Practical Talks and Plain Precepts for Farmers.

Edited for the Farmer readers of the MONITOR by an Annapolis Valley Agriculturist

THE EDUCATION OF THE HEIFER.

A correspondent makes a special request for an article on training heifers for the dairy. His practice is to buy in cows, and he has had trouble in their milking. "Some of them," he says, "never stand quiet to be milked, and I feel sure that it is the management that is at fault." But there is more in the education of a heifer for the dairy than the mere teaching her to stand quiet while being milked, or even to take a placid pleasure in the abstraction of the secretion.

The heifer must, of course, possess a certain natural dairy capacity, if she is to make a good cow, but it rests with the owner to develop this capacity to its fullest extent. She would be especially selected and managed with a view to her properly fulfilling her mission in life almost from birth, and up to the time of service should be kept in nice thriving condition, never subjected to checks and never allowed to get fat. It should be looked to that her udder is perfect, that she has the regulation number of well-developed and properly placed teats, and that they are free from warts or other excrescences. When in calf should still be fed for moderate growth, avoiding those things containing a large portion of fat forming material, but giving providing the right kind of nutriment, not only to the heifer but to the calf as well.

She should not be tied by the neck, or closely confined in a building, but be provided with ample opportunity for exercise, which is essential both for her own development and that of her prospective offspring.

She should not, however, be turned on a distant pasture, and only looked over at from the next field to see that she is still alive, or when she comes to calve she will be as wild as a hawk, resent handling, and prove difficult to milk. She should be taught to stand tied up, and submit to handling, especially about the udder and and teats, and these should be again looked over to see that they are free from warts.

If not, such growths should be removed before calving takes place, for their removal afterwards will be attended with difficulty, and either taking them off, burning them away with caustics, or permiting them to remain, will result in soreness and consequently in difficulty in milking. The handling should be cautious and progressive, and is best conducted while the animal is feeding. After calving, her treatment as a milker should receive the most careful attention of the owner.

It is said that the Jersey, the Kerry, and the Ayrshire have had their wonderful milking capacity developed by women milkers, and certainly women seem to be able to do better with heifers than male milkers. Extra food should not be given for the first few days, but to enable her to give a liberal flow of rich milk, she should be fed in addition to her pasturage, or if in winter, her hay, ensilage, or roots, from five to ten pounds of mixed meal and bran per diem.

When the heifer first comes in to the dairy the glands which we call the udder are in an undeveloped condition, and careful management of them is necessary, to procure an abundant and long flow of milk.

There exists a difference of opinion, and consequently of practice, as to the best means of dealing with this hardness. The easiest, simplest, and most natural way is undoubtedly to let the calf suck. Its persistent use of the tongue and head in butting the hard gland is by far the most satisfactory way of carrying out the softening process, and so many dairymen permit the calf to remain with the heifer for twenty-four hours, then put it in an adjacent pen, and bring it out to suck twice a day until ten days or a fortnight old.

Some let the calf have so many teats; others first withdraw a portion of the milk, and let the calf do the stripping. Something necessarily depends on the calf.

There are, however, those who are of the opinion that the way to make a good calf and to spoil a good cow, is to let the one suck the other, and so their practice is at once to remove the calf. This certainly saves subsequent trouble in teaching it to take its food from the pail, and the upset with the heifer and frequent refusal to give down her milk when the inevitable separation takes place.

In these cases the "breaking" of the udder is accomplished by persistent, rubbing with lard or goose grease, and, like Oliver Twist, keeps asking for more.

The udder must be stripped of the last drop, and the demand must be kept up in order to establish the milking habit. It is not the cow that produces a considerable volume of milk during the first few weeks after calving, then rapidly falls off, and early goes dry, that is the most profitable animal, but the cow who keeps steadily on between calvings, and well up to date of the next.

To inculcate this habit the heifer should be kept longer in milk than is usual with the cow, even though she only gives a quart at a meal during the last month.

An authority on dairy matters recommends refraining from breeding the heifer for at least six months, and "to milk her fourteen months, and so form a habit of milking for a period much longer than will be required in her subsequent 'working seasons,' the object being to give an influence the first year to give milk for a longer period than will be required for her again, and, with her second calf she will milk up to near the birth of the third calf, because between the first two the milking habit was continued at least three months longer than between the second and third calves."

ARARAT.

WINTERING CATTLE IN STABLES.

As a rule, feeding in Northern latitudes begins in November and continues until May. Therefore as it lasts the greater part of the six winter months it is important that we use the most economical methods. In the first place, repair the stables, making them warm and comfortable, the floor even, with close fitting stalls, mangers, feed boxes, ties, etc., doors that swing freely and windows that supply ample light and ventilation. Some prefer the following plan: They inclose the sheds, have the feed overhead and place racks at the side where the feed is thrown down. Dehorn the cattle, as some of them should be in any event, and bunch them together like so many sheep, where they shall feed and quietly rest. I perfer the stall feeding plan, although it involves more work. Each animal receives the share allotted more satisfactorily.

I begin the feeding season as follows: Give ensilage or straw and turnips in the morning. Toward noon I turn the cattle out into the yard if the weather is fine, for three or four hours. They get water and straw from the straw stacks or racks. They get exercise and roam about, rubbing themselves at leisure. Care must be taken to keep them free from or rid them of vermin, for double the feed does not make up the loss caused by these pests. While the cattle are out in the yard clean out the stables and place a feed of hay in mangers and a quart or more of chop or grain according to age, size, etc. To this they will rush. Tie quickly and leave until 6 o'clock, when they are fed again with straw and turnips and bedded for the night. For two or three months during the severe weather we discontinued turnip feeding and increased the quantity of chop and feed hay right along. About the first of March we began giving turnips and feed moderately at first, increasing the quantity according to season and amount of feed on hand. We feed turnips, hay and chop more liberally as we near spring, and allow free access to salt or feed it once or twice a week.

As a rule we like to feed per day, half-bushel of turnips, a quart or more of oats or other mixed grain chopped, one good feed of hay, and what straw they want, with corn stalks and ensilage if we have it. This is meant for wintering and helping them hold their own, but it is not a fattening ration. I think turnips the best feed by all odds to keep cattle thrifty, healthy, and to fit them for the change to grass in spring. My ration for winter feeding may seem small at first though, but I believe they are larger than those generally fed through the country.

To provide for cases of emergency it is wise to keep some medicine in the stable. Turpentine often affords relief in ailments among stock. By the way, a word to the owner: Do not trust the work of feeding wholly to young boys. If you expect the stock to come out right in the spring, be with the boys often, directing and giving a word of encouragement, which means much toward interesting them in the work.

KINDNESS IN HANDLING DAIRY COWS.

Success in any undertaking rests upon a few simple propositions, as follows: A knowledge of the machine, an appreciation of the details, ability to direct the energies and forces and ability to dispose of the product. Milk productions beyond natural conditions belong to the nervous temperament. When a dream came of the possibility of adding to the normal meat making powers, the first step was taken in the fixing of type in accord with functions. Here was the initiatory step, here the first crude recognition of dictinct temperaments and their purposes and out of this have come the breeds and their abnormal developments. Man has been all the while the dominating, the controlling factor.

To-day the extremes of beef and milk type are before us. The cold, selfish, phlegmatic on the one hand, storing every ounce to its own purposes, the making of growth and fat, and the warm, sympathetic, unselfish, highly nervous organism, striving to spend itself for the benefit of others. It is motherhood intensified in this supreme effort to feed the world. Six thousand pounds of milk yearly marks the minimum limit of individual self-support; 8,000 to 12,000 pounds or more, the range of possible profitable production, the limit being an unknown factor. For this great production there must be the dairy type, the loosely constructed, nervous organism, the large barrel, wide loins, large udder, great flow of blood, and more than all, the certainty of intelligence.

Milk, and especially butter fat, are the products of nerve force, and to be invited through intelligent contact. The cow and her owner must be friends. Kindness and sympathy must dominate every step. The perfection of dairy cow machinery must be backed by an increasing desire to give forth to the utmost for the man who twice a day takes his place as her calf, whatever serves her comfort or peace of mind promotes production, for motherhood knows no limits. Begin the education of the future cow by educating the dam. Take the calf in hand at once upon birth, and allow no trace of fat to get a foothold and divert the dairy tendencies. Grow with sole reference to future service.

Begin early to handle and train, and never play with the calves. Allow no caretaker to have charge unless he is in full sympathy with your purposes and has a large appreciation of the problem. The channel of nerve force must be untrammeled and the seat of nerve force, the brain, undisturbed and under control, if the largest yield is to be forthcoming. Dealing with functions so abnormally developed and yet to be intensified, all conditions possible to affect production must be taken into account. Keep this thought of motherhood continually before you, and better care, more sunlight, an increase of fresh air, kinder treatment, and closer relations will be established.

The dairyman of to-day will fail tomorrow unless he feels growing within him a spirit of reverence for his dairy cows. Leaning for his support on these maternal functions and seeking all the while to increase the same, he should never forget that it is out of the intelligence and unselfishness of his animals that he is being enriched, and every instinct of manhood should prompt a hearty recognition of the untiring serdice of those faithful servants whose only thought is to yield to the utmost in response to his friendly invitation. Study the problem with sole reference to the years to come. Increase of product and increase of cost per pound is inevitable and no man has determined the limit. He who succeeds along the line of the milk-making machine will be he who knows that machine most thoroughly, belives in it most firmly and respects it most truly.

DOCKING UNFASHIONABLE.

The fad of docking coach horses is becoming unfashionable in both this country and in England. King Edward has set his ban of disapproval on the cruel practice, and President Roosevelt is emphatic in condemning the mutilation of horses' tails. The Society of the Prevention of Cruelty to Animals has recently renewed its vigilance in prosecuting this species of offenders. While the PIesident of the United States is not the director of fashion as are the rulers of European nations, the fact that he discountenances the fad of using docktailed horses will have the effect of causing many people to return to the use of long tailed coach horses. Now that the royal stables of England have abandoned the practice of docking horses' tails, it is predicted that dock-tailed horses will not be seen on the streets of London by the end of the current year. The emancipation of horses from cruel mutilation will be an event appreciated by all humane horsemen. It is astonishing what cruelty has been perpetrated on dumb animals to pander them.

IS THE SECRET OUT.

A lady at West Groton, N. Y., writes that she thinks it is possible to know not only if eggs are fertile before incubation begins, but of what sex the chicks will be. Maybe she is right. In any event it will be well to hear what she has to say and put her suggestions to the test of experience.

This is the way she presents the subject: "I have found in my experience, 1. That no egg will hatch unless it has an air cell." (While this may be true, is it true that all unfertilized eggs are destitute of air cells? We think not.—Editor.) "2. Eggs laid early in the season are apt to hatch out males." (No doubt about this.—Editor). "3. These early laid eggs are apt to have the air cells directly on the end. 4. That eggs with air cells directly on end hatch out males and those with the air cells decidedly on one side will produce females. The position of the air cell can be seen by candling or examining through an egg tester."

Minard's Liniment relieves Neuralgia

AUNT 'RIA.

To a thoughtless observer it seemed that if ever there was a human being who was useless and superfluous to this world, it was Aunt 'Ria 'Lyng. she lay on her bed from New Year's to New Year's, in a tiny room in her sister's crowded house. Everybody waited on her. The girls dressed her. The boys generally carried in her meals. They all brought her jokes, or the news of the village, for they were a merry, affectionate family.

But for Aunt 'Ria to do anything useful in the world would have seemed an absurd suggestion.

How could she? She was a paralytic. She could talk and laugh, and move one hand; but for the rest she was dead. She had been a good housekeeper and a fine musician in her day; but she could not even smooth her own pillow now, and the children had to learn their scales from the village organist.

Aunt 'Ria never complained as the months passed, and she remained idle in this busy world; but sometimes the poor soul, caged in the dead body, looked out of her eyes as if wondering whether God had forgotten it.

There were many negro families in the village, and one day her nieces, coming in, found Aunt 'Ria with a primer set open before her, and a pencil in her live hand, teaching the pickaninnies how to read.

"What is the use of that?" they said, laughing.

"None, perhaps. Tom is slow and Ben is scampish; but it may help to make men of them. I would like to do what I can for the neglected lads."

Quite a long line of Bens and Toms passed under the influence of the feeble voice, and the burning soul that spoke through it. They disappeared. Several years passed, but Aunt 'Ria lived on.

Last winter there was brought to her a wonderful rolling chair that at the touch produced a desk and a table—a chair that was a miracle of comfort and ease. It had been made for her by two or three young colored men in a neighboring city.

"We are hard at work," they wrote, "married, and trying to live honest lives. It was you, who gave us the wish to do this. It was you who set us on the right road."

There is a colored missionary in Africa whose praise deserves to be in all the churches, and who is working patiently to lift his race nearer to God. He wrote to her, "I am Ben, who was 'scampish and lazy.' Whatever good I may do in this world is due to you.'

The Master may or may not give us health, or strength, or great ability; but he always puts in our way work of some kind that we can do, and at the close of the day he will give us our wages.—Youths' Companion.

AN OLD LADY'S STORY.

To the Editor of the Monitor:—

Sir,—I was troubled with rheumatism for about eight years, and tried a great many different kinds of medicines without getting relief. Last spring I began to get worse and I could hardly walk. It was then that I tried Dr. Clarke's Wonderful Little Red Pills, and two boxes cured me. I have had no rheumatism since taking them. I am eighty-two years of age, and can walk now quite smartly thanks to this remedy wonder.—(Mrs.) Paul McDonald, Eden Lake, Pictou Co., N. S.

We have yet to know of a single case where these wonderful pills have not been almost entirely successful in affecting a cure, Canada Chemical Co. Peterborough, Ont.

They cured me of rheumatism after I had been given up.—Andrew Closkey, Victoria, B. C.

Ex-Ald. Bailey, St. Johns, writes: I cannot speak too highy of Dr. Clarke's Wonderful Little Red Pills. They worked a miricle in my case and cured me after many years of suffering. I do not think their equal is to be obtained.

Nothing like Dr. Clarke's Little Red Pills for the cure of heart trouble, weakness, and blood diseases. Have used them everywhere with success.—Dr. E. P. Mann, late of H. M. Forces South Africa.

Dr. Clarke's Little Red Pills permanently cured me of headache. I suffered for years and only took two boxes. That is a year since. I have not had a symptom since.—James R. Jackson, Sault Ste. Marie, Ont.

I do not believe there is a medicine to compare with Dr. Clarke's Little Red Pills. They cured me of indigestion and catarrh of the stomach, after nine years' suffering.—H. S. McDonald, G. T. R. shops, Montreal.

Dr. Clarke's Little Red Pills are a certain cure for rheumatism, asthma, paralysis, catarrh, eczema, coughs, backache, indigestion, stomach and liver troubles, female complaints, even when the diseases have been standing for many years. Price 50 cents per box. For sale by local druggists. The Canada Chemical Co., Peterborough, will forfeit $10 for any case that will not be helped by these pills.

Dr. Clarke's Sure Cure for Catarrh, and Dr. Clarke's Sure Cure for Eczema, same price. $10 will be paid for any case they will not cure. Sold by S. N. Weare.

—When our great-grandmothers were girls they sat with boards strapped on their backs in order to make them hold themselves straight, says Priscilla Wakefield in the "Delineator." As to athletics such things did not exist for girls. How dull the days must have been when there was no tennis, when rowing was not considered "ladylike," when oven the mild game of croquet had not been invented, and the mere mention of golf for girls would have been thought improper.

Is it not a pleasure to live in a period when sensible dress is worn and when outdoor sports and amusements are a part of every healthy girl's life. What would our staid ancestors say if they could see their fair descendants riding bicycles, swinging golf clubs or plunging into the sea for a swim?

The ideas of our ancestors were very narrow, no doubt, but these good people had characteristics which I think we should copy and cultivate. If they were shy and had a fine reticence, that is no reason why their descendants should scorn modest manners. Refinement is not old-fashioned and never will be. Girls are apt to go in for extremes in these days, thinking they show independence in that way. I have no intention of making this paragraph a series of "dont's," but I would suggest that the prettiest girl loses more than half of her charm if she adopts a swaggering walk, or a loud voice, or if she lounges on a beach in a bathing dress.

Unmistakable Signs of Catarrh.

If you have a ringing in the ears, dropping in the throat, bad breath, headache, morning weakness, bad taste in the mouth—then it's catarrh. Use Catarrhozone Inhaler four times daily and eradicate this awful disease from your system. Catarrhozone kills the germs, heals the inflamed membranes, clears nose, throat and air passages by one application. Catarrhozone quickly remedies the head noises and deafness, prevents dropping, and is warranted to absolutely cure all forms of Catarrh, Bronchitis, Asthma and lung troubles. Two months' treatment costs $1.00; trial size 25c. Druggists or N. C. Polson & Co., Kingston, Ont.

Dr. Hamilton's Pills cure Headache.

—Visitor—"I suppose there's no danger bathing here."

Inhabitant—"Oh, Lor,' bless you, no, sir. Just 'ave to keep out of the way of sharks and strong currents."

Minard's Liniment cures Dandruff.

Time of Man on the Earth.

Prof. W. M. Flinders Petrie, the eminent Egyptologist, delivered a lecture at Scarborough, England, in connection with the Society of Friends' summer settlement on "The Antiquity of Man." The lecturer fixed the exodus of the Israelites at about 1200 B. C., but said that the period of the 19th Egyptian dynasty and research has established in all twenty-two dynasties. In the early men of Egypt they had to deal with a European race more or less mixed with the negro. As to the long progress of civilization, the pottery was striking proof, passing from the simplest to the most elaborate forms. So was it with other works of art. In one of the tombs was the mummified arm of a princess, which bore a set of bracelets of great value and antiquity, composed principally of gold and torquoise, and wrapped in a cloth woven as finely as a cambric handkerchief of modern times. So far, however, they had to deal with a continuous civilization, an unbroken chain of historic record from 5000 B. C., besides actual objects carrying them back at least 2000 years further, and thus giving 9000 years of human history. But they were yet far from the beginning. There were traces which showed that civilization must have come in from another country, but from where no one had the slightest idea. In the earliest graves, figures of a race of the bushmen type were discovered, similar to those found in France and Malta, proving that the race had extended over Africa and into Europe. Then there were figures of women captured from still earlier races which were probably of the old stone, or palcolithic age. Beyond this there was a time when the climate of Egypt was totally different from what it is today, when the rainfall fertilized what is now a desert, and when animals of which all trace is lost, inhabited the country. Other lands might show an age of man more remote by physical evidences, but nowhere could we feel more plainly the certainty of the antiquity of man than where 9000 years of continuous remains did not yet bring us into the vast periods of those climatic and geological changes through which man hed kept up the chain of life to the present day.

Danger in Celluloid.

In 1898 "The Lancet," of London, appointed a commission to investigate the subject of the accidental catching fire of celluloid ornaments, which showed, by placing a celluloid comb in a wig at various distances from a glowing fire, the probability of accidents to wearers of such an article. It was further found that a curling iron heated to the temperature necessary for curling readily started the evolution of dense and highly-inflammable fumes. The danger of exposing celluloid toys in shop windows near electric lamps was shown. The following illustrate the accidents from celluloid: A man while smoking a cigar was playing an American organ with celluloid keys. Some red-hot ashes dropped on the keys, and they burst into flames, which were extinguished with difficulty. A boy was wearing a celluloid collar tied with a string. To remove the collar he burned the string. The collar ignited and lighted drops of the composition fell on his clothing. His throat and face were badly burned. A woman seated before a fire which was not unusually strong, found her hair enveloped in smoke and flames from ignition of her comb. Before the flame could be extinguished an area of scalp 4x1½ inches was destroyed. The burn was to the skull and the hair of the injured area was permanently destroyed. It is urged that the government should interfere and compel the manufacture of celluloid to render it less inflammable.

OPENING FOR COUNTRY BOYS.

The country boy who will study in a scientific manner, farming, horticulture, dairying, or dairying and many other out-of-door labors, will become the man who in the future will command the good places and big salaries. The professions are over-crowded business grows more and more strenuous, and while labor-saving machinery has thrown thousands of city laborers out of employment, it has made the work on the farm easier and more enjoyable. The new electric age will see people flocking from the city to the country instead of from country to city as in the past, and the boys who have been taught to be specialists in the lines of work above outlined will be the ones sought after. Already university taught men who have studied along these lines are in good demand and that demand will continue to grow as the years go by. Teach the boys to be good out-of-door specialists. It will pay better, they will be more healthy and live longer.

—"The Gideons" is the name of an organization of commercial travellers. Its members are all christians and are pledged to use every possible opportunity to win people to Christ. There are two thousand of these Gideons who literally 'go about doing good.' They carry the blessed gospel of peace into the marts of trade, into hotels, railway stations, parlors, leaping, smoking and dining cars, into offices—wherever travelling men go. Groups of them, spending Sundays in a town, offer their services to pastors and Christian workers, and lead many to Christ by their simple, manly testimonies to His keeping power. They are a temperance body, too, and are quietly pushing forward a mighty opposition to hotel bars. One of their number stated to a Chicago audience last week that in Wisconsin alone there are seventy-six barless hotels, rendered so by the dictum of these Christian salesmen. The gentleman making this statement also confidently expressed the hope that this growing brotherhood can in no very long time kill the hotel bars of the United States. All honor to Gideon's band!

Speedy Cure for Cramps and Colic.

The most reliable cure for Cramps, Colic, Dysentery and Summer Complaint is ten drops of Polson's Nerviline in a little sweetened water. Nerviline removes the pain and distress at once, insures prompt relief and a speedy cure in every case. Nerviline is an excellent remedy for all pain, whether internal or external, and should be in every household. All druggists sell and recommend Nerviline. Price, 25c.

—The biggest average farm in the world is in South Australia, where the average squatter holds 78,000 acres.

—"Dear, dear," sighed Mrs. Nuliwed, "I suppose I'll have to take this receipted bill down to the milliner's myself."

"You can mail it, can't you?" asked her husband.

"No, indeed. I've seen those large signs stuck up all over the city which read: 'Post no bills.'"

—"Don't you find it expensive running to a doctor so often?" asked Wellum to Sickum.

"Oh no," replied Sickum. "You see he always puts me on a diet, and I save enough on my meat and grocery bills to more than pay his."

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The S. S. "Percy Cann," will make daily trips between Kingsport and Parrsboro till the completion of the new Steamer.

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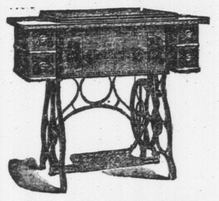

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The Lightest Running and Fastest Stitching machine made.

Latest Improved Attachments that do work that no other machine can do.

The Standard stitches one-third faster than any old style machine, thus saving one day in three.

W. A. CHESLEY,
Granville St. Bridgetown

PALFREY'S CARRIAGE SHOP

—AND—

REPAIR ROOMS.

Corner Queen and Water Sts.

THE subscriber is prepared to furnish the public with all kinds of Carriages and Buggies, Hodges and Pungs that may be desired.

Best of Stock used in all classes of work.

Painting, Repairing and Varnishing executed in a first-class manner.

ARTHUR PALFREY.

Bridgetown, Oct. 22nd, 1900. 3ily

THE BEST

is always the cheapest!

That is what you get when you buy your

MEAT AND PROVISIONS

—FROM—

B. M. WILLIAMS

He always has THE BEST.

Notice to the Public

As I am an authorized agent of the Herbaroot Medical Company, of Montreal, for the sale of **Herbaroot Tablets and Powders**, the great family medicine and KING OF BLOOD PURIFIERS, for the cure of Rheumatism, Dyspepsia, Scrofula, Torpidity of the Liver, Jaundice, Sick Headache, Constipation, Pains in the Back, Female Weaknesses, and all impurieties of the blood, I would say to those in poor health that I will send by mail to any address on receipt of price, Herbaroot Tablets.

200 days' treatment, with guarantee,	$1.00
100 " "	.50
Herbaroot Powder, per package	.50
Inhaler	.25

Herbaroot Powder cures Catarrh, Sore Throat, stops Headache and relieves Asthma.

T. J. Eagleson, Bridgetown, N. S.

WM. A. MARSHALL & CO.

Carpenters and Builders.

(18 years experience.)

Doors, Sashes, Mouldings, Building Material and Finish of all kinds.

Screen Windows and Doors a specialty.

Prompt Attention given to Jobbing.

Plans and Estimates Furnished. Your patronage solicited.

Box 92. BRIDGETOWN, N. S.

Executors' Notice.

All persons having legal demands against the estate of Ambrose Bent, late of Paradise, in the County of Annapolis, deceased, are requested to render the same duly attested within one year from the date thereof, and all persons indebted to the said estate are requested to make immediate payment to

EDMUND BENT,
EDWIN K. LEONARD,
FREDRICK W. BISHOP,
Executors'.

Bridgetown June 4th, 1902. 7m

RELIABLE AGENTS WANTED

We want at once trustworthy men and women in every locality, local or travelling, to introduce a new discovery and keep our show cards and advertising matter tacked up in conspicious places throughout the town and country. Steady employment year round, commission or salary, **$65 per Month and Expenses**, not to exceed $2.50 per day.

Write for particulars. Post Office Box 337, INTERNATIONAL MEDICINE CO., LONDON, ONT.

WANTED

Good smart agent to represent us in Nova Scotia for the sale of hardy Fruit and Ornamental stock. Sample case supplied free. Good pay weekly. We offer special inducements to any one who will make a specialty of ornamental business, having over 500 acres in cultivation we are in a position to give best possible satisfaction. Apply now. Pelham Nursery Co., Toronto, Ont.

The Household.

FASHION NOTES.

In coats we have our choice between the short Eton, the blouse or the Louis XV. style. For a thin woman the blouse, pouching slightly both back and front, is very youthful and becoming. The stout woman looks well in a bolero cut with long pointed effects in front and a somewhat shorter back. Only the very tall and well formed woman should attempt the Louis XV. coat.

Stock collars increase in elaborateness. Many of them, however, are made quite plain in order that they may be used with the fancy lace and silk ties now so much the vogue. The lace barb tie is used for four-in-hands, and the wider lace scarfs are tied in two short loops, with the ends reaching down as far as they will go.

For everyday wear plain stocks made out of moire or velvet ribbon are used to wear with the little turn down points of embroidery and lace.

Wide collars of Arabian and Venetian lace are very stylish as well as useful addition's to one's wardrobe. They may be used with a variety of waists from flannel to chiffon.

The smart tailor made is of gray rough goods. The jacket is trimmed with double pointed lapels of white broadcloth, and there is a vest of the same. The sleeves are also ornamented with narrow turnup cuffs and long undersleeves of the white. The skirt is ornamented with bands of strapping which reach down to the bottom of the skirt in front, but gradually rise in the back.

SWIMMERS' CRAMP.

If swimmers could be trained to keep cool under all circumstances, there would be comparatively little drowning among bathers and summer pleasure seekers. Cramp is usually assigned as the cause when some good swimmer drowns. But cramps ought in reality to be nothing serious. Usually it affects only an arm or a leg, or, maybe, only a hand or foot. Any moderately good swimmer can keep afloat with one arm, or even without the use of that; yet good swimmers are drowning every week as a result of cramp.

If such fatalities were analyzed they would be more properly classed as drowning from fright and loss of nerve. This comes from the fact that everywater, and comes as a grown man and a swimmer to fear cramp. The averone is taught in childhood to fear the age opinion is that the man who is attacked when swimming in deep water is as good as drowned. Therefore, when a swimmer feels a leg or arm begin to cramp he is frightened, in most cases, entirely out of his wits. He loses his head; begins to splash and paw and struggle and then goes down.

What the swimmer should remember is that he can keep afloat with very, very little effort if he will turn on his back and keep his chest inflated. It is the simple matter of floating, which every swimmer knows and finds very easy. If the swimmer will keep cool and float, the cramping limb will frequently relax after a little and he will find himself as well as ever.

DRINK PLENTY OF WATER.

How few people drink enough water—enough for the needs of the body—and yet it is one of the best aids to health. It need not be too cold and it should be sipped slowly. Three pints a day is not any too much. The stomach should be flushed out early in the morning by a large tumberful taken on on rising and the same amount should be taken just before retiring. Water, nor any liquid should not be taken at meal hours. Drink before or after eating, but not with each mouthful of food.

Water is one of the finest remedies known, according to many authorities for the slight kidney disorders, that cause dark shadowy puffiness under the eyes, and make one look haggard and weary of life. Not one woman in a hundred drinks enough water to keep her system in a healthy condition, and a sluggish circulation and torpid liver will bring about disfiguring blemishes. Beside the water treatment, exercise daily, nutritious food, deep breathing, a quick hand bath with tepid salt water every day and sleep enough in a well ventilated bedroom to thoroughly rest—all these will be found very beneficial.

FISH AND POTATO PIE.

Put one half pound of salt codfish intocold water and pick it apart into bits. Pare three or four potatoes, enough to double the fish, put them in a kettle with the fish on top and cover with boiling water. Let them boil until the potatoes are tender, then drain off the water, mash them, add one rounded tablespoonful of butter and a few shakes of pepper. Mash until very light, adding gradually two egg yolks which have been well beaten and mixed with one cup of rich milk. Then add the stiffly beaten whites. When thoroughly blended turn it into a well buttered baking dish suitable for serving, brush the top with melted butter and bake in a moderate hot oven until brown. Serve hot and pass green tomato pickle with it. Slices of crisp curly bacon, fried or broiled to a turn, or thin scraps of fried salt pork, will give added relish to this economical dish.

Using School-houses in the Evening.

Why do our school-houses lie idle during the evening? Throughout the large cities the schoolhouses are scattered, according to districts, and as each is provided with an exhibition hall, why not let some charitable organization take charge of this during the evening? Here old pupils could meet, hear lectures and play games. The only expense would be for light, heat and janitor service for two or three hours, and even this would be offset by selling tea or coffee. Thus, without any expense to the community at large, a suitable place would be provided which could do as much good as the coffee houses, for those who formerly came there for instruction would prefer to return to the old place. —Arthur Lawrence Sweetser in "Gunton's Magazine."

—A teaspoonful of kerosene does as well as a bit of white wax in boiled starch, and mutton suet is as good as either to make a plain gloss.

To retain the colors in any washing materials soak the articles in alum water. A teaspoonful of alum to every quart of cold water is the proportion.

In hanging blankets after washing them remember to put them lengthwise over the line; otherwise they are likely to split from the weight of water in them.

Wash flatirons occasionally with warm water, to every two quarts of which has been added half a tablespoonful of melted lard. Wipe thoroughly and set in a warm spot till perfectly dry.

Appendicitis may be avoided, says Sir Frederick Treves, physician to his Majesty, by regular meals and thorough mastication. It is not an accidental disease, he says, but the result of carelessness in diet.

—It is easy enough to make a good glue. Fill a glass fruit jar half full of broken glue and vinegar. Then put the jar into hot water, and when the glue is melted it is ready for use.

Stops the Cough and Works off the Cold.

Laxative Bromo-Quinine Tablets cure a cold in one day. No cure, no pay. Price, 25 cents.

Joker's Corner.

DR. BARROWS AND THE "BEARER."

While making arrangements for the holding of the great congress of religions at Chicago, Dr. John Henry Barrows, president of Oberlin College, had so much correspondence that he decided to employ a stenographer. According to the Chicago Record-Herald he did employ a pretty young lady, who afterwards figured in an incident which this paper relates:

On the 14th of February, as the Dr. was toiling away, his little son became much excited over the sending and receiving of valentines, and suddenly thinking of his father, he proposed that he and his mother send a valentine up to the third floor.

"Well," said Mrs. Barrows, "it is very nice of you to remember father. How would it do for me to write a valentine and let you take it up."

The bo