Vegetable Diet.

The CLAIMS OF AN ENGLISH VEGETARIAN.

The very strict ascetic sect of vegetarians who only live upon seeds and uncooked food look down upon their weaker brethren who cat eggs and milk and butter, in fact, everything which does not necessitate the taking of life, which appears to me to be the only reasonable standpoint. It is certain that the giving up of animal food cures many illnesses which no medicine can reach. Everybody knows the bad effect of butcher's meating out and rheumatism. In affections of the heart it is often the only remedy, and the wonderful results are not difficult to explain in a case where rest often means cure, if one reflects that while the meat eater's heart has sevenity-two beats is the minute the vegetarian's only has fifty-eight beats, therefore 20,000 beats less in the course of the twenty-four hours.

Insomnia and nervousness are affected in look at him.

the twenty-four hours. Fra Beato Angelico kind of faces, which are same hour. When he is tardy she calls for times the pain causes loss of appetite.

itually live on Lenten fare. The splendid teeth of the Italian peasantry, who never touch meat, speak for themselves, and it is the same in other countries where the people live under similar condidiet with temperance, as so many do; they did not pacify her. She wanted her master, are quite astonished to see a vegetable eater the man who talked kindly to her and petted drinking wine or beer.

much that it at last becomes exhausted and than the whip. unstrung, In this state of exhaustion unthe excitement which they create." G. to animal food, and vegetarians are quite and bred on the farm. They inherited the right when they teach that spirit drinking and excessive use of animal food are in connection with each other."

is a healthy and innocent one, and the nat- very fast but they have not kept pace with ural reaction against the present state of it. Certain improvements have been forced things. It imparts lightness and elasticity people for their age; one of them walk-

would be all the better for trying whether | hind the procession. Take an hour and see their discomforts spring from the inability to if there isn't something lacking and then procure any but inferior meat or fish. -Lady | supply the need without delay. Paget, in the Nineteenth Century for April.

The Value of Buttermilk. The value of buttermilk is not as much | will run itself. appreciated as it deserves to be. As a bevcrage it is of so much worth that it has forms of kidney troubles. An exclusive a competent teacher. buttermilk diet has seemed to bring about a A crop of clover roots is equal to a good cure in many cases of Bright's disease. A dressing of barnyard manure. care in many cases of Bright's disease. A proper and constant use of it will greatly

The success or failure of an institute de
The success or failure of an institute de
ELIZABETH S. MARSHALL AND ELIZABETH S. MARSHALL, Defdts. reduce, and sometimes cure, the craving for alcoholic liquors, with which many persons alcoholic liquors, with which many persons are afflicted. So that it may be well for the apostles of total abstinence to make use of this beverage to assist those who have been addicted to the use of liquor. Have it near addicted to the use of liquor. Have it near the best top-dressing." But they should be at hand, and when the craving is felt for well worked into the soil. milk. The craving may be satisfied and the earth for animals to stand on, and we are system will be benefitted and strengthened not so sure it wouldn't be best for the human AT ELEVEN O'CLOCK IN THE FORENOON,

or working. Pale blues or green are the most restful wall papers for the eyes, whereas red is exceedingly fatiguing. Do not read, write or work longer than two hours together without resting your eyes and closing them fully five minutes. Be most careful to live in a dry hours on dry coll. Attend to live in a dry house on dry soil. Attend harm will be done. to the digestion, for did not -Milton declare his blindness to proceed from the effects of in a basin of soft water, which should be as it growing in winter as well as summer. hot as could be borne. Tired, red and swollen-looking eyes and eyelids are rested look too long. The timid, halting man and relieved by frequent swabbing with hot | rarely succeeds in anything.

Known in Hamilton. Hamilton, Feb. 20.—Mrs. Eilen Brown of Toronto, who was so marvously cured of Bright's Disease by Dodd's Kidney Pills, is well known in Hamilton, having been in the Hospital here where the authorities, like Hospital here where the authorities, like those of the Toronto Institution pronounced her case incurable. People who knew her here are surprised to learn that she is cured, as they thought she was in the Home for Incurables in Toronto, and never expected to see her outside that place again Mr. Geo. Parkes, the popular druggist of this city says that the sales of Dodd's Kidney Pills are very large and increasing, as all those fowhom he has sold them are receiving a great benefit from their use. The success of Dodd's Kidney Pills over all other kidney remedies is owing to the fact that they never

diseases of the Kidneys and blood.

—An obedience to the simple laws of hygiene and the use of Ayer's Sarsaparilla will enablethe most delicate man or sickly woman to pass in ease and safety from the icy atmosphere of February to the warm, moist days of April. It is the best of spains

### Agricultural.

The Intelligent Horse.

diet does marvels, but will only mention morning when his master entered the stable those of the skiu. Most vegetarians have she had a greeting for him which he underfine next morning he did not show the apple pressure on the mouth, and to relax the must them of the old Carthusian and Trappist them of the old Carthusian and Trappist forgotten. He goes to the stable about the monks, who all have smooth white and pink forgotten. He goes to the stable about the not found among the orders that do not habfor him by arching her neck and rubbing her

her. When harnessed to the carriage she One thing, however, is true, viz., that it hurries to the house and looks expectantly is far easier to cure a drunkard if you de- for the lump of sugar that is coming. If the prive him of meat, because, as Dr. Jackson, sugar is forgotten, considerable arging is rehead doctor of the Asylum for Dipsomaniacs, Danville, N. Y., says, "It is clear that the result of petting is much more satthat meat contains some not nutritious par- isfactory than that of harsh treatment, In

Vegetarianism is often called a fad, but it | weary years. The world has moved and upon them, as it were, but many others are

imitation of his way of farming 50 years ago ISAIAH DODGE,

people for their age; one of them walk-ed without s.opping for thirty-four, and is another and a different thing. Such im-listance and an injury to MARY R. KNOWLTON, Defendants. ont a rest, while on an excursion in Norway, feats not easily equalled by the most inveterate beef-eater. Travelling, mountain climbing, all seems easier and less fatiguing on this light and soothing diet; and why should it not give strength to the limbs and sinews if one reflects that all the stronger. say that I look upon vegetable diet, even with its necessary accompaniments of fresh air, frequent ablutions, gymnastics and exercise, as a panacea for everything, and that medicines become useless. We are mortal, and there is no perfection in this imperfect world. Nobody has a greater belief than I have in remedies judiciously given during illness, but it is the many who are out of health and below par, without hardly knowing what is the matter with them, who would be all the better for trying whether

> will run itself.
>
> It is easier to keep animals well than to
>
> Soficitor for Plaintiff.
>
> J. AVARD MORSE,
> High Sheriff of Annapolis County.
>
> January 23d, 1833.
>
> 43 5i 1892. LETTER "A." No. 429.

cians in chest and lung ailments and in most forms of kidney troubles. An archerical TIMOTHY D. RUGGLES, Plaintiff,

liquor, drink half a tumblerful of buttermilk Theoretics with There is nothing better than dry solid

SATURDAY, the 18th day of

milk. The craving may be satisfied and the system will be benefitted and strengthened instead of weakened.

There are many other good effects from the free use of buttermilk. It alone will often remedy acidity of the stomach. The lactic acid needed in many cases is supplied by it, much more than by any other drink or food. It is said to alleviate the oppression about the heart that so many old people suffer from, and it should be constantly drank by them. It is also to a certain extent a stimulant for the entire system, just what the aged need.

We gratefully hail any suggestion so harmless as this one afforded by a French woman: Never rub your eyes, nor allow your children to do so from their cradles. Veils are bad for the sight, especially those spotted or covered with a pattern; to eschew veils when you can, or wear the soficest, clearest net when obliged to do so. Never read in bed or when lying on a sofa. Sit with your Tack to the light when engaged in reading or working. Pale blues or green are the most restful wall papers for the eyes, wherears red is exceedingly fatiguing. Do not read, as red in unusual cold spell, should it prove that

## HAWKER'S TOLU AND WILD CHERRY

BALSAM. A Favorite and Most Valuable Remedy for the CURE of HOARSENESS.

COUCHS, COLDS, CROUP, BRONCHITIS, INFLUENZA OR ANY FORM OF THROAT AND LUNG TROUBLE. If Afflicted, Try It. It Will Gure You.

Malcolm McLean, of Kensington, P. E. I., writes the following: For five years I suffered from severe Chroni Bronchitis, for which the doctors and numerou atent medicines failed to give relief. My phy toisns and friends advised a change of climat atent medicines much a change of chima-dicians and friends advised a change of chima-as my only hope. Hawken's Balsam of Told-ard While Cherry was recommended to me, and While Cherry was recommended to me, and while the state of the change of the child. I consider

For Sale by all Druggists and General Dealers. PRICE 25 AND 50cts. PER BOTTLE. MANUFACTURED BY THE HAWKER MEDICINE CO. SAINT JOHN, N. B.

## HOYT BROTHERS. MONUMENTS, - TABLETS, HEADSTONES, &C.,

American & Italian Marble. Marble, Granite, and Freestone MONUMENTS IN THE MOST GRACEFUL STYLES. Our charges are reason able in every respect, and we guarantee perfect satisfaction to all who may favor us with

their patronage.

J. Hoyt. WE ARE PREPARED TO DO JOB WORK

IN ALL THE LATEST STYLES. We have increased facilities for turning or FINE WORK

NOTE HEADS,
LETTER HEADS,
BILL HEADS,
MEMO. HEADS,
BUSINESS CARDS,
VISITING CARDS. CIRCULARS, PAMPHLETS, TICKETS, ENVELOPES,

Choice Lines of WEDDING STATIONERY always on hand.

Estimates Furnished, Satisfaction Guaranteed. Orders from any part of the Country will receive prompt attention.

'MONITOR" OFFICE, Bridgetown, N. S. CALL AND SEE US!

I HAVE OPENED, in the store recently occupied by A. D. CAMERON, The Finest Assortment of Goods ever placed upon the market. A New, Choice and Carfully-selected Stock of GROCERIES. An Excellent Line of

A Splendid Display of CROCKERY WARE, in all the latest designs, and a fine selection of GLASSWARE that will suit the taste of the most fasti Confectionery and Xmas Novelties. My Goods have been obtained from the most Motto: Quick Sales and Small Profits.

BURPEE E. CHUTE.



Messrs. ROOP & SHAW MIDDLETON, N. S.

Beg to announce to the public that they intend carrying on the Undertaking Business at Middleton, and have now in stock a varied and comprehensive line of Caskets, Coffins, Trimmings, AND ALL OTHER FURNISHINGS. Parties requiring their services can rest assured of prompt and satisfactory attention, at most reasonable charges.
ROOP & SHAW.

Middlet on, June 16th, 1891. YARMOUTH S.S. CO. (LIMITED.)

The Shortest and Best Route between Nova Scotia and United States,

THE QUICKEST TIME. 15 to 17 hours be ween Yarmouth and Boston. Steel steame "BOSTON" after Oct. 29th, will leave Yarmouth for Boston every Wednesday, and Saturday evenings after arrival of train of W. C. Railway. Returning will leave Lewis wharf, Boston, at 12, noon, every Tuesday, and Friday mornings,

noon, every Tuesday, and Friday mornings, making close connections at Yarmouth with W. C. Railway and coach lines for all parts of Nova Scotia. These are the fastest steamers plying between Nova Scotia and the United States, and form the most pleasant route between above points, combining safety, comfort and speed. Regular mail carried on both steamers, Tickets sold to all points in Canada, and to New York via Fall River line and New York and New England Railway.

For all other information analy to W. C. W. ork and New England Railway. For all other information apply to W. C., W A., and N. S Central Railway agents, or to L. E. BAKER. Pres. and Managing Director.
W. A. CHASE, Sect. and Treas.
Yarmouth, Oct. 16th, 1892.

## CHRISTMAS

SANTA CLAUS HAS ARRIVED AT Central Book Store AND IS SHOWING A SPLENDID VARIETY OF GOODS suitable for old as well as young. Descrip tion fails. Call and examine. Bridgetowa, December, 1892.

CARRIAGES CONSISTING OF Phaetons, Jump Seats, OPEN AND TOP BUGGIES. Democrats and Delivery Wagons, ON THE CELEBRATED DUPLEX GEAR,

at prices that are WAY DOWN. REPAIRING and PAINTING. All work Warranted. W. C. FEINDEL, MIDDLETON. THE

GRAND CENTRAL HOTEL (HEAD OF QUEEN STREET,) BRIDGETOWN, NOVA SCOTIA, STILL maintains the high reputation enjoyed under the management of its

# ANDDYNE

UNLIKE ANY OTHER For INTERNAL as EXTERNAL use.

Originated by an Old Family Physician. Think Of It. Years, and still Every Sufferer Every Mother

A Tiverton Miracle.

DOCK BLOOD PURIFIER, THE KING OF REMEDIES. From Ross C. C. Handspiker, Esq., of Tiverton, N. S.:-"I have been afflicted with fearful running sores on my legs for 25 years. Have employed at different times, six of the best doctors I



Syrup. Rich in the lung-healing virtues of the Pin ombined with the soothing and expectorar roperties of other pectoral herbs and barks COUGHS AND COLDS loarseness, Asthma, Bronchies, Sore The roup and all THROAT, BRONCHIAL UNG DISEASES. Obstinate coughs w

P. C. MELONSON,

MIDDLETON CORNER.

PALFREY'S

CARRIAGE SHOP

. —AND—

CANNED GOODS. PRICE 25C. AND 50C. PER BOTTLE.



REPAIR ROOMS. Corner Queen and Water Sts. THE subscriber is prepared to furnish the public with all kinds of Carriages and Buggies, Sleighs and Pungs, that may be desired. esired. Best of Stock used in all classes of work. Painting, Repairing and Vanishing execut

# FOR SALE.

That beautiful place, "THORN COT" TAGE." situate at Middleton Corner,

Will be sold at a bargain. Apply to
MILLER BROS.,
116 and 118 Granville St.,
24 tf
Halifax.



GEO. H. MCKEE, Five Years a sufferer. Cured of Dyspepsia and the after-effects of Diphtheria

Dyspepsia Syrup. ightest food causing me untold agony. ightest 1000 causing into according to my bed more than half my time. I would have terrible distress in my stomach, severe headache, and be so dizzy at times that everything around me would grow durk; many a time I have said: "I wish I were dead." I tried all kinds of Dyspepsia GURES without any relief watever, and my physician did me no good. AIND In fact I was discouraged and KIND thought there was no help

I have no faith in this because I have tried so many remedies without receiving any benefit. BUT

I did try it, and thanks be to Groder's Dyspepsis Syrup, and its manu-THAT so valuable so be a control of the market THAT so valuable so va ache, no dizzy spells, and the

The Household.

Value of Eggs as Food. Six large eggs will weigh about a pound. He criticised her puddings and he As a flesh producer, one pound of eggs is equal to one pound of beef. About one-third which is more than can be said of meat. There are no bones and tough pieces that have to be laid aside. Practically, an egg is

nadeat there is no more concentrated and nourishing food than eggs. The album, oil, and saline matter are, as in milk, in the right proportion for sustaining animal life.

She turned and boxed his ears, just as his The valuable or important salts are contained in the yolk, and hence this portion of the egg is the most useful in some forms of force is deficient, and the blood impoverished, may take the yolk of eggs with advanand although hemeopathic in quantity,

nevertheless exert a marked influence on the system. The volks of eggs, containing as they do, less albumen, are not so injuriJest pile the oak wood on her an' let the fire ously affected by heat as the whites, and a hard-boiled yolk may be usually eaten by invalids without inconvenience. A boiled egg being easier of digestion than meat, supplies a means of graduating the Guinon de Reyniere, who consecrated his life to studying the delicacies of the table, affirms in his Almanach des Gourmands, that eggs How the man who broke his meerschaum can be served in more than 600 ways, and a

book is published in London by a French cook which gives 150 receipts for cooking eggs. The feeble man who has regained strength by boiled eggs for several days, will continu ne same comforting food when presented in the form of an omelet, which is the one principal food preparation made with eggs. The phosphorus in the egg is very good for all those who have brain work

Hints to Housekeepers.

When crackers become soft from long ed." standing put them in a pan and bake them over. They will be as crisp as fresh ones. Never use a metal spoon for stirring stewed for stirring thick messes.

n alcohol In buying graham flour never buy but gently: mall quantities at a time. The coarser kinds make a good quality of graham bread used for dyspepsia; screened a little finer it is called cannel flour or middlings, and is by the idea in his book. nice for gems or batter cakes. Brown bread is not made stiff enough to knead but just a stiff batter that can be poured into the pans. Take egg stains from silver by rubbing with a wet rag which has been dipped in

common table salt. To clean a black-silk dress use a sponge lipped in strong black tea, cold. When bread or biscuits become stale, you "Professional sportsman?" "No! profescan freshen them by pouring hot water over sional liar." them and draining it off quickly; then set them in the oven to heat through and they

will be as good as new. The gold thread so often used in embro dery is apt to become dull or tarnished, but if it is pure it can be brightened by pressing it with a moderately hot flat-iron. A good tonic for the hair is made of saltwater; a teaspoonful of salt to a half a pint of water, applied to the hair two or three times

a week. The effect at the end of a month ill be surprising. When going from a warm atmosphere into a colder one always keep the mouth closed, so that the air may be warmed by its pas- United States potatoes, but we're going to sage through the nose before it reaches the

A rich linen cloth to be used for luncheon er tea is patterned in stripes running the length of the table. The stripes are alternately of plain damask and of moire in large irregular waves. The effect produced is that of a piece of white satin combined with | done?" silk moire antique. The border of the cloth ans a large band of drawn work, a still nar-cow border of plain linen and a fringe. The for you,' 'e says,—'Pray let me carry at.'

cloth with a dozen doylies is valued at \$22 'esays. An' 'e up and carries it isself, just for a size two-and-a-half long. To remove iron rust and ink stains: Ruh lemon juice on the stain, then cover it with salt and lay the article in the sun. If necessary repeat the process two or three times, Spots from most kinds of ink are similarly taken out. Vinegar will sometimes do it.

RICK SNOW BALLS .- Boil a pint of rice formerly owned by Fowler and Chipman, containing 4 acres of good land, and also Orchard, all in good state of cultivation.

Also, good comfortable House and other perfectly cold place in a dish. Make a boil-perfectly cold place in a dish. Make a boil-perfectly cold place in a dish. starch; flavor with lemon. When cold turn the custard over the rice balls, half an hour

before serving. This is a simple but nice BEST GINGER DROPS. -One-half cup of sugar, a cup of molasses, one-half cup of butter, one teaspoonful each of cinnamon, ginger and cloves, two teaspoonfuls of soda solved in a cup of boiling water, two and

one-half cups of flour; add two well beaten eggs the last thing. Bake in gem pans or in a sheet. If it is eaten warm with a sauce this makes a nice dessert. FRIED SALT PORK .- Cut the pork in thin

slices and freshen in cold milk and water; roll in flour and fry crisp. If required quickly pour boiling water over the slices, et it stand a few minutes, drain, and oll in flour as before. After frying drain | lend her yours?" off most of the grease from the frying-pan, stir in while hot one or two tablespoon of flour, about half a pint of milk, a little pepper, and if the pork was over-freshened little salt may be needed. Let it boil up and pour into a gravy dish. A teaspoonful first yin, for the other yin's no there. Guid of chopped parsley adds greatly to the appearance of the dish.

An exchange says: Eat all cold food slowly. Digestion will not begin till the emperature of the food has been raised by he heat of the stomach to 98 degrees. tence, the more heat that can be imparted to the stomach by fast eating may, and the stomach by fast eating may are stomach. Hence, the more heat that can be imparted to it by slow mastication, the better. The precipitation of a large quantity of cold food often does, cause discomfort and indigestion, and every occasion of this kind results in a measurable injury to the digestive functions creases the mischief. Hot drinks-hot water,

To Clean Painted Wood. A flannel cloth dipped into warm soapsuds and then into whiting and applied to painted wood will remove all grease and dirt. Wash with clear water and dry. This will not injure the most delicate colors.

commend them to anyone suffering as I did
from weakness and impoverished blood.
Your pills have afforded wonderful relief
and I believe them to be unequalled. All
dealers or by mail, post paid, at 50c. a box
or six boxes for \$2.50. Dr. Williams' Med.
Co., Brockvills. Ont

Joker's Corner.

Our Exchanges fault with her cake: He wished she'd make such biscuit as h of the weight of an egg is solid nutriment, She didn't wash the disnes, and she didn't make a stew,

Nor even mend his stockings, as his mother
used to do.

nimal food and yet there is none of the His mother had six children, but by night disagreeable work of the butcher necessary to obtain it.

Eggs at average prices are among the cheapest and most nutricious articles of diet. Like milk, an egg is a complete food in itself, on to like a complete food in itself, and the one.

If only she would manage as his mother used to do not shall be so, too, and the documents of the documen

containing everything necessary for the development of a perfect animal. It is also Ah, well! She was not perfect, though she easily digested if not damaged in cooking, indeed there is no more concentrated and Until at length she thought her time had

mother used to do. They're Happy on the Farm. isease. A weakly person in whom nerve | Those fellers in the country—they're the

Nova Scotia Wins.

Nova Scotia Wins.

Here, \$\(\text{St. Expresspaid}\), \$\(\text{Lohnson}\) & Co., \$\(\text{Boston,Mass}\) are in a condition to be easily assimilated, and although hemosopathic in quantity, and although hemosopathic in quantity, and although hemosopathic in quantity, and although hemosopathic in quantity. O, it's jolly in the country, where there's no

There ain't no life that's like it-don't care for frost or sleet
While you're swingin' of your partners an' a
stealin' kisses sweet.

mount of nourishment. The celebrated Oh, those New Year resolutions that we made with holy awe, How they melted like the snow banks in a and vowed to smoke no more

Now smokes an old 2-cent pipe behind the
cellar door.

A Dogs Gestures.

Mike, although very ignorant, went out mong the farmers to canvass for a book entitled "Language of the Lower Animals." In the chapter on dogs is this statement, 'For a dog to turn on his back is well understood among dogs as a gesture of surrender. If two strange dogs meet on the street, and one shows fight, if the other turns on his back he will not as a rule be molest-

Mike depended upon the idea to sell the book. When near Farmer Hayne's gate, Mike suddenly stopped, dropping his book fruit or tomatoes. A wooden one is best, and turning pale. A big dog, with shaggy and those with short handles are preferable head and glaring eyes, stood showing his teeth. Flight was useless. A low savage Clean piano keys with a soft rag dipped growl came from the dog, and Mike, falling to the ground and turning on his back, said,

"Yez knows the sign o' sorrender, sor!" The dog was called away by Farmer Haynes, but Mike still thinks he was saved

After Him Again. "Beautiful sport-beautiful," said the drummer. Sixty birds in two hours and only missed two shots." A quiet gentleman sitting in the corner of a hotel office put down his paper, and grasped him warmly by "Allow me to congratulate you, the hand. sir," he said, "I am a professional myself,"

Correcting an Evil Tendency. "Did you write a poem on this sheet of paper, William?" said his father. "Yes, pa," said William, with a glow of

"William," continued his father, with sudden sternness, "come into the woodshed." Everything in Keeping. The Young Housewife-"And then I want

you to send up a peck of Irish potatoes," The Grooer-"Yes, mum," The Young Housewife-" I myself prefer have some gentlemen from Dublin to dinner, and I want everything to be in keeping."

A Test of True Gentility. "What's the new lodger like, Mariarann?"
"He's no gentleman, whatever he's like!" "No gentleman! What's he been and

like a footman!" Head all Right. Cholly-Did you hear about Weggie? He was widing in the park, and his horse threw him, and Weggie came right down on his

Chappy-Gwacious! Was he hurt? Cholly - Yes. He broke his left arm. But that wasn't the worst of it. He had to wide home with his hat smashed in. Had Heard About it.

Also, good comfortable House and other Outbuildings, all in first-class state of repair. If not sold will be rented Nov. 10th.

Description of sweet milk and a teaspoonful of compair. If not sold will be rented Nov. 10th.

Description of sweet milk and a teaspoonful of compair. If not sold will be rented Nov. 10th. Maria-Land sakes, Abner how do you know there's a stone wall there? Uncle Ab-Waal, son John said he run up ag'inst it the other day.

> -The Duke of Wellington once met by accident an officer in a state of inebriety. "Lock here, sir," said the Iron Duke, "what would you do if you met one of your men in the condition in which I find you?" The colonel drew himself up, gave the military salute, and replied with great gravity, "I would not condescend to say a word to the brute." His wit saved him his commission.

Wife-"It's raining, and Mrs. Goodsoul wants to go home. I have no umbrella to lend her except my new \$10 one. Can't you Husband-"Great Scott! The only one I have has her husband's name on the handle. -Glasgow Landlord. "When ye gae outside, Jock, ye'll see twa cabs; tak' the

FINDING AN EXCUSE FOR HIM. -Ethel-He called me a goddess. Clarissa-Well, I wouldn't judge him too harshly, if I were you. He may have been

-For Sick Headache, Sour Stomach,

The Typewriter's Lunch Mary had a little lamb

And a piece of apple-pie, And got a check for fifty cents, Which she considered high. business men will find a wonderful recuper-ative agent in Puttner's Emulsion, which contains phosphorus (brain food) in the most assimilable form.

Miss Linerutta—Do you think a man has any excuse for being engaged to four girls Miss Walton-Well, when men are scarce

-Ask for Minard's and take

Ohildren Cry for Pitcher's Castoria.

A Story of Millionnarie Lick. James Lick, of San Francisco, was an unlovable millionnaire, of whom a curious story is told: When a poor youth in Pennsylvan A man who wanted a horse for his family he was rejected by the daughter of a rich

Insomnia and nervousness are affected in the same way; there is less wear and more repose in the constitution. I could enumer at many other ilinesses in which vegetable repose in the constitution. I could enumer at many other ilinesses in which vegetable repose in the constitution. I could enumer the man's possession later. The first at many other ilinesses in which vegetable repose in the constitution. -- When the horse's head is held up by th those of the skin. Most vegetarians have unusually clear and often beautiful complexions. I need only remind those who know the stood very well. He gave her an apple. The next morning he did not show the apple throwing its head up, in order to relieve the pressure on the mouth, and to relax the must first, but she neighed for it; she had not

nose against him.

When the grippe kept him in, the mare

Of the scalp that spreads and dries, forming scurf and causing the hair to fall out. Hall's Hair Renewer cures it. nose against him. where the people live under similar conditions. It is foolish to associate vegetable diet with temperance, as so many do; they are quite astorished to see a vegetable eater.

The diet with temperance, as so many do; they are quite astorished to see a vegetable eater.

ticles, which excite the nervous system so the long run sugar will do more with a horse -There is one motto that every farmer paroxysm and violent desire for spirits and will see it every day in the year. It is short Bunge, professor of physiological chemistry at the University of Hale, writes, in his is "keep up with the times." The tillers books on vegetarianism: "The appetite of of the soil are, as a rule, conservative and the drunkard is directed almost exclusively slow to act. The most of them are men born of doing business and carrying on the farm that their fathers followed through long and

to the body, brightness and clearness to the still strangers to the men who do things "as mind. The vegetarians I know are all unusually strong, active and young looking of the father is desirable and proper but the another time twenty-seven hours, withsinews if one reflects that all the strongest animals who do the heaviest work in the world, like horses, oxen and elephants, are other professional men feel compelled to do It is not my intention to be understood to | with your neighbor and in the grange or say that I look upon vegetable diet, even with its necessary accompaniments of fresh You will probably say "this talk doesn't

Farm Fagots.

Neither the sheep nor any other business

lar the appurtenances,
Terms: Ten per cent deposit at time of sale;
remainder on delivery of deed.
H. Rugeles, of Bridgetown, Annapolis Co.,
Solicitor for Plaintiff.

cure them when sick. gained a distinct place in "materia medica" The man who attends farmers' meetings

Farm Notes. Always look before you leap but don't

When the farmer recognizes the fact that he is a business man and conducts his farm upon business principles he will take a great You have to go through the same work in making poor butter as in making the best; only in making the best everything is done

Dodd's Kidney Fils of all that they never remedies is owing to the fact that they never falled when used for Bright's Disease, Dropsy, Backache, Rheumatism, and all diseases of the Kidneys and blood.

Not a Particle.

A feature worth noticing in regard to Burdock Blood Bitters is that it does not contain one particle of poisonous matter.

-Minard's Liniment cures Diptheria.

It is the new shortening taking the place of lard or cooking butter, or both. Costs less, goes

farther, and is easily digested by anyone.

AT ALL GROCERS.

Made only by

N. K. FAIRBANK & CO., N. K. FAIRBANK & CO., Wellington and Ann Sts.,
MONTREAL.

Windsor & Annapolis Raiw'y Time Table. COMMENCING THURSDAY, JAN. 5th, 1893

and until turther notice. COING WEST. 6 451.

EGOING EAST. A.M. A.M. P.M

(b) Tri-weekly between Annapolis and Ker ville,—Tuesday, Thursday and Saturday. Dai between Kentville and Halifax. N. B. -Trains are run on Eastern Standar leaving Kentville at 6.50 p.m., for Cauning and Kingsport.
Trains of the Nova Scotia Central Railway leave Middeton at 2.05 p.m., for Bridgewater and Lunenburg.
Trains of the Western Counties Railway leave Annapolis daily at 12.55 p.m., and on Tuesday, Thursday and Saturday at 5.00 a.m., leave Yarmouth daily at 8.10 a.m., and on Monday, Wednesday and Friday at 1.45 p.m. Steamers of the Yarmouth Steamship Line leave Yarmouth every Wednesday and Saturday p.m. for Boston.
Steamer "City of Monticello" leaves St. John every Wednesday and Saturday p.m. for Boston.
Steamer "City of Monticello" leaves St. John every Wednesday and Saturday p.m. for Boston.
Steamer "Gity of Monticello" leaves St. John steamers of the International Line leave St. John every Thursday a.m., for Eastport, Portland and Boston.
Steamer "Winthrop" leaves St. John every alternate Friday at 10.00 a.m. for Eastport, Bar Harbor and New York.
Trains of the Canadian Pacific Railway leave St. John at S. John every alternate Friday at 10.00 a.m. for Eastport, Bar Harbor and New York.
Trains of the Canadian Pacific Railway leave St. John at S. John and for Montreal at 10.40 p.m. daily, (Saturday excepted).
Through tickets by the various routes on sale at all stations.

W. R. CAMPBELL.

BAY OF FUNDY S. S. COMP"

(LIMITED) January and February Sailings. A Steamer of this line will leave St. John every WEDNESDAY and SATURDAY morning at 7.30, local time, for Digby and Annapolis, returning same days; sailing from Annapolis upon arrival of the morning Express from Halifax, caling at Digby, and due in St. John at 7 p.m. Connections made at St. John with all outgoing trains, and with the International Line Steamers for Eastport, Portland, and Boston.

HOWARD D. TROOP, President, St. John, N B Jan. 1st, 93. Fruit Trees We offer a fine stock of

Groder's Botanic

world looks bright to I can now cat any kind of food, when

I can truthfully say I am cured. I have no distress at my stomach, no head-

and other Fruit Trees, from one of the largest stocks in America. Planters should get our prices before placing their orders. If desired, we will pay freight and duties, delivering the trees free a your railway station.

Ningara Nurseries. Mooble & ONS. Established 1839.

CALL AT THIS OFFICE WHEN YOU WANT WEDDING INVITATIONS.

Desired the management of its late proprietor, and patrons to the house may rely on finding it first-class in all its appointments, and charges most reasonable. Good Sample Rooms. Teams convey passengers to and from depot free of charge.

G. LANGLEY, Proprietor.

Bridgetown, Oct. 22nd, 1890.

Definite Management of its late proprietor, and patrons to the house may rely on finding it first-class in all its appointments, and charges most reasonable. Good Sample Rooms. Teams convey passengers to and from depot free of charge.

CALL AT THIS OFFICE WHEN YOU WANT WEDDING INVITATIONS.

Bridgetown, Oct. 22nd, 1890.

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Ice water drunk with cold food of course inweak tea, chocolate, etc., will, on the con trary, help to prevent it. But eat slowly, anyway.

E. Jardine, North Sidney, C. B., says:

"I have used your Dr. Williams' Pink
Pills with decided success, and would recommend them to anyone suffering as I did
from weakness and impoverished blood.