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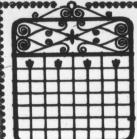
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physicians as well, and they all de-clared themselves unable to add to

A letter received from one of these, a doctor of forty years prac-tice, is given below. While we can-not publish his name we will forfeit

\$1,000 if we cannot prove the authenticity of his letter.

A Doctor's Cpinion.

not enable me to make a single suggestion to improve it. I suppose the medical profession should always be willing to endorse publicly a remedy like Dr. Hugo's Health Tablets, of which exercisers has proved the effi-

which experience has proved the effi-

tustom, I must ask you not to give this letter publicity over my signa-ture, although no consulting chemist could do otherwise than declare what

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SALE REGISTER

On Thursday, March 9, F. B. Blancher will sell at his farm near Addison 1 horse, 15 good milch cows, 5 heifers, 2 brood sows, vehicles, implements, household furniture, etc. Sale at 1 p.m. A. M. Eaton, auctioneer.

On Wednesday, March 15, W. H. Moulton will offer for sale by auction at his premises 21 miles west of Athens on the Delta road, 8 milch cows, 2 heifers, vehicles, implements, sugar utensils, etc. Sale at 1 p.m. A. M. Eaton,

On Thursday, March 16, Joshua Wiltse will offer for sale by auction at his farm, Lyndhurst, 4 cows, 2 horses, vehicles, implements, hay, grain, household furniture, etc. Sale at 1 Wm. Morris, auctioneer.

Ordinary sour buttermilk is a better tonic, and is a great deal better food than was ever bottled or boxed up by the chemist or doctor. Many a farmer Dr. Hugo's formula has now put drives miles away to see a doctor, to get a bottle of pepsin or cod-liver oil, or beef extract, when at the same time he is feeding to his calves good, rich, nutriticus buttermilk, a thousand times better for him than the stuff the doctor will give him. So says Medical Talk.

The Canadian Pacific is advertising the regular colonist special trains to Manitoba and the Canadian North West to be run this year during the onth of March and April leaving this district every Tuesday. The object of running these trains is to give settlers the benefit of travelling right along with their live stock and effects so that they will make good time and still 'be in a position to personally look after their own interests. Full particulars and Settlers' Guide containing all in formation can be obtained from Geo E. McGlade, C. P. R. City Agent, Brockville, who will be glad to from intending settlers.

TRAINING CHILDREN.

Mother's Correction Should Novem

The best means of encouraging truthfulness in children is a problem which taxes the judgment of the best among The road to truthfulness can only e found through mutual sympathya sympathy which enables the mother to know what demands she can and sught to make upon her child's obedience to her higher will and which teaches the child uncomplainingly to accept her wishes as law. To win this trust a mother's correction should never ontrun her love, and she may well

and shows that it comes from one who has mastered the art of healing the diseases peculiar to females. As a physician, I should not hesitate in a single instance to prescribe Health iTablets. My forty years' practice does not easily the make a single suggest that the state of t make it a golden maxim never to let the sun go down upon her wrath. If a child once feels that the day has gene by with a loss or lessening of the mother's love the influence of the mother for good is dangerously weakened; a link is snapped in the chain of truthfulness and a precious idol is in danger of being hopelessly shattered. Undue harshness is one of those irreparable errors we are sure to regret. Mothers should therefore temper their reproofs with love. The responsibilities of motherhood are indeed heavy, but they are act beyond their powers, and it is withother's scepe to control far more fully than she may be seady to acknowledge the environments of her children and to mold their characters for good or evil.-Washington Post.



MISS MARGARET M. HANNA.

The Only Weman Who Does Diplomatic Work For the Government. There are very many women who valuable services to the United States government in the various de-partments in Washington, but Miss Margaret M. Hanna is the only woman in Uncle Sam's employ who does diplomatic work. Her business is the hanaling at the department of state in Washington of correspondence which relates to diplomatic affairs. She is, in fact, the assistant of the second



MISS MARGARET M. MANNA.

stant secretary of state. Though atill in her twenties, she has occup this position ever since 1896. Her sal-ary is \$1,800 a year. Miss Hanna is pretty, with blond hair and graceful manners. Ann Arbor, Mich., claims her as her birthplace. She is an excellent linguist, understanding both French and Spanish, and when the arbitration party went from this country to The Hague a couple of years ago to settle the question of the disposition of the pious fund she went along as translator of Spanish, doing incider ly some stenographic reporting. On a more recent occasion Miss Hanna did the same kind of work in connection

When You Have a Cold. There are apt to be symptoms of "weepiness" with a cold. The lids are red and sometimes swollen. Particularly is this so if the eyes are inclined to be at all weak. Under these conditions don't use them more than is nec-essary and bathe with a mixture of two ounces of camphor water and two grains of borax For this use an eye eup. Half fill it with the wash, adding a little hot water to take off the chill Fit the cup over the eye, throw the head back, opening the eye wide, let-ting the liquid bathe every portion of the eyeball. This will reduce any irritation, also remove any inflammation Aching limbs and joints are more than eften an accompaniment of a cold. A good general rubbing with alcohol or spirits of camphor will take away the stiffness. The fever accompanying a cold affects the hair as well as body, so that daily massage will be necessary. This will prevent the hair falling and also aid in keeping up the general circulation.

Pleasant Mealtimes Many people must have been struck by the utter absence of interesting conversation that is so marked a feature days all the wit and brightness of the time seemed to focus about the break-fast and dinner tables, and nearly all the celebrated stories of wit and repartee that have come down in history have been originated during mealtime. Nowadays people speak of their werries and troubles at the table, look up train time and read papers during breakfast and if there is anything dis agreeable to tell they prefer mealtime for such remarks. It has been suggest ed that children should be trained to speak well and cheerfully during meals, just as they are trained to eat properly. Each habit will cling and make them much sought after in society. Worry is bad on the digestion, and so is the fashion of bolting the food. Both are hard on your neighbor and ruinous to one's digestion and in

The Home to Come To. The ideal home is one in which the inmates think more of their duties than of their rights and recognize that they sible for each other's happiness. To be admitted to such a hearth, warmed by the crimson flame of charity and household affection, bright with the sparkle of gayety and rarer flash of wit, illumined by the glow of thought and clear light of sincerity, beautiful with courtesy, forbearance and refinement, its atmosphere vital with the oxygen of moral purity and open to currents of fresh ideas, adorned by culture and social amenity and securely built upon righteousne faith, is moral regeneration as well as happiness and rest. Whether rich or poor, with many or few inmates or only one, any hearth may breathe this home spirit, while to come home to somebody in such a haven is the best and most lasting of earthly joys.—Max-well Gray. Author of "The Silence of

Dean Maitland," in Black and White. Too many women when they become wives and mothers cease their reading as they forget their songs. Bright speech and a good story may be told ever the coffee with much better effect then the recital of the household wor-

ries and the ways of the handmaiden, topics in high favor with most women when the man of the house returns at eventide. There is nothing se fascinating to the masculine nature as the element of uncertainty in life, in business ment of uncertainty in life, in business and all the contingencies of life. That is why he gambles in great things and in small. Chance is the modern Circe. And well do women know this, yet #2 and well do women knew this, yet as is experience alere that teaches them that the only way to hold the love and interest of a man is to keep him guessing what chameleon trick she will next spring upon him. Once realising and acting upon this knowledge, she holds the key of the citadel, his heart, and may defy the world.—Exchange

Wemen take a lot better care of their evening gowns than those in which they are seen daily. Isn't it strange how many women will wear a tailer made day after day every time they go out, yet never think of having it pressed? Yet a man always has the suit he isn't wearing in the hands of his tailor, being cleaned and pressed. Women's tailor mades are a good deal like mea's clothes newadays—that, is. like men's clothes nowadays—that, is, in the cloths of which they are made. They are almost as liable to being kneed or wrinkled, and there's nething freshens a gown like a good brushing and pressing.

Stuffed Mggs.

Stuffed eggs for luncheon or supper are always good. Boil the eggs hard and after they have cooled cut in two crosswise. Mash the yolks and mix with bloater or anchovy paste, minced parsiey, salt and pepper. Minced ham or chicken may be substituted for the fish paste, and chopped sardines are sometimes liked. A little lemon juice is a necessity when fish is used. Fill is a necessity when fish is used. Fill the white cups neatly and place on ice to chill. If the dish is to present an appearance, serve the eggs in asple with lettuce leaves underneath. Mayonnaise accompanies the eggs.

Bedsteads.
"Among all the useless things that afflict society," said the housekeeper, "it would perhaps be impossible to find anything more entirely absurd than the high headboards and footboards with which beds are still made. A bed needs only a feotboard and headboard high enough to support the pillows and keep the coverings where they belong, and the superfluous materials now put into such projections not only make the bed clumsy and hard to move, but necessitate its being placed not where one wants it, but with the high bead

The sewing machine still bothered me by running hard even after I had thoroughly oiled and cleaned it, says one woman. But at last I found one place that I had neglected—the threa plate. All that was necessary was to remove the screw and lift that little cover where the needle runs in and out. There was such an accumulation of dust and dirt that the trouble was

Pour two cupfuls of hot milk ever two cupfuls of soft breadcrumbs. Add a cupful of grated cheese and three beaten eggs. Bake as an omelet (this will make two), and when one side is done set it in the oven until brown. A much longer time is required in the cooking than for the ordinary omelet. It should puff to a thickness of at least two inches and be of a uniform

Weman's Werk To woman it is given to add many fold to the enjoyment which the wealth products of industry are able to secure. It is the present duty of the wealth expender. There is no ec ie function higher than that of deter-mining how wealth shall be used discriminating choice necessi tates more discriminating production

For the Kitchen Little glass medicine cups, with tea conful, tablespoonful and wineglass ful indicated in raised letters, are val uable to have in the kitchen. The usual method of guessing at the right quantity of salt, flavoring extract es other cooking material is not to be rec ommended. Teaspoons are not made in any uniform size. Medicine glasses are.

Canned Fruit For Descert. Canned fruit may be used for des-serts in many ways. The juice in the can should be heavily sweetened and boiled down to a sirup. This makes the fruit richer. Common canned peache heated in a thick sirup and served with cream are very good indeed. Canned raspberries make a delicious Bavarian cream or charlotte russe.

Charm of Good Humor Women who ask how to make them selves charming can be given no better advice than to cultivate good humor, which is more than anything else the chief cornerstone of adaptability.-Chi cago Tribune.

Turkish towels may be cut into squares and finished round the edge with buttonhole stitch in bright colored cotton, the result being cheap but use ful mats for the washstand.

Do not wash the wooden bread plate in hot water, and it will not turn black. Wash with soap and warm water and rinse in clean cold water.

A ham is greatly improved if after being boiled it is wrapped in buttere paper and baked for an hour.

Borax and water make a good wash for a sore mouth.

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RAILWAY TIME-TABLE

GOING WEST No. 1 Brockville (leave) 9.40 a m 3.40 p.m. Lyn...... 10 10 " 3 55 Seeleys.....*10.20 " 4.02 Forthton *10.83 " 4.12 " Elbe..... *10 89 " 4.17 " Athens...... 10 58 " 4.24 "
Soperton.... *11.18 " 4.41 "
Lyndhurst.... *11 20 " 4 48 " Delta 11.28 " 454 " 5.07 " Elgin 11 47 Forfar..... *11.55 Crosby *12.08 p.m 5 18 " Newboro 12.12 " 5 28 " Westport (arrive) 12.80 " 5.40 "

No. 2 Westport (leave). 7.30 a.m. 2 40 p.m. Newboro 7.42 " 2.55 *7.52 " 8.06 " Crosby Forfar *7.58 " 8 12 " Elgin 8.08 " 3.22 " Delta 8.16 " 8.41 " Lyndhurst.... *8.22 " 8 48 " Soperton *8.29 * 3.56 * Athens 8 46 * 4.24 * Elbe *8.52 * 4.80 ** Forthton *8.58 " 4.27 " Seeleys *9.08 " 4 48 " Lyn..... 9.15 " 5.04 " Brockville (arrive) 9.80 " 580 "

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