aware of it, that the modern healer can do

able mineral and vegetable derivaties used

in healing. These three are opium, quinine

very well with three agents of the innum-

reury in its various combinations It is doubtful if the use of chemical med no stretch of fancy to conceive an advanced stage of science in which hygiene will repla drugs and prevention will obviate the nece aity of cure. Neither must we leave out of consideration the ever advancing knowledge of nerve action, unscientifically thrust into the foreground by all the "schools" of socalled mind cure, which are naturally opposed by the advocates of "strong mediof the drug doctor is thereby threatened. But if the drug man is yielding slowly and This is seen most evidently in the fact that retail drug stores, which not long ago grew fat on prescriptions, are now driven to com-pete with ice-cream saloons, tobacconists and notion stores.

A book might profitably be written on this theme. The purpose here is to call atmedicine, followed along the lines indicated doses by physicians of all schools and of all colors of ethics. Most remarkable cures are effected by generous use of sleep. Amerifrom gastro-nervous disorders. die of sheer exhaustion. Happily there are ing sleep for neurasthenia and its inter-re-

Let us take an imaginary patient who is afflicted with the classic "catarrh of the stomach," "shattered nerves" and chronic cial intercourse and for all the functions from which the healthy man or woman de If he be an employe he must suffer. Here it is that sleep comes in, knits up the ravelled | in a very gentle and delicate method. catarrh of the stomach and intestines, with tacles. its resultant neurasthenia, or the nervous

can't sleep. That's what's the matter with I need something to make me sleep." noted English physician has discovered an day. absolutely and unfailing cure for insomnia where induced by such nervous and alimenflat of your back with the limbs straight and experiment that time will allow. nerossed. Place one hand on the breast. The other should be held in the air at a straight angle from the body, so that the A NEW AND WONDERFUL DEVICE FOR SIG arm has no support other than that given it by the contraction of the muscles. Let the nind busy itself in maintaining the position of the arm. Do not give in to the desire to The result will be sound sleep. This posiany set of muscles are used, leg or arm, with the same result. The patient soon finds out the best way, and presently, when the habit of quickly falling to sleep is acquired, for-

So much for the first part of the cure Should the patient awake suddenly in the work and go to sleep again. In a short time he will be able to sleep ten, twelve or fourteen hours at a stretch. Now let him persist in aleeping his twelve hours-or at least sleepuntil he feels perfectly refreshed. By going to bed early he will have time to eke 6 a. m., let him retire at 9 p. m. This treatment has cured thousands of neurasthenia the more he sleeps the less often, but the more heartily, will he eat. He will rest save money while he is doing it.

Japanese Woman.

The women of Japan have often been misderstood, says K. Mitsukuri in the Atlantic By those who have known them they have been pronounced the best part of Japan. They have been described as gentle, graceful, beautiful and self sacrificing. Not only in those gentler virtues, but also in some sterner aspects of life, the Japanese woman has shown time and again what she is made of. Any one who speaks agains the purity of the Drudgery cannot disgust him, labor cannot or is a vile slanderer who would deprive the woman of what is most precious to her. As the mistress of the family she has as much ing. It is not so much brilliancy of intellect real authority in the family as her western sister. As a mother she is paid great defer-fort, constancy of purpose, that gives sucence by her children. In society a lady is always treated with respect. There are some respects in which changes are desirable, but, on the whole, I have no hesitation in used for the characterization of so many saying that the position of woman in Japan roads, both good and bad, once made a reis a very high one.

runs without leaving the train.

To cure a cold in one Day.

Take Laxative Bromo Quinine Tableta. All Druggists refund the money if it fails to cure.

To cure in to the composition of the macadam roads could not be negotiated by a dime museum boot swallower.

—If you suffer from sores, boils, pimples, or if your nerves are weak and your system run down, you should take Hood's Sarsapar-illa.

Minard'. Y.\*

Minard'. Y.\*

Position of the Feet. The conventional method of walking with the toes turned out at an angle is not the essiest way, nor is it considered the most graceful. It is the conventional position which tor generations has been taught by military tacticians and dancing masters. Almost every mother objures her child to turn out its toes, and it is sometimes amusing to see | to the boys on the farm. They, if properly the exaggerated attempts that some small reared, will not only relieve us of a great conscientious infants make in this direction. many cares, but also will make the farm and The child is still further instructed in the herd more successful than hired men will do. art of walking as soon as he is sent to dan-cing-school or to a military academy, until the position becomes second nature to him.

Yet it is certain that to turn out the toes at on the farm was the one who was not only the angle generally given is far from the | making his business a success, but at the correct position of the feet in walking. It has been proved by the highest medical authority that it is not the easiest position, line after him. In my case while my boys and that it requires more bodily exertion to were small I worked on a salary, feeling that walk with the toes turned even at a slight I could not successfully carry on a dairy angle than it does to place them on the farm with hired help. Our first venture in ground straight, so that a horizontal line working for ourselves developed a new

where the footfalls of both feet are on the ed to dairy work alone. The crops of grain feet are placed straight and the footfalls are | And stock raising does not pay, owing to on the parallel lines, separated a proper dis-tance from each other. relative high prices of the grains necessary to finish stock for the market. I find that sition of the feet in walking is the most graceful and dignified, and the military and can be carried on together, thus giving each

ompel their models to stand with the feet | takes a great interest in having fine hogs, in this position.

Forsake it and Live

above. Sleep is now prescribed in large great many. They call "seeing life" the to the finished butter and are growing in into the garish light of moral obliquity. cans, more than any other people, suffer Fortunately the rot that used to be talked them practical lessons in feeds and feeding, catarrh of the stomach and indiges has been so dispelled by the attitude of nected with the herd and dairy, call their tion, are favourite American diseases. Phy-medical men and the teaching of our schools attention to all improvements that are being ing. A very slight deviation in foot balancorders do not yield to drugs. The physi- of sending more young men to hell than the give them the running of the Babcock test, cians with a fine practice invariably order "rest and change of scene," and when the Man says, "Forsake foolishness and live." manipulating the random got the baboock test, let them solve the problems that arise in manipulating the test—such as various depatient can afford to take them he can al. It is only when a man shakes off this idea grees of density of acid, variations in fats, and the angle of the foot changed very ways recover his health. But unfortunately that self-gratification is the beginning and how to get best readings, figuring yields, slightly by a rasp. for most patients, rest and change of some | end of being, that he becomes a true man. | proving tests from herd's milk to the butter are prohibited by business and lack of The greatest enemy a man has is himself, milk. and if he is to attain true manhood all his demned to drag out insane lives until they energies must be bent to subjugate the de- into our pasture, point out any cow in the some true physicians; men whose ideals lift | the will. The perfectly poised man is the | what it will test. The whole secret of my them above mere money getting, whose first desire is to do their fellow men a service, there until I have need of thee," and every ing the former interested and the latter and many of these, while rejecting methods | man by disciplining his body can learn to | perfectly contented. of the Christian scientist as unscientific, are | command its motions. Johnston used to following directly in his wake by prescrib lift off his hat in respect to every clergyman, no matter of what denomination, he met. But a man in any station or garb, a true man, is so grand a product of creation that

Eve Massage.

o not claw at them with the knuckles, so

The action encourages circulation of blood

me. If I could only sleep I'd be all right. done the eyes of people of all ages by using Mr. Wingard says that this hen has aver A this simple exercise 10 or 15 minutes each aged about 180 eggs each year, and is no

If you are where it may not be convenient tary causes as those spoken of here. For | to count the number of passes made by the | taken care of by Mrs. Wingard in every fingers over the eyes until you have reached the cure here. Go to bed and lie on the the number that you have demonstrated by

A machine which writes messages in let ters of fire on the sky at night is the latest and most wonderful signaling device. The rest the arm when it grows tired by letting inventor is John William Haywood, of St. it fall on the bed. Hold it poised in the air. John's, N. F. The new machine is an adaptation of the magic lantern principle. The lantern is a powerful one and is supplied with a battery of stenciled plates containing | to the qualification of or what constitutes a the letters of the alphabet. These plates are board, much the same as in a typewriter. | may preserve them for future reference. The keys are marked with the letters and pivoted in such a way that when one presses night, let him set his muscles and mind to slide is drawn up in front of the lens and the letter is thus thrown out vastly enlarged.

-Apparently there is nothing old foggy about church music in the West Indies, A recept issue of the Roseau Dominican says: out his rest in the morning. If he rises at | His Lordship, Bishop of Naughton, came off Joseph, on Tuesday last. The choir assistand indigestion. The patient will find that | ed by a string band consisting of a brass opened the expectations of the day, and the nerves and stomach at the same time, and he adding of such musical instruments as aforecan "attend to business" right along and named tended greatly to improve the singing, during which many musket shots were fired in the church ground, coupled with the ringing of bells, all served in making the gathering a happy one."

-Persistency is characteristic of all me who have accomplished anything great. They may lack in some particular, may but the quality of persistence is never abopposition he meets or what discouragements' overtake him, he is always persistent. weary him. He will persist, no matter what comes or goes. It is a part of his na-

-Macadam, the man whose name is now mark, that has become a maxim in the enginering world. He said: "Any stone that I cannot put into my mouth I would arrangements on the farm were well look after there would not be as much sickness." that I cannot put into my mouth I would not put into a road." In this way he set a standard that, theoretically, has been actions at the present time.

Agricultural.

Boys in Dairying. A Tennessee correspondent of Hoard their tastes regarding farm and dairy work. toe of all footfalls made by that foot. This is not the stealthy step of the Indian, Our present lease is on a farm that is adapt-

same line, but the artistic step, where the are light, owing to long years of poor farming. Artists agree that the straight-a head po- to keep my sons interested they should be in ancing-master step is an artificial one. boy a line of work that best suits his inclin Examine all pieces of sculpture; and Venus ation. My oldest son is better pleased to de Milo instantly occurs to to the mind. | work with teams in the field. The next in The position of the foot is straight forward. age is the most successful calf raiser I even There are no noteworthy exceptions to this | 3aw, and is also in the way of making a tine rule in art. Painters and sculptors always | butter and cheese maker. Still another boy

chickens, etc. At the same time they are all fully alive to the importance of the milk cow and her Three meals a day, clothes, and "lots of products and are first class milkers. Any fun" make up the desideratum of life with a one of them can conduct the work from particular putting on of the smoked glasses of depraved | knowledge daily from my teachings, coupled taste and deadened conscience and peering with our many dairy papers, which, I am glad to say, they read with interest. I give about a young man "sowing his wild oats" teach them to be systematic in all work con that the doctrine that was once the means | made in creamery and herd management,

Any one of my sons can take a strange mands, desires and appetites of the flesh to herd and tell how much milk she gives and

The Oldest Hen.

Speaking about one thing and another, i may be interesting to your many readers to know that it is the belief of all I have ever whether young or old, he ought to command | heard, or all I have ever seen in print, tha the White Leghorns are the longest lived of any breed of poultry. There is one hen near us here that was hatched in July, 1879, and Whenever your organs of sight feel weak, has continued to furnish the usual quantity of eggs, regularly year after year ever sin family cares in one word, work. If he be a eyes the same way you would the stronger broody until last season, when a few eggs millionaire he can get well by going abroad. parts of the body. They need helpfrom the hands, but this help must be administered of incubation, having been taken out from nest that was covered by a Cochin hen, sleeve of care, bathes sore labor and makes
a man out of a wretch. Twelve or thirteen
hours in bed will cure any man or woman of

John Quincy Adams had a way of treating
his eyes, which, it is said, preserved their
vision to old age, without the help of spectored them all right, taking the best care of them, and to mend matters she was, to all appear This was to place his thumb and forefin- ances, the boss of the yard, being able to re orders that are followed by the catarrhal ger each upon an eyelid and gently rub them tain her authority from the fact that she condition for nerves and stomach act and re- toward the nose a number of times each day. has spurs that measure 12 inches in length. aleep. Let him not rise until his twelve or in that locality, does away with the tiny here, owned by Mr. Berjamin Wingard, fourteen hours bedtime have passed. Let spots that sometimes float before the vision has passed through rough weather and him persist in this 4reatment and he will and prevents that flattening of the lenses chicken diseases without a blemish—in fact which causes dimness of sight at a certain Mr. Wingard says she was the only hen he It is wonderful how much good can be out his entire flock two years in succession past, or near at least, 19 years of age. Taking it all in all, 3,240 eggs from one hen is a to measure time, as in the dark, it is well great record. This hen is now blind, but is way, seeming to know her voice from a others about the farm. It eats out of he hand, and, in fact, depends on Mrs. Win gard for its living, being unable to look for itself. It is the intention of Mr. Wingard to take this bird to the show in Indianapolis the coming season and exhibit her a the oldest hen on record. Perhaps this is

> rather a broad way of putting it, but h claims it, anyway. Cam any of your readers put in a better claim? What Makes a Horse "Standard." On September 1st next the new rules, a standard bred horse, will go into operation onnected by a series of levers with a key. We herewith give them, so all interested

THE NEW STANDARD. 1-The progeny of a registered standard down on one of the keys the corresponding | trotting horse and a registered standard

trotting mare. 2- A stallion sired by a registered star dard trotting horse, and whose dam and grandam were sired by rsgistered standard rotting horses and he himself had a trotting record of 2 30 and is the sire of three trotters with records of 2 30 from different mares. admirably well at the Catholic church, St. dard trotting horse, and whose dam and 3-A mare whose sire is a registered star grandam were sired by registered standard trotting horses, provided she herself has drum, tambourine, accordions and a triangle, trotting record of 2 30 or is the dam of one trotter with a record of 2.30. 4-Any mare sired by a registered stan

dard trotting horse, provided she is the dam of two trotters with records of 2 30 by differ The rules for pacers are identical with those for trotters, except that the time standard is 2.25. There is also an additional

rule governing horses of so called mixe 6-The progeny of a registered standard rotting horse out of a registered standard pacing mare; or the progeny of a registered standard pacing horse, out of a registered standard trotting mare shall be eligible to be

registered as a standard pacer.

-One of the chief sources of disease in the country is to be found in the water Frequently wells, from which the water is used for drinking purposes is taken, are nea some polluting source that makes the water anything but healthy. Frequently decayed vegetable or animal matter may be found adjacent to many farm dwellings, the germs of which are inhaled by those living on th farm. Farmers do not give as much atter tion to these things as they should. I every detail connected with the sanitar

Things to Know.

A captain in the navy ranks with Restaurant dining is becoming more than ever the rage in London.

A farmer near Decatur, Ala., has raised a hog which weighs 1524 pounds. The population of England at the time of the conquest did not exceed 2,000,000 all

The first permanent military force in Eng land was the King's Guard of yoemen, established in 1486, A lighthouse of bamboo has just been built in Japan. It is said to have greater power of resisting the waves than any other kind of wood, and does not rot like ordinary

To Kill Canada Thistles.

In regard to killing Canada thistles a cor-I manured the patch very heavy in the fall, so it would raise about 75 bushels of corn to from the heel to the toe of any one of the footfalls would pass through the heel and a family of four boys no two are alike in the spring and harrowed it till it was fine and nice. Then I sowed it to hemp and harrowed it in well. It soon came up and grew right along. When about five feet out, as there was not a particle of vegetation on the ground but the hemp. One good crop of hemp will totally destroy them if the ground is made rich.

Two Miserable Men.

The most miserable man alive is the one who lives in constant fear of death, and the one next him is the poor fellow who opposes every public enterprise lest his taxes may be increased a nickle or two, and himself finally sent to the poor farm. When a man has so much property that his taxes become a bur- Arrives in Digby........... 10.00 a.m. den, the wonder is that he does not get rid of some of it. Strange as it may seem, the poorest man in the land, who pays his tax, pays more in proportion to what he has than

-The great success which American trainers have with trotters and pacers is attributed to their knowledge of foot balancing or shoeing in such a way as to bring out the best speed of which a horse is capable Great stress is laid upon the matter of shoeing may prevent a horse from doing hi which had never beaten 2.10 was made to his mile in 2 73 by having the shoes removed

-The man who keeps his faith in eterns justice, and the ultimate triumph of good over evil, puts himself in key with divine

PUTTNER'S

Has special virtue in healing diseased Lungs & restoring fiesh & strength to those reduced by wasting disease.

Always get Puttner's, it is the Original and Best.

UNION BANK OF HALIFAX Incorporated 1856. Head Office, Halifax, N. S.

REST ..... \$225,000 W. J. STAIRS, Esq., President.

E. L. THORNE. Cashier Savings Bank Department. Interest at the rate of 3 1-2 PER CENT.

allowed on deposits of four dollars and up-

AGENCIES .-(GENCIES.—
Kentville, N. S.—A. D. McRae, agent.
Annapolis, N. S.—E. D. Arnaud, agent.
New Glasgow, N. S.—R. C. Wright, agt.
Dartmouth, N. S.—C. W. Frazee, agent.
North Sydney, C. B.—S. D. Boak, agent.
Little Glace Bay, C. B.—J. D. Leavitt, agt. Barrington Passage—C. Robertson, agent. Liverpool, N. S.—E. R. Mulhall, agent. Sherbrooke, N. S.—W. R. Montgomery,

Wolfville, N. S.-W. G. Harvey, acting CORRESPONDENTS .-

CORRESPONDENTS.—

London and Westminster Bank, London, Eng.; Merchants' Bank of Halifax, St. John's, Nfld.; Bank of Toronto and Branches Upper Canada; Bank of New Brunswick, St. John, N. B; National Bank of Commerce, New York; Merchants' National Bank, Boston.

Bills of Exchange bought and sold, and a general banking business transacted. general banking bus N. R. BURROWS,

Bank of Nova Scotia Capital. - - \$1.500.000.00 Reserve Fund, - \$1,600,000.00

JOHN DOULL. President H. C. McLEOD, Cashier Head Office, Halifax, N. S.

A Savings Bank Department has lately been established in connection with the Bridgetown agency where deposits will be received from one dollar upwards and interest at the rate of 3½ per cent. allowed. C. H. EASSON, Agent,

Mode Cabe Eastalaine ARCHIBALIS PAIN BALSAM. but the best hot medicine for COVIGHS. COLDS. CRAMPS. CHILLS. CHOLERA, COLIC. ETHIRTY YEARS

**EXECUTOR'S NOTICE!** 

ALL persons having legal der the estate of EMILY MES MANLEY BENSON, Ex wn, August 25th, 1897. - 2214

Nature makes the cures after all.

DOMINION ATLANTIC RAILWAY

'Land of Evangeline" Route On and after MONDAY, Oct. 3RD, 1898 the Steamship and Train Service of this Railway will be as follows (Sunday except

Trains will Arrive at Bridgetown: Express from Halifax ..... 11.06 a.m Express from Yarmouth.... 1.17 p.m Accom. from Richmond.... 4.35 p.m Accom. from Annapolis.... 6.20 a.m Trains will Leave Bridgetown: Express for Yarmouth.... 11.06 a.m Express for Halifax ...... 1.17 a.m Accom. for Halifax...... 6.20 a.m Accom. for Annapolis..... 4.35 p.m

S. S. "Prince Edward." BOSTON SERVICE.

far the finest and fastest steamer plying ou Boston, leaves Yarmouth, N. S., every Tues by and Friday, immediately on arriva the Express Trains, arriving in Boston early xtmorning. Returning, leaves Long Wharf, aton, every Sunday And Wednesday at p. m. Unequalled culsim on Dominion

Royal Mail S.S. "Prince Rupert." ST. JOHN and DIGBY. Monday, Tuesday, Thursday

Leaves Digby...... 1.00 p.m. Arrives in St. John...... 3 45 p.m. "S. S. Evangeline" makes daily trips be-tween Kingsport and Parrsboro. Trains and Steamers are run on Eastern Standard Time.

W. R. CAMPBELL,



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

Two Trips a Week. The fast and popular Steel Steamer BOSTON icing Oct. 22nd and until further notice we Yarmouth for Boston every WED-and SATURDAY EVENING after arri-he Express train from Halifax. Re-

val of the Express train from Halifax turning will leave Lewis' Wharf, Boston, TUESDAY and FRIDAY at 12 o'clock, entral Vermont and Boston and Abany Rail ays, and to New York via Fall Liver line tonington line, and New England and Boston Abany Railways. Albany Railways. For all other information apply to Dominion thantic, Central, Intercolonial or Coast Rail ay agents, or to

L. E. BAKER,
Pres. and Managing Dir
W. A. CHASE, Sec. and Treasurer.

WANTED!

Men to sell the old, established Fonthi furseries; largest in the Dominion; over arms that are connected with any Nurser the Dominion. Permanent place and goo pay to those who can prove t We furnish everything found in a first class Nursery; fruits, flowers, shrubs and seed potatoes. Write us and learn what we can do for you.

STONE & WELLINGTON, PALFREY'S CARRIAGE SHOP -AND-

REPAIR ROOMS. Corner Queen and Water Sts. THE subscriber is prepared to furnish the public with all kinds of Carriages and Buggies, Sleighs and Pungs, that may be desired.

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

ARTHUR PALFREY. Bridgetown, Och. 22nd, 1890.

POSITIVE SALE.

ERVIN & ALCORN.

The Schooners "TEMPLE BAR,"

: : "HUSTLER," will, as usual, make regular trips between this port and St. John, calling at points along the river. Freight handled with care and with quick despatch. For information in-quire of J. H. Longmire. The subscriber also keeps for sale cedar hingles of all grades, Lime and Salt, which e offers cheap for cash.

CAUTION! All persons indebted to the estate of the late J. AVARD MORSE, either by accounts or promissory notes, are hereby notified that all payments of the same must be made to the undersigned, as no person has been authorized by them to collect said accounts or

E. BENT, J. B. GILES, Executors Bridgetown, March 10th, 1896. CAN YOU AFFORD TO SAVE small sum each months from your earning ake shares for your children. \$3 per mo kept up till maturity, will yield \$500, will take from eight to nine years. The Equitable Savings, Loan & Building Association.

NOTICE. All persons having legal demands against the state of Robert FitzRandolph, late of Lavencetown, in the County of Annapolis, farmer

J. FRANK CROWE, Agent

to make immediate payment ALDA R. FITZRANDOLPH, Or BURPEE S. FITZRANDOLPH,

Administrator

The Kousehold.

Now and then she gets

nto a tight place and needs helping out. Things get started in the wrong direction. Something is needed to check disease and start the Blows on the head of any sort are apt to

system in the right direction toward health. Scott's Emulsion of Codliver Oil with hypophosphites can do just this. It strengthens the nerves,

feeds famished tissues, and heed and avoid it. makes rich blood. 50c. and \$1.00; all druggists.
SCOTT & BOWNE, Chemists, Toronto Furniture!

Furniture! CRAND Mark Down Sale!

BARCAINS! Tain opening one of the valley at Cut rices for December only. Stock selected specially for the Holiday trade and com-lete in every department.

BARCAINS!

Hall, Bedroom and Kitchen Furniture in great variety.

H. S. REED. N. B.—Have one Sewing Machine in stock which will be sold at a great bargain. BRIDGETOWN

Monuments, in Marble, Red Granite, Gray

All orders promptly attended to.

Granville St., Bridgetown, N.



SCREEN DOORS, WINDOW SCREENS to fit any size window. Can be placed on outside, allowing sash to be raised or lowered without taking

BICYCLE SUNDRIES, TERRA COTTA PIPE, PORTLAND CEMENT.

HAYING TOOLS!

**GLASS! GLASS!** 

QUEBEC FIRE ASSURANCE CO Established 1818.

Losses Paid, over \$5,000,000 BANKERS: BANK OF MONTREAL I have been appointed agent of this old and cliable non-tariff company, and as its rates and hy a combine of other companies

F. L. MILNER.

Guard the Children's Ears.

RIOUS HARM OFTEN DONE BY THE CARE A high English medical authority, Sir liliam Dalby, has recently written a treatise on the preservation of the hearing, in which he speaks, with strongest terms of soon to be married, we ought to be thinking reprobation, of the "cruel and iniquitious of selecting a home of some kind and about the furniture and so on, you know.

be permanently injurious, and anyone who has studied physiology, however superficial up all about how to make home pleaseat, and ly, will readily understand how easily a vio-lent box on the ear may rupture the ear drum and perhaps produce incurable deaf-intelligence office, and it struck me at once ness. There are many such cases on record, and parents who do not understand the danger of such chastisement will do well to take of servants, you know, and we can just make

of laudanum put into the ear to relieve ear- and chambermaids and butlers and footme ache may produce permanent trouble, never- and dressing maids andtheless it is so. Nothing of any sort should "But, my dear, you said you could get be injected into the ear except by medical along with one girl." advice. If laudanum and glycerine are used "Well, y-e-s, so I did, but I really can't they should be put on a bit of cotton wool, and care must be taken not to put the cotthough, of course, I'm willing to try. And ton in too far. The best aurists positively then there's another thing I've noticed. forbid syringing the cars, and where it is | Married ladies have so many purchases to necessary to cleanse them prescribe surgical make, that instead of running around to all

emedy is a hot water bag, or better yet, a coasted onion, very hot, done up in newsutside of the ear.
In bathing, especially in the surf, cotton

Efficacy of Olive Oil.

supplying to the sebaceous glands the oily

cientific American. It has long been ob-

re generally healthier and in better condi-

Medical authorities are generally agreed Parlor, Dining Room, ag it also a potent agent for any defects of f the excretory ducts, especially the skip.

Eczema has rapidly disappeared upon a dision of a diet of fresh and dried fruits, milk, It will pay you to see this stock. We will the latter, when thus taken in conjunction narked in respect to the hair, nails and scalp,

The above works, for many years conducted by the late THOS. DEARNESS, will be earried on under the management of MR. JOHN DEARNESS, who will continue the

Tablets, Headstones, &c

ut the shirt waist continues to override back. A tape run through a casing and drawn tightly about the waist is not only table, but does not keep the waist lown: a couple of nursery pins will, but ositively the only way to keep a shirt waist lown is to stitch a little band at the waist ent, with two buttonholes in it, and fasten hem to two buttons on the dress skirt. Of

ourse it is a great deal of trouble, to put hese buttons on every skirt and the buttonthe end, for then it is impossible for the hirt waist to part company with the skirt -Rib roast is the choice of ten people out of twelve when a good roast is needed. The arge proportion of bone in this delicious meat renders it at extravagant choice. There are many other cuts that are cheaper, be ause they contain little bone. The last cut of the sirloin makes a good roasting piece. It contains little bone, some tenderloin, a layer of meat similar to that of the rib roast and some tough meat. This tough meat had fer a roast, chopped and used for a Hamburg steak. It is not tough because of the toughness of the fibre of the piece, but because, a grain and not across it. When the layer of to get off here." neat is moved entire and cut across the grain it forms nice little steaks, which are "small" steaks of some restaurant

The last cut is an excellent one.

beaten up with a teaspoonful of cold water.

frying pan and cook to, a good brown.

em a half cupful of tomato liquid. If it is

ery tart a trifle of sugar may be added.

ason with pepper and salt. Lay the cel-

ery in a hot dish, pour over it the tomato

sauce and sprinkle with grated cheese.

Send at once to table. It is very good. In any receipt which calls for oil, butter may

To Remove Paper from Walls.

Steam seems the most efficacious agent for

emoving pictures which have, in an evil

ment, been pasted to a wall: The little

ave-o'clock tea-kettle may be used. Hot

water dabbed on the paper usually only

-A lump of magnesia is a blessing t

Just rub the lump lightly on the glowing

and wipe off lightly. This will not clog

ablespoonful of pareffin oil with one pint of

soft soap and soak all white clothes. Put

em to soak overnight, and you will have

LiverIIIs

surface; allow it to remain on a short time

be used if preferred.

brings it away in spots.

the pores like face powder.

ery little rubbing to do.

POULTRY NETTING,

ICE CREAM FREEZERS. CROQUET SETTS, 4, 6 and 8 Balls, GARDEN TROWELS, HAMMOCKS,

CALCINED PLASTER.

Fine India Steel and Green Ribbed Clipper Scythes. Every Scythe warranted.

a very low price. H. W. BENSON

BRIDGETOWN.

Joker's Corner.

On the Brink.

THE QUESTION IS, I ID HE MARRY HER OR Mr. Slimpurse-Of course I'll take you to

Dear Girl-Oh, my thoughts are

ton twisted on the end of a wire, the wire | the stores in the neighborhood, they have the

"Um-there'll be only two of us, and perhaps I can attend to the small househol

"That wouldn't do, my dear. I haven't seen any gentleman attending to such things. you know, and so satisfactory. It couldn't help being. By the way, Mrs. De Rich won't wool should be put into the ears, otherwise a sudden and violent influx of water may do we must follow the fashion, although it's a

"Don't you think, my dear, that at the start a plainer table might do? "Oh, this is perfectly plain-it's startling in its simplicity. But, my goodness, I forgot

-New York Weekly.

to tell you of the fashion for married ladies.

It's too cunning for anything. It isn't in

"You'll not forget, please?" "Thank you," she said sweetly.

we get to Warren-ave. "Yes'm, I'll remember it." "Thank you. Do, please. Is it far?"

" No'm."

do get to Warren-ave. ?" 'Yes'm. A little later she said to a gentleman sitting next to her:

This seemed to arouse her fears, and she notioned the conductor toward her. "You're sure we haven't passed Warrenave. ?" she said.

"Thank you : don't forget." A little later a lady sitting across the aisle leaned forward and said : "The next street is Warren-ave." A man a little further up the aisle offered the same information, and a man sitting near the door

"Warren-ave. !" roared the conductor. The woman sat still. She smiled and nodded in return, but did

"This is where you want to get off. "Oh, no it isn't. I want to get off at where Warren-ave. was, and then I could flour lay them at once in hot salad oil in the | I'll tell you when we get to Kirby ave." "That's like a woman !" growled the con-

> Health Before Beauty. an across each other in Derby, and after a period of handshaking adjourned for some more congratulations.

married I am," replied Pat. "You don't tell me." "Faith, and Oi've got a fine, healthy bhoy, and the neighbors say he is the very picture

O'Grady looked at Pat, who wasn't built n the lines of a prize beauty. "Och, well, what's the harrum so long as those women whose faces shine from heat. the child's healthy?"-New York World.

"Is Miss Blinkins at home?" asked Mr. Saunders of the Irish girl who answered his ring at the door

"An' is it engaged you say? Faix, an' I an't tell you, sir, but she kissed Mr. Vincent last evenin' as if she had never seen the like uv him, an' it's engaged I b'lave they are sir. -Mrs. Suddenrich-What, awful nice

Mrs. S .- Are they to eat fruit with? Dealer -They are souvenir spoons, madam. Mrs. S. - Gimme a dozen. Our new French

yew air goin' tew git married. Du yew think th' polish yew got at college 'll enable yew to keep a wife!"
"It has enabled me to get a wife rick enough to keep me."-Life.

eed and avoid it.

It is more startling to be told that a drop

up a little intelligence office party, you know, and all go together when we want new cooks

eing carefully covered and the cotton pro- dealers send clerks around twice a day for

otton must be carefully and tenderly ap-In case of earache the only safe home aper and then in flannel and applied on the It's all done by clerks and orders -so simple

> "Coachman, my dear? We can't keep a "No. I forgot. Of course we can't. Not

right off, anyway, because there'll be such a thing will have to be real old antique, and that's awfully expensive. I've already picked out the parlor table. It is in the De Grabber tinuance of starch foods and the substitucollection and was made for Louis XIV himggs and olive oil. The beneficial effects of self.

a healthy condition, and the absence of which is the cause of debility of the hair, equently ending in baldness, says The is one of those long, slim, queer little books that you buy at banks and pay everything erved that those who treat olive oil as a by check. Isn't it sweet? And, just think, summon article of food and use it as such | you can get a book of 50 checks for 10 cents.

peutic and prophylactic properties are very favorably regarded by medical men. It is "You'll tell me, please, when we get to thown to be destructive to certain forms of Warren ave?" said a nervously active little micro organic life, and for the eradication of woman to the conductor, as she stepped upon such from the system its internal use has the platform of the car.

" Yes'm."

-How to keep her waist down in the back is a problem that worries the shirt-waist devotee. Innumerable pins and fas-Three minutes later the conductor was passing through the car and she touched his teners have been invented for this purpose,

> "Quite a distance." Five minutes later the car stopped for passenger to get on board, and the woman

"Oh, excuse me! I thought that maybe was. You'll be sure and tell me when we

"We haven't passed Warren-ave, yet. have we?" "I den't know, madam . I'm a stranger

"No'm, we ain't! I said I'd let you know when we got to Warren-ave., and I will !"

it lies in the sirloin, it must be cut with the said to the conductor: "That lady wante ot move. The conductor strode forward

and said : ne finger, put them over the fire in water Kirby-ave., and my friends told me that and cook until tender. Take out, drain and Kirby-ave. was but three streets from Warroll each piece first in flour then in an egg ren-ave., so I thought I'd be sure to find out After this, without dipping them again in easily count up to Kirby-ave. Go on, and

Make ready a little tomato sauce by cooking ductor as he stalked out to the platform.

"An' yet some folks blame us conductors for "An' yet some folks blame us conductors for the stalked out to the platform." "An' yet some folks blame us conductors for ing teaspoonful of flour, and pouring upon gittin' mad!"—Detroit Free Press. Two Irishmen who had not met for years

> "Long time since we met, Pat, ien't it? Great lot of things have happened since "Yes, indeed. Look at mesilf. Sure, it's

> Merely From Observation

Yes, I b'lave she is, sir." "Is she engaged?"

ons them are! Dealer-Yes, madam : they are our very

cook makes elegant souvenir. -Mr. Hayrake (to college-bred son)-"So

Minard's Liniment Cures Dandruff.

easily and thoroughly.
Best after dinner pills.
50 cents. All druggists
Frepared by C. I. Hood & Cc., Lowell, Mass.
The only Pill to take with Hood's Barsaparilla.

Hood's