

\* \* \* This matter which this page contains is carefully selected from various sources, and we guarantee that, to any intelligent farmer or housewife, the contents of this single page, from week to week during the year, will be worth several times the subscription price of the paper.

**GROWING OLD.**

They call it "going down the hill," when we are growing old, and speak with mournful accents when our tale is nearly told; they sigh when talking of the past, the days that are no more; but oh, it is not going down—the climbing hill; and higher, until we almost see the mountains that our souls desire; for if the natural eye grows dim, it is but dim to earth, while the eye of faith grows keener, to perceive the Saviour's worth. Those bygone days, though days of joy, we wish not back again; were there not also many days of sorrow and of pain? But in the days awaiting us, the days beyond the tomb, sorrow shall find no place, but joy unmarred forever bloom; for, though in truth the outward man must perish and decay, the inward man shall be renewed by grace from day to day; those who are planted by the Lord, unshaken in the storm, will stand firm, and still bring forth their fruit. It is not years that make men old; the spirit may be young. Though for three-score years and ten the wheels of life have run; God has Himself recorded, in His blessed Word of truth, that they who will upon the Lord, they shall renew their youth; and when the eyes now dim shall open to behold the King, and ears now dull with age shall hear the hallel of heaven's choir, and on the head now heavy shall be placed the crown of gold, then shall be known the lasting joy of never growing old. —CHRISTIAN OBSERVER.

**THE HOME.**

**The Bridgie Girls.**

They are real girls and live in a real home, and not creatures of my brain. I apply to them the word "humble" with the same meaning that Miss Ophelia used the word in "Uncle Tom's Cabin." Whatever they do is done in a half-hearted manner. They are not of a party to get together the breakfast and eat it in a hasty manner, without enjoying it.

"Hurry up," is their motto, and they don't take time to cook good things. "I begrudge the time it takes to cook," said Mother Bridgie, as she threw on the soiled tablecloth and the nicked ware. "I do so want to get to work on the crazy-quilt." This is an American fashion, to rush the meals out of the way. I wish we might pattern after our English cousins, who make dinner a time for pleasant family intercourse; they sip their coffee leisurely, they dress for the occasion, and have a good time generally.

The Bridgie girls are thin and bloodless; they are cheating their bodies for the sake of having pretty nick-nacks about the house. They have a penchant for what Dame Farrington calls "articles of virtue." They have plenty to cook in the way of eatables. They seldom have juicy roasts or Graham bread. They hurry up the meals to get them out of the way. They work fast rather than well. They are good stewpers. Hannah will wield the old stub of broom vigorously, and, judging from the dust, one would suppose a runaway team had dashed along the road in mid July. They never think of removing the furniture nor covering the pictures. Neither do they dampen the broom at the pump nor in a pail of clean water. Under the beds there is always a fuzzy place on the carpet. They know of the virtues of damp cornmeal sand of salt or sawdust, but they are too hurried to use it. Martha washes dishes with a hop, skip and a jump. There is hardly a piece of china or common ware that is without a crack or a nick in it, to say nothing of missing spoons and handles. When I look at the room like a cracked teacup made a singing sound like insects in midsummer. I was reminded of last year! They are fair housekeepers, only their rooms are in constant need of picking up. They show things down carelessly, and when the door-bell rings, there is a scampering among them like a lot of frisky kittens. The mother is generally on duty like an old, watchful sentinel. She is as good as a policeman, only with this difference, she does not wear a sash. When doing sewing, they are too neglectful to tie their threads when they break on the machine, and the result is lots of rips—rips at the shoulder-blades, elbows and wherever else there is a strain. These girls don't notice until they have put them on, and a pin must do duty. Once, when the parson called, Clara received him, and her little wrapper was such that she had to back out of the room like a lion-tamer, retreating from his cage. Stockings? I once read of a fellow who, in company with his lady-love, had a runaway accident. Her sprained ankle had to be examined by the surgeon. It was then that there, Gerald Fitzgibbon fell deeper in love than ever with his affianced on account of the neatly darned hose. After they were married she laughingly confessed that her grandmother had darned her stockings. Now, the boys will never fall in love with the mending of the Bridgie girls, for I am grieved to say that both grandmothers are gone where darning stockings and sewing refractory rips are not required. "The fellows that come loose won't fall in love with our neat duds," said the jolly Maria, and here she giggled like a brook, and had only two buttons on her dress, in the bargain. She is the jolly one, and I guess her buttons burn off in a match laughing.

I like to visit them in spite of their careless ways. Once I entered the parlor and halted, for it looked as though a whirlwind had passed that way, and I supposed they were house-cleaning. It was the first week in May. I said: "Oh, excuse me, Katherine; I see you're having what Aunt Chloe called a 'clarin' up spell.' "Oh, come right in," said the bonny Kate, "it is the way we live all the time; 'warm-hearted girls, for they're such warm-hearted girls." These women are so hard on tinware. After the wash-bowls is taken from the stove it is wiped and set away damp and

not dried on the stove or in the sun. They often remark how poorly tinware is made nowadays. They always have a pail of dry bread or scraps, just because they forget to make them into dressing or puddings. Bits of meat are thrown out, which, if washed, and with gravy poured over, make a nice dish of hash soup for breakfast or tea. The Bridgies never save the remainings of jelly-bowls for the vinegar-jug. Bits of dough make cunning little tarts for children, but these girls always toss over the fence such remnants for the pigs or hens. They are not particular as to material used for dish-cloths. They snatch up whatever they find lying about loose. Once I saw an old cornet serving in this capacity. A man's muslin shirt served for a drying-towel. In my childhood's home I remember that my mother's choice for wiping-towels was cheap, soft toweling. I like nothing for drying dishes; after it is once wet the furthest, and has excellent absorbing properties. Old ginghams are good for kettles and spiders. Worthless rags I use for cleaning the gasoline stove, which same I then toss into the flames.

I like to go to Bridgies for they never gossip. If a neighbor call who is a tattler, they sometimes reply, "Ah," or "Yes." When they hear that old man Thomas is about to marry the Widow Blazey, twenty-five years his junior, they say nothing. When the gossip adds a choice morsel that is shocking in its details, they are as mute as the fishes in the aquarium in the bay-window among the plants. After a while, the gossip admires grows weary of such unappreciative listeners, for her tales are not joyfully received, and she goes her way. Some one has said, "Culture kills gossip," so let us learn one good lesson from these foolish girls.

People all have good qualities, so have the Bridgies. I once heard a daff of a circui-riding say that a poor house-keeper could not be a good Christian. Bah! he said it to shield his own poor wife, who was an immaculate housekeeper; but her stock of knowledge was surprisingly small in all other directions. He was a kind man and meant well, but there were some things he knew better than preaching the Word.—Selected.

**Old-Fashioned Molasses Cakes.**

The following rule for soft gingerbread has been in our family ever since I can remember, and was doubtless copied from the cook-book of some German Housewife. It has but one fault, and that is that it leaves the quantity of flour to the judgment of the cook; a friend to whom I offered it refused to take it on that account. But a very little practice will overcome this difficulty, and the cake is made and baked so quickly that it will be appreciated on some day when the arrival of unexpected guests necessitates the hurried preparation of some appetizing dish. I have had this experience many times myself, and my plate of molasses cake never failed to receive the heartiest commendation.

**SOFT GINGERBREAD.**—One pint of molasses, one cup of butter, one-half cup of warm water, one tablespoonful of soda, one tablespoonful of ginger, two eggs. Flour to make the consistency of soft cup-cake batter. Stir the soda into the molasses until it foams, break in the eggs, add the butter which has been softened but not melted, then water, ginger and flour. Flour should be added carefully at the last, so too much makes the cake look light-colored and dry, while if just the right quantity is used it will be dark and rich. A good plan is to try a little in a small tin before venturing the whole mixture. Bake in shallow tins about thirty minutes in a moderate oven. Half this quantity makes a good-sized loaf. Delicious either hot or cold.

**GINGER COOKIES.**—One cup of butter, two cups molasses, two heaping teaspoons soda, one cup water; flour. The success of the cookies depends, like the gingerbread, upon a careful use of flour. They should be mixed very soft, the board well floured in rolling them out, and a cake-tin used to lift them into a baking-pan. These are real old-fashioned, thick cookies (they are fully half an inch thick) and must not be confounded with ginger snaps.

**SALT RISING BREAD.**—If the bread is to be made in the forenoon, the process must begin over night. Scald a pint of new milk, pour it over two tablespoonfuls of cornmeal, add a teaspoonful of salt and set in a warm place. The first day in the morning stir in a pint of warm water and a heaping tablespoonful of flour. When it is "up" make as you would any other bread, with a little more lard, and mold into loaves as usual; when they are risen, bake. If the rising or bread should get too hot, or too cold, then indeed will the "cake be dough." It will never get over the shock. But the bread is worth the extra care.

**BEATEN BISCUITS.**—One pint of flour, half a teaspoonful of salt, one heaping tablespoonful of lard. Make a stiff dough with sweet milk; beat on a heavy, smooth table until the dough pops and cracks like a Lilliputian Fourth. Roll out not quite half an inch thick. Cut small, round biscuits, prick with a fork and bake in a slow, steady oven. If they bake quickly they are spoiled, and "sopping" is equally ruinous in another way. They keep a long time, and are nice cold.

**HOE CAKE.**—Simple as this bread is, the simplest of all bread, except, perhaps, the "ash cake," it is very good when properly baked. Given, a pint of meal, half a teaspoonful of salt, cold water for a stiff dough, and a piping hot griddle before an open fire. The quantity of dough that will fill one hand is used for a cake. Make it into a nice round ball and drop it on the griddle. Pat it out evenly. There must be no finger print, and not even one little crack around the edge. This is a fine art. When it is thin enough, very thin, turn the griddle so the cakes will be brown all around the edges. Then turn the cake itself, and when brown, serve.

**BUTTERMILK BISCUIT.**—One quart of flour, half a pint of sour milk, one teaspoonful of salt, lard six to eight, work only a very little. It must be a very soft dough. Bake quickly.

Hackmore cures colds and coughs.

**THE FARM.**

**Sitting Hens and Chicks.**

I use a large wagonhouse for a hatching-place, and find it perfect; having no windows, it is just light enough to see well to do my work. In roomy boxes I place dry sawdust, with a good sprinkling of sulphur; then put in either fine straw or hay, shape the nest evenly, give all thorough dusting with fine insect powder, and put in two or three eggs at night. I put Biddy on the nest, for she will then settle down quietly in a day or two to be ready for her nestful of eggs, having the others removed, of course. Having the use of any number of slated crates, I place one over each box when I set the hen; they confine the hen, yet give plenty of air. I have always managed to get from three to six hens at once, and divide the chickens when hatched, giving a goodly number to each hen needed for their care, and putting the other hens with the flock, where they will soon be laying again. Each hen before being placed on her nest is well dusted with insect powder, and a little sweet oil rubbed close to the skin on the head. Twice a week during incubation I dust them with powder, and have never been troubled with lice in the hatching-house.

Each morning fresh water is carried to them, whole corn given for feed, and the ever necessary dustbath are always ready when I take them from their nests each morning. I do not have them get off their nests and eat when they will, but take a few from the nests at one time; give from twenty minutes to half an hour to eat, drink and dust, then if they get on their feet, I place them there and cover them, proceeding as before, until all are cared for. All of this seems laborious to raise poultry, but diligence is necessary to success, and surely anything worth doing at all is worth doing well. Most writers think the chicks should be let alone when hatching out. I formerly agreed with them, but experience has taught me better. I now begin to listen to the twentieth-century writers, who insist on the nest that show the chicks' presence, and before night of that day I carefully take the hen from the nest, remove all broken shells (that sometimes cap another egg, and would smother the chick), and remove the nest, then leave them comfortable for the night.

I look them over again next morning, and if some are bright and active, while others are just hatched, and perhaps get out into a cellar, and when the heat is early hatched in a basket with flannel under and over them, and keep in a warm place until all are in suitable condition to remove from the nest. I have clean boxes ready, in which I keep them, and when I take the hen from the nest I dust her well, rub sweet oil on her head, do the same by each chick, using but a triffl of the oil on the head and feet, and occasionally prepared for them to be taken to the coop, bottomless, are kept on nice, clean grass, moved whenever necessary, and while very young, if the nights are cold or rainy, each biddy and her brood are placed in a box or cage, and when I keep them in boxes are soap boxes and others of that size, and are roomy enough to give the chickens sufficient room for exercise if a rainy day comes occasionally when they are very young, and the birds will get out into the garden, and when I please, I do not feed the chicks until twenty-four hours old, then give hard-boiled egg, chopped, shell and all, and mixed with bread crumbs.

The first week the feed is mostly oatmeal, merely moistened with sweet milk, and that is fed often the first six weeks, alternated with stale bread crumbs moistened with milk, Johnny-cake prepared the same way, and other food occasionally prepared for them—a loaf made of cornmeal and middlings mixed with sour milk, with soda, pepper and a little salt added, well baked, and also moistened with milk when used. Until six weeks old they eat fed five times a day, all they will eat first week; after that age I begin feeding grain, wheat mostly, but some cracked corn, for all but the morning meal, that being a mash composed of equal parts of cracked corn, rye and cornmeal, stirred up with sweet skim-milk and left crumbly. They have shallow clean water to drink in clean shallow dishes, sweet milk also, and are at all times accessible to coarse sand and fine gravel, which they eat. If a chick is found drooping at any time I look for lice, invariably find them, then grease and dust, and in a day or two it is lively as ever. I set no hens until I can get a few, and they are ready to lay, consequently have my early broods, which I sold fifty-four early enough in the season to get 40 cents each for them, when they weighed 1½ lbs. a piece.—Mrs. J. G. Kirkland.

**Notes.**

—For lawn grass there is nothing better than wood ashes, if you have them. If fertilizers are used potash should predominate. Lime is nearly always beneficial to lawns if applied early, and a bag of superphosphate per acre will also be found of advantage.

—A Mississippi farmer educated his son at the agricultural and mechanical college of that state. After graduating the son returned home and took charge of his father's farm and managed it for one-half the proceeds. Now the old man gets as much as rent as he formerly made from the entire farm.

—Combine bee-keeping with fruit growing, and you can more easily procure two crops from the same land, and this double cropping is not exhaustive, requires no additional fertilizing, no extra plowing or cultivating. There are few crops which return so much for so little outlay and labor as does the honey crop.

—Discontent with the exactions of rural life often leads to enforced endurance of unappreciated ill—a commonplace fact emphasized in a recent speech reported by the *Prairie Farmer*: "He cited a host of examples where many a farmer had sold his farm to go in business in the city, and was now working by the day; also of a host of young people leaving the independent farm life to follow the sad fate of slavery and drudgery of the average city clerk or day-laborer. The saddest of it all is that farms are fast passing from the hands of

the American people into those of foreigners.

—An encouraging feature in fruit culture is an annual widening of the market for fruit. Exportation to England has greatly stimulated the apple industry, and a continental market may yet be built up both for apples and peaches. And who shall say that a market may not yet be found in South America or Mexico?

—A greater number of trees are now growing in New England than there were in the early part of the century. Very much of the pasture area and rough land formerly used in cultivation has been allowed to grow up, first to bushes, then to shrubs, finally to trees. Never before in New England for many years could firewood be purchased so cheap on the stump as at present.

Cultivate a garden on the farm by making the rows long and as straight as possible, so as to permit of using the cultivator or horse hoe between the rows. It is the laborious work with the hoe that deters some farmers from growing garden crops, but there is nothing to prevent them from growing vegetables early and late if the ground is well harrowed and the rows are laid off by a line or by stakes.

—Many people forget the fact that plants do not eat, but drink. They can only appropriate the fertilizing element in any plant food while it is in a liquid or dissolved state. Thus it is seen not only are the liquid excrements lost by passing down through the stable floors, as they are in many cases, but the plants still farther rob the value of the solid portion by washing away the more soluble portions.

—According to the *Philadelphia Record's* farm columns, exposed iron treated to the following application will, under ordinary circumstances, keep rust-free for months: "Take half an ounce of camphor, dissolve in one pound melted lard; take off the scum, and mix in as much fine black lead (graphite) as will give it an iron color. Clean the tools and smear with this mixture. After twenty-four hours rub clean with a soft linen cloth."

—Mushrooms are considered a delicacy, yet they are not difficult to grow in comparison with their value in market with other crops. For a family supply with some to spare for sale, take a box three feet long, eighteen inches wide and a foot deep. In April fill it with horse manure that has been decomposed, so as not to make too much heat. Put the box in a cellar, and when the heat gets down to eighty degrees (use a thermometer) plant the spawn, and cover it with an inch and a half of loam, and then cover the box with hay. It needs little or no water.

—Planting all garden stuff in long straight rows, preferably running north and south, with a grassplot at each end on which to turn the horse used as a substitute for hand labor, is happily coming more and more into vogue, the converted to mow system, including a *New York Witness* correspondent, who says: "Don't put a bed in the garden—keep all the beds in the house. When I was a boy the garden was cultivated solely with the hoe, hard work and backache, but when I became a man I put away that childish method of procedure, and arranged to put the horse and the cultivator to till the garden, and thereby secured better, quicker and easier cultivation. And now when I work in my garden, and when I feel a pleasure, and the results in vegetables are more than doubled, and the increase in satisfaction is difficult to compute."

—Mr. B. F. Johnson is authority for the saying that in the grass, corn and stock regions of the prairie States there are, despite the former "howl" against the material, ten miles of barbed wire fence to one of a different character. As to alleged danger from its use, he tells us, through *Home and Farm*, of Louisville: "I had cattle and mules are rarely seriously injured—the first because they know too much, the other because their hides are tough. Horses to which barbed wire is a stranger suffer most, but in nine cases out of ten the injury is inflicted by loose wires lying along the fences or in the fields. I doubt if the total damage to stock in the 1,000 square miles of Champaign county, Ill., has been the half of 1 per cent. of the value for the last ten years, while the saving in the cost of fence has reached the hundred thousands, and perhaps approached a million."

**EDUCATIONAL.**

**IF YOU WANT**

To learn to write an easy, rapid, legible hand, a style demanded by business men, go to WHISTON'S COMMERCIAL COLLEGE, Day and Evening classes, and use Whiston's College Pen, No. 1. This is the best pen for business writing in the market. For sale at A. & W. Mackinlay's and also at the College, 95 Barrington Street. New Catalogues sent free on application.

**S. E. WHISTON,**  
95 Barrington Street,  
HALIFAX, N. S.

**BUSINESS MEN,**

Do you want an A1 young lady? Good bookkeeper and expert in Type-writing and Shorthand—can read her notes—write the vowels; Pernin system; law office experience. Very capable and—discreet; good stock of business gumption. Worth \$12 a week.

We pick our methods, our students, find out what they can do best. We have all the advantages; it would, indeed, be a pity if we did not succeed.

**SMELL'S BUSINESS COLLEGE, Windsor, N. S.**

**There's Nothing Like**

**QUICK LIGHT SOAP**

**IT DOES AWAY WITH BOILING HARD RUBBING BACKACHES SORE HANDS**

LET ANOTHER WASH-DAY GO BY WITHOUT TRYING

**Don't** **Sunlight**

**REFUSE CHEAP IMITATIONS**

**HARDING & SMITH, Saint John, Agents for New Brunswick.**

**J. & J. D. HOWE,**  
Manufacturers of HOUSEHOLD

**FURNITURE!**

CHEAP BEDROOM SETTS, BEDSTEADS, TABLES, WASHSTANDS, ETC.

WAREHOUSES: MARKET BUILDING, GERMAIN ST. FACTORY: END OF UNION STREET, ST. JOHN, N. B.

**PARSON'S PILLS**

**Make New, Rich Blood!**

These pills were a wonderful discovery. No other medicine in the world will positively cure or relieve the most distressing cases of Dyspepsia, Biliousness, Headache, Constipation, and all the ailments that result from a disordered stomach. They are sold by all druggists and general dealers. Manufactured by **HAWKER MEDICINE CO., Ltd.**, ST. JOHN, N. B.

To the **A Business Offer** From a **Business Firm.** Your **Business to look into it.**

**WORLD'S FAIR FREE.**

We know that our Remedy is the best for Dyspepsia, Sick Headache, Constipation. Hundreds agree with us.

That you may appreciate its value, we make the following VALUABLE OFFER:

**BUY GRODOR'S SYRUP** (PLEASANT TO TAKE)

Take it faithfully until Cured, and then write us a statement of your case.

We offer a FREE TEN DAY'S TRIP to the WORLD'S FAIR to the individual who shall, before the First day of August, 1903, show the greatest improvement, or most remarkable cure from the use of this remedy. These cures must be bona-fide, sworn to before a Justice of the Peace, and each testimonial accompanied by the photograph of the individual sending it, and the signature of the dealer from whom the remedy was purchased.

A Committee of three well-known Druggists will act as Judges at the close of the Competition. Send Testimonials to

**THE GRODOR DYSPEPSIA CURE CO., LTD.**  
ST. JOHN, N. B.

**IF YOU FEEL TIRED, EASILY OR SUFFER FROM NERVOUS EXHAUSTION IN ANY OF ITS MANY FORMS, SUCH AS LOSS OF MEMORY, WEAKNESS, SLEEPLESSNESS, DYSPEPSIA, LASSITUDE, NERVOUS HEADACHE, LOSS OF APPETITE, GENERAL DEBILITY, NERVOUSNESS, PALPITATION, HYSTERIA, OR ANY NERVOUS DISORDER, TAKE HAWKER'S NERVE & STOMACH TONIC. IT WILL CURE YOU. IT SUPPLIES TO THE SYSTEM THE NECESSARY CONSTITUENTS TO FORM NEW RICH BLOOD, AND TO REINFORCE THE WEAKENED NERVE TISSUES. IT IS ESPECIALLY ADAPTED TO THE WEAK, NERVOUS AND DELICATE CONSTITUTION OF FEMALES, AND TO THE EXHAUSTION PRODUCED BY CONSTANT BRAIN WORK. IT HAS MOST WONDERFUL RESTORATIVE POWERS, AND MAKES THE WEAK AND NERVOUS, STRONG AND VIGOROUS. TRY IT AND BE CONVINCED.**

Price 50 cts. a bottle. Sold by druggists and general dealers. Manufactured by **HAWKER MEDICINE CO., Ltd.**, ST. JOHN, N. B.

**Geo. F. Simonson & Co.**

**ARE RETAILING GOODS AT WHOLE-SALE PRICES.**

NOTE: Letter, Postcard and Legal Cap Papers, over 60 varieties.

ENVELOPES, over 100 varieties and sizes.

ACCOUNT BOOKS, Memo Books, Inks, Mucilage.

LEAD PENCILS—4,000 Dozen; 6 cents per dozen and upwards—great variety.

PENS AND SLATE PENCILS—5 cents per pen and upwards—great variety.

POCKET KNIVES, Scissors, Rulers, Whites, and Stationery.

TOILET SOAPS, Sea Island Toilet, Toilet Paper, and a great variety of other goods.

Send for Prices or Call and See at

**40 DOCK ST., ST. JOHN, N. B.**

**Burrell-Johnson**

**Iron Co., Ltd.,**

**YARMOUTH, N. S.**

CLAIM that they manufacture the best Cooking apparatus to be obtained, viz:

**THE Model Grand Range**

We shall publish in this paper from time to time what the people think of it.

"For almost a year your Model Grand has been in use in the Manso. Today I asked my wife and three domestic, the following questions: 'What fault have you to find with the Model Grand?' to which they replied, 'None whatever.' Then asked Mrs. Rogers what she had to say in favor of the Range. Her reply was: 'I like it in every particular.'"

ANDERSON ROGERS,  
The Manso, Windsor, N. S., Jan. 6, 1899.

**COLES, PARSONS & SHARP,**  
Managers St. John, N. B., Branch.

**JOHN WHITE & CO.,**  
Manager Halifax, N. S., Branch.

**SEND FOR CIRCULARS.**

**EPSS'S COCOA**

**BREAKFAST.**

"By a thorough knowledge of the natural laws which govern the operations of digestion and nutrition, and by a careful application of the fine properties of well-selected Cocoa, Mr. Epss has provided our breakfast tables with a delicately flavored beverage which may save many a heavy doctor's bill. It is the judicious use of each article of diet that a constitution may be gradually built up until strength enough is reached to enable a person to resist every tendency to disease. Hundreds of subtle poisons are floating around us ready to seize upon every weakness. We may escape many a fatal shaft by keeping ourselves well fortified with pure blood and a properly nourished frame."—Civil Service Gazette.

Made simply with boiling water or milk. Sold only in packets, by grocers. Labelled thus:

**JAMES EPSS & CO., Homoeopathic Chemists, London, England.**

**Save \$49 on your ticket to California.**

Great Central Route Overland Excursions.

PERSONALLY conducted Tourist Excursions to Colorado, Utah, Portland, Oregon, and the Pacific Coast points—Boston, Boston and Albany depot every Thursday, 8 p. m.; arrive at San Francisco every following Friday, stopping over nights en route. For application to your nearest ticket agent, call on E. E. MERRILL, Manager of the Great Central Route, 5 State St., Boston.

**Grow Thin**

By using Dr. Edman's Obesity Fruit Salt, it will reduce your weight without dieting, in perfectly harmless and the cost is but slight. Send for our eight column article on Obesity, sent free. Our goods from our stores by mail or express. Price of box, \$1.00; and up to \$10.00 per box. Obesity Fruit Salt \$1.00 per bottle. Address: Loring & Co., stores at a Hamilton Place, Boston, Mass.—Depot No. 37, 77½ State Street, Chicago—Depot No. 7, 46 West 23rd Street, New York City—Depot No. 10, 100 Broadway, New York.