WEEKLY MONITOR.

DOMINION ATLANTIC

RAILWAY!

'Land of Evangeline'' Route

On and after MONDAY, 1ST MARCH, 1897, the Steamship and Train Service of this Railway will be as follows (Sunday except

Trains will Arrive at Bridgetown:

Express from Halifax..... 11.26 a.m.

Express from Varmouth... 12.35 a.m. Accom. from Richmond... 5.05 p.m. Accom. from Annapelis... 6.30 a.m.

Express for Yarmouth... 11.26 a.m.

Trains will Leave Bridgetown:

WEDNESDAY, MAY 19, 1897.

You may get over that

slight cold all right, but it

has left its mark on the mem-

branes lining your throat.

You are liable to take another

cold and the second one will

hang on longer than the first.

Scott's Emulsion is not an

ordinary cough specific, but

it is "the ounce of preven-

tion." It builds up the

system, checks inflammation

and heals inflamed mem-

branes. "Slight" colds never

bring serious results when it

Book on the subject free.

is promptly taken.

The Rousehold.

The Care of Window Boxes.

Joker's Corner. Did She Pay Too Much?

Window boxes are more often failures than An instance of "the way in which the Window boxes are more often failures than successes. Why? Because they are not properly cared for. It must be borne in mind that a window box, from the exposed position in which it is placed, loses moisture very rapidly by evaporation. The wind and air get at is from below as well as on the side, ends and top. Only that side next the building is sheltered. It will, therefore, be readily understood, if one stops to think about it, that a great deal more moisture

about it, that a great deal more moisture the coin he had received. As soon as he saw his mistake he turned back and said, "Lady, I am sorry, but we

must be taken from the soil in such a box, in a given time, than it would be possible to stract from the soil in a pot or box whose are not allowed to take Canadian money, and so saying, he handed her the ten-cen exposure is less. The secret of growing plants well in such

boxes consists in giving not only a great amount of water, but in giving it often. "Are you sure that's my money?" aske the old lady sharply. "Yes, ma'am, and I'm sorry I made the Enough should be applied every morning

and evening to thoroughly saturate the soil, and the way to make sure that the soil is mistake," said the conducto "O, I'm willing to take it back if you're wet is to keep on applying water till some runs off at the bottom of the box. If it is given in small quantities, it will not be long "And your fare, please, ma'am," said the before the leaves begin to turn yellow, and very soon you will have a sickly looking "What? Why I don't see how you calvery soon you will have a sickly looking culate that: it's real mixin' to me," said the plant, and in a short time it will be dead; just because there was not enough water given to moisten and keep moist the roots five-cent piece which she had received as

below the surface. One of the most satisfactory plants used change, and handed it to the conductor. "Well, but ma'am, I haven't your fare

One of the most satisfactory plants used in a window box is the common single petu-nia. It will bloom profusely, is bright and fragrant, and soon covers the entire surface of the box, and droops over the sides until they are wholly concealed. The Madeira vine is pretty when planted about the edge and allowed to droop in festoons. The he-

and allowed to droop in festoons. The he-liotrope is a good flowering plant for such them into his hand; then she replaced her use, if care is taken to give water enough. pocket-book in her bag and sat back into her It is fond of strong sunshine, but soon suffers if its roots are allow to get dry. A scarlet "Do you see how he figure

"Do you see how he figured it, child?" geranium will brighten up a window won-derfully, and a good plant to use with one, about the edges, is the nasturtium, with its shouldn't want to bandy words with him, about the edges, is the nasturtium, with its brilliant yellow and maroon flowers and pret- for arithmetic never was my strong point; ty, pale green foliage, with which the box but seems to me it was real extortion. was twenty cents I had to give him before he was anyway satisfied; but I suppose he knows how he figgered it!"

Story of an April Fool.

In an article entitled: "The Uncertain Glory of an April Day," published in Harper's Never bite food of any kind. Break your bread in small pieces; cut celery in bits and then eat it from your fingers, and enjoy your He says: "One April Fool's day my father cheese by cutting small pieces from the por- attended the funeral of an old friend, Dr. tion given to you; and with the assistance of McPherson, and upon his return promised a knife, putting each on a bit of bread or coasted biscuit, and so conveying it to your "He came back at dinner time "He came back at dinner time carrying

to asted biscuit, and so conveying it to your mouth. Common usage has made it proper to eat corn from the cob. It is nevera pretty sight, but it is done, and hence the action and laborious, but it was persistently per-formed, and, when the brick was revealed, must be as delicate as possible. A wise hostess usually selects very small ears of corn lo! it was just a brick, not of maple sugar, or her table. Strawberries, when served on their stems, which he had taken from some pile of similar

are eaten from the fingers. An apple or a bricks on his way up town. Then I realized pear is pared, quartered and then cut up in it was the first of April, and that I had been bits, which may be conveyed to the mouth April-fooled!

either with the fingers, or a fork, as one fancies. Peel a banana with a knife, and cut off the small pieces that you wish to eat, using either your fingers or fork in conveying six or eight years my senior. He advised them to your mouth. Learn to eat an egg patient waiting. The father, he said, was from the shell. It can be done if one will absolutely devoted to his daily paper, which take a little trouble, and breaking it into a glass and mixing it up is not a pleasant sight. By the by, though you may be very hospit-able and very fond of your friends, it is bad form to urge and entreat people to remain safely away for a twelve-month; and on the when they wish to depart. To welcome the first of April next it was produced, carefully coming and speed the parting guest is an absolute evidence of good will and good placed by the side of my father's plate, the mother and the son making no remark, "Have you any of that good breeding. eagerly awaiting the result. The journal When the Garments Catch Fire. was vigorously scanned, no item of news or Hardly a day passes at this season but that some startling headline announces "A Wo-man Burned to Death! Rushed Through on the third page. Then he looked at top man Burned to Death! Rusned Through the Halls—A Flaming Human Torch!" This is the story over and over. A garment catches fire, the flames mount to face and hair, the woman becomes confused, suffocat-see that old Dr. McPherson is dead again!" ed, and rushes madly up and down, shrieking Not to be Trifled With. for assistance, and creating a current of air that increases the fire. The best thing to do No one has a more solemn time in the in such a case is instantly to roll upon the floor, over and over until the flames are One such man tells how the "humorist's

Physiology and Alcohol.

(BY ALEXANDER SUTHERLAND, M.A.)

If one takes down the twelve most recen

Hard Study in School

BRINGS ON A SEVERE ATTACK OF ST. VITUS' DANCE.

A Young Girl's Life for a Time Made Miser able - Could Not Use Her Hands and Found it Diffcult to Walk-Health Re-

From the Napanee Express.

Nervousness is the frequent cause of much demnation. misery and suffering. One of the effects of this breaking up of the nerves, particularly with this trouble. He says:-"I never saw anyone suffering so badly before from ner-When she would attempt to walk, her limbs would twist and turn, the ankle often doubald be of advantage to some one who might be similarly suffering, I asked permission to make them known, which was readily granted. The young lady is Miss H. M.



quaintances, and it is thought that her trouble, as is not infrequently the case, was brought on by hard study in school." Miss Gonyou gave the following statement :--- " All in the morning the man rises more than ever would keep me at home. I kept getting worse, and at last grew so nervous that I wine in the evening to make him happy could not hold my pencil. My right side was affected most, though the trouble seemed to go through my whole system. In January I was so had that I had to discontinue going to school, and I was constantly grow- tem.

ing worse. I could not use my hands, because I would let overything drop, and frequently when I attempted to walk, I would fall. ous rate. It is like the case of the man who My brother had been ailing for a long tire gets the timely warning from his banker and was then using Dr. Williams' Pink Pills about the state of his account. That man, and getting better, so I thought as they were helping him so much they would be a look to the rate of his expenditure. good medicine for me. Before the first box It would be useless to enter here, into as done I was feeling much better, and technical details, but recent researches all was done I was recing much better, and technical details, but records received research receives and attend to show—first, that alcohol is not a strength in the pleasant work of horticulture. It is now food, that is, that it supplies no new energy, It is restful to both mind and body. re than a year since I discontinued the but only quickens our expenditure of the more than a year since I discontinued the use of the pills, and I have not had the tightest trace of the malady since. I am tem, but only, by opening the blood vessels, summer. If the summer is a dry one water use of the pills, and I nave not and the chergy we had. To deprive the blood vessels, summer. If the summer is a dry one water satisfied Dr. Williams' Pink Pills saved me allows the heat to be carried from the vital your plants and give them a chance to make

satisfied Dr. Williams' Pink Pink Pink a chance to make to be carried from the vitat from a life of misery, and I would strongly recommend them for nervous troubles. Dr. Williams' Pink Pink Pink Pink Pink Pink Pink a chance to make to be carried from the vitat organs within to the muscles and skin with-out. We feel as if alcohol warmed us, but in reality heat has been taken from places

authoritative works on physiology, and turns up their reference to the action and effects of alcohol, he will find a singular uniformity on a plantation, and were I asked now what feature of farm life caused the most unceasof condemnation. Some writers are explicit in their adverse opinion, others are cautious, ing, unrequiting labor to farm wives and daughters, I should unhesitatingly say: "Bringing in taking out the water necessary and leave the reader to make his own conclusions from the facts; but these facts are to keep the house and its inmates up to that ranged in such a form as to lead to no conclusion but one of almost unhesitating con- mark of cleanliness which is deemed but a lemnation. step behind goilliness." Could the number-The old medical theory was that if a man less hours consumed in travel to and from felt as if wine were doing him good he should the cistern, and from the waste barrel, be

Agricultural.

this breaking up of the nerves, particularly among young people, being chorea or St. Vitus dance. A correspondent tells of a young lady at Selby who was badly afflicted he should be wary of it. The old theory A sink in the kitchen; with a water tank to was that if a man, on returning in the even-ing from business, found himself jaded and supply it, and a bathroom with proper anyone suffering so badly before from ner-vous disorder. She was violently jerking and twitching all the time, and could not use her right hand at all. Anything she would her right hand at all. Anything she would try to pick up with it would instantly fall. She where would attempt to walk, her limbs A man who has the worries of business on accumulates about every farm. In the bottom of an empty flour barrel,

would twist and turn, the auste often doub-ling down and throwing her. Lately I heard that she had been cured but doubted the truth of the statement and went out to see her. The statement proved quite true, and alcohol is to paralyze the contracting vaso the two apertures come exactly together believing that a recital of the facts of the motor nerve; hence the arteries in his body and secure the barrel firmly to the floor with expand, a fuller tide of life-giving blood several nails. Into the top of the barrel fit flows to brain and limb, and every faculty is an ordinrry tin dishpan, having first cut in enlivened. The man says that his glass or two has done him good; and so it would stopped with a bottle cork. The pan rests have done if the action of the drug entirely ended there. The man's face has lost its a four-sided wooden gutter, which extends pinched, pale look; his finger, from which the ring was a little ago ready to drop, now aperture in barrel and floor, and rests on

looks fuller, redder, fleshier, and the ring is another gutter lying along the ground an does not exceed a glass or two, is a livelier ient ditch. Thus we have a homely but useful sink. To supply it with water, take the companion.

But the experiments of Dr. Parkes have largest hogshead or barrel to be had, and largest of alcohol is at its elevate it outside the kitchen wall a foot or. shown that the effect of alcohol is at its elevate it outside the kitchen wall a foot or maximum in about three hours. Then comes so above this sink. Let a small pipe extend the reaction. These contracting nerves, from the side of the hogshead near the bot-paralyzed for a time by the drug, get rid of Now, if a man has dined at six o'clock and over the dishpan, and your kitchen is supgoes to bed before midnight, he is very like- plied with water, as well as a means to g ly to feel a noticeable loss of tone before he rid of it. Any rough logs or planks will do to build the elevation on which the hogshead

bed blessing the benefits of alcohol. During the night the reaction comes, and gutter. Even though it become empty occasionally from lack of rain, it were bette through the fall of 1894 I had been feeling unwell. I did not speak to anyone about it, for I was going to school and was afraid if I self up with more alcohol during the day, said anything about it to my parents they he is only laying in the heavier penalty of bucket to and from the cistern.

Garden Gatherings.

With strawberries have the earth just even with the crown of the plant. No roots exposed and no earth over the top of the plant. nently deranging the tone of his whole sys-The growing of berries for family use is asily done. The growing of berries largely, Alcohol professed to be his friend, while and selling them in a good market requires onsiderable skill and a special business tact. Many a bright boy may receive his first

centive to business and earn his first money by growing berries or vegetables. Give them a patch of ground and encourage them in this The business or professional man, almost

broken with care, may recover health and See to it, that you have a variety of vege

uild up the nerves, and thus drive disease where, though not felt, it was most wanted, how the one may have been allowed to run have cured after all other medicines had which it is rapidly lost.

have cured after all other medicines had failed, thus establishing the claim that they are a marvel among the triumps of modern medical science. The genuine Pink Pills are physiology. Ask him if he would recommod. e of alcohol as an article of dails

A Saver of Time and Health. More than ten years of my life were lived The only Pills to take with Hood's Earspart 1897 - - 1897

PUMPS Spray Pumps, House Pumps, Wash Tubs,

Wringers, Garden Hose, Wash Boards, Maslin Kettles, Barrel Covers, GRANITE IRONWARE

in all the latest pattern ckle-Plated Tea Kettles,

-AND ALL KINDS OF-KITCHEN FURNISHINGS

No Gripe

Cook Stoves and Ranges. Custom-made Tinware.

Factory Cans and Cheese Fac tory Work a specialty. Plumbing and Jobbing Promptly attended to.

'Sir William," 2.25 (Exercise half mile, 1.07.) Will stand for service during a portion of the season in charge of W. F. Gibbons, at the Grand Central Hotel Stables, Bridge-

town. This is a rare opportunity to get the ser-vices of a beautiful horse at a moderate

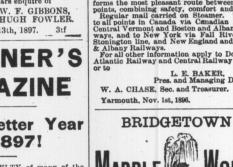
charge. His record is no limit of his speed. At the time he met with the accident last sum-mer and went an exercise half in 1.07 it was conceded by all that he could have gone the conceded by all that he could have gone the full mile in 214, and on a mile track could have taken a record of 2.10 or better. His breeding is the best, and that, combined with his courage and disposition, should make him one of the greatest sires. For further particulars enquire of W. F. GIBBONS, OR HUGH FOWLER.

Bridgetown, April 13th, 1897. 3tf

SCRIBNER'S

MAGAZINE **A Red Letter Year**

for 1897! THE ENTIRE NOVELTY of many of the plans for 1897 is noticeable. For instance, the series devoted to **London as seen by Charles Dana Gib-son**. Mr. Gibson has not before appeared as a writer. He visited London last summer for SCRIBKER'S MAGAZINE, for the purpose of de-pleting with pen and pencil those scenes and types which the huge metropolis presents in endless variety. Of like novelty is the first



Marble Works

THOMAS DEARNESS.

Bridgetown, March 19th, 89.

BRIDGETOWN.

kept constantly on hand.

Agency for PATENTS

For information and free Handbook write to MUNN & CO., 361 BROADWAY, NEW YORE Oldest bureau for securing patents in Ameri Oldest bureau for securing patents in Ameri

Scientific American

Largest circulation of any scientific paper in the world. Spiendidly illustrated. No intelligent man should be without it. Weekly, **53.00** a year; \$1.50 six months. Address, MUNN & CO., PULLISHERS, **361** Broadway, New York Citz.

PALFREY'S

CARRIAGE SHOP

-AND-

REPAIR ROOMS.

Jorner 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

Dipute with an annus of Cartages and torgeles, Sleighs and Pungs, that may be ested. Best of Stock used in all classes of work. Painting, Repairing and Vanishing executed a first-class manner.

Bridgetown, Oct. 22nd, 1890. 9917

ERVIN & ALCORN.

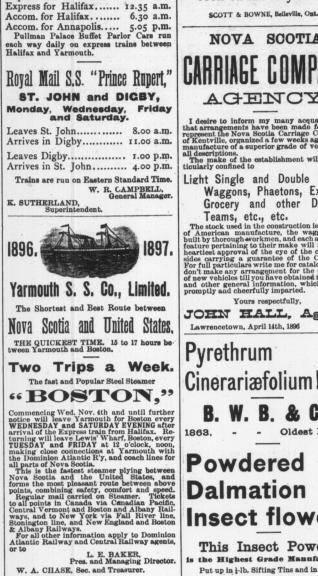
ANNAPOLIS VALLEY

ale is effected. Parties having residental lots in the town on lose vicinity to sell at bottom prices would do yell to place them with us, as we have applica-

ARTHUR PALFREY.

CAVEATS, TRADE MARKS, DESIGN PATENTS, COPYRIGHTS, etc

Bridgetown, Nov. 11, 1896.



NOVA SCOTIA CARRIAGE COMPAI AGENCY. I desire to inform my many acquaintances chat arrangements have been made for me to represent the Nova Scolia 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 Light Single and Double Riding Waggons, Phaetons, Express,

Grocery and other Delivery Teams, etc., etc.

I learns, etc., etc. The stock used in the construction is the be of American manufacture, the wargons a built by thorough workmen, and each and ever feature pertaining to their make will meet the heartiest approval of the eyo of the critic, b sides carrying a guarantee of the Compan for full particulars write me for catalogue, ar don't make any arrangement for the purchas of new vehicles till you have obtained my yrice and other general information, which will i promptly and cheerfully imparted.

Yours respectfully. JOHN HALL, Agent.

Lawrencetown, April 14th, 189

Pyrethrum

Cinerariæfolium!

- - Oldest Brand

Powdered Dalmation

Insect flowers This Insect Powder

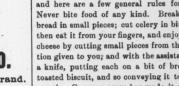
the Highest Grade Manufacture Put up in 1-lb. Sifting Tins and in bulk. DEARBORN & CO..

"I cannot get any Coffee like



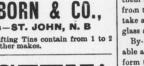


ill soon be covered. At the Table. The bright girl who is not quite sure that she is acquainted with all the social virtues, asks about the management of some food, and here are a few general rules for her:



B. W. B. & CO.

for her table.



N. B.—Our Sifting Tins contain from 1 to 2 z. …ore than other makes.

sold only in boxes, bearing the full trade ment the use of alcount at the deching of his highly and judiciously fed and bred from only highly and judiciously fed and bred from only registered trade mark around the box. perance News.

Hill-Climbing on Bicycles.

Discussing hill-climbing, the "Bicycle Rider" offers some suggestions that are Rider " oners some suggestation of mounting maker carried the grasses and amused in his workshop to the door and amused a fairly steep hill of a mile in length when out for a 15 or 20 mile spin is to begin by maintaining a steady tread on the pedals, pushing them over when at the top, and, e important still, clawing them round past the dead centre at the bottom, sitting in an easy posture and in a slightly forward position... With this careful ankle action the best result is obtained, and the first half mile or more is compassed in comparatively easy fashion. A change of position may then be made in order to relieve the muscles. Sitting well back in the saddle, head back and arms straight, the rider now thrusts out forwards rather than downwards, at the same time keeping the steering perfectly straight. A great amount of power is exerted in this manner by the lower limbs; it is a complete change from the first position, and the rider soon finds himself at the summit, still fresh for the continuation of his journey. A own. steep bank, if at all long, should always be walked but if short may be ascended with moderate ease by taking a sharp spurt at the bottom, which, with a strong pull on the handles, will quickly land the rider at the top. To accomplish these spurts without andue strain a great deal depends on the position of the rider, who must be well above

his work with full play for extending his limbs. Those who ride with bent arms, apparently seated in a hollow instead of well up on the saddle, cannot expect to utilize their full powers. In touring it is always best to make a point of walking the greater part of all long hills, even if ridable in an ordinary way, for one long "grind" takes more out of the tourist than five miles of level road, and if he is out for six or eight hours he should reserve his strength if he wishes to enjoy the journey to the full. There is one broad rule which may be taken as fairly well as the exterior of the circular flame. decisive on the question of hill-riding being hermtul or not, and it is this: If during the ascent the rider can keep his mouth closed the whole time he is not overstraining himself: but if the exertion causes him to gasp for breath it is distressing to the lungs and heart and is proved to be excessive-it would be far better to walk. For the sake of saving five or ten minutes it really is not worth while getting heated and overfatigued. thus to a great extent neutralizing the healthgiving properties of cycling. of the flask. Sad Forebodings of Autumn Weather.

TARRH AS WINTER'S COLD APPROACHES-YET CATARRH CAN BE BANISHED UNDER THE MAGIO TOUCH OF DR. AGNEW'S CATARBHAL POWDER.

This is not a dogmatic statement, strong as it may seem. Leading members of Par-liament, the most prominent clergymen of the Episcopal, Presbyterian, Methodist, Baptist and Roman Catholic churches, have borne testimony to the effectiveness of this medicine. Mr. John MacEdwards, the pengular nurser of the Canadian Pacific popular purser of the Canadian Pacific steamer "Arthabasca," is one who was cured of intense suffering from catarrhal troubles by the use of this medicine. Good Samariby the use of this metric. Good shared it to any who suffer. Head off an attack of catarrh by having this medicine at your hand. Sold by S. N. Weare.

-Mother-" I gave you a penny yester- | lips, and plant roses on the cheeks. It will day to be good, and to-day you are just as bad as can be." Willie-" Yes; I'm trying to show that you got your money's worth yesterday."

-Minard's Liniment for Rheumatism.

Beople." Protect yourself from imposition by refusing any pill that does not bear the "No."—Abridged from the Melbourne Tem-had bear starved and bred from scrubs for had been starved and bred from scrubs for twenty generations. Who should grow berries? First of all, Accidental Discoveries of Children. farmers everywhere, for family use. Far-

One day the children of a Dutch spectacleone can grow them so cheaply as the farmer. maker carried the glasses their father used They may be produced ready for picking, at themselves by viewing outside objects through their medium. The Youth's Companion tells of the benefit to the world which express and profits of growers. He gets resulted from this and also of an invention in part due to a boy's restlessness:— Looking through the glasses in the ordinary

can select the best land and location on his way soon became too tame for the children, own farm, and is sure of a profit with half a and they proceeded to vary the performance crop. They put two glasses together, and eagerly peered through this new arrangement to see

About Tomatoes. the effect upon the landscape. It was more These vegetables should be grown in every startling than they had anticipated. The

weathercock on the church steeple had cerkitchen garden, as they are not only most acceptable additions to the food supply, but tainly undergone a change. It had suddenly advanced to meet them, and appeared within very beneficial to the bealth. As soon as the danger from frost is over, the plants

a short distance of their eyes. Puzzled at this unlooked-for result of their should be set out in deeply-turned soil. The experiment, the children called their father soil should be fertile, but it is not a good to see the strange sight, and were triumphant plan to use fresh manure. If too highly manured they will run to bush instead of to find that his surprise was as great as their fruit. But if the soil is fertile, they will put

But the old spectacle-maker was of a on fruit with comparatively little bush. As scientific turn of mind, and as he went back soon as planted they should be staked like to his work his thoughts were busy with the strange result of the children's antics. He fruit.

If well supported by strong brush, the vines saw in the combination the possibility of making a scientific toy that should please those who had ceased to be children. When will grow from four to five feet high, and the fruit will not decay from dampness and this toy, which was said to make distant ob- black rot, as it will do if the vines are allowjects appear close at hand, was described to ed to trail on the ground. If there should Galileo, he at once perceived its value to one be a vigorous growth of vines, from time to who desired to study the heavens. He set himself to work out the idea, and the tele-In addition to their value for cool In addition to their value for cooking and

scope was the result. table purposes, tomatoes have a medicinal importance that is not generally appreciated. chimney of every-day use is also to be at. The slight acidity of the fruit has a cooling tributed to a boy's restlessness. Argand, a effect, which makes it peculiarly desirable in native of Switzerland, and a poor man, invented a lamp the wick of which was fitted fruit at meals goes a long way to alleviate into hollow cylinder, that allowed a current the danger from malaria, and to keep off the of air to supply oxygen to the interior as fevers that are so common in all agricultural districts.

The lamp was a success, but its inventor had never thought of adding a glass chimney, The Vegetable Garden. and probably never would have thought of it, had not his little brother been playing in

The garden is the most productive acre of the farm. If it is not, it should be made so. It is the most indispensable part of farm life. Half of our living should come from his workroom while Argand was engaged with the burning lamp. The boy had gained possession of an old bottomless flask, and life. Half of our living should come from our garden in summer. Not one-half the country people make an effort to have a gar-den. There are some that start out well in the spring, sow an abundance of seed and never look to the garden until they think it is time they should have results. They take a look and cannot find any, for the weeds have covered the little plants. Then they come to the conclusion that the seed did not grow. They say all sorts of things about the seedmen and mow off the weeds and wait until ancher spring, when they go through the same process. Now this is all wrong. To keep the garden clean we should begin early and continue the cultivation until fall. —Mrs Ferres, Quebec, in Farm and Home. was amusing himself by putting it over various small articles in the room. Suddenly he placed it over the top of the lamp, and the flame instantly responded by shooting with increased brilliancy up the narrow neck

PILL POINTS

Argand's ready brain at once caught the THOUSANDS WHO DREAD AN ATTACK OF CA- idea, and his lamp was perfected by the addition of a glass chimney.

Piles Cured in 3 to 6 Nights.

Dr. Agnew's Liver Pills are a Purely Vegetable Compound—A Scientifi-cally Studied Formula—The After Effects of the Medicine have been Given as Much Consideration as -Prof. Bellal says: Enough cannot be said of full, deep breathing. It is no hobby or wild notion, but if you would prove its benefits, practice it daily, and you will increase the Immediate Results. the circulation, purify the blood, and send it rich and hot to warm the feet, make ruby Not so with many of the Ancient For-mulas – Painful Purgers and no Healing Powers – Think of These Points. If you must use medicine, look for the most pleasant, safest and surest to take. Dr. Agnew's Liver Pills are supreme in cases of Siok Headache, Biliousness, Sallow Skin, Constipation, etc. 40 doses, 20 cents. Sold by S. N. Weare. and increase the chest capacity. It will also cure your asthma, catarrh, and bronchitis, and prevent lung trouble.

considerable **Novel by Richard Harding Davis.** "Soldiers of Fortune." The here is one of the most vigorous men that Mr. Davis has drawn. Illustrated by C. D. Gibson. **The Conduct of Great Business.** A heantiful illustrated series of articles of which

peautiful illustrated series of articles o. the following are already completed: "The Great Department Store." "The Mapagement of a Great Hotol.' "The Working of the Bank." "A Great Manufactory."

"A Great Manufactory," Undergraduate Life in American Col-leges. A series of articles touching upon mers must grow berries or do without. No

Heges. A series of articles touching upon the life of our older universities as represented by the doings of the students themselves. Judge Henry E. Howland writes on "Under-graduate Life at Yale." Mr. James Alexander on "Princeton," and Robert Grant and Edward S, Martin on "Harvard." two cents per quart. The farmer saves cost of picking, packing, boxing, crating, freight, them at first cost, fresh from the vines, and to the extent of his own family, has the best

Harvard." Japan and China since the War will be a most interesting group of articles richly illustrated. The Unquiet Sex. Under the title of "The unquiet Sex." Mrs. Helen Waterson Moody will write a series of articles: "Woman and Reforms." "The College-Bred Woman," "Wo-man's Clubs." and "The Case of Maria" (a paper on domestic service), market in the world -- a home market. He

A. BENSON, UNDERTAKER, W. D. Howells' Story of a Play. In this Mr. Howells' Story of a Play. In this Mr. Howells gives us the best novel he has ever produced in his delightful vein of light comedy.

light comedy. George W. Cable. In addition to the fiction enumerated there will be a series of four short stories by George W. Cable, the only ones he has written for many years.

ones he has written for many years. **How to Travel Wisely** with a minimum of wear and tear must be regarded as an art little understood. Mr. Lewis Morris Idings. in two articles, will offer a variety of useful suggestions and data on "Ocean and Land Travel." This will be happily rounded out by arrarticle from Mr. Richard Harding Davis on "Travellers One Meets; Their Ways and Methods." The illustrations by American and foreign artists will be highly pertinent. Caskets and Robes Also M'f'g of Hearses, Fancy Mantels, and Newel Posts.

_ It is impossible in a small space to even mention the many altractive features for 1897. A beautiful illustrated booklet has seen pre-pared, which will be sent, postage paid, on re-# Jobbing orders promptly attended to. Business stand at Shaw & Fisher's factory.

Scribner's Magazine \$3 a year, 25 cents a copy. CHAS. SCRIBNER'S SONS.

153-157 Fifth Avenue, New York.

ADMINISTRATRIX'S NOTICE.

A LL persons having legal demands against the estate of RICHARD S. MCCORMICK, late of Bridgetown, in the County of Annapolis, the observed at the county of Annapolls, Merchant, deceased, are requested to render the same, duly attested, within one year from the date hereor, and all persons indebted to said estate are requested to make immediate pay-

MARY McCORMICK, Administratria . L. MILNER, Proctor of Estate. 6m Bridgetown, March 24th, 1897.

NOTICE

All persons having legal demands against the state of J. WAYLAND BROWN, late of Bridgetown, in the County of Annapolis, de seased, are requested to render the same duly sticested to within tweive months from the dath hereof, and all persons indebted to said estat are requested to make immediate payment to

H. E. BROWN. Bridgetown, March 4th, 1897. 50 3m ADMINISTRATOR'S NOTICE

ALL persons having any legal demands against the estate of MARIA WHEE-LOCK, late of Granville, in the County of Annapolis, widow, deceased, are requested to render the same, duly attested, within three months from the date hereof, and all persons indebted to said estate are requested to make immediate payment to DAVID B. PHINNEY.

DAVID B. PHINNEY. Granville, March 8th, 1897. E. RUGGLES, Proctor for Administrator. 2n

NOTICE

ALL persons having legal demands scainst the estate of ALBERT FITZRANDOLPH, hat of Williamston, in the County of Jungo in, farme, oily attested, within one year from the date hereof, and all persons indebted to payment to AGNUS M. FITZRANDOL DR

AGNUS M. FITZRANDOLPH,

REAL ESTATE REGISTRY Or ROBERT FITZRANDOLPH, Administrator, Lawrencetow Williamston, April 12th, 1897. 3 tf

NOTICE

MYSELF and wife having had considerable experience in the care of aged and infirm persons, and having no family and some leisure, would be pleased to correspond with any such needing a good home with a view to either permanent residence or boarding. Good refer-

FOE SALE: A snug Cottage in one of the best suburban parts of this town, with 21 acres of land. Also a valuable business stand on Queen street in Bridgetown. TO LOAN: On real estate, a small sum of 500.00.

Importer of Marble yours in town." and manufacturer of The above remarks were made to me last week by a lady and centleman of our town. Suppose you give it a trial and let me hear what you have to LEY about 16. Monuments, Tablets, Headstones, &c. Also Monuments in Red Granite, Gray Granite, and Freestone. THE USUAL LINE OF Granville St., Bridgetown, N. S. **GROCERIES**, CONFECTIONS.

Coffee?'

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, PATENT MEDICINES, STATIONERY. TOILET SOAPS. Also Good Cider Vinegar.

F. C. PALFREY.

CRAND the doctor sent for. MARK-DOWN SALE!

As long as this rdv, appears I intend selling my entire stock of Loots and Shoes and Over-book, and balance of Dry Goods and Groceries ; greatly reduced prices. The following are ; few of the bargains 1 offer.

Former Cut price. price. removed and the burns temporarily dressed,

Payson Store, Bridgetown.

Men's Heavy Grain Bellows Ton-gue Boot., Men's Heavy Split Boots, Men's Societo Grain Boots, Men's Oprioda Loots, Men's Overboot. Boys' Lat' Boots, Youth's Heavy Grain Boots, Youth's Heavy Grain Boots, Women's Overboot. Nomen's Overboot. Women's Netto Fine Boots, Women's Extra Fine Boots, Women's Dongol- Boots, Women's Dongol- Boots, Missee Public Boots, Missee Dougola Boots, Missee Dougola Boots, as possible. it needs clean water to drink with regularity. Never put a bottle nipple into your mouth

the child when restless.

L. CHUTE. An infant is a creature of habit, and usually responds to the wish of the mother, if the mother has order in her will.

ing than by starvation; never liken an infant's

CAUTION! A" 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 auth-orized by them to collect said accounts or to the quality and quantity of the food.

fill an infant's stomach at such a time. E. BENT, J. B. GILES, Executors.

Bridgetown, March 10th, 1896.

Direct Evidence n favor of the BANKS OR RED GRAVENSTEIN, s they cold for \$1 per '01 more than the ordin-try Gravenstein. My near neighbors who have parefully examined the fruit on the trees, and also my nursery stock, zero now setting them by the flitles and hundreds. First-class trees, \$50 per hundred, \$5 per doz. as part of a test examination of a class in sickroom cookery recently. Two table-

spoonfuls of cream were put in a bowl, sweet-A. STANLEY BANKS. ned with powdered sugar, flavored with a

teaspoonful of clear strong coffee beaten light Waterville, Kings Co., Nov. 13, 1895, 18 ly **Portland Cement.**

The subscribers will have a car load of sixty bbls. Best Portland Cement landed here about middle of April. This having been bought at a low figure, and through rais of freight from Antwerp to Bridgetown, we are enabled to offer it at lower rates than it has ever been bought for in Bridgetown.

CURRY BROS. & BENT. Bridgetown, March 17th, 1896. 15 tf

FOR SALE!

SCHR. "CRUSADE," now lying at Annapolis, 43 tons, good sailer and well found. Will be sold cheap.

JOHN H. LONGMIRE, 41 tf.

smothered. If the victim lacks the presence of mind to do this, let some one throw, her of mind to do this, let some one throw, her "You must not trouble your papa just on the ground and envelop her as speedily as possible in a quilt, a bit of carpet, a coat or shawl, wrapping her tightly. Then as he is not to be trifled with."

quickly as possible bring plenty of water and make everything thoroughly wet, for though the flame is extinguished, there are still the hot cinders scorching the flesh. Now, if the

burns are severe, the patient should be car--This story is told of a well-known opera ried into a warm room and laid upon a table or carpet while the clothing is removed, a ment in the opera that the prima donna heard warm stimulating drink administered, and the tenor warbling in Italian, "Oh, my dear friend, what on earth shall I do? My coat

Cut every bit of clothing away with a sharp is ripping up the back, and I dare not emknife or pair of scissors, unless it sticks to the body, when it should be allowed to re back, "Stand still where you are, keep your main, and cover the burns with pieces of old face to the audience, and I will come and inen or cotton wet with linseed oil and lime throw my arms around you. 'Tis said that water, or even warm water and milk with she did so, and with a pin puckered the coat's soda dissolved in it, and cover again with wound together, and revived the tenor's dry clothes. As soon as all the clothing is courage to finish the scene.

lift the patient into bed and cover as warm - Two rival commercial travellers in Leeds were trying to sell a merchant a fire-proof safe. The first said to the merchant-"A Nursery Hygiene. An infant's thirst is not quenched by milk; was put in the middle of a fire for twentyfour hours, and afterwards the cat came out alive!" Said the second-"We put a cat in and then into the baby's mouth; this will often one of our safes and piled a fire round it for Prove dangerous. Plain, boiled water, given between feed. A week, and when we opened it the cat was dead." "Ah, I thought oo," said the mera week, and when we opened it the cat was ings, will often aid the digestion, and satisfy chant. "Yes," replied the traveller, "he was frozen to death!"

-A country schoolmaster once received from a small boy a slip of paper which was More infants' lives are taken by over-feed. supposed to contain an excuse for the nonattendance of the small boy's big brother He examined the paper, and saw therein the digestion or diet to your own. Cholera infantum would be of rare occurword - "Kepatomtogotaturing." Utterly unable to decipher the puzzle, he appealed rence if proper attention was always given to the small boy, who explained that it meant that his big brother had been "kept Do not feed the baby because she cries; his may be due to pain, and it is harmful to at home to go taturing "-that is to dig po-

tatoes. Regular habits, proper food, and long hours -Mrs. Grisby: "People are so criminally careless about children's diseases. My Johnnie came down with the measles las

The Caller: "And where was it, John-

Johnnie: "I took 'em to Sunday school. did, and six boys got em from me, yes ma'am."

The Gospel With Restrictions.

Visitor-Well, Uncle Bill, how dothefolks ap here like their new minister? Uncle Bill-Pretty wa-al, I guess. 1 hain't hearn's he's offendid none on 'em yit, but hez ter be dretful keerful. They don't 'low him ter meddle with polerticks, ner temperance, ner ter say but very little agin the devil."

-A mixture of dripping and lard makes a better frying material than lard alone. A pure vegetable oil is freer from danger of disease germs than either. Never use butter for frying fish; it boils at a low temperature, consequently burns quickly; the butyrio acid softens the fibre of the fish, destroys the flavor, and causes it to become soft as soon as taken from the pan.

Minard's Liniment cures Burns, etc.

