

Bed Comfortables and Blankets.

Inasmuch as half our lives are spent in sleep it is of essential moment that the bedding should be selected with the greatest care. Feather beds are still used in many parts of the country, but they are unwholesome and should be replaced if possible by mattresses. A mattress of huck is greatly to be preferred from a hygienic point of view to a feather bed. It pays to buy a hair mattress; if made over properly they will last more than a lifetime. Wool mattresses are the next choice. Mattresses with a wool or hair top are not commended, because the mattress cannot be turned, a very serious objection, as the bed cannot be properly aired. A very thin mattress of hair or wool may be substituted for the top and turned when the underbed is turned. Such a mattress, about as thick as a comfortable, may be made at home and will cost less than the upholsterers charge for a hair-top. A cover of coarse unbleached muslin should be basted over all beds and removed twice a year to be washed. By this method and by frequently turning the beddings a well made mattress will last four or five years. It should then be sent to the upholsterers or made over at home, if it has been well cared for it will not need a new ticking. Hair pillows are coming into general use. They are infinitely to be preferred to a heating pillow or bolster of feathers. It is a barbarism to put a feather pillow under an infant's head. Intelligent medical men consider that many of the frequent brain disorders among little children may be traced to the feather pillow and the swinging cradle. It saves work and worry to keep a heavy unbleached or white muslin bolster case over the ticking under the regular muslin or linen case. Like the cover of the mattress, this need be removed but twice a year.

Wide sheetings that cover the bed well should be selected; that two and a half yards in width is the best for a bed of regular size—four feet six inches wide. Housekeepers now prefer sheets two yards and three quarters long rather than two and a half, as formerly. It is better to hem sheets by hand. They look daintier, and there is no danger of a line of dust settling under the edge of the hem, as it does when the hemming is done by machine. Pillows are now often omitted from the bed, and the English fashion of an upholstered bed is adopted. An upholsterer's cover of red Turkish towel, of tawdry, cretonne or silk and lace, forms the cover for the bolster case, and the same material is used for a counterpane. Most housekeepers, however, prefer a white bed and use large square pillows of feathers covered with fancy white shams and a white counterpane. Pillows are also used with beds furnished with lace shams and lace coverlets. Pillows for use at night may be of feathers or hair.

The most wholesome warm coverings for the bed are blankets of soft wool. These blankets usually come in pairs, and it is much more convenient to separate them into single ones, as they may be more readily washed and handled. Careful housekeepers prefer to remove the ribbon border of the manufacturer and finish the blankets at the edge with colored worsted in over-cast stitch. Blankets are marked by the manufacturer according to the frame in which they are woven and not according to their actual size, which is considerably less than the size of the frame. The blanket shrinks after it is woven, and heavy, fine blankets of pure wool shrink more than coarse blankets of cotton and wool. A thirteen-quarter blanket of fine wool measures only two yards, twelve inches in width by two yards and a half in length. Twelve quarter wool blankets, which measure about two yards, four inches in width, are generally large enough for a regular sized bed. The only comfortable to be commended are those of wool or down. There are two kinds of down essentially different. The down quilts sold extensively by merchants are filled with A-ctio down—the white downfeathers from the breast of the German goose, swan and other birds similar in texture to swan's down trimming. This down lies about and is quite difficult to work in, but it is much less expensive than eider down. The true eider down is dark grey. It is taken from the breast of the licker duck of the Arctic regions. For some inexplicable reasons this delicate fairy-like feather is very compact and will not float about when it is being made into comfortable. It is more easily handled than cotton. So few housekeepers know the difference between these two downs—considering that down always means eider down—and the consequent demand for genuine eider down is so small that it can be bought by the bag at any desired weight and made even into silk comfortable at less price than an Arctic down comfortable costs in the shops. Merchants usually make up eider down comfortable only to order, charging a fancy profit. Cotton and wool blankets are heavy and not as warm as wool. It is better to use a wool blanket of light weight in summer than a heavy blanket of wool and cotton. It would be diffi-

BRAKEMAN MITMESSER.

Falls from a Train and is Cut into Pieces.

Joseph Mitmesser, a spare brakeman on the Michigan Central Railway, met with a frightful death near Comber station yesterday morning. He was front brakeman of Conductor Pass's extra west. The train pulled out of the Comber siding about 3 o'clock after No. 6 had passed, and when the freight reached Ruscomb Mitmesser was missed. A search was instituted back along the track, and two miles west of Comber his severed feet were found. Scattered over the tracks for a distance of several yards the rest of the remains were found shockingly mangled. The dismembered body was gathered up and taken to Comber depot, and the company's undertaker confined the remains and had them forwarded to Windsor. It is supposed that the unfortunate brakeman, while descending the ladder, fell between the first car and the engine, as he was on the first car when the train pulled out of Comber siding. Deceased was 22 years of age, and was married. His wife resides in Windsor.

The Ladies' Favorite.

The newest fashion in ladies' hats will doubtless cause a flutter of pleasurable excitement among the fair sex. Ladies are always susceptible to the changes of a fashion-plate; and the more startling the departure, the more earnest the gossip over the new mode. Dr. Pierce's Favorite Prescription is a positive cure for the ailments which afflict females and make their lives miserable. This sovereign panacea can be relied on in cases of displacements and all functional derangements. It builds up the poor, haggard and dragged-out victim, and gives her renewed hope and a fresh lease of life. It is the only medicine for woman's peculiar weaknesses and ailments, sold by druggists, under a positive guarantee from the manufacturer, that it will give satisfaction in every case, or money refunded. Read printed guarantee on bottle wrapper.

BLEW OUT HER BRAINS.

Suicide Committed by a Salvation Army Girl.

A singular case of suicide took place in the residence of Mr. E. A. Vidal, London Road, last Monday morning, his servant, a young English girl, named Elizabeth Louise Nettleton, seventeen years of age, being the victim. She was found dead lying across the bed with a shot gun in one hand and a stick in the other, having apparently put the muzzle of the gun into her mouth and used the stick to move the trigger, which she could not otherwise reach. An inquest was held by Coroner Fraser, and all the circumstances fully investigated. The girl had come from Forest, where she had a sister living, both having been brought to this country from Yorkshire, England, by Miss Rye; that while at Forest she had belonged to the Salvation Army; that on several occasions she had stated to Mrs. Vidal that she had had visions of Jesus, whose glory filled her room, and that she longed to be with Jesus. She had not been allowed to join the Army in Sarina. She was a smart, active tidy servant, greatly pleased with her place, always happy and contented, much thought of by the children. The verdict of the jury was that she had committed self-destruction while temporarily insane.

I can safely recommend Ely's Cream Balm for the cure of Catarrh, Cold in the Head, etc. Before I have used the first bottle I purchased I find myself cured. At times I could scarcely smell anything anything and had a headache most of the time.—HENRY LILLY, agent for the American Express Co., Grand Haven, Mich.

Ely's Cream Balm cured me of Catarrh of many years standing—restored my sense of smell. For colds in the head it works like magic. E. H. SHERWOOD, National State Bank, Elizabeth, N. J.

A Growing Child.

Conductor—"Madame, did I understand you to say this girl is not yet 12 years old?"

Mother—"She will be twelve next spring."

"And you want to go all the way to New York on this car?"

"Yes."

"Then you should not go on this train."

"Why not?"

"Because this is a slow train, and if that girl keeps on growing as she has been, by the time we get to New York she will not be able to get through the car door. The company can't afford to take the car in pieces on a half-fare ticket."

National Pills are unsurpassed as a safe, mild, yet thorough, purgative, acting upon the biliary organs promptly and effectually.

Go as You Please.

but if you are constipated, or have sick-headache, bad taste in the mouth, rush of blood to the head, bilious complaint, or any similar difficulty, you should go at once to your druggist for Dr. Pierce's "Pleasant Purgative Pellets," the most efficient means for eradicating it, by correcting all disorders of the liver, stomach and bowels. Small, sugar-coated, agreeable to take, and cause no pain or griping. By druggists

FOOT GEAR.

Simple Rules for the Preservation of Boots, Shoes and Feet.

Never try to wear a shoe too small or that does not fit you when you first put it on.

There is no longer any necessity for "breaking in a shoe."

"Science" has removed all necessity for physical endurance in that direction.

Never let your shoe get hard or dry. Don't let it run down at the heel or side. Never wear into the wet or inside. A shoe repaired in time will retain its shape and comfort, and is true economy. Never put wet shoes by the fire to dry, but dry them gradually and slowly. Never dry a wet shoe without first applying some oil or grease—castor oil or tallow is the best. The steam generated in a wet boot or shoe will surely scald it and cause it to crack.

Don't use too much force in polishing. A gentle brushing with a soft brush is better than the vigorous work of the bootblack. When the brushing makes your foot feel warm, stop until your shoe cools off.

For Frost Bites.

There is no better remedy for frost bites, chilblains and similar troubles, than Isalyard's Yellow Oil. It also cures rheumatism, lumbago, sore throat, deafness, and lameness and pain generally. Yellow Oil is used internally and externally.

Curious Cannocks.

Mr. J. Amory Knox, of the Texas Siftings, who, in company with "Adirondack" Murray, was cruising in the lakes of Canada, writes thus about "Canadian courtesy": "I think the Canadians are more polite and obliging than our people. I bought some stamps in the St. John's post office and tendered a \$5 bill. The postmaster expressed regret that he did not have change. He said that if I would pardon him and kindly wait he would go and get the bill changed. He had no clerk to send, and he actually locked up the post office, and went around the block and procured the change. At the express office, the agent was starting to the railroad to meet the only train that day for New York. He expressed deep regret that he could not wait for the parcel I wished to send. He said, however, that after I got it sealed and addressed his son would run with it to the station, and, if in time he would forward it. The young man waited until I had sealed the package; he then locked the express office, and the last I saw of him he was moving his legs in a very impetuous manner in the direction of the railroad station. I fear that two such acts of courtesy would hardly be met within one day by a stranger in a United States town. Is it because we are such a busy people that we think we have not time to be courteous and obliging?"

Valuable to Know.

Consumption may be more easily prevented than cured. The irritating and harassing cough will be greatly relieved by the use of Hagyard's Pectoral Balsam that cures coughs, colds, bronchitis and all pulmonary troubles.

How Poole Chalked One.

Some few years before his death, Poole, the tailor, was taking a walk on the west pier, Brighton, looking, as he always did, a beaming specimen of health, content and success. A young man, who did not know, perhaps, that he was a snob, was also on the pier with a couple of ladies, to whom he said, as he saw Poole coming, "Now, you wouldn't take that good-looking man for a tailor; but he is. He's an impostor. Just listen while I take him down a notch or two. I'll tell him my coat, which I have just had from him, doesn't fit." As he spoke Poole approached, and politely acknowledged the salutation of his customer, who, walking up to him, said, "Here Poole; now do take a look at me. Does this coat fit?" Poole took in the situation, for he was a good physiognomist, and the countenances of the ladies betrayed the blot to him. "It certainly does not fit," said he; and pulling out a bit of French chalk, he proceeded liberally to mark and to cross the coat of his would-be-queller all over, and then observed, with the utmost sang froid and urbanity, "Now if you will kindly send that coat to my shop, the alterations will be attended to."

In Brief, and to the Point.

Dyspepsia is dreadful. Disordered liver is misery. Indigestion is a foe to good nature.

The human digestive apparatus is one of the most complicated and wonderful things in existence. It is easily put out of order.

Greasy food, tough food, sloppy food, bad cookery, mental worry, late hours, irregular habits, and many other things which ought not to be, have made the American people a nation of dyspeptics.

But Green's August Flower has done a wonderful work in reforming this sad business and making the American people so healthy that they can enjoy their meals and be happy.

Remember—No happiness without health. But Green's August Flower brings health and happiness to the dyspeptic. Ask your druggist for a bottle. Seventy-five cents. Beware!

They Deal With Him.

"Please, I want the doctor to come and see mother."

"Doctor's out," said the servant.

"Where do you come from?"

"Why," exclaimed the little boy, "don't you know me? Why, we deal with you. We had a baby from here last week!"

Freeman's Worm Powders are safe in all cases. They destroy and remove Worms in children or adults.

Home Rule.

In Great Britain the question of Home Rule is commanding attention. To the man with a cold in the head or chest the safest way to ensure Home Rule over a cold is to have on hand a bottle of Dr. Harrey's Red Pine Gum. For sale at J. Wilson's Prescription drug store. If

A young lady wishes to know if you can tell anything about a gentleman by the color of his eyes. We should not like to risk any positive reply, but will venture to say that something can be determined by the color of his nose.

More Trouble May be Expected.

If you do not heed the warnings of nature and at once pay attention to the maintenance of your health. How often we see a person put off from day to day the purchase of a medicine which if procured at the outbreak of a disease would have remedied it almost immediately.

Now if Johnston's Tonic Liver Pills had been taken when the first uneasiness made its appearance the illness would have been "nipped in the bud." Johnston's Tonic Bitters and Liver Pills are decidedly the best medicine on the market for general tonic and invigorating purposes. Pilla 25c. per bottle. Bitters 50 cents and \$1 per bottle, sold by Goode the druggist, Albion block, sole agent.

Fireworks.

A story is told of a certain showman who was travelling with fireworks. He was at some towns, and advertised the Battle of Trafalgar, with blazing barques, blazing oceans and magnificent effects. He drew such a vivid picture of the glories of that great naval encounter that the people from all the country side were attracted. When the time arrived the showman brought his guiding hand to bear upon the tableau, applied the match in the usual manner, retired, and awaited results. So did the spectators. A minute passed, and others, but still no results. The showman stepped forward and addressed the crowd. "It has not went off," he remarked, and proceeded to investigate. Again the same result, and again—"It has not went off, ladies and gentlemen. I will show you the great earthquake of Lisbon." He gathered the fireworks together and filled a barrel with them. He poured pitch over them and filled the seams between the staves with gunpowder. Once more he applied the life-giving torch, with astonishing results. There was an explosion, and when all was over he gave a parting address:—"It has went off, ladies and gentlemen, and so has three fingers of my right hand. Good evening, and many thanks. The earthquake will not be repeated."

Universal Appreciation.

The medical profession, the clergy, the press and the public alike acknowledge the virtues of Burdock Blood Bitters, as an unequalled remedy for chronic diseases of the stomach, liver, bowels, kidneys and blood. Its popularity increases with its years of trial.

Hints to Housewives.

For children there is nothing better than saffron tea for teething and fever.

A pint of mustard seed added to a barrel of cider will keep the liquid sweet for an indefinite time.

In case of a cut, smoke the wound with burned red flannel on which has been placed a small quantity of sugar, then tie up, after sprinkling with sulphur, and it will heal immediately.

Equal parts of ammonia and turpentine will take paint out of clothing, no matter how dry or hard it may be. Saturate the spot two or three times, then wash out in soapwater.

To set the black in home-colored woolen goods so it will not smut, soak the colored goods or wool over night in sweet milk, wring it out and dry, then rinse well through water, and the color will be as fast as it can be.

A Significant Fact.

The worn out, waste and poisonous matter in the system should escape through the secretions of the bowels, kidneys and skin, or serious disease results. B. B. B. opens these natural outlets to remove disease.

Poultry Notes.

Light is essential in the poultry house, as fowls will neither thrive nor even stay in a dark house.

See that all currents of air are cut off. There is a wide difference between good ventilation and a draught.

Provide an ample supply of old mortar, shells, broken bone and fine gravel to be placed within reach of the birds.

A small low shed, built on the south side of a tight board fence will be appreciated by the poultry during the cold days.

All roosting poles should be kept one height. It will prevent fighting for the highest perch, and the birds will settle to rest earlier.

Remove all piles of old lumber, stones and rubbish from the vicinity of the poultry house. Such places are the sure haunts for rats and other vermin.

Prevaling Sicknesses.

The most prevailing complaints at this season are rheumatism, neuralgia, sore throat, inflammations and congestions. For all these and other painful troubles Hagyard's Yellow Oil is the best internal and external remedy.

How the Twelve Died.

St. Matthew is supposed to have suffered martyrdom, or was slain with the sword at the City of Ethiopia, in Egypt. St. Luke was hanged upon an olive tree in Greece.

St. John was put into a caldron of boiling oil at Rome and escaped death. He afterward died a natural death at Ephesus in Asia.

St. James the Less was thrown from a pinnacle or wing of the temple, and then beaten to death with a fuller's club.

St. Philip was hanged up against a pillar at Hierapolis, a city of Phrygia.

St. Bartholome was stayed alive by the command of a barbarous King.

St. Andrew was bound to a cross, whence he preached unto the people until he expired.

St. Thomas was run through the body with a lance at Coromondal, in the East Indies.

St. John was shot to death with arrows.

St. Simon Zealot was crucified in Persia.

St. Matthias was hrt stoned and then beheaded.

St. Erasmus was stoned to death by the Jews at Salania.

St. Paul was beheaded at Rome by the tyrant Nero.

Be on Your Guard.

Don't allow a cold in the head to slowly and surely run into Catarrh, when you can be cured for 25c. by using Dr. Chase's Catarrh Cure. A few applications cure incipient catarrh; 1 to 2 boxes cures ordinary catarrh; 2 to 5 boxes is guaranteed to cure chronic catarrh. Try it. Only 25c and sure cure. Sold by all druggists.

Health Notes.

Food.

Our bodies are made up of what we eat.

An article to be suitable for food must contain at least one of the elementary substances of which the body consists, and this must be capable of a ready separation from all other elements. The latter, if not poisonous, will be rejected from the system without harm.

The best kinds of food are such as contain the most of the bodily elements. Milk contains all, and is hence a perfect food.

A proper diet is such a combination of articles as together furnish all the elements in due proportion, while, at the same time, these articles please the taste and gratify our love of variety. Starvation would result in times if a single one of these elements were lacking. Not only must muscle, bone, etc., be provided for, but still more, brain, nerve and every secretion.

The modern fancy for the whitest bread is at fault, for such bread is deficient in the elements that make brain, nerves and bones. Hence the tendency to nervous diseases, dizziness, and decaying teeth. Absence of vegetable food gives rise to scurvy; the too exclusive use of animal food, to gout.

But food must be digested. For this no less than five digestive fluids are secreted by appropriate glands—saliva, for starch and sugar, gastric juice, for flesh, fish, eggs, etc.; bile and pancreatic juice, for fat, the latter also aiding in the digestion of starch; and the intestinal secretions, to complete the process. A deficiency in any one of these results in some form of dyspepsia.

The digested food must pass from the intestines into the circulation. Hence myriads of hungry mouths seize it from the former, and pour it through countless minute vessels, which constantly unite and form larger, into the right side of the heart. Should these vessels be closed up by inflammation, the body would waste away, however good the appetite and vigorous the digestion.

This imperfect blood does not, however, yet go into the full circulation, but passes round through the lungs with the venous blood and then into the left side of the heart, whence it is sent out into arteries a pure fluid, rich in every element.

But the process of nutrition is not yet finished. Those sleepless workers, the ultimate cells, whether of brain, or bone, or muscle, or membrane, throwing off each moment the waste debris, take from the same arterial fluid each what it needs.

Dunn's Baking Powder.

THE COOK'S BEST FRIEND.

A FEW POINTERS.

If You Want a DINNER SETT, Look at NAIRN'S Stock.

If You Want a BEDROOM SETT, NAIRN has them at all prices.

If You Want a TEA SETT, NAIRN has a full assortment.

If You Want Anything in CHINA, NAIRN has the finest display.

If You Want Anything in GLASS, Try NAIRN'S before purchasing elsewhere.

FRESH GROCERIES!

CHAS. A. NAIRN

HAS THEM EVERYTHING WARRANTED. YOUR TRADE SOLICITED. Goderich, B. A. 112nd, 1887.

HEAT HEAT SAUNDERS & SON

Are prepared to furnish estimates for heating PRIVATE HOUSES OR PUBLIC BUILDINGS WITH Hot Air or Hot Water SANITARY PLUMBING.

Sole Agents for THE E. & C. GURNEY'S STOVES, RANGES AND FURNACES. CALL AND GET PRICES.

The Cheapest House UNDER THE SUN.

West-st., next door to the Post Office. Goderich, July 15, 1887.

Farmers' Attention!

Having lately purchased the Redbrick Perennial Hay Press, I am now prepared to Press Hay by the ton at the barn or stack. I will also buy a quantity of Hay during the fall. Orders for Pressing should be placed by the 1st of August.

BALED HAY

ALWAYS KEPT ON HAND.

I also manufacture APPLE BARRELS, FLOUR BARRELS, BUTTER TUBS, SOFT WATER CISTERNS, &c.

APPLE DEALERS:

I make APPLE BARRELS & SPECIALTY. My facilities for supplying dealers and the public generally are unequalled in the County. Storage capacity, 10,000 barrels. Daily output (capacity), 500 barrels. Give me a Call. Satisfaction Guaranteed.

CHAS. BATES,

Shop and Residence, near G.T.R. Station, Goderich, Ont. 210c-3m July 21st, 1887.

NASAL BALM

OSWAGATCH, DUNDAS ST., ONT. May 11th, 1887.

My wife suffered for five years with that distressing disease, catarrh. Her case was one of the worst known in these parts. She tried all of the catarrh remedies I ever saw advertised, but they were of no use. I finally procured a bottle of Nasal Balm. She has used only one half of it, and now feels like a new person. I feel it my duty to say that Nasal Balm cannot be TOO HIGHLY recommended for catarrh troubles, and am pleased to have all such sufferers know through the cure they will receive instant relief and CURE.

CHAS. MCGILL, Farmer.

The Canadian Pacific Railway

The People's Favorite Route between MONTREAL, TORONTO, OTTAWA, KINGSTON, BOSTON, DETROIT, CHICAGO, ST. LOUIS, KANSAS CITY, AND ALL POINTS EAST AND WEST.

For Maps, Time Tables, Fares, Tickets, &c. R. RADCLIFFE, Agent. Office—West Street, Opposite Telegraph Goderich, Jan. 11th, 1887.

DUNN'S BAKING POWDER

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