Dr. Williams' Pink Pills Restore Health and

A WELL KNOWN YOUNG LADY IN NAPANEE GIVES HER EXPERIENCE -SO WEAK THAT RESTING-HER FRIENDS THOUGHT SHE WAS IN CONSUMPTION - NOW THE PIC TURE OF HEALTH AND STRENGTH.

From the Beaver, Napanee, Ont Among the young ladies of Napanee there is none better known or more highly esteem acquaintance and popularity covered a more for the Robinson Corset Co., and has many customers on her route which extends from Oshawa to Ottawa. How this young lady happens to be the subject of this article is due to the fact that she has recently under gone a most remarkable change through the health, Dr. Williams' Pink Pills. When the reporter of the Beaver called to make enquiry into her cure, he was met at the door by the young lady herself, whose rosy cheeks and healthy appearance gave no indication ne a prolonged illness



rtermentioned his mission and found Miss Byrnes quite willing to tell the pardeath." In reply to the query "what have Dr. Williams' Pink Pills done for you?" she replied, "why they have done wonders. I feel like a new woman now. For eight years could not walk. I was greatly troubled with indigestion, and frequently could not keep milk. I had dizzy spells, severe headaches, and my complection was of a yellowish hue. My kidneys also troubled me, and in fact I was all aches and pains. In going up a or would have to rest several times before 1 got to the top. At times my hands and teet ould have no more warmth in them than lumps of ice. On one occasion while stepping at a hotel in Kingston, after waiting on a number of my customers, I fell down in a faint. The laudlady found me in this condition and sent for a doctor, who after bring ing me back to consciousness, gave me medi was so badly run down that it was imperativ that I should have absolute rest. His medi cine had no beneficial effect that I could see, and I tried a number of other doctors, with cared for neither work nor pleasure, and my friends thought I had gone into consumption. It was at this juncture that I determined to give Dr. Williams' Pink Pills a trial, and my derful change they have wrought in me. I ache and pain had disappeared. I cannot speak too highly of this wonderful medicine,

the benefit of other sufferers." Mrs. Byrnes was present during the inter viewand strongly endorsed what her daughter said, adding that she believed they had saved

nd I am eager to let the fact be known for

The experience of years has proved that there is absolutely no disease due to a vitiated condition of the blood or shattered nerves, that Dr. Williams' Pink Pills will not from such troubles would avoid much misery and save money by promptly resorting to this treatment. Get the genuine Pink Pills every time and do not be persuaded to take dealer, who for the sake of extra profit to himself, may say is "just as good." Dr.

Printing Bank of England Notes.

A contributor to the London Referee give an interesting account of the manner of produeing the Bank of England notes. In the printing department sheets of postal order are being worked off like so many colored posters. This, it appears, is a new department in the bank. The old-fashioned money orders are printed elsewhere, along with the various kinds of stationery used by the postoffice. Hard by, there is a large printing room, where six or eight smallish presses such as might be found in an ordinary jobbing office, are at work. One enters withon misgiving. Who would have thought the bank had so much printing to do, I said to myself, as I looked upon this array of whirling pulleys and belts and creaking cylinders, ed by a dozen besmuged employes? I am invited to examine the work which is being turned out. I do so carelessly. Gracio powers! These are bank-notes, which are being thrown out by the thousand. Hundredpound notes, twenty-pound notes, fivers, notes of the Government of India represent ing so many rupees-all the varieties of the mperial bank-note are to be found here. Each has its turn upon the presses. In this dirty printing room, reeking of oil and ink they manufacture wealth at the rate of a million a day. I say wealth, because my education is not complete enough to enable me to distinguish between bank-notes and what they represent.

To be precise, in this printing room they turn out per day 50,000 bank notes of various denominations, and this ouptut goes on con tinually. As the notes are paid into the put away for destruction, and new ones issued in their place, the turnover being about a million pounds daily. I looked with curi osity at the men engaged in what is really a magical process, surpassing anything described in "The Arabian Nights." They may have been members of the aristocracy in the receipt of thousands a year, but they looked and acted like common printers. feeding their machines and taking off the printed sheets secundum artem. The honest employe over whose shoulder I looked was ving one-hundred-pound bank notes from the tapes at the rate of eighty a minute. and he told me that he was engaged in this sort of work for six hours a day. Whether the notes bear on the face of them thousands or hundreds or twenties, it matters not to him. He laboriously performs his day's "darg," and goes home to his tea as unpretentiously as if he had not been handling money enough to form a decent loan for a South American republic. There is no contempt greater than that which is bred of familiarity with money.

Are You Tired Are You fried
All the time? This condition is a sure indication that your blood is not rich and nourishing as it ought to be and as it may be if you
will take a few bottles of the great blood purifier, Hood's Sarsaparilla. Thousands write
that Hood's Sarsapasilla has cured them of
that tired feeling by giving them rich, red
blood.

ALASKA ISLANDS USED TO RAISE THEM FOR On March 18 Senator Wilson introduced in the Senate a bill "to authorise the Sec retary of the Treasury to issue leases of cer tain islands in Alaska for the breeding o foxes," and on the 27th the bill was favorabl reported by the committee on public lands.

with certain minor amendments. Although this bill has been the source of considerable amusement, the statement made by the gentlemen interested in its pas sage were a revelation to the members of the committee on public lands, and decidedly is eresting. It shows that as far back as 1884 certain gentlemen, at that time resident the problem of the future employment and support of the natives of the Alas when the fur seal, the otter and the walru

should have become exterminated. The suggestion was made by Capt. Morgs of Conneticut, that the blue fox might be donesticated, and under certain conditions ored with profit, thus utilizing many barren islands and furnishing employment to the lecided to subscribe \$1,000 each to try the experiment. A small number of young xes were bought from the natives and taken to North Semidi Island, about 225 miles from Kodiak, and a small colony of natives, with a white keeper, were left with one year's supplies to try the experiment.

After many ups and downs, and the ex penditure of \$40,000 in money, the experiments proved a success, and it was demontrated that both the blue and silver could be domesticated and bred. From this small eginning, there are now no less than twenty o colonies on as many islands, devoted to the business, and more than 100 natives are rofitably employed in its prosecution.

These islands are mostly barren rocks ris ing abruptly from the ocean, and the foxes re allowed to roam at will over them. Each Island has a small settlement, where th keeper and his native assistants live, where the foxes are fed regularly and where they soon learn to come for their food. Photographs taken at feeding times showed

the foxes eating from the troughs and quarrel ing over choice morsels like dogs in a kenne The food consists of cooked Indian meal and blubber scrap, and on it the foxes grow sleek Senator Wilson, notwithstanding the good

atured jokes of his fellew senators, has worked for the bill with energy and enthu siasm, for, as he says, it will not only be the means of saving from extinction a race of valuable fur-bearing animals, but will people the barren islands of the Alaskan chain and rescue from misery and starvation the natives who, now that the fur seal is becoming extinct see starvation staring them in the face.

It Must Be the Best. Rev. W. H. Madill, Alton, Ontario:—"1 received the bottle of K. D. C. and have given it a fair trial, and I can say it has done me more good than the hundreds of dollars worth of doctor's medicine that I have taken."

The mildest as well as the worst forms of indirection need a remedy. and that remedy indirection need a remedy and that remedy

A very pretty story is given as origin o the fan-in brief, that a mandarin, among appearance to day will show you what a wonnterns she was overcome by the heat and empelled to remove her mask. But as it was against the law in those days to leave her face uncovered she held her mask befor t, waving it to cool the air. All the ladies of the court did likewise, and from this the idea of the fan, which since then has been the Chinese mask.

-We know of no reason why the poo hould have a less valuable dellar than the rich; no reason why the workman should receive for his labor a dollar that will buy any less than the dollar paid the rich. All, whether poor or rich, laborers or bankers, are entitled to receive the best money there is-money every dollar of which is equal in value to gold and will purchase as much of the necessaries and comforts of life as the gold

—Merit in medicine means the power to cure. The great cures by Hood's Sarsaparilla proves its unequalled merit.

Ask for Minard's and take no other.

your child

You note the difference in children. Some have nearly every ailment, even with the best of care. Others far more exposed pass through unharmed. Weak children will have continuous colds in winter, poor digestion in summer. They are without power to resist disease, they have no reserve strength. Scott's Emulsion of cod-liver oil, with hypophosphites, is cod-liver oil partly digested and adapted to the weaker digestions of children.

Scott & Bowns, Belleville, Ont. 50c. and \$1.00 **BOWKER'S** PURE, FRESH.

AND CHEMICALS.

This Bone is dried and ground daily, and is much superior to most of the so-called pure bone, which is made from weather-bleached bones, or bones from which the glue has been taken. Taking the glue from bone is like taking the cream from milk—it is the richest part. This bone contains not only the glue, but all the properties of Fresh. Raw Bone, being ground within twelve hours after the animals ALSO THE CELEBRATEI

STOCKBRIDGE MANURES. ength.) For Fruit Trees, Strawberratoes, Onions, Corn and Cranberrie HUGH FOWLER,

General Agent for Annapolis County WINDSOR Cycle Supply Co

BICYCLES SOLD, RENTED AND RE-PAIRED. Bicycles requisites of all kinds at E. M. BANCROFT, - Manager, WINDSOR, N. S.

WANTED! Salesmen and Canvassers in all towns and villages no represented, to handle Cleveland Bicycles



THE EXHIBITION ASSOCIATION

FOURTH ANNUAL FAIR ON ITS EXHIBITION GROUNDS. Opening Sept. 22d and Closing Oct. 2d, 1896.

Large Prizes in all the Usual Departments. pecial Attractions. Fireworks every suitable evening, Band Music, afternoons and evenings, Attractive Performances in the AMUSEMENT HALL, Varied Attractions on the Paradbe Grounds.

PECIAL PASSENGER RATES ON ALL LINES OF TRAVEL.
PRIZE LISTS WILL BE DISTRIBUTED AFTER
JULY 15th. INTRY FORMS AND ALL DESIRED INPORMATION WILL BE FURNISHED ON APPLICATION TO V. C. PITFIELD,

President

CHAS. A. EVERETT,

Manager and Sec'y.

CHANCE OF A LIFE-TIME!

		Former	C
		price.	pri
-	Men's Heavy Grain Boots,	\$2.35	82.
,	Men's Dongola Boots	2.45	2.
*	Men's Dongola Shoes		1.
	Boys' Grain Boots	1.90	1.
	Children's Grain Boots	1.25	1.
	Men's Split Bal Shoes		1.
	Women's Pebble Boots	1.35	1.
	Women's Dongola Boots	2.35	1.
	Misses' Boots Women's Kid Boots Molasses, per gal., Pepper, per lb	1.50	1.
	Women's Kid Boots	1.55	1.
	Molasses, per gal.,	48c	4
	Pepper, per lb	23c	2
	Ginger, per lb	32c	2
	Corned Beef, 2-lb, can	250	2
3	Peaches, per can	25c	2
	Ginger, per lb Corned Beef, 2-lb, can Peaches, per can Starch, per lb	12c	
	Good Tea, per Ib		3
	Good Coffee, per lb		3
	Rising Sun Stove Polish		
	Napoleon and Index Tobacco,	per fig	
	Lamp Chimneys, medium size		
B	Lamp Chimneys, large size		
f	Rice, per lb		
•	Oatmeal, per lb		
е	Heavy Pantings, per yd	45c	4
1	Flannelette, per yd	10c	
1	Heavy Pantings, per yd. Flannelette, per yd. Lining Cotton, per yd. Turkey Red, per yd. White Cotton, per yd. Print, per yd. Print, per yd.	9c	
8	Turkey Red, per yd	10e	
-	White Cotton, per yd	12c	1
,	Print, per yd	12c	1
	Print, per yd	7c	
	Cretonne, per ya	130	1
	white Table Linen, per 1d	40C	3
	Colored Table Linen, per vd.	60c	4
	White Laundried Shirts, each		6
1	Good Factory Cotton, per yd.		
e			
0	LATCALL AND INSPECT.		

L. CHUTE.

A SUPERIOR ARTICLE

FLOUR, CORNMEAL, Rolled Oats and Oatmeal, Feed Flour, Middlings, and Barley Chop

w in stock and for sale at A SMALL AD-VANCE ON COST at the store in the Masonic Building, Granville Street

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

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



The Secret of Dress anliness, 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 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 th County when required.

Orders from a distance met with promp

Bridgetown, May 7th, 1895. For Bronchitis, Coughs, Colds, Hoarseness, Loss of Voice, Lung Troubles, : : : : : THERE IS NO BETTER CURE THAN

LINGARD'S COUGH BALSAM. TRY IT. Messrs. Neily & Kinney a e, Bridgetown; and Dr. Mor Price, 25 and 50 cents per bottle. Six one ollar bottles for \$5.

MRS. BURTON, - Sole Proprietor,

HAMPTON, N. S. CAUTION! All persons indebted to the estate of the late J. AVARD MORSE, either by accounts or promissory notes, are hereby notified tha all payments of the same must be made to

E. BENT, J. B. GILES, Executors

Bridgetown Wood-Working Factory, BRIDGETOWN, N. S.

Contractors - and - Builders A WORD IN THE EAR OF THE WISE MAN SUFFICETH

would ask for a continuance of their favors.

**EFWe are ready for 1886 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, Door

Plans, Specifications and Estimates can be had of us at small cost. ATWe have just received direct from British Columbia one carload B. C. Cedar, and on the way Whitewood and Quartered Oak.

and Factory work of every description at short notice

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

\$100 Reward TUTTLE'S ELIXIR

BOSTON, MASS., U. S. A. For Man or Beast it has no Equal. Don't fail to try TUTTLE'S FAMILY ELIXIR for Rheu tism 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.

DOMINION ATLANTIC

RAILWAY!

On and after WEDNESDAY, 12th August,

Trains will Arrive at Bridgetown:

Express from Halifax.... 8.56 a.m

Express from Yarmouth... 11.36 a.m.

Accom. from Richmond... 4.35 p.m

Trains will Leave Bridgetown:

Express for Yarmouth... 8.56 a.m.

ROYAL MAIL

S. S. "PRINCE RUPERT.

DOUBLE DAILY SERVICE

ST. JOHN and DIGBY.

Buffet Parlor Cars run daily each way be-tween Halifax and Yarmouth on Flying

Trains are run on Eastern Standard Time

Yarmouth S. S. Co., Limited.

The Shortest and Best Route between

Nova Scotia and United States.

THE QUICKEST TIME. 15 to 17 hours be tween Yarmouth and Boston.

Four Trips a Week

The fast and Popular Steel Steamers

BOSTON" and "YARMOUTH,"

will leave Yarmouth for Boston every TUES-DAY, WEDNESDAY, FRIDAY and SATUR-DAY EVENING after the arrival of the Express

Returning leaves Lewis' Wharf, Boston, every MONDAY, TUESDAY, THURSDAY and FRIDAY at 12 o'clock, noon, making close con-

otia.

These are the fastest steamers plying between fova Scotia and the United States, and orms the most season that the most season to the most season the most season to the most season the most season to the most season the most season to the most season the most season to the most season the most season to the most season the most season to the most season to the most season to the most

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

Spring Goods

Now is the time to look for such goods as you equire for the Spring Sewing and for House

Mrs. Woodbury,

at Kingston Village, has a fine stock of New Spring Goods, consisting of

Prints, Ginghams, Cotton Crepons

NEW BLACK GOODS,

ch as Mohairs, Serges, etc. Silks for Wai in black, black and white and colors. dervests from 5 cents to 25 cents each. Hemp Carpets from 10 cents to 30 cent Cloths from 25 cents to 35 cents square yar

in widths from one yard to two yards.
Lots of **Room Paper** from 5e to 25e a roll

in very handsome patterns.

Linen Shades for Windows, fine colors.

The largest lot of Boys' and Men's Clothing ever shown. All sizes.

Men's Caps and Hats just arrived.

You should look at the Infants' Cashmere Closks and Bonnets. You will want to buy for your friends if you do not for yourself.

yourself.
Look at the nice Binner Sets, Chamber
Sets and Tea Sets.
Daily expected, a new lot of Bedreon
Suites and other furniture.
Call and inspect goods, even if you don't buy.
Eff Mrs. Woodbury extends a welcome to all.

Coal! Coal!

HARDCOAL

Furnace, Egg, Stove and Chestnut.

SOFT COAL

OLD MINE SYDNEY.

GEO. E. CORBITT.

and LADIES DRESS GOODS, of all co

Arrives in Digby...

Arrives in St. John.

Leaves Digby.

Leaves Digby.

6.15 a.m

. 1.30 p.m.

.... 9.15 a.m

W. R. CAMPBELL, General Manager



THOMAS DEARNESS. 'Land of Evangeline' Route Importer of Marble

Monuments, Tablets, Headstones, &c. Also Monuments in Red Granite, Gray Granite, and Freestone. Granville St., Bridgetown, N. S. Accom. from Annapolis... 6.40 a.m. 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,

Accom. for Halifax...... 6.40 a.m. Accom. for Annapolis.... 4.35 p.m. R. ALLEN CROWE'S is the BEST PLACE to buy your

Garden Hose. JUST RECEIVED: 500 feet of best 3-ply Rubber Hose, and wire covered, from 9c. up. 5.15 p.m.

Barrel Churns, Pumps, Massolines, Granite Ironware, Sheet Zinc, Oil Stoves,

Kitchen Furnishings Custom-made Tinware of all kinds on hand and made to order.

Cheese Factory Work a Specialty. lumbing and Jobbing of all kinds promptly attended to Pyrethrum

Cinerariæfolium! B. W. B. & CO.

Powdered **Dalmation**

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

DEARBORN & CO., Agents-ST. JOHN, N. B. N. B.—Our Sifting Tins contain from 1 to 2 more than other makes.



Scientific American

PALFREY'S CARRIAGE SHOP -AND-REPAIR ROOMS.

lesired.

Best of Stock used in all classes of work.

Painting, Repairing and Vanishing execunations of the control of the con ARTHUR PALFREY.

CEDAR SHINGLES! CAPT. JOHN LONGMIRE.

Mowers and Rakes. REPAIRS AND SECTIONS. No Paris Green!

Potato-Bug Picker

FOUR HORSES FOR SALE.

N. H. PHINNEY NOVA SCOTIA

Id descriptions.

The make of the establishment will be parametrized to

AGENCY.

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

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

All-Wool Suits

From \$12.00 up.

English Worsted Suits

From \$17.00 up

MCLELLAN & KINNEY.

WAGGONS, Harnesses,

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. Mc-Nutt & Co., of St. John, and that in the above lines he is prepared to give

Exceptional Value.

The Waggons, Harnesses and Farm-ing Implements handled by the above-named firm are second to none. ATDrop a line for a circular and any oth HENRY WALLACE

FOR YOUR HEALTH DRINK

> STRAWBERRY, RASPBERRY, LEMON. LIME FRUIT, CINCERETTE.

MADE ONLY BY BROWN & WEBB, HALIFAX, N. S.

ST. JOHN PACKETS

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 satisfacturily avented. attons may act and at the Bridge-Lime and Salt always on hand at the Bridge-own warehouse at lowest possible prices. St. John address: Northred & Co., South Wharl. For further information apply to

THIS IS THE PLACE TO BUY CLOTHING. Men's Shirts,

CAPT. JOHN LONGMIRE, Bridgetown, N. S.

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

Boots and Shoes.

Paradise, June 4th, 1895. Portland Cement. The subscribers will have a car load of sixty bbls. Best Portland Coment landed here about niddle of April. This having been bought at a low figure, and through rate of freight from Antwerp to Bridgetown, we are enabled to offer it at lower rates than it has ever been bought for, in Bridgetown. The Household.

A Little Beauty Talk. OMEN OFTEN POORLY FED AND THIS THEIR

A woman who scrubs, washes or sweeps would not be expected to do her work with out a plentiful allowance of food, and yet the young bread-winner who stands all day ng behind a counter or sits at the typewriting machine is supposed to have easy work and is frequently supplied with a most meagre diet. Now, as a matter of fact, the ecupation of a clerk or secretary is much ore exhaustive than that of one employed in actual physical labor; the brain being hole. The other, alarmed, came to the mar ishment, which must be supplied from the Pat, are ye killed entirely? If ye're dead,

What has all this to do with beauty? Much—indeed everything. Without sufficient nourishing food blood, body and brains are affected, and nowhere does the deficiency nanifest itself more quickly than in the omplexion; the blood being thin the woman His directions were obeyed, but as he tried loses her freshness, and is old before her time; the tissues become flabby, blue lines claimed, petulantly:—"Confound that felappear under the eyes, and chaos is come low! I ordered him to make one larger than

The result of a proper regimen of diet is one smaller than the other. far-reaching; a healthy woman is a happy woman; a happy woman retains her youth, and so her beauty; for, after all, beauty omes from within rather than from without | ing which of the two strange horses in the -its secret is a contented mind; its prime stalls belonged to the traveller and wishing romoter a well fed body—the outward to avoid the appearance of ignorance in his vidence of the two being a bright eye, a business, he saddled both animals and springy step and a clear skin, secure in the brought them to the door. The traveller possession of which no woman need fear to be called plain.

The traveller pointed out his own horse, saying:—"That's my nag."

All the bathing in the world will not give a clear, healthy skin unless it be supplemented by wholesome food; no woman can expect to have a good complexion who indulges in one or two extremes-over-rich and too abundant diet on the one hand, or nsufficient, make-shift food on the other. Let us consider, first, the sin of over-ingreasy, unlovely skin and a tendency to too much flesh.

Pastries, sweets, rich salads and a too way at all that fatigued me; 'twas the liberal allowance of meat are fatal to beauty; neat is strengthening, it is true, but to par take of it twice a day is quite sufficient for the average woman, whose habits are somerailway station for refreshments, but the bell rang and the train left before he had finished what sedentary, or whose domestic routine his repast. "Hould on!" cried Pat, as he permits but a limited amount of out-door ran like a madman after the train, "hould exercise. Then, too, meats, to give the proon, ye murther'n ould stame injin. You've per nourishment, should be properly cooked, and certain kinds only should be eaten; rare got a passenger on board that's left behind!" steaks, which should be broiled, and seasonable poultry and game are all nutritious and strengthening. Veal is indigestible and There was a good deal of suppressed emoshould be eaten but seldom, and then only when cooked till thoroughly done; underdone veal is poisonous to the stomach. Pork and his mail at the village post office. "Ain't well, be ye?" asked the post-master. sausages are exceedingly coarsening in their "My body's well 'nuff," was the reply,

values her complexion will do well to abstain "but my feelin's is hurt." altogether from their use, as well as from their usual accompaniment-hot cakes-"Some ways 'tis an' some ways 'taint. which are most detrimental to a fine skin. dest cranks that walks." Vegetables and fruit, on the other hand, "Course," was the sententious rejoinder. should be partaken of freely; potatoes less so than other vegetables, as they contain but a small proportion of nutriment and are fur \$8 | week."

"Well we done our best. We thoughtez parsnips and all green vegetables, such as long ez we wus goin ter take boarders we'd

How to Live to be Old

ystem of Dickens, which represents that of

his period, his comparatively early decease

crude or debased palate. His highest con-

This was accompanied with a gin punch, in

Not that you should be a beauty, but that you

should, on occasion, put on your best bib and

tucker and help make up the picture that,

all in all, constitutes society. You speak of

the social world as selfish; so it is, for it de-

mands from all its votaries absolute unselfish-

ness. You must learn to have no ill-feeling

toward anybody. If a chatterbox tells you

ect of ridicule you must make yourself smile;

go forward and meet Madame Malicce with

entirely forget that she has ever said any

thing but that which was pleasant. Society

eases to be good when malicious sayings are

When They Begin to Write.

It is astonishing the number of successful

writers who were well on in years before

they even thought of adopting literature as a

began to turn his attention to story telling.

eorge Eliot was 40 before she wrote a line

of fiction, having no faith in her powers as a

story teller. Barry Cornwall was 35 before

ne thought of writing verse. Jules Verne

was 35 before he wrote his first story. Rider

Haggard started at 26; Mr. Barrie and Conan

at 27: Grant Allan at 29, and Sir Walter

eorge Meredith was nearly 33 when he

began to write stories in his own peculiar

It says that where suburban towns contri-

bute humanity to the cities each morning,

this growth of heart troubles is most marked.

-Equal parts of ammonia and turpenti

-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 pan without

blood, clearing the complexion and ren

Keep Minard's Liniment in the House.

ecessary and wash out in warm suds.

rofession. Thomas Hardy was 31 before he

asparagus, spinnach, watercress and lettuce, tend to thet branch o' the business an' not are wholesome and are, many of them, spe- try to run too many things ter oncet. So I

cial aids to the attainment of a good skin | went in light on gardenin' an' sold the cows. er 'n hev 'em go without luxuries like they was useter. I paid the highest price fer a The last fad in England is to insure longelot o' things, includin' canned tomatusse rity through the use of a special diet. The an' condensed milk thet hed sugar already promise is held out to those who implicitly follow out the prescribed regimen that they may attain to the age of 110 years. This,

Joker's Corner.

"How comes it that these boots are not of

"I raly don't know, sir; but what bothers

when one of them fell into a deep quarry

gin of the hole and called out:-"Arrah

ordered his boots to be made accordingly.

the other, and instead of that he has made

bring forth a traveller's horse. Not know-

"Certainly, yer honor; I know that, but I

the wife of a jolly son of Erin who had just

come-you-so state; "you must be dreadful

sense," said Pat; "it wasn't the length of the

didn't know which one of them was the o

spake." Pat assured him from the be

in the same fix."

"You didn't git no 'preciation de ye?" "Not a bit. I wasn't so much seed when they didn't pay much 'tention ter the among the most melancholy people of the globe, and to whom one would fancy that canned tomatusses, fur I don't think they're fe were the less worth living, has aroused much better'n the other kind myself, an' I considerable enthusiasm. Cooks and kitchens are to be abolished, meat, bread, and was jes' tryin' ter humor 'em. But when they turned up their noses at the condense regetables are forbidden; existence is to be milk thet hed sugar already into it, 1 must aintained exclusively upon nuts and ba-

say I give in an' got discouraged."

nanas. If we compare this with the dietary An exchange prints a story about Doctor rill excite no surprise. According to Eng-Miller, at one time a popular Congregation-

lish standards, he was an accomplished gastronome. Beefsteak pudding was his alist preacher in England. He had been holding services at a village deal, a horrible concection only fit for a in Yorkshire, and a heavy rain having come on, had accepted an invitation to pass the ception of a dinner was a baked leg of mutnight at the house of one of the villagers. with the bone removed and the cavity The good-hearted host, seeing the minister's filled with a stuffing of oysters and veal. own and sent his guest up stairs to put it on. the making of which Dickens took especial The good man had made the change and was on his way back to the sitting-room, when the woman of the house came out of Society demands that you should look well. family Bible, out of which the doctor was to

be invited to read a chapter before the family At the same time she was not in a very to be put out of sorts by the advent of unexpected company. Seeing Doctor Miller for her husband, and as he passed in front that Madame Malice has made you the sub-of her she lifted the book and brought it down pretty smartly on his head. "There," said she, "take that for asking

him to stay all night." Too Bad.

A prominent Washington physician, who owns a cranberry meadow on Cape Cod, was One night at dinner cranberry-sauce was ed with it. Indeed, he expressed his pleasure so much and so often that after he had

a barrel of fine Cape Cod cranberries. A from the Englishman "My Dear So-and-So," it said, "it was awfully good of you to send me those berries,

returned to London the doctor sent him over

and I thank you. Unfortunately, they all soured on the way over."

Besant and Mr. G. Manville Fenn at 30. A Valuable Note. An honest old blacksmith down in Texas, lespairing of ever getting cash out of a deuent debtor, agreed to take his note for crease in heart complaints is due largely to the way in which those who depend on trains the amount due. The debtor wished to go in getting to and from their places of business rush to the depots and aboard the cars. up, but the knight of the anvil, who had been a sheriff in days gone by, felt fully empetent to draw it up himself.

This he proceeded to do with the following "On the first day of June I promise to pay Jeems Nite the sum of eleven dollars, and if will take paint out of clothing, even if it be said note be not paid on the date aforesaid, hard and dry. Saturate the spot as often as then this instrument is to be null and void

Suitor-Oh, yes, sir! She said if I married her she'd work you for the rent.

-Clover tea is excellent for purifying the -First wheelman (a beginner)-"Strange how a fellow will run into things when he irst begins to ride." Second wheelma 'Yes, I ran into debt to get my wheel."

and of no effect. Witness my hand, etc." Encouraging. Her Father-Has my daughter ever offered

you any encouragement.

-To extract the juice from an onion, cut Sunday paper tells a tragic story and its sequel in a few words: "With my hand in a sling and my leg in a splint, I will sell my bicycle, three days in use, cheap." the onion in half and press it against and move it slowly over a grater. The juice will

Minard's Liniment Lumberman's Friend,