Miscellaneous.

Alcohol and the Heart.

From the experiments of Dr. Parker he found that taking the average pulsations of the heart to be 106,000 in 24 hours in a person using water only as drink, they were increased by the action:

Of one fluid ounce of alcohol	4,300	times.
Of two " ounces " "	8,272	"
Of four " " " "	12,960	"
Of six " " " "	18,432	"
Of eight " " " "	23,904	"

And from the action of 8 fluid ounces on the following day, 25,488 times. In each of the last two days when 8 ounces of alcohol was taken, the average increased work done by the heart was equal to its lifting 24 tons one foot in height.

Is it any wonder, then, that after a night's dissipation the drinker feels languid, weak and "used up," and his heart literally turns double somersaults? Is it a wonder that so many drinkers go out of the world suddenly? Is it not a wonder that so many live as long as they do?

But this is not all. The drinker's heart is very, very liable to take on a superabundance of fat, and he to die of fatty degeneration of that organ. This is a very common result of alcoholic drinking, and more especially beer drinkers. That swill seems to have a tendency to load the interal viscera of the walking human beer tubs with fat.

In health the blood contains two to three ounces of fat to 1,000; the highest is 8½ to 1,000. In the drunkard and the constant beer guzzler it is 117 to 1,000, forty times more in the drinker than in the abstainer. The heart is often loaded with fat to the extent of an inch in thickness, when of course, all the interstices among the muscles are large deposits of the same.

Yet another, though less frequent result of dram drinking is enlargement of the heart; and sometimes ossifications of its valves, as I have met in my own autopsies.

As a sequence of this fatty deposit a great change takes place in the power of contractibility of the muscles of the heart, the organ becoming weak and feeble, the pulse intermitting, the poor, over-worked heart unable to do its required work with any degree of perfection, and summoned to do a little more, under the stimulus of alcohol, perhaps often closes up its labors with a sudden collapse, and the poor, unfortunate, blinded, besotted drinker is ushered into a drunkard's eternity, and his long faced physician issues a death certificate of "heart failure." Yes, it did fail.—*Dr. D. H. Mann.*

How to Buy a Horse.

"If you want to buy a horse don't believe your own brother. Take no man's word for it," says an old horseman in *Horseshoer's Journal.* "Your eye is your market. Don't buy a horse in harness. Unhitch him and take everything off but his halter, and lead him around. If he has a corn or is stiff, or has any failing, you can see it. Let him go himself away, and if he walks right into anything you know he is blind. No matter how clear and bright his eyes are, he can't see any more than a bat. Back him, too.

"Some horses show their weakness or tricks in that way, when they don't in any other. But, be as smart as you can, you'll get caught sometimes. Even the expert gets stuck. A horse may look ever so nice and go a great pace, and yet have fits. There isn't a man who could tell it until something happens. Or, he may have a weak back. Give him the whip and off he goes for a mile or two, then all of a sudden he stops on the road. After a rest he starts again, but he soon stops for good, and nothing but a derrick can start him. The weak points about a horse can better be discovered while standing than while moving. If he is sound, he will stand firmly and squarely on his limbs without moving them, with legs plumb and naturally poised; or, if the foot is taken from the ground, and the weight taken from it, disease may be suspected, or, at least, tenderness, which is the precursor of disease. If a horse stands with his feet spread apart or straddles with his hind legs, there is a weakness in his loins and the kidneys are disordered. Heavy pulling bends the knees. Bluish, milky cast eyes in horses indicate moon blindness or something else. A bad-tempered one keeps his ears thrown back; a stumbling horse has blemished knees. When the skin is rough and harsh and does not move easily to the touch, the horse is a heavy eater and digestion bad. Never buy a horse whose breathing organs are at all impaired. Place your ear at the heart, and if a wheezing sound is heard it is an indication of trouble."

What a Laugh Does.

Dr. Greene says that there is not one remotest corner or little inlet of the minute blood-vessels of the human body that does not feel some wavelet from the convulsions occasioned by good, hearty laughter. The life principle of the central man is shaken to the innermost depths, sending new tides of life and strength to the surface, thus materially tending to insure good health to the person who indulges therein. The blood moves more rapidly and conveys a different impression to all the organs of the body as it visits them on the particular mystic journey, when the man is laughing, from what is done at other times. For this reason every good, hearty laugh in which a person indulges tends to lengthen his life, conveying, as it does, new and distinct stimulus to the vital forces.

Blood is Life.

It is the medium which carries to every nerve, muscle, organ and fibre its nourishment and strength. If the blood is pure, rich and healthy you will be well; if impure, disease will soon overtake you. Hood's Sarsaparilla has power to keep you in health by making your blood rich and pure.

Hood's Pills are easy to take, easy to operate. Cure indigestion, biliousness. 25c.

A Remedy for Seasickness.

Walter Besant, who has crossed the ocean several times and therefore ought to be an authority on the subject, says: "Next time, dear madam, that you are seasick place a piece of ice in your mouth and keep it there. When it is gone, take another piece. After that lie down and go to sleep in peace."

He Flattered Himself.

A Dallas couple who did not get along very well together had the following conversation:

He—"If I were to die you would never get another husband like me."

She—"What makes you think I'd ever want another husband like you?"

Catarrh and Colds Relieved in 10 to 60 Minutes.

One short puff of the breath through the Blower, supplied with each bottle of Dr. Agnew's Catarrhal Powder, diffuses this Powder over the surface of the nasal passages. Painless and delightful to use. It relieves instantly, and permanently cures Catarrh, Hay Fever, Colds, Headache, Sore Throat, Tonsilitis and Deafness. Sold by S. N. Weare.

—When baking cake, on removing it from the oven place the tin containing the cake on a damp towel for a moment and the cake may readily be taken from the tin without sticking.

—Dar has been as yet no strike for an advance in de wages ob sin.

Minard's Liniment for sale everywhere.

Agricultural.

Facts Worth Knowing.

Every unkind treatment to the cow poisons the milk. Throwing stones at her, striking her, chasing her, shouting at her and frightening her in any way, acts harmfully upon her milk by creating a feverish condition. It is well known by the medical fraternity that if a mother nurses her babe directly after she has been frightened or angered, that it will be liable to spasms or convulsions in a very short time after nursing. It is just the same if a bottle-fed baby drinks the milk of a cow that has been angered or frightened. In view of these facts, it would be well, even where there are no babies in the family, for cow owners to insist that the person who cares for the cattle should at all times handle them carefully and kindly, and never allow them to be chased or frightened. Good milk is to be desired by adults as well as by children and babies, so it is a matter of self-interest as well as of humanity to have one's cows treated kindly.

It may seem strange to those who have not been informed on the subject to learn that fowls lay less eggs when they are subjected to harsh treatment, and that the eggs they do lay are not as large and perfect as they would be if the layers were at all times properly handled and kindly treated. By this we mean that fowls should never be chased and never roughly handled in any way, because roughness causes excitement and fear, and both of these produce fever and consequent injury and impairment of egg-production. The same holds good in regard to the flesh of the fowl; its quality is not as good when the blood has been fevered by fright. Ill-treatment is productive of disease in all kinds of birds and beasts; therefore, if for no other consideration than self-interest, the farm animals should have judicious and common-sense treatment, which means kindly care as well as regular feeding and watering and conditions of cleanliness. Kicking, swearing, and driving hostlers and other farm-hands should be discharged from the service of all respectable farmers, if they cannot be reasoned out of their brutality, and will not learn lessons of common-sense and humanity.

Manures and How to Use Them.

We will never come to a rational method of using our manures until we imitate the Chinese and Japanese. I have a method for catching all stable urine in a trough, from which it is run into a barrel sunk into the ground. The contents are carried in pails to the gardens. The prompt effect is something startling to one accustomed to the use of raw manures in bulk. I am now arranging to have all my barn manures raised up from the yard and leached. The liquid will be caught in a tank and used as carefully as gold. The pails used for carrying should be large and strong, and, when not in use, kept hanging in a shedroom.

The compost piles are next in value. These should be built in different parts of the farm or gardens, and all refuse, weeds, leaves, ashes, lime and old plaster worked together. I grow on these piles in summer superb squashes, and in October turn them over and feed the raspberry and other berry gardens.

While it is true that for some purposes it is best to use completely rotted barnyard manure. it is a fact well demonstrated that the rotting in the pile reduces the food value to crops. While nearly one-half of the weight is gone, the nitrogen is also one-half gone. The best possible use of barn manure is to compost it as fast as possible with fresh earth, to absorb the ammonia. I am satisfied that, as frequently applied to meadows, we are simply throwing away tons of value. I have in years past been caught by hot, dry or windy weather just after spreading manure, and when the rain did come there was little left for it to do. Drawing manure out in winter is advisable, but I would compost it all summer, or leach it.—*Farm and Fireside.*

Culture and Currants.

ROOM AND RICH SOIL NEEDED—PRUNING AND MULCHING GOOD.

Currants, though vigorous growers in the main, need some care, and at certain times substantial assistance to rid them of enemies. The bushes should stand from three to four feet apart in rows, in soil made rich by stable manure, annually top-dressed (in the fall) and kept free from weeds and grass. A mulch of straw, hay, leaves or other rubbish, which keeps their roots cool and damp, and somewhat approaches the condition which they naturally choose, will be found quite helpful, and add to their vigor and fruitfulness. They should be well pruned annually to keep out all dead or decayed wood, and with a view to renewing the growth every few years from the young and vigorous shoots which the plants throw up from the ground. Attack the currant worm as soon as he appears with hellebore tea (one ounce to a pailful of water), and if the leaves begin to look sickly and droop, indicating the pith borer, examine for this grub, and burn the stalks in which he is found or where he has been. Scarcely any other fruit will make so large a return from so little labor expended as the currant. It may be grown in an orchard between the trees without injury to them, and with as good results in fruit as elsewhere—indeed, partial shade seems beneficial, as approaching the natural preferences of the plant.

Urban and Suburban Life.

Many a man is rich and doesn't know it, or at least does not appreciate it. If a man who owns a farm upon which he can make a living and who has a good wife and family is not happy, he would not be were he in business in a city, where the chances for success are not so great and where the sanitary conditions are never so good as they are in the country.

A resident in the city must of necessity either make more or live on less than the man who resides in the country. Food and clothing may be purchased as cheaply in the city, of course, but the farmer may raise many necessities, while the resident of the city must buy everything. He must pay exhorbitant rents, or if he buys land, the high price paid and the taxes will nearly equal rates of rental; he must buy the water he drinks, the wood he burns; he must even pay a garbage man for removing the ashes; he must buy fruit, vegetables and meat at double the price the farmer receives for it; he must buy high-priced clothing in order to keep up with the times; he secures little sunshine, less fresh air, and lives under a nervous pressure that early breaks down the system and undermines the health.

The farmer, on the other hand, is likely to at least have health, fresh air, sunshine, good wholesome food and an appetite, and will live longer.—*San Francisco Call.*

A Cripple From Rheumatism.

CURED BY A FEW DOSES OF SOUTH AMERICAN RHEUMATIC CURE—MIRACULOUS BUT FACT.

Mrs. N. Ferris, wife of a well-known manufacturer of Highgate, Ont., says: "For many years I was sorely afflicted with rheumatic pains in my ankles and at times was almost disabled. I tried everything, as I thought, and doctored for years without much benefit. Though I had lost confidence in medicines I was induced to use South American Rheumatic Cure. To my delight the first dose gave me more relief than I had had in years, and two bottles have completely cured me." Sold by S. N. Weare.

Much in Little

Is especially true of Hood's Pills, for no medicine ever contained so great curative power in so small space. They are a whole medicine chest, always ready, always efficient, always satisfactory; prevent a cold or fever, cure all liver ills, sick headache, jaundice, constipation, etc. 25c. The only Pills to take with Hood's Sarsaparilla.

Hood's Pills

FLOUR! MEAL! FEED!

—:o:—

Just arrived and for sale at **Rock-Bottom Prices**, the following well-known brands of Flour:—

"FIVE ROSES,"
"GOLDIE'S BEST,"
"GOLDIE'S STAR,"
"GOLDIE'S SUN,"
"CROWN OF GOLD,"
"VICTORIA,"
"CHANCELLOR,"

Also Feed Flour, Goldie's Best Middlings, Crack Wheat, Barley, Oats and Peas, Crack Corn and Oats, Shorts, Bran and Cornmeal.

Boots & Shoes

CLOTHING,

AND A CHOICE LINE OF

Family Groceries

ALWAYS ON HAND AT

J. I. FOSTER'S,

BRIDGETOWN,

Next Door Grand Central Hotel.

TO THE LIVERPOOL, LONDON AND GLASGOW STEAMSHIPS

—AT—

ST. JOHN.

FRUIT SEASON 1896-97.

Shippers wishing to ship their fruit to Great Britain via boats from the port of St. John during the coming export season, and wanting care-ful handling for same, please apply to:

WALTER PURDY, DEEP BROOK.
SAMUEL POTTER, CLEMENTSPORT.
GEO. E. CORBITT, ANNAPOLIS ROYAL.
GEO. A. LECAIN, ROUND HILL.
JOHN LONGMIRE, BRIDGETOWN.
RAY BROTHERS, UPPER GRANVILLE.
FRANK R. TROOP, GRANVILLE CENTRE.
H. E. REED, MIDDLETON.
ALBERT GATES, NICTAUX.
CHAS. A. SCHAFFNER, FARMINGTON.
NORMAN RAY, MARGARETVILLE.

Or **J. R. ELLIOTT,**

Steamship Agent Forwarder and Correspondent for English Fruit Receivers.

Lawrencetown, N. S., and St. John, N. B. 24 2m

P U L P

WOOD-BOARD

Circles for Heads of Apple Barrels are a great advantage in packing the fruit. They prevent the bruising of the apple and are of great value in every way. No shipper who has once used them will pack his fruit without using them in the future.

R. S. McCORMICK,

AGENT WESTERN ANNAPOLIS AND DIGBY.

L. O. NEILY, Aylesford, Gen. Agent.

Consign your :::: **APPLES**

....TO....

A P P L E S — **J. C. Houghton & Co.,** 19 Eastcheap, London, E.C., —OR— 1 Temple Ct., Liverpool, G. B. Who will sell for the highest market prices, and give prompt returns. ☞Send a trial shipment and be convinced. **Established 51 years. Shipping Mark H.** — **A P P L E S**

Represented by

FRANK A. DIXON, Wolfville,

Who will give all information required.

THIS IS THE PLACE *TO BUY* **CLOTHING,**

Men's Shirts, Boots and Shoes.

A Large Stock of

CHILDREN'S BOOTS.

B. STARRATT.

Paradise, June 4th, 1895.

For Bronchitis, Coughs, Colds, Hoarseness, Loss of Voice, Lung Troubles, : : : : : :

THERE IS NO BETTER CURE THAN

LINGARD'S COUGH BALSAM.

TRY IT.

Sold by MESSRS. NEILY & KINNEY and DRUG STORE, BRIDGETOWN; and DR. MORSE, LAWRENCETOWN.

Price, 25 and 50 cents per bottle. Six one-dollar bottles for $5.

MRS. BURTON, - Sole Proprietor,

HAMPTON, N. S.

CURRY BROS. & BENT,

PROPRIETORS OF THE

Bridgetown Wood-Working Factory,

BRIDGETOWN, N. S.

Contractors - and - Builders.

A WORD IN THE EAR OF THE WISE MAN SUFFICETH.

There are many wise men in Annapolis Valley, and some of them have and others have not caught on to our whisper of last spring that we had come to Bridgetown to stay, and asking for their patronage. Well, we have been here a year, and have done $30,000 worth of business, erecting buildings in Halifax, Windsor, Yarmouth, Annapolis, Bridgetown, Berwick, Aylesford, and other towns, and we flatter ourselves we have given satisfaction and carried out our obligations to the letter.

We have paid our factory help regularly every fortnight, thereby distributing over $4000.00 in cash amongst the storekeepers in Bridgetown and vicinity during the past year. Our aim is to double that this year, and we solicit the assistance of the public to enable us to do so.

We take this opportunity of thanking those who have entrusted their work to our care, and would ask for a continuance of their favors.

☞We are ready for 1896 business, and have just added to our plant a **New Dry House** with all the latest improvements in a **HOT BLAST DRY KILN**, so that we can **dry out green lumber in six days.** We can now supply

Dry Lumber, Sheathing, Flooring, Mouldings of all kinds, Wood Mantles, Counters, Store and Church Fittings, Sashes, Doors, and Factory work of every description at short notice

We consider ours the best equipped factory in the Valley. We are all practical men, and give our whole time and attention to our business. We are ready to handle any kind of building no matter what its dimensions, and will attend to all orders for repairs, shingling and remodelling houses punctually.

Plans, Specifications and Estimates can be had of us at small cost.

☞We have just received direct from British Columbia **one carload B. C. Cedar,** and on the way **Whitewood and Quartered Oak.**

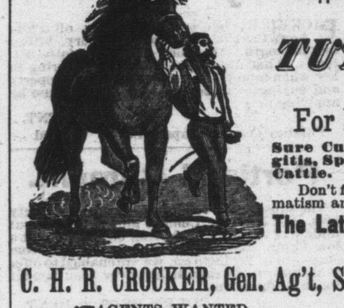
On hand: Shingles, Clapboards, Lime, Cement, Plaster, Hair, Laths, Nails, Paper, etc., and a large stock of

SPRUCE AND PINE LUMBER.

$100 Reward

—IF NOT CURED BY—

TUTTLE'S ELIXIR



BOSTON, MASS., U. S. A.

For Man or Beast it has no Equal.

Sure Cure for Colic, Black Water, Spinal Meningitis, Sprains and Joint Affections in Horses and Cattle.

Don't fail to try TUTTLE'S FAMILY ELIXIR for Rheumatism and all Aches and Pains.

The Latest Discovery of the Age.

Sold by all Druggists.

C. H. R. CROCKER, Gen. Ag't, South Farmington, Annapolis Co., N.S.

☞AGENTS WANTED. WRITE FOR TERMS.☜

DOMINION ATLANTIC RAILWAY!

"Land of Evangeline" Route

On and after MONDAY, 21st SEPTEMBER, 1896, the trains of this Railway will run daily, (Sunday excepted).

Trains will Arrive at Bridgetown:

Express from Halifax.....	11.26 a.m.
Express from Yarmouth...	12.35 a.m.
Accom. from Richmond...	5.05 p.m.
Accom. from Annapolis...	6.30 a.m.

Trains will Leave Bridgetown:

Express for Yarmouth...	11.26 a.m.
Express for Halifax.......	12.35 a.m.
Accom. for Halifax.........	6.30 a.m.
Accom. for Annapolis.....	5.05 p.m.

S. S. "BRIDGEWATER,"

DAILY SERVICE

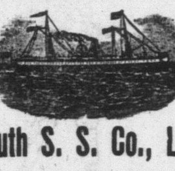
ST. JOHN and DIGBY.

Leaves St. John..........	6.45 a.m.
Arrives in Digby..........	10.45 a.m.
Leaves Digby.............	1.00 p.m.
Arrives in St. John...........	5 00 p.m.

Pullman Palace, Parlor and Dining Cars run daily each way on Express Trains. Trains are run on Eastern Standard Time.

W. R. CAMPBELL, General Manager.

K. SUTHERLAND, Superintendent.

1896.  1896.

Yarmouth S. S. Co., Limited.

The Shortest and Best Route between

Nova Scotia and United States.

THE QUICKEST TIME. 15 to 17 hours between Yarmouth and Boston.

Four Trips a Week.

The fast and Popular Steel Steamers

"BOSTON" and "YARMOUTH,"

Commencing June 30th, and until further notice will leave Yarmouth for Boston every **TUESDAY, WEDNESDAY, FRIDAY and SATURDAY EVENING** after the arrival of the Express train from Halifax.

Returning leaves Lewis' Wharf, Boston, every **MONDAY, TUESDAY, THURSDAY and FRIDAY** at 12 o'clock, noon, making close connections at Yarmouth with the Dominion Atlantic R'y, and coach lines for all parts of Nova Scotia.

These are the fastest steamers plying between Nova Scotia and the United States, and forms the most pleasant route between above points, combining safety, comfort and speed.

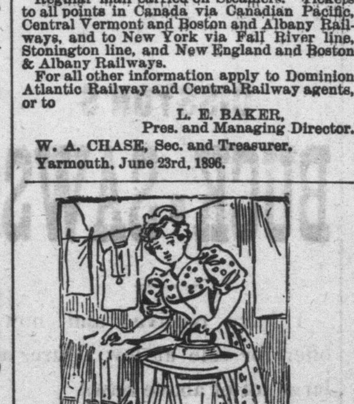
Regular mail carried on Steamers. Tickets to all points in Canada via Canadian Pacific, Central Vermont and Boston and Albany Railways, and to New York via Fall River line, Stonington line, and New England and Boston & Albany Railways.

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

L. E. BAKER, Pres. and Managing Director.

W. A. CHASE, Sec. and Treasurer.

Yarmouth, June 23rd, 1896.



The Secret of Dress

is cleanliness, and the secret of comfort is

PROPERLY LAUNDRIED Shirts, Collars and Cuffs,

which can only be procured at the

GLOBE STEAM LAUNDRY

W. D. LOCKETT,

Agent, - - Bridgetown.

Coal! Coal!

HARD COAL,

Furnace, Egg, Stove and Chestnut.

SOFT COAL.

OLD MINE SYDNEY.

Get my prices before buying.

GEO. E. CORBITT.

BRIDGETOWN

MARBLE **WORKS**

THOMAS DEARNESS,

Importer of Marble

and manufacturer of

Monuments, Tablets, Headstones, &c.

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. T. D.

Bridgetown, March 19th, 89.

Pyrethrum Cinerariæfolium!

B. W. B. & CO.

1863. - - Oldest Brand.

Powdered Dalmation Insect flowers

This Insect Powder

is the Highest Grade Manufactured.

Put up in ½-lb. Sifting Tins and in bulk.

DEARBORN & CO.,

Agents—ST. JOHN, N. B.

N. B.—Our Sifting Tins contain from 1 to 2 oz. more than other makes.

A. BENSON,

UNDERTAKER,

BRIDGETOWN.

FINE CLOTH-COVERED and HIGHLY-POLISHED

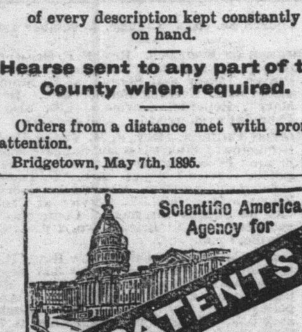
Caskets and Coffins

of every description kept constantly on hand.

Hearse sent to any part of the County when required.

Orders from a distance met with prompt attention.

Bridgetown, May 7th, 1895. 1y



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Scientific American

Largest circulation of any scientific paper in the world. Splendidly illustrated. No intelligent man should be without it. Weekly, $3.00 a year; $1.50 six months. Address, MUNN & CO., PUBLISHERS, 361 Broadway, New York City.

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, Oct. 22nd, 1890. 29 1y

CEDAR SHINGLES!

FOR SALE at an extremely low figure, 100,000 Superior No. 1 Cedar Shingles.

CAPT. JOHN LONGMIRE.

Bridgetown, May 5th, 1896. tf

WANTED! Salesmen and Canvassers in all towns and villages not represented, to handle Cleveland Bicycles. Lucrative employment to right parties. Send for our catalogue. Small cash capital required. H. A. LOZIER & Co., 169 Yonge Street, Toronto, Ont. 14 tf

unfortunate

Cod-liver oil suggests consumption, which is almost unfortunate.

Its best use is before you fear consumption; when you begin to get thin, weak, run down; then is the prudent time to begin to take care, and the best way to take care is to supply the system with needed fat and strength. **Scott's Emulsion** of cod-liver oil, with hypophosphites, will bring back plumpness to those who have lost it, and make strength where raw cod-liver oil would be a burden.

A substitute only imitates the original.

SCOTT & BOWNE, Belleville, Ont. 50c. and $1.00

Haying Tools

Just arrived, a carload of

Mowers and Rakes.

Also a arge stock of

REPAIRS AND SECTIONS.

No Paris Green!

SEE OUR PATENT

Potato-Bug Picker!

Can pick the bugs from an acre of potatoes in one hour.

FOUR HORSES FOR SALE.

N. H. PHINNEY.

Lawrencetown, N. S., June 15th, 1896.

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 all descriptions.

The make of the establishment will be particularly confined to

Light Single and Double Riding Waggons, Phaetons, Express, Grocery and other Delivery Teams, etc., etc.

The stock used in the construction is the best of American manufacture, the waggons are built by thorough workmen, and each and every 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.

Yours respectfully,

JOHN HALL, Agent.

Lawrencetown, April 14th, 1896.

WAGGONS, Harnesses,

—AND—

Farming : Implements.

The subscriber wishes to convey to the many readers of the MONITOR, and to the public in general, that he is acting as agent for P. S. McNutt & Co., of St. John, and that in the above lines he is prepared to give

Exceptional Value.

All purchases that the public may favor him with will carry a guarantee and be true to representation in every sense of the word.

The Waggons, Harnesses and Farming Implements handled by the above-named firm are second to none.

☞Drop a line for a circular and any other information required.

HENRY WALLACE.

Bridgetown, June 15th, 1896. 12 tf

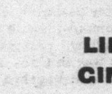
FOR YOUR HEALTH DRINK REAL FRUIT SYRUPS

STRAWBERRY, RASPBERRY, LEMON, LIME FRUIT, GINGERETTE.

MADE ONLY BY

BROWN & WEBB,

HALIFAX, N. S.

 **ST. JOHN *PACKETS***

Commencing the 1st of April, 1896, the packet schooners

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 satisfactorily executed.

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

St. John address: NORTHRUP & Co., South Wharf. For further information apply to

CAPT. JOHN LONGMIRE, Bridgetown, N. S.

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ERVIN & ALCORN.

ANNAPOLIS VALLEY REAL ESTATE REGISTRY,

☞REMEMBER no charge is made until a sale is effected.

Parties having residental lots in the town or close vicinity to sell at bottom prices would do well to place them with us, as we have application for several.

FOR SALE: A snug Cottage in one of the best suburban parts of this town, with 2½ acres of land. Also a valuable business stand on Queen street in Bridgetown.

TO LOAN: On real estate, a small sum of $500.00.

MAGAZINES

—AT THE—

Central Book Store

CANADIAN, MASSEY'S, MUNSEY'S, McCLURE'S, COSMOPOLITAN.

Novels Rented at 5c. per week.

B. J. ELDERKIN.

The Household.

Accomplished Girls.

A girl should learn to make a bed,
To bake good biscuit, cake and bread;
To handle deftly brush and broom,
And neatly tidy up the room.

A girl should learn to sew and mend.
To care for sick, the baby tend;
To have enough of style and taste
To trim a hat or fit a waist.

A girl should learn to value time,
A picture hang, a ladder climb,
And not to almost raise the house
At sight of a little harmless mouse.

A girl should learn to dress with speed,
And hold tight lacing 'gainst her creed;
To buy her shoes to fit her feet;
In fact, above all vain deceit.

A girl should learn to keep her word,
To spread no farther gossip heard,
Home or abroad to be at ease,
And try her best to cheer and please.

A girl should learn to sympathize,
To be reliant, strong and wise;
To ever patient, gentle be,
And always truly womanly.

A girl should learn to fondly hold
True worth of value more than gold;
Accomplished thus with tender mien,
Reign, crowned with love, home's cherished queen.

The Home Doctor.

Many persons, who are unable to drink coffee made by the ordinary boiling process, find no bad effects from the use of coffee made by percolation, that is, enclosing the coffee in a bag of some kind or in a wire gauze strainer and pouring the boiling water upon it. This method of coffee-making should always be used in households where the members breakfast at different hours, and where only one pot of coffee is made. In addition to being more wholesome the coffee is greatly superior to any possible by the other method.

Every person should occupy a single bed. A doctor recently said, "No matter in what else you economize, there is a criminal folly in economizing in beds. Every person needs his own bed more than he needs his own chair or own place at the table."

For dysentery a physician recommends one drachm of powdered cinnamon, mixed with a few drops of water made into a ball. Take it morning and evening, washing down with a mouthful of water.

A bran-bag is one of the most grateful of all toilet accessories. It is more cleansing to the skin, and much more refreshing. It is made by filling a muslin bag with two quarts of bran, one ounce of orris root, one ounce almond meal, and one small cake castile soap cut in small pieces.

An authority on physical training for women gives the following directions for securing the best results which naturally must be modified by individual characteristics and circumstances. "Sleep nine hours out of the twenty-four, bathe in cold water, exercise five minutes daily with light dumb bells, drink a cup of hot liquid before breakfast, spend half an hour every day in outdoor exercise, make the best of bad bargains and always keep your temper."

A writer on obesity says: "The safest way to reduce obesity is to begin by eating and drinking less, and to take as much exercise as possible, increasing it gradually day by day. Butter, fat, oil, sauces, haricot beans, peas, vermicelli, rice, tapioca, maccaroni, all fatten. Bread should be eaten in moderation, and stale or toasted. All sweets are forbidden. Plainly roasted or boiled meats taken in moderation, with plain boiled green vegetables, may be eaten, also fruit—apples and oranges especially. Gooseberries and currants are good when in season, and for drink take lemonade unsweetened, weak tea, and black coffee.

Sleeping in a narrow, hard bed is now considered conducive to a good figure; throw away your soft mattresses and even your pillows, and you are promised freedom from round shoulders and double chins. Many women are giving the experiment a trial.

A recent writers, in giving advice to amateur nurses says:

"Don't act on your own judgment when that judgment is in defiance of the doctor's orders. A good nurse should listen most attentively to all that the doctor has to say, write down his instructions if likely to forget them, and obey them implicitly. She should keep a piece of paper and pencil in the room, and write down how long the patient slept, temperature, if food was taken, much or little coughing, etc. Vague answers, such as 'pretty well' or 'a little' do not convey much to the doctor when he inquires how the patient has slept, or how much food he has taken.

"The light in a sick room should be tempered to suit the weakened condition of the patient's eyes. No nurse who has the slightest regard for the patient's comfort or well-being will permit an unsightly array of medicine bottles, glasses and spoons to be on constant exhibition before him. It is an excellent plan to have a small medicine closet fastened to the wall and have its contents in sight only when necessary.

"Don't sleep in the sick room if you can avoid it. If, however, you have to do so, and you naturally wish to know if the patient needs you, tie a piece of tape to the wrist and pin the other end to the patient's bed, near his hand, where he can reach it easily. A slight pull will then awaken you. This plan is excellent, as in illness the voice is weakened, and if the patient spoke or called you might not hear."

Vaseline should be rubbed thoroughly over bones and in creases when a patient has a long illness. Especially good in typhoid and malarial cases. The muscles are strengthened, and friction prevented. It is well, also, to rub the parts over first with alcohol and tannin, or plain alcohol.

One-half pint boiling water put on one-half teaspoonful borax, one-half teaspoonful saleratus and one teaspoonful of glycerine makes a good wash for the teeth in typhoid fever.

Use paper basins in a sick room. They are very light and can be thrown away if desired, and can be easily bought in any of the large cities, also paper sputa cups, which can be readily destroyed after the doctor has examined the sputa.

For bed sores, two ounces of Balsam Peru, six ounces vaseline, applied on cloth to sore.

If a patient is seriously prostrated, do not let him help himself. Elevate the foot of the bed six inches to aid the tired heart.

An Invalid Chair.

Carrying an invalid can be easily managed by two people of average strength. They should join their hands crosswise, so as to form a firm seat. If the invalid is lifted on to this, and puts his his arms round the necks of the two persons, he may be carried with perfect safety up and down stairs.

LIFE'S A BURDEN

If the Stomach is Not Right.

Is there Nausea? Is there Constipation? Is the Tongue Coated? Are You Light Headed? Do you have Sick Headache?

Any and all of these Denote Stomach and Liver Disorder.

Dr. Agnew's Liver Pills act quickly and will cure most stubborn and chronic cases. No unpleasantness. No griping. These little pills are little wonder workers and are far-famed. 40 in a vial for 10 cents. Sold by S. N. Weare.

Joker's Corner.

Distressing.

Genial old Isaak Walton himself had not a keener fisherman's instinct than was possessed by old Zimri Skillings, who flourished in a western state a good many years ago.

One day Zimri took his rod and line and "wums," as he called them, and started off for a four-days' fishing trip.

He had been gone but one day when his poor old wife died unexpectedly, and a neighbor hastened off in pursuit of Zimri.

He was found silently but profoundly happy, with his line cast in the Cinnamon river. He turned pale and was at first speechless when told of his loss.

"It's too bad, Zimri," said the sympathetic neighbor, whereupon Zimri found voice enough to say:

"Wal, I sh'd say so—with pick'rel bitin' ez I ain't seen 'em bite for a year!" and he gulped down another sob.

An Advertiser's Dream.

A certain merchant believes thoroughly in advertising, and the result is he has the biggest business in his town. Indeed, he works so much on week days that when he goes to church on Sunday, as he always does, he generally goes to sleep as soon as the preacher gets well started into his sermon.

Not long ago a visiting clergyman filled the pulpit, and our friend, being unaccustomed to him, slept rather uneasily, starting up every now and then as the minister grew emphatic and almost shouted the words of truth at the congregation. When the preacher called out:

"Brethren, why stand ye here all the day idle?"

"Because they don't advertise," sung out the half awakened merchant; and the way his wife grabbed at him and shook him into a sense of his situation almost broke up the meeting.

Compromising with Conscience.

He was a mean creature, and to his meanness was added such designing wickedness as is rarely shown by man. He went into a newspaper office the other morning and offered the following advertisement for publication:

"Notice—If the plain looking woman, about forty years of age, who lost a purse containing £2 12s. 6d. in S——street, on Tuesday afternoon, will apply to——, she can have the money by paying for this advertisement."

The mean wretch had seen the lady drop the purse, and wished to retain the contents for himself. He was of the opinion that no woman would answer the advertisement, as he had worded it, for so small a sum as £2 12s. 6d. He was correct.

Railroad Intelligence.

"So you have quit the A. B. C. & D. road?" said one Texas conductor to another.

"You bet; I couldn't stay on it and make anything?"

"How so? Did they cut down salaries?"

"Oh, no; same old salary; but they got a new uniform that broke me all up."

"How? Too costly?"

"No. It is a plain coat, a military coat that fits clear up to the throat and down to the waist, and you have to keep it buttoned up all the time."

"What's that got to do with it?"

"Got to do with it? You a conductor, too, and ask me that question? I'd like to know what sort of a show a fellow has for his inside pockets?"

A Quick Witness.

Attorney (*examining witness*)—"You say you saw the shots fired?"

Witness—"Yes, sir."

"How near were you to the scene of the affray?"

"When the first shot was fired I was about ten feet from the shooter."

"Ten feet. Well, now, tell the court where you were when the second shot was fired."

"I didn't measure the distance."

"Speaking approximately, how far should you say?"

"Well, it approximated to half a mile."

Engagement Note.

Miss Esmerelda Longcoffin, of Oak Cliff, is very much a flirt, and has been engaged to a dozen different gentlemen. A few days ago she said to her father:

"Pa, you may congratulate me on having acquired a new object of my affections."

"I am very glad to hear it, Esmerelda. I hope you are as happy with him as you will be with the next one," replied the old man.

Why Johnnie Sulked.

"Well, Johnnie," said Mrs. Chaffie, "did you have a pleasant time at the Sunday-school picnic?"

"Naw," growled Johnnie, "I didn't git nothin' to eat but a sandwich and a couple of dry cakes with red sand sprinkled over 'em."

"Why, what became of the beautiful chocolate cake and chicken salad that I sent?"

"The superintendent and teachers gobbled 'em up."

A Mystery Cleared Up.

Hostetter McGinnis—"What is the reason mothers who go to the watering places are always accompanied by their daughters?"

Mr. Manhattan Beach—"That's an old custom. It goes back to the time when Rebecca captured her husband, Jacob, at the well. Ever since women have been going to watering places to catch husbands.

Circumstances Alter Cases.

Gilhooly—"The Chaplain of the House of Representatives gets six dollars for praying only five minutes."

Gus De Smith—"That's big pay. I've got a friend right here in Dallas who prayed a whole week for a dollar, and didn't get it."

Equal to It.

Hy Stacks—Say, you, bring me an oyster stew.

Waiter—'Scuse me, sah, but oysters is out of season, sah.

Hy Stacks—Never mind thet—I'll season 'em myself.

A Leading Question.

Mrs. Portly Pompous—"What does that young man do all the evenings he spends with you in the kitchen?"

Bridget—"Sure, mum, and what did Mr. Pompous do when he called on you before you were married?"

Nothing Found.

First Clubman—Find anything in the paper?"

Second Clubman—"No; I was just glancing over it to see if anybody I knew had been born."

A Mistake.

Female Sunday School Teacher (*who is trying to explain the parable of the good shepherd*)—Suppose, Tommy, you children were all little sheep, what would I be?"

Tommy—An old ewe."

—A man that is hung is generally a high strung individual.

—Minard's Liniment Cures Burns, etc.