grasses and Clover.

The natural grasses when cut for hay are generally spread and dried as rapidly as possible in order to secure them in the best possible condition. The same method is no applicable to the clover crop. It requires a longer time to cure properly, and if exposed to the scorching sun it is injured more than the natural grasses, since its succulent leaves and tender blossoms are quickly browned They are also a specific for the troubles and lose their sweetness in a measure, and lose their sweetness in a measure, and which make the lives of so many women a burden, and speedily restore the rich glow of health to pale and sallow cheeks. Men down clover when dry and free from dew; or Mow clover when dry and free from dew; or mown the sallow cheeks. broken down by overwork, worry or excesses, will find in Pink Pills a certain cure. Sold fork it into cocks which will weigh 40 to 50 ds when hit for the barn. Do not rake and roll, as that will compress it too much. Place in the barn according to the weather, but it may be safely mowed away while the heads and stalks are comparatively green and fresh. When fit to cart, the green stalks will be found to be destitute, or nearly so, of sap, as the sap has candied and the clover will keep. On the day of carting cocks over, expose the bottom to the sun an hour or so, and to each ton of hay as it goe biography which he has just published, tells into the mow or stack add four to six quarts of salt. In a general way, these instruction Birmingham grammar school, he was caned may be adapted to clover, cowpeas and other leguminous crops which are so valuable for stock because of their richness in

—A farmer's success surely depends upo who seemed to be the offender." "If you effort, but in reckoning the value of his please, sir," said the boy, squirming, "I did effort, the quality is of greater importance othing. It was Scudamore that kicked me than the other amount. A little intelligen effort goes much further than a great deal of The statement was true. Scudamore had misdirected effort. There are here and there demanded from his neighbor, quite illegiti- rugged sons of toil who, having wrested mately, the explanation of an obscure passage, and not being attended to, had taken of their brawny arms, are inclined to belittle this much too emphatic means of enforcing other methods than those which they em attention. Having called the class up, Ar- ployed, and to pooh pooh at what they call nold said to the doubly wronged boy, who was still rubbing the place: "It is I who tions change with them. The lawyer, the am most to blame, for having dealt you an doctor, the preacher, the mechanic in every undeserved blow. Take that cane and give line, if he would achieve the greatest success. it back to me as hard as you got it." "No, studies constantly and never fails to adopt sir," the lad answered. "I can't do that." every good new thing he finds; would the The whole great schoolroom was now listening, masters and all. Arnold insisted.

"Jones, you must obey me; and if you disobey, I am sorry to say I shall make you write out that page of Cicero three times, browledge, such great opportunities for constraints." knowledge, such great opportunities for con whether it was desparation at this dread-stant and important improvements, and it is ful alternative, or the sparkling eyes of his class-fellows, evidently longing to have the his own, that the farmer's success depends.

-Dairymen were not slow to appreciate sham stroke, but the severest and most tell- general use for large packages. Australia place" in my own turn I managed to thank | that one butter house in that city recently window. Never again will we have anything from the air, preventing it sticking to the wood, and preserving the outer portions fro Sir Edwin Artiful adds that corporal pun- taking up a "woody" flavor. If the tub be

-The roots of the barley do not run deep-RHEUMATISM CURED IN A DAY.—South ly, and the plant makes a much more vigor American Rheumatic Cure, for Rheumatism and Neuralgia, radically cures in 1 to 3 days. Its action upon the system lis remarkable and mysterious. It removes at once the cause and the disease immediately disappears. The first dose greatly benefits. 75 cents. Sold by S. N. Weare. ous early growth if the surface of the soil is merely cultivated, instead of being turned to plowing harder for the teams and plows when the spring grain stubble is turned over in the fall for sowing to winter grain. But some farmers have found that here also shall eneral, Pablo Olivia, arriving at the out-icirts of a town in which was a Spanish gar-ison, found a telephone, and, ringing up

hour he called up the fort again, and found the garrison ready to surrender, upon which he entered the town without firing a shot.

—Hood's Sarsaparilla purifies the blood, overcomes that tired feeling, creates an apnetite, and gives refreshing sleen.

—Ventilate your cow stables, keep your cows clean, give them good food and pure water, keep yourself and your surroundings clean while handling the product, from the udder to the buttertub, and you will never be troubled with the animal odor says a witer.

-Minard's Liniment relieves Neuralgia.

the doctors

approve of Scott's Emulsion. For whom? For men and women who are weak, when they should be strong; for babies and children who are thin, when they should be fat; for all who get no nourishment from their food. Poor blood is starved blood. Consumption and Scrofula never come without this starvation. And nothing is better for starved blood than cod-liver oil. Scott's Emulsion is cod-liver oil with the fish-fat

taste taken out. Two sizes, 50 cents and \$1.00 SCOTT & BOWNE. Belleville, Ont.



THE EXHIBITION ASSOCIATION

FOURTH ANNUAL FAIR ON ITS EXHIBITION GROUNDS, Opening Sept. 22d and Closing Oct. 2d, 1896 Exhibits of Machinery and Manufactures Farm and Dairy Products, Horses, C: tele Sheep, Swine, &c.

Products of the Forest, Mines and Waters Paintings, Sculpture, &c., Fancy Work, The Provincial Government herd of Live Stock, ust purchased, will be exhibited and sold on the Large Prizes in all the Usual Departments. Special Attractions.—Fireworks every suitable evening, Band Music, afternoons and evenings, Attractive Performances in the AMUSEMENT HALL, Varied Attractions on the PARADE GROUNDS.

THE PARADE GROUNDS.

PECIAL PASSENGER RATES ON ALL LINES OF TRAVEL.

PRIZE LISTS WILL BE DISTRIBUTED AFTER

JULY 1/4h. INTRY FORMS AND ALL DESIRED INFORMATION WILL BE FURNISHED ON APPLICATION TO V. C. PITFIELD,

President,

CHAS. A. EVERETT,

Manager and Sec'y,

A SUPERIOR ARTICLE

FLOUR, CORNMEAL, Rolled Oats and Oatmeal,

Feed Flour, Middlings, and Barley Chop w in stock and for sale at A SMALL AD VANCE ON COST at the store in the Masonic Building, Granville Street

ALSO A NICE ASSORTMENT OF Standard Groceries, such as Tea, Sugar, Spices, Canned Goods, etc., etc. Soaps from 4c up.

Call and examine our stock. W. M. FORSYTH.

WHY was Isaac Pitman's

TER Adopted and taught in the PUBLIC SCHOOLS OF NEW YORK? BECAUSE it is the BEST and has the books. Because the intellect of the best shorthand experts of the last half century has been devoted to the oriticism, improvement and development of ISAAC PITMAN'S Phonography. students therefore get the best Short ll as the best course of Business Trai-culars free to any address.

S. KERR & SON. THIS IS THE PLACE Surplus, -TO BUY CLOTHING. Men's Shirts, Net gain in 1895

A Large Stock of CHILDREN'S BOOTS. B. STARRATT.

Boots and Shoes.

Paradise, June 4th, 1895. for a copy of our deseriptive pam- phlet of farms For O Sale.

ANNAPOLIS VALLEY Real Estate Agency

MANAGERS:

JOHN ERVIN, Solicitor, Bridgetown,
W. M. ALCORN, Annapolis Royal. New Departure.

Having added a Boot and Shoe department to our factory, we are now prepared to take your order for a first-class pair of Custom Made Boots or Shoes at lowest prices. Quality good. Satisfaction guaranteed.

\*\*TCash paid for Hides and Wool Skins.

Bridgetown Larrigan Co.

CENTRAL BOOK STORE

... is the place to buy.... FIRST-CLASS FOOLSCAP, 8x13, PROTRACTORS, RULES with Metric System, COMPASSES, and everything nec

B. J. ELDERKIN. Portland Cement.

ribers will have a car load of sixt bls. Best Portland Cement landed here about middle of April. This having been bought at a ow figure, and through rate of freight from Antwerp to Bridgetown, we are enabled to offer the lower rates than it has ever been bought CURRY BROS. & BENT.



DeFRANCIS, 25585.

\$10.00; single, \$5.00. Warrants a

WILLIAM J. SHEEHAN, Bridgetown, N. S. is a handsome seal brown horse, standing 16 hands high, weights the is strongly built, good style and fine proportion, with exceedingly fine disposition. He is an extra fine roadster, and can show a 2.40 clip on the road any day. Almont is sired by the famous Hernando, 2891. Hernando's veins are filled with stout and speedy blood of the golden Hambletonian Clay Mambrino Chief combination. Hernando, than whom few horses stand higher in equine fame in the maritime provinces, is a son of the greatest progenitors of speed both in the first and succeeding generations. progenitors of speed both in the first and succeeding generations.

In Almont's roll of honor are to be found such great performers as Fanny Witherspoon, 2.16; Piedmont, 2.17; (the stable companion of the great Electioneer, on Palo Alto farm, California); Col. Almont's Dame Lulu, full sister to Nellie T., trial in 2.27, by the celebrated Alliright, who has such performers as Black Pilot, 2.30], and many others in the list with faster records. Lulu was a prize-winner and one of the finest daughters of the greatest speed-producing sires in the Maritime Provinces.

This horse will stand for the service of mares at the owner's stable. For further particulars address

JOHN M. ROSS, Middleton, N.S. **SEASON OF 1896!** 

MAY PRINCE, 5096,

Standard under Rule VI, and Registered in W.A.T.R. Vol. IV, will be at the Stables of the

BRIDGETOWN DRIVING PARK DURING THE SEASON.

May Prince is a chestnut horse, weighs 1200 ss., and is the get of the very best strain of orses known to turfmen, his sire being Kencky Prince; dam, Queen of May, by Hamblewian 16 For full particulars apply to the manager W. F. CIBBONS. Bridgetown, April 14th, 1896.

**BOWKER'S** PURE, FRESH.

AND CHEMICALS.

ALSO THE CELEBRATED

STOCKBRIDGE MANURES.

STATEMENT

HUGH FOWLER, General Agent for Annapolis County THE MUTUAL LIFE INSURANCE CO. of NEW YORK. RICHARD A. McCURDY, President.

For the year ending December 31st, 1895. \$221,213,721 33

194,347,157 58 Monuments, Tablets, \$26,866,563 75 Headstones, &c. Total paid Policy-holders in 1895 - \$23,126,728 45 Insurance and Annuities in force \$899,074,453 78 \$61,647,645 36 Paid to Policy-holders since organization - \$411,567,675 79 Note.—Insurance merely written is disc from this Statement as wholly misleading only insurance actually issued and paid

Pyrethrum J. A. JOHNSON.

General Agent, 87 Hollis St., - HALIFAX, N. S. ST. JOHN

Commencing the 1st of April, 1896, the packet

Temple Bar and Crusade will make regular trips between Bridgetown and St. John, touching at all intermediate ports on the Annapolis River when freight is offered.

Any business entrusted to the Captains of either will receive prompt attention, and patrons may rely on having their requirements at factorily executed.

Lime and Salt always on hand at the Bridgetown warehouse at lowest possible prices.

John address: NORTHRUP & CO., South Wharf. For further information apply to CAPT. JOHN LONGMIRE, Bridgetown, N. S.

Schr. "PILOT,"
Capt. Thos. H. Beardsley, WILL PLY BETWEEN Port Lorne and St. John

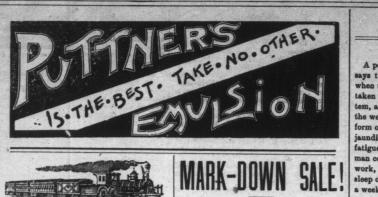
during the summer. Orders will receive prompt All Freight Handled with Care. When schooner is not in port orders may be ft at the house.

THOS. H. BEARDSLEY. St. John address: McCavour & Co., 17 North

PALFREY'S CARRIAGE SHOP -AND-

REPAIR ROOMS. Corner Queen and Water Sts

buggies, Sleighs and Pungs, that may desired. Best of Stock used in all classes of work. Painting, Repairing and Vanishing execu ARTHUR PALFREY.



DOMINION ATLANTIC RAILWAY!

Land of Evangeline" Route On and after FRIDAY, 3rd of JULX, 1896, the trains of this Railway will run daily, (Sunday excepted).

Trains will Arrive at Bridgetown: Express from Halifax.... 8.56 a.m. Express from Yarmouth... 11.36 a.m. Accom. from Richmond... 4.33 p.m. Accom. from Annapolis... 6.40 a.m. Trains will Leave Bridgetown: Express for Yarmouth... 8.56 a.m. Express for Halifax..... 11.36 a.m. Accom. for Halifax...... 6.40 a.m.

Accom. for Annapolis.... 4.33 p.m. ROYAL MAIL S. S. "PRINCE RUPERT." DOUBLE DAILY SERVICE

ST. JOHN and DICBY. eaves St. John..... 7.00 a.m Leaves Digby..... ..... 10.30 a.m Arrives in St. John ...... 1.00 p.m. Leaves St. John Arrive Digby...... 4.00 p.m. Buffet Parlor Cars run daily each way be-ween Halifax and Yarmouth on Flying

Trains are run on Eastern Standard Time.



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

Four Trips a Week. The fast and Popular Steel Steamers BOSTON" and "YARMOUTH.

mencing June 30th, and until further notice leave Yarmouth for Boston every TUES-, WEDNESDAY, THURSDAY and SATUR-EVENING after the arrival of the Express Returning leaves Lewis' Wharf, Boston, every MONDAY, TUESDAY, THURSDAY and FRIDAY at 12 o'clock, noon, making class and DAY at 12 o'clock, noon, making close tions at Yarmouth with the Dominio ic R'y, and coach lines for all parts of These are the fastest steamers plying between Nova Scotia and the United States, and to States, and the United States and States & Albany Railways.

For all other information apply to Dominion
Atlantic Railway and Central Railway agents,

L. E. BAKER, Pres. and Managing Director W. A. CHASE, Sec. and Treasurer. Yarmouth, June 23rd, 1896.



THOMAS DEARNESS, Importer of Marble and manufacturer of

Also Monuments in Red Granite, Gray Granite, and Freestone. Granville St., Bridgetown, N. S. N. B.—Having purchased the Stock and Trade from Mr. O. Whitman, parties ordering anything in the above line can rely on having their orders filled at short notice,

Cinerariæfolium!

B. W. B. & CO. PACKETS Powdered

**Dalmation Insect flowers** FINE CLOTH-COVERED

This Insect Powder the Highest Grade Manufactured. Put up in 1-lb. Sifting Tins and in bulk.

DEARBORN & CO., Agents-ST. JOHN, N. B. N. B.—Our Sifting Tins contain from 1 to oz. more than other makes.



**EXECUTORS' NOTICE!** 

W. D. LOCKETT, Executor, EUPHEMIA LOCKETT, Ex

MARK-DOWN CHANCE OF A LIFE-TIME!

a's Heavy Grain Boots, ... a's Dongola Boots ... a's Dongola Boots ... a's Dongola Boots ... a's Dongola Boots ... a'ldren's Grain Boots ... alidren's Grain Boots ... den's Split Bal Shoes ... Women's Pebble Boots ... Women's Dongola Boots ... Misses' Boots ... Women's Kid Boots ... Malasses, por gal., ... corned Beef, 2-lb, can.
Peaches, per can
Starch, per lb.
Good Tea, per lb.
Good Coffee, per lb.
Rising Sun Stove Polish
Napoleon and Index Tobaco
Lamp Chimneys, medium st
Lamp Chimneys, large size
Rice, per lb.
Oatmeal, per lb.
Heavy Pantings, per yd.
Flannelette, per yd.
Lining Cotton, per yd.

MCALL AND INSPECT L. CHUTE. Payson Store, Bridgetown.

NOVA SCOTIA CARRIAGE COMPANY AGENCY.

I desire to inform my many acquaintances that arrangements have been made for me to represent the Nova Scotia Carriage Company, of Kentville, organized a few weeks ago for the manufacture of a superior grade of vehicles of The make of the establishment will be par-cularly confined to Light Single and Double Riding Waggons, Phaetons, Express,

Grocery and other Delivery Teams, etc., etc. I Callis, Cit., Cit.

The stock used in the construction is the best of American manufacture, the waggons are built by thorough workmen, and each and overy feature pertaining to their make will meet the heartiest approval of the eye of the critic, besides carrying a guarantee of the Company. For full particulars write me for catalogue, and don't make any arrangement for the purchase of new vehicles till you have obtained my prices and other general information, which will be promptly and cheerfully imparted.

JOHN HALL, Agent. Lawrencetown, April 14th, 1896.

R. ALLEN CROWE'S is the BEST PLACE to buy your . Garden Hose.

JUST RECEIVED. 500 feet of best 3-ply Rubber Hose, and wire covered,

Sheet Zinc, Oil Stoves, Kitchen Furnishings Custom-made Tinware of all kinds on hand and made

\*\* Cheese Factory Work a Specialty. Plumbing and Jobbing of all kinds promptly attended to.

Spring Goods Now is the time to look for such goods as you require for the Spring Sewing and for House Cleaning.

Mrs. Woodbury. t Kingston Village, has a fine stock of New pring Goods, consisting of Prints, Ginghams, Cotton Crepons, and LADIES DRESS GOODS, of all colo NEW BLACK GOODS. as Mohairs, Serges, etc. Silks for in black, black and white and color Undervests from 5 cents to 35 cents each.

Henp Carpets from 10 cents to 30 cents.

Oil Cloths from 25 cents to 35 cents square yard,
in widths from one yard to two yards.

Lots of Room Paper from 5c to 25c a roll,
in very handsome natterns.

Lots or Room Paper from he to 20ce a roll, in very handsome patterns.

Line Shades for Windows, flue colors.
The largest lot of Boys' and Men's Clothing ever shown. All sizes.

Men's Caps and Hats just arrived.
You should look at the Infants' Cashmere Cloaks and Bonnets. You will want to buy for your friends if you do not for yoursalf. yourself.
Look at the nice Dismer Sets, Chamber Sets and Tea Sets,
Daily expected, a new lot of Bedroom Suites and other turniture.
Call and inspect goods, even if you don't buy,
ATMrs. Woodbury extends a welcome to all.

A. BENSON, UNDERTAKER, BRIDGETOWN.

and HIGHLY-POLISHED Caskets and Coffins of every description kept constantly on hand.

learse sent to any part of the County when required.

Coal! Coal! HARDCOAL Furnace, Egg, Stove and Chestnut.

SOFT COAL OLD MINE SYDNEY. Set my prices before buying.

CAUTION! All persons indebted to the estate of the ate J. AVARD MORSE, either by accounts or promissory notes, are hereby notified that

or promissory notes, are hereby notified tha all payments of the same must be made to

GEO. E, CORBITT.

E. BENT, J. B. GILES, Executors.

The Household.

A person in good health, with fair play, says the Lancet, easily resists c.ld. But when the health flags a little, or liberties are taken with the stomach, or the nervous system, a chill is easily taken, and according to get the equilibrium of their circulation dis-

Adjusting Ladies' Wheels.

How many women who ride adjust their wheels correctly? Not more than one in three. It is not always the fault of the wheelwoman, for she is not versed in the intricacies of a cycle. She takes her machine as it comes from the dealer, and unless she is an old rider she stands small chance of looking her best awheel.

The most noticeable error in adjustment is in the height of the saddle. This should be a trifle greater in proportion to the reach than for a man, for the woman who would look well must ride with knees almost straight when the pedal reaches its lowest point. Handle bars, too, are generally off. They should be well up, and back, so the grips may be reached without stretching the arms or contracting the chest.

The position of the feet on the pedals seems too well understood to call for comment, but it makes the heart sad to see a woman with the pedals placed securely in dived his fist down. Then to my unutter the hollow of the foot, instead of under the ball. The control of the machine is easier when the adjustable parts are relatively correct, and there is no harm in having a length of seat-post above the frame of the machin In fact a wheel will handle better it the saddle is placed above the seat-cluster forging a couple of inches, and if the bars will not ex-tend upward enough when the toe is set close to the clamp it will not weaken the wheel to utilize the handle bar stem and the

binding lug. The Secret of Being at Ease.

The secret of being at ease wherever you are is a very simple one. It is only this—do not think about yourself. Bashfulness, awkwardness and clumsiness are caused by what we call self-consciousness, and as soon as we entirely forget ourselves these pass away. A girl who writes to me complains that she is so tall for her age that she cannot help being awkward. "The moment I enter Barrel Churns, Pumps, Masso- a room," she says, "I look about to see if any other girl is as tall as I am, and I am lines, Granite Ironware, always the tallest—a perfect bean pole. Then I fancy that everybody is sorry for me, and I cannot fix my attention on anything which is going on. It makes me wretched. What shall I do?"

In the first place, my dear, your height, if you carry yourself well and hold your head up, is a great advantage. Far from being a thing to regret, it is something to be glad of.
Tall or short, fat and dumpy, or thin and
"Has ale, let the young girl never think of this when she meets her friends. Instead, let her try her very best to make the rest happy. f there is a girl in the room who is a stran zer, or who seems not to be having a pleas ant time, single her out and entertain her. Your hostess will be pleased with this sort of unobtrusive help, if it is kindly given .-

Harper's Round Table.

Treatment of Dinhtheria An observant and thoughtful country doctor in the French village of Neuville-Champd'Oisel, about nine miles from Rouen, mad an important experiment last year which may be the means of saving many lives, if the knowledge of it comes to be widely diffused. A violent epidemic of diphtheria broke out, and the deaths were appallingly numerous, and his usual methods of tree nent seemed a total failure. He remember ed that the English had used petroleu (kerosene) as an antispasmodic and antisep-tic; he determined to try it on a little girl of seven, whom he had given up. He explained to the parent that, with their consent, he would make the experiment, and at once commenced swabbing the throat with the petroleum. He was careful not to have an excess of the material on his brush, as a drop too much might strangle in the disabled con dition of the throat and larynx. To his Mr. Murphy? astonishment there was improvement after the first application. He continued the treatment, and the child recovered; and he

used it successfully with many patients afterwards—in fact, he lost none. -For an excellent silver polish that may be kept on hand for every-day use, mix a few drops of ammonia with the common whiting used for silver, and enough water to make of the consistency of cream; bottle this and keep it tightly corked. Drop a little of this mixture on the polishing cloth, rub the silve lightly and rinse in warm, and the silver will be instantly brightened and cleaned without

the hard rubbing necessary when polishing with the dry whiting. For removing paint and putty marks from window glass this same mixture of ammonia and whiting may be used for stubborn cases, or simply a little ammonia in warn soap suds. If whiting is used let it become dry on the glass before polishing.

-Fish is not eatable till the flesh separates easily from the bones. By running a knife in a little way, say under the fins so as not to hurt the appearance of the fish, this can be judged of. -Hot milk is one of the very best stimu

fasting. It goes right to the spot quicker One of the best ways of preparing apples for any purpose is to cut them in quarters before paring, as the the core is more easily

-Daintiness in small personal belo is an unfailing mark of the true lady, and the first essential of daintiness is perfect

-Wet an upper pie crust with milk fore setting it in the oven, and it will bro quickly and richly.

taken out and decayed places cut out.

Joker's Corner.

Carl Hertz, the illusionist, who is mystitem, a chill is easily taken, and according to Olympia, was talking the other day of some the weak spot of the individual assumes the

work, a growing youth losing two hours sleep over evening parties two or three times a week, or a young lady heavily "doing the season," young children overfed and with short allowance of sleep, are common instances of the victims of "cold." Luxury is favorable to chill-taking; very hot rooms, feather beds, soft chairs, create a sensitive. ness that leads to catarrh. It is not, after all, the "cold" that is so much to be feared at the artecodest conditions that the size at the size at the artecodest conditions that is a least entering the theatre as the antecedent conditions that give the attack a chance of doing harm. Some of the worst "colds" happen to those who do not promised to pass him in if he would follow

get the equilibrium of their circulation dis-turbed by either overheated sitting rooms or left him. When I was ready for the dollar turbed by either overheated sitting rooms or underheated bedrooms and beds. This is specially the case with elderly people. In such cases the mischief is not always done instantaneously, or in a single night. It of.

> where near him, I will pass the same dollar marked, as you have seen, into his right

hand trousers pocket." "True to his bargain, the boy stepped to

"No Sir,' was the answer. "'I have here a dollar,' I continued. 'I am going to pass it into your right-hand trousers pocket. One—two—three—go!'
"I made the proper magician's pass, and

"'The boy looked a bit sheepish, but he able horror, he produced a handful of silver "'I've only got 90 cents of it left, Sir

Bright children in school are in great danger sometimes of passing over the border line of mathemathics into the forbidden domain of common sense. A teacher once said

beef steak, and cut it in two pieces. What would those pieces be called?" "Halves!" shouted the class "Right. And if I cut each half into two

" Quarters!" "That is correct. And if the quarteres were each cut in half?" "Eights!"

The answers had been growing fewer and

answered: "Sixteenths! "Very good. And when the sixteenths were cut in half what would they be?" There was a silence in the class, but pre-

"Do you know, Johnny? Well, you may "Hash!" answered Johnny confider and truly.

"That's a portrait of your grandmother as she looked when she was a young lady, is

it? How strongly it resembles you, Miss Be "You only say that to flatter me, Mr. Spoonamore. Grandma was quite a beauty and everybody knows that I don't make any pretensions of that kind. 'Indeed, I am not trying to flatter you Miss Benderly! The family resemblance is striking. I've often known cases of that kind. There were two sisters I was acquaintwonderfully alike, just as that portrait looks like you, and yet one of them was as beau-

CIVILITIES.—Judge (in a New York police

"Because Murphy would not give me civil answer to a civil question, your honor."
"What was the civil question you asked

tentiary at Sing Sing?" "And what rude answer did he give to such a very civil question?" "He said to me: "Av course, prisint company excepted!" So I said, "Murphy,

you're another," and struck him wid An old Scotchman, not feeling well, called upon a doctor. The doctor gave him some verbal instuctions as to how to regulate his diet, advising him, among other things, to drink no spirits for some time. The old Scotchman rose to leave, when the doctor said: "I am in the way of charging for my

advice. I will trouble you for half a crown. "Oh, maybe," said the patient; "but I'm nae gaun to tak' your advice!" Workers in the Vineyard

Spokesman (at donation party)—"Mr. Goodpastor, the principal donation of the evenin' hasn't arrived, owin' to some delay ants for a person weak from hunger or long than anything else, and helps to build up at on the railroad. It's a piano for the parson-Mr. Goodpastor (delighted)-"A piano!" "Yes, an' it's a good one, too. We beg

that you will receive it as an expression of, our regard, and we only ask that, as a good many of the donators haven't any pianos of their own, you will allow their darters to use the parsonage piano to practice on."

—"I'm very glad to have been of any comfort to your poor husband, my good woman. But what made you send for see instead of your own minister?"

"Well, sir, it's typhoid my pooseussand's got, and we dina think it is just richt for our ain dear minister to run the risk."

form of a cold or pneumonia, or it may be, jaundice. Of all causes of "cold" probably fatigue is one of the most efficient. A jaded man coming home at night from a long day's work, a growing youth losing two hours ing a marked coin in the centre of an unout

leave their house or even their beds, and those who are most invulnerable are often "I am a conjuror," I said. I want you those who are not exposed to change of tem. to put this dollar in your right-hand perature, and who by good sleep, cold bathing and regular habits preserve the tone of the nervous system and circulation. Probably many chills are contracted at night or at the fag end of the day, when tired people

ten takes place insidiously, extending over days or even weeks.

that I had given to the boy.

"I passed that borrowed dollar into the

orange, cut the fruit open, and out dropped the coin. Then I went on: "And now ladies and gentlemen, I will perform a still more difficult feat. I have passed that dollar into an orange. Now I will ask some member of the audience to step on the stage, and without going any-

the stage. I stopped opposite hin asked: "Now, Sir, have you ever seen me before?

smiled confidently upon my audience.
"'Now,' I said to my assistant, 'put your hand into your right-hand trousers pocket, and give me the dollar.'

"I went out in a hurry and took a drink."

to her class in mental arithmetic "N w, boys, I have a few questions in

"Yes. And if those were choopped in

sently a little boy at the foot put up his hand.

He Landed in the Mire. Beware of the false start. Such is the simple but important lesson of a brief and unhappy dialogue reported by the Chicago

ed with when I was a boy. They looked tiful as a poet's dream, and the other was dreadfully-that is, I mean, she wasn't at all, -or rather she was lacking in that, -at-

tractive quality, you know, that constitutes -what a lovely frame this portrait has has'nt ourt)--Mr O'Rafferty, why did you strike

"I asked him as polite as yez please,
"Murphy, ain't yer own brother the bigges thafe on Manhattan Island, excepting your-self and your uncle, who is absent in the pen-