There are thousands of sickly school-girls all over

HOPE ENTHRONED.

LIFE PROLONGED AND ITS USEFULNESS GREATLY EXTENDED.

THE RUTHLESS HAND OF NATURE PERMITS ONLY THE SURVIVAL OF THE STRONGEST BUT MEDICAL SCIENCE SECURES THE

SURVIVAL OF THE WEAKEST.

From the Cornwall Standard. The science and art of medication holds a unique place in the esteem of the entire civi-lized world, because by a judicious application of progressive science relative to the art of healing innumerable triumphs are won in the struggle for health. The profession of medicine we may safely say, is no sinecure, its triumphs and successes are rehearsed daily by the million. Those who are in the vanguard of this movement are our greatest benefactors. Their discoveries are a boon to anity; they have given relief to thousands who would have dragged out a miserable and more or less brief existence. Dr. Williams by means of his Pink Pills has earned and enjoys the gratitude of untold mbers who were on the verge of isolation or death, because their case defied the skill of the ordinary medical practitioner. The ruthless hands of nature permits only the survival of the strongest, but the tender ministrations of medical science, as exemplified in Dr Williams' Pink Pills, secure the survival of the weakest, which is in harmony win the divine injunction, "We then that

are strong ought to hear the infirmities of

the weak and not please ourselves."

These famous pills have given strength to the apparently hopelessly weak, and vitalized and invigorated fagile and debilitated conons, enthroned health and strength, thus increasing every value and enhancing every joy. In substantiation of the reputed merits of Dr. Williams' Pink Pills read the following testimonial of one of Glengarry's responsible citizens. Samuel Neil, of the village of Lancaster, is one of the best known men in the county. For three successive winters," says Mr. Neil, "I suffered from severe attacks of la grippe. Owing to the exhausting effects of these attacks I was unable to attend to my business half of the time. The last attack I had was in December, 1895. It was the most prolonged and the subsequent effect the most trying. All the winter of 1896 I was under medical care and being somewhat avanced in life I presented a very frail appearance. My weakness was so pronounced that I became a vic-tim of weak turns, and even with the assistance of a cane I was liable to fall. Attempts to walk were risky, and often to be is also to be recommended, because of the regretted. / I was troubled with a dizziness in the head that rendered locomotion difficult and unpleasant. Besides this general weakness I had pains in my shoulders, something like articular rheumatism in its fluctuations and severity. After a five months treatment I was not any better, in fact the doctor gave me very little encouragement. He said I had palpitation of the heart and it must run its course. The truth is I felt so in the wood, decay sets in, and in the end we weak that my hope of recovery was about nil. About the first of May I determined to get a hollow-trunked tree; and, unfortunatetry Dr. Williams' Pink Pills. The result was the dizziness left me, day by day my pains vanished into imperceptibility, and I began to feel myself again. The improvement continued until I was able to follow my business with unexpected vigor. I am asing in flesh and in the general signs

of good health, and I unhesitatingly attribute my recovery to Dr. Williams' Pink Pills. Dr. Williams' Pink Pills create new blood, build up the nerves, and thus drive dise from the system. In hundreds of cases they have cured after all other medicine had failed, thus establishing the claim that they are a marvel among the triumphs of modern medical science. The genuine Pink Pills are sold only in boxes, bearing the full trade mark, "Dr. Williams' Pink Pills for Pale People." Protect yourself from imposition by refusing any pill that does not bear the registered trade mark around the box.

Courtesy. mebody says that although courtesy is not Christianity, it is a very good imitation good mutton. of it, indorsed by good-breeding. Christisnity commands us to love our neighbor as ourselves. Courtesy commands us to treat our neighbor as ourselves. Whether we love him or not, courtesy does not inquire. We are to seem to do so, and act as if we did.

There are people who consider this deceit. sorrow when he leaves me? If I never saw his wife and children, is it not hypocrisy for me to show interest in Mrs. Jones' rheuma-

matter. Yet life holds so much sorrow and | make up your mind that their feed is not so many mistakes and regrets for most of us, | right. that it is a primary duty to humanity to force ourselves to feel and to express all the sympathy, kindness and cordiality we can.

You Can Have Your Eye Tattooed. The latest discovery of scientific medical men is that the human eye may be tattooed any color. Of course, eyes are only tattooed in cases where one of them is blind, and has assumed in consequence a peculiar dead and ghasily appearance. An eye in this condi-tion will entirely disfigure a face; but a modern occulist may color one of these "dead" eyes, and restore it to its natural appear-

The operation of tattooing is performed by The operation of tattooing is performed by first treating the eye with cogaine, until it becomes absolutely senseless to pain. When all is ready, the part to be operated upon is covered thickly with India ink of the required color. The tattooing is then performed by means of a little electrical machine which operates a specially made needle.

"I Had no Faith."

BUT MY WIFE PERSUADED ME TO TRY THE

J. D. McLeod, of Leith, Ont., says: "I J. D. McLeod, of Leith, Ont., says: "I have been a victim of rheumatism for seven years—confined to my bed for months at a time; unable to turn myself. Have been treated by many physicians without any benefit. I had no faith in rheumatic cures I saw advertised, but my wife induced me to get a bottle of South American Rheumatic Cure from Mr Taylor, druggist, in Owen Sound. At that time I was in agony with pain. Inside of 12 hours after I had taken the first dose the pain had all left me. I continued until I had used three bottles, and I now consider myself completely cured."

Sold by S. N. Weare.

—The best way to prepare a new iron ket-tle for use is to fill it with clean potato peel-ings and water, boil them for an hour and more, then wash the kettle with hot water, wipe it dry, and rub it with a little lard. Repeat the rubbing several times after using. In this way you will prevent rust and all the annoyances likely to occur in the use of a new kettle.

"Whene'er a noble deed is wrought, Whene'er is spoken a noble thought Our hearts in glad surprise To higher levels rise; The id tal wave of deeper souls Into our immost being rolls, And lifts us unawares Out of all meaner cares."

Agricultural.

Pruning Orchard Trees.

During the winter season a good opportunity is afforded to look through one's or-chard and do pruning, should it be necessary. It will be as well to say at starting that trees do not need pruning every year, as many suppose they do. I am often asked "When should my trees be pruned?" the questioners evidently believing that, as a natter of course, it was to be done every year. In orchards growing freely there may of which should be cut away. And in older orchards, limbs may be decaying, or where they are of no manner of use, and these are better cut away. Many young trees can have their growth regulated very well by watching them in their growing season, and nipping off the ends of growing shoots and cutting away of others. Trees of beautiful outline are produced in this way. Where pinched off, there are several new shoots take the place of one, and when done intelli-gently, shoots can be had almost wherever they are wanted.

In the winter season, when the branches

are bare of leaves, it is easy work to see just what a tree needs. It may be that nothing at all is required, the branches being properly placed, and no dead ones to be cut away. Many trees are far too crowded with branches, and it will be better to make a mistake, and cut out too many than to leave them crowded. Air and light must get to all parts of the tree if we would have fruit over all. Lower branches are apt to overtop one another too much, and in this case some of them suffer. The centre of the tree is often too crowded for the best results. In this case the saw and hatchet will be needed. And here is where a word of warning is required. If a branch is not wanted cut it off completely at its base. Do not saw it off an inch or two above where it starts out, or you will

not effect your object. When sawed in this way, three or four shoots will start out from the part left, and instead of reducing the number of branches, an increase is made. Cut clean to the base, so that no eyes are left to start afresh more shoots. When the leaves are off, a good view is had of all parts of the tree, and little practice will show not only where branches are too close now, but small twigs which evidently will be too numerous when they get larger; and these should be cut out. netimes large limbs but poorly furnished with branches will be better cut away, especially if there are vigorous-looking young opportunity it affords of properly painting the wounds—a most important work. When cut when the sap is flowing, it is not as easy to get paint to adhere nicely to the scars the saw makes as it in winter. This—the proper painting of the scars must not be overlooked. Many a fine tree has been permanently ruined by having had limbs sawed away, and the scars on the tree left unpainted. sure that the paint is put on thickly.

The Advantages of Sheep An institute lecturer thus sums up the

advantages of sheep: 2. They weaken the soil least and

trengthen it most. 4. The care they need is required when

other farm operations are slack. 5. The amount of investment need not be

6. The returns are quick and many. 7. They are the quietest and easier handled of all farm stock. 8. Other farm products are made m largely from cash grains, while those from the sheep are made principally from pas-

9. There is no other product of the farm that has fluctuated so slightly in value as

10. By comparison wool costs nothing, for do not the horse and cow in shedding their coats waste what the sheep saves.

If you wish to be successful with poultry, do not undertake too much at first. Begin "I don't care a snap for Jones, why should | with a few fowls and study their habits and l express pleasure at the sight of him and wants and then gradually increase their

If after purchasing pure bred fowls the do not begin laying at once, don't get im tism or regret the broken arm of the small | patient. All they want is a little time to ings. Then if they don't begin you may

> If your hens do not lay, or lay double yolked or soft shelled eggs, they are too fat, and more wheat and oats (and no corn) should be fed; also require them to scratch for all

the grain they eat. If your space is limited, keep only a few fowls and let the few be very fine ones, as it costs no more to feed a prize winner than it does a scrub.

Wide Tires Save Horseflesh

The report of Prof. H. J. Waters, dean of the Massachusetts State Agricultural College on the result of the tests made by him to determine the difference in draft of wide and narrow tired wheels, states that "by using the wide tires an average of 53 pounds of draft is saved. A horse is computed to exert a pull of 150 pounds for 10 hours per day, traveling at the rate of $2\frac{1}{2}$ miles per hour. On this basis the wide tires saves slightly more than one third of the exertion of the horse."

-Every cheese factory and creamery is just what the farmers who support it encour age it to be. It is a moral impossibility for a poor butter or cheese maker to exist a month in a community of well trained dairy farmers. It is just as impossible for a good maker to obtain true recognition and appreciation in a community of farmers who are

-It is natural for a cow to be gentle when it has been brought up by a civilized owner, and there is great satisfaction in a herd of animals as tame as pet kittens.

-Wheat bran is a safe, cheap food and s good deal more concentrated than it looks. Many farmers feed too much meal and not

enough bran. THE BOY ON THE FARM .- Don't bear

down too hard on the boy because he is your boy instead of a hired man.

-Minard's Liniment Cures LaGrippe.

Biliousness

Trust

What Time Has Endorsed

1810. There is not a medicine in use today which possesses the confidence of the public to so great an extent as Johnson's Anodyne Liniment. For more than eighty years it has stood upon its own intrinsic merit, while generation after generation have used it and transmitted the knowledge of its excellence to their children as a valuable inheritance. The best value is the fact that in the state where it originated the sale of it is steadily increasing.

I. S. JOHNSON, ESQ. My Dear Sir.—Fifty years ago this month your father, Dr. Johnson, called at my store and left me some Johnson's Anodyne Liniment on sale. I have sold it ever since. I can most truly say that it has maintained its high standard and popularity from that time to this.

I have used your Johnson's Anodyne Liniment for more than fifty years in my family. Have used it for colds, coughs, sore throat, stings, cramps, sore stomach, rheumatism, lameness, colic, toothache, neuralgia, etc., and found it always good every way. I would not let my house be without it. I am a man 71 years old. Johnson's Liniment is my family remedy.

I have used it in my family fore some of the same. I have supplied my customers with it even the count it always good every way. I would not let my house be without it. I am a man 71 years old. Johnson's Liniment is my family remedy.

I have supplied my customers with it even fince, (over fifty years) with increasing sales. I have used it in my family for sprains, cough, colds, lame back, and consider it the best.

JABEZ KNOWLTON, Newburg, Me.

The Doctor's Signature and directions are on every bottle.

If you can't get it send to us. Price 35 cents; six \$3.00. Sold by Druggists. Pamphlet free

I. S. JOHNSON & Co., 22 Custom House St., Boston, Mass., Sole Proprietors.

Bridgetown Wood-Working Factory, BRIDGETOWN, N. S. Contractors and Builders

A WORD IN THE EAR OF THE WISE MAN SUFFICETH. There are many wise men in Annapolis Valley, and some of them have and others have not sath on to our whisper of last spring that we had come to Bridgetown to stay, and asking for heir patronage. Well, we have been here a year, and have done \$30,000 worth of business, recting buildings in Hallfax, Windsor, Yarmouth, Annapolis, Bridgetown, Berwick, Aylesford, and other towns, and we flatter ourselves we have given satisfaction and carried out our obligations. ecting buildings in Hailiax, whose, i same way given satisfaction and carried out our oningaid other towns, and we flatter ourselves we have given satisfaction and carried out our oningaons to the letter.

We have paid our factory help regularly every fortnight, thereby distributing over \$400.00 in
ish amongst the storekeepers in Bridgetown and vicinity during the past year. Our aim is to
ouble that this year, and we solicit the assistance of the public to enable us to do so.

We take this opportunity of thanking those who have entrusted their work to our care, and
ould ask for a continuance of their favors.

Ould ask for a continuance of their favors, and have just added to our plant a New Dry House
with all the latest improvements in a HOT BLAST DEY KILN, so that we can dry out
preen lumber in six days. We can now supply

Dry Lumber, Sheathing, Flooring, Mouldings of all kinds, Wood Mantles, Counters, Store and Church Fittings, Sashes, Doors, and Factory work of every description at short notice We consider ours the best equipped factory in the Valley. We are all practical mea, and give in the time and attention to our business. We are ready to handle any kind of building not attend that it is dimensions, and will attend to all orders for repairs, shingling and remodelling

Plans, Specifications and Estimates can be had of us at small cost. 43 We have just received direct from British Columbia one carlead B. C. Cedar, and the way Whitewood and Quartered Cak. On hand: Shingles, Cispboards, Lime, Cement, Plaster, Hair, Laths, Nails, Paper, etc., and a layge stock of SPRUCE AND PINE LUMBER

BARGAINS! BARGAINS!

I intend to sell out the balance of my stock of goods during the next 90 days at prices to suit the times. I have no toys to offer, but I have goods that people want and may have at amazingly low prices, such as a full line of

Boots, Shoes, Rubbers, Overshoes, AND A LARGE LINE OF

Men's Slippers, PLAIN AND going at Cost. Balance of Larrigans at 75c per pair.

Mirrors in gilt and oak frames. I have also a number of Boys' Suits, former price \$4.50, selling now for \$2.50.

A full line of Xmas Candies, Nuts, Raisins, Currants, etc.

J. E. BURNS

make no big splurge, but they are following the procession and are

Keduced Prices undertaker, for the next Sixty Days.

Call and see what they can do in their line. RUFFEE'S BLOCK.

BRIDGETOWN

Boot & Shoe Store

IS NOW COMPLETE IN ALL LINES FOR FALL. MEN'S DEPARTMENT.

Men's Kip Hand Made Bellows Tongue Bals selling for Men's Grain Bellows Tongue Bals selling from \$2.25 Men's Grain Bals, hand made, selling for \$2.00 and \$2.75 Men's Kip Hand Made Leg Boots selling for -Men's Fine Line, complete in all sizes, in Dongola, Buff, Calf, and Cordavan Congress and Bals.

LADIES' DEPARTMENT is also complete in all lines. My Ladies' Skating Boot cannot be beaten for quality and price, to say nothing about style. This Boot is beautifully gotten up, very heavy sole, and warm lined. BE SURE AND SEE THEM BEFORE BUYING ELSEWHERE.

Ladies' Overgaiters and High Cut Leggings for Fall and Winter. Ladies', Misses' and Children's Wool Soles for Bidroom Slippers, all

DON'T FORGET THE PLACE: MURDOCH'S BLOCK.
GRANVILLE STREET. E. A. COCHRAN

Crocker's Pickles

MIXED PICKLES Prepared and put up at the

ANNAPOLIS VALLEY VINEGAR AND PICKLE FACTORY in Pure Cider Vinegar. Five or Ten Gallon Kegs. Satisfactio

C. H. R. CROCKER, Prop. - - South Farmington

Important Notice!

I make no such profit on my Clothing that would permit me to sell \$16.00 suits at \$12.00; but I sell the best suit for the money that can be got in the county.

FISHER, the Tailor. Stores Bridgetown and Annapolis Royal ALL KINDS OF JOB WORK NEATLY EXECUTED AT THIS OFFICE.

On and after MONDAY, 4th JANUARY, 1897, the trains of this Railway will run daily, (Sunday excepted). Trains will Arrive at Bridgetown: Express from Halifax.... 11.26 a.m.

Express from Yarmouth... 12.35 a.m. Accom. from Richmond... 5.05 p.m. Accom. from Annapolis... 6.30 a.m. Trains will Leave Bridgetown: Express for Yarmouth... 11.26 a.m. Express for Halifax 12.35 a.m.

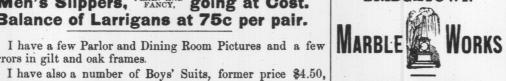
Royal Mail S.S. "Prince Rupert, ST. JOHN and DICBY. Monday, Wednesday and Saturday Leaves St. John..... 8.00 a.m. Leaves Digby...... 1.00 p.m. Arrives in St. John...... 4.00 p.m. Trains are run on Eastern Standard Time



The fast and Popular Steel Steame "BOSTON,"

Yarmouth, Nov. 1st, 1896.

BRIDGETOWN



N. B.—Having purchased the Stock and Trade from Mr. O. Whitman, parties ordering anything in the above line can rely on having their orders filled at short notice, Bridgetown, March 19th, 89.

A. BENSON. BRIDGETOWN.

Caskets and Robes

Also M'f'g of Hearses, Fancy Mantels, and Newel Posts.

AT Jobbing orders promptly attended to



-AND-REPAIR ROOMS. Dorner Queen and Water Sta

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

Best of Stock used in all classes of work.

Painting, Repairing and Vanishing executing a first class manner. ARTHUR PALFREY.

Coal! Coal!

HARD COAL Furnace, Egg, Stove and Chestnut. SOFT COAL. OLD MINE SYDNEY.

WANTED I Salesmen and Canvassers in all towns and villages not represented, to handle Cleveland Bicycles Lucrative employment to right parties. Send for our catalogue. Small cash capital required H. A. LOZIER & Co., 169 Yonge Street, Toronto.

this broad land that are dragging their way through school-life who might enjoy that abundant life which belongs to youth by simple attention to hygienic laws and a proper course of treatment

Harnesses! Harnesses!



Yarmouth S. S. Co., Limited. Nova Scotia and United States THE QUICKEST TIME. 15 to 17 hours be

Two Trips a Week.

L. E. BAKER,
Pres. and Managing Directo
W. A. CHASE, Sec. and Treasurer.

THOMAS DEARNESS Importer of Marble Pyrethrum

Headstones, &c. Also Monuments in Red Granite Gray Granite, and Freestone. Granville St., Bridgetown, N. S

Powdered **Dalmation** Insect flowers

This Insect Powder the Highest Grade Manufactured, Put up in \(\frac{1}{2}\)-lb. Sifting Tins and in bulk. DEARBORN & CO.,

Agents-ST. JOHN, N. B N. B.—Our Sifting Tins contain from 1 to z. more than other makes. THIS IS THE PLACE TO BUY

> CLOTHING, Men's Shirts, Boots and Shoes.

A Large Stock of CHILDREN'S BOOTS. B. STARRATT.

CAUTION!

All persons indebted to the estate of the ate J. AVARD MORSE, either by accounts or promissory notes, are hereby notified that ill payments of the same must be made to he undersigned, as no person has been authorized by them to collect said accounts or

Direct Evidence

E. BENT, J. B. GILES, Executors.

A. STANLEY BANKS. Waterville. Kings Co., Nov. 18, 1895, 18 ly

POTTER OYLER, Spitalfields Market, London, RECEIVER OF APPLES.

Established 80 years in the fruit trade. Apples sold at private sale. Best prices secured, prompt returns. Consignments solicited. Apply to T. L. DODGE & CO., Kentville, General Agents for N. S. EDWIN RICKETSON. Bridgetown, C. J. WEST, Aylestord. Portland Cement. The subscribers will have a car load of sixty bbls. Best Portland Cement landed here about middle of April. This having been bought at a low figure, and through rate of freight from Antwerp to Bridgetown, we are enabled to offer it at lower rates than it has ever been bought for in Bridgetown.

CURRY BROS. & BENT.
Bridgetown, March 17th, 1896. 15 tf

FOR SALE! SCHR. "CRUSADE," now lying at Annapolis, 43 tons, good sailer and well found. Will be sold cheap. JOHN H. LONGMIRE, Bridgetown

The Household.

From a Cheap Cut of Beef. OR A FAMILY OF TWO-BEEF ROLLS, MEAT

Where economy in catering for the family ust be considered, or fresh meat is procur ed with difficulty each day, the follo methods of preparing the cheaper cuts of rump or round, which cost generally from ten to thirteen cents a pound, may be found

Select a solid, chunky piece of bright-red color, and free from fiber, weighing five or six pounds. If perfectly fresh when purchased, this meat will keep a long time in cold weather, especially if it be wrapped closely in a cloth saturated with vinegar and then tied in a paper.

These recipes have been collected from

various sources, and adapted to the needs of a family of two; but double the quantity or thrice the quantity will adapt them to the needs of a larger family.

BEEF ROLLS.—Cut very thin slices across

the grain, about three or four inches square and spread upon each slice a dressing made as follows: Three tablespoonfuls of stale bread crumbs, hot water enough to moisten, in which a tablespoonful of butter has been nelted, sage, salt and pepper to taste. Roll the strips and secure with threads tied around the middle and the ends. Try out a little salt pork, take out the scraps, and in the fat left in the pan place the beef

When they are nicely browned all ove add boiling water to nearly cover and any dressing that may have been left over. If no dressing remains, add a little flour to the fat in the pan before turning in the water. Let the meat simmer, closely covered, for two hours, or until it is easily pierced by a fork, adding boiling water from time to time, as necessary, allowing it to boil away until thick enough to serve for gravy, as soon as

DRY STEW.—Boil a pound of beef in about a quart of salted water, slowly, until done. Take it out and keep it hot, leaving the liquor in the stewpan. Into this put one small onion and a few pieces of turnip. Pepper to taste. After the turnips have runks & Bags. Sleigh Bells, Heavy Wool Lap Robes, fine stock of Men's Driving Gloves, boiled ten or fifteen minutes add two or three nedium-sized potatoes, pared and cut in halves lengthwise. Lay some dumplings in a steamer over these to cook. Remove the potatoes to separate dishes and thicken the iquor left in kettle for gravy.

SMOTHERED BEEF.—In a closely covered ean-pot put a pound of beef. Use no water. Cook in a very moderate oven for two hours. then increase the heat and cook until the meat is easily pierced by a fork. Pour off the gravy and to it add as much water, season with salt, pepper and a little vinegar, and thicken with a little flour and butter rubbed together. Serve the meat in thin slices. next week and move the fence over." trained tomato may be added instead of

Light Single and Double Riding HAMBURG STEAK .-- Chop a pound of beef Waggons, Phaetons, Express, very fine, season with a little chopped onion and a dash of pepper, if liked. Press with Grocery and other Delivery the hands into a round flat cake, place on a well-greased broiler and broil like steak. The stock used in the construction is the best of American manufacture, the waggons are built by thorough workmen, and each and every feature pertaining to their make will meet the heartlest approval of the eye of the critic, besides carrying a guarantee of the Company. For full particulars write me for catalogue, and don't make any arrangement for the purchase of new vehicles till you have obtained my prices and other general information, which will be promptly and cheerfully imparted. When done place on a hot platter, sprinkle on a little salt and some bits of butter-or maitre d' hotel butter—and set in a hot oven until butter is melted. Garnish with parsley.

MEAT PIE.-Cook the required amount of beef cut in good pieces for serving, until very tender, with a clove, and onion and a little pepper. When done, take the meat JOHN HALL, Agent. out and place in a small baking-dish. Thick. en the gravy, season to taste and pour over the meat. Put on a crust made like a very rich biscuit dough, leave a hole in the middle for the steam to escape, and bake in a

moderate oven until the crust is done.

Bright, glossy hair is in demand, together with rosy cheeks and a healthy body. Dry, crisp locks vanished with the days of the shionable invalid. Constant brushing, night and morning,

does much to keep the hair in a lively, fresh condition, even when other means are not resorted to. One hundred strokes of the brush, drawn in vigorous fashion from the scalp quite to the ends of the hair, will do more to pro-

mote its natural growth and beauty than

can be imagined. Massage, too, will often stop the fall of the hair, when all else fails. The correct way to massage the scalp is to place a hand on each side of the upper part of the face, pressing the thumbs on the head behind the ears, with the little fingert spread just above where the eyebrows begin. Then spread out the remaining fingers over the head, and for eight or ten minutes gently and steadily work the scalp backwards and forwards. This done, pinch the scalp all over until the scalp begins to tingle, as this will loosen the

scalp from the bone and increase the circula-

To Lengthen Baby's Nap. It is very easy to turn babies over without waking them, and it tends to prolong their naps. Take a firm hold of the clothing near the waist and a little below, and roll the baby gently over. It will not waken the lightest of the little sleepers if properly done, and then it is delightful to see them stretch a

as though appreciating the change. When they are unable to turn themselves, they get cramped after sleeping an hour in one position, and that wakens them and makes them irritable. If mothers of cross babies will try this plan they will find it

Don't fail to feel baby's hands and feet, uring cold weather, both day and night. If they become cold, rub them gently till warm; if that does not have the desired re-

sult, wrap them in warm flannels. Fruit Salad. Make a lemon jelly in this way: To a

ackage of gelatine add a pint of cold water and the juice of 4 lemons. Let it stand an hour. Now add a pint of boiling water and 3 cupfuls of sugar, let it come to a boil, strain through a cloth and pour a little into as many cups as there are persons to be served. Set them where they will be cold. Keep the rest of the jelly warm. Have ready thinly sliced oranges and bananas, some candied cherries and grated cocoanut. When the jelly in the cups sets, put some of each kind of fruit in each cup and pour on more jelly. It is best to prepare this salad the day before it is to be used. It must be kept in a cool

Travelled Half the Globe to Find Health, Without Success.

TOOK THE ADVICE OF A FRIEND AND NOW PROCLAIMS IT FROM THE HOUSETOP—
**SOUTH AMERICAN NERVINE SAVED MY LIFE."

Mrs. H. Stapleton of Wingham writes:
"I have been very much troubled for years—since 1878—with nervous debility and dyspepsis. Had been treated in Canada and England by some of the best physicians without permanent relief. I was advised about three months ago to take South American Nervine, and I firmly believe I owe my life to it to-day. I can truthfully say that I have derived more benefit from it than any treatment I ever had. I can strongly recommend it, and will never be without it myself." Sold by S. N. Weare.

-Teacher: "Tommy, you're a bright lit-tle chap. Can you tell me what grass is?" Tommy: "Yes'm; grass is de whiskers on de earth."

Joker's Corner.

Informal Prayer of Cyrus Brown

'The proper way for a man to pray,"
Said deacon Lenuel Keyes,
And the only proper attitude
Is down upon his knees."
'No I should say the way to pray,"
Said Rev. Dr. Wise,
'Is standing straight with outstre
arms
And rapt and upturned eyes."

"O, no; no, no," said elder Slow,
"Such posture is too proud;
A man should pray with eyes fast closed
And head contritely bowed."
"It seems to me his hands should be
Austerly clasped in front,
With both thumbs pointing toward
ground,"
Said Rev. Dr. Blunt.

"Las' year I fell in Hodgkin's well Head first," said Cyrus Brown, "With both my heels a stickin' up, My head a pointin' down; An' I made a prayer right then an' there Best prayer I ever said, The prayings! prayer I ever paped

The prayingest prayer I ever prayed A-standin' on my head."

Theory and Practice. "War," remarked Mr. Sirius Barker, as he dropped his paper across his knees and looked into space, "is a brutal and barbarous institution. I can't understand why it ous institution. I can be in that human beings will get together and fight instead of discussing any difference that may arise in a calm, gentlemanly man

"You are in favor of arbitration, aren" you?" said his wife. "Emphatically. If I had the power, I wouldn't think of allowing any question; however great or small, to be settled ing passion to get the better of reason. The moment we admit that might makes right, the great principle of justice is sure to be

"By the way, Henry, Mr. Diggles, who owns the property next door, called here to see you this morning just before you went down town."
"What did he want?"

"He says the fence between our lots is over on one side so that there is a strip of nis ground six inches wide in our yard." "He said that, did he?" "Yes. He thought you might not know

about it because the property has never been surveyed since you bought it." "He has the impudence to assert that I have been occupying six inches of his ground, has he?"

"Who told him all this?"

"He says he suspected it all along, and had it surveyed yesterday, and that the surveyor told him."
"What is he going to do about it?" "He says he is going to have a man come

something to say about that. He's going to to vank that fence around to wherever he earth that happens to be left over when he has all he wants, is he? That's just like Diggles."
"Are you going to hire a lawyer?"

"And pay out more than the whole house and lot combined are worth? Not by a jug-"What are you going to do about it?" "I'm going to lick the first man that lays his hand on that fence, and Diggles in the bargain. If it's necessary I'll hire a whole standing army and a Gatling gun to stand

guard over every post in it. That's what I'm going to do about it." A Difficult Word. "Why don't you study your reading les-

son, Frances?" that little baby's papa asked, "The words are so hard to pro papa," replied the small student. "I don't believe you can say them yourself." "Oh, nonsense! Spell the words and divide in syllables."

Then the spelling began. "G-r-a-n-d. What's that, papa?" "Grand. Go on." "Grand f-a-t. What's that?" "Grand fat. What's next, Frances?" "Grand fat h-e-r. What does that spell.

ever heard of a grand fat her? You surely haven't spelt the word correctly. And then mamma laughed from the corner. "Did you never hear of a grandfather, And Frances cried triumphantly: "I told

"Do let me see the book. Frances. Who

And Frances cried triumpusses.

you these words were awfully hard, papa.

's proposition them yourself." -The manager of a big restaurant near Broad street station vouches for this story. A day or two ago an individual manifestly from the "rooral deestricks," drifted up against the counter at which raw oysters are dispensed, "Young fellow," he remarked to the box-man, "you kin gimme some o' them raw oysters," a request which was promptly complied with. After the first half dozen had been deftly extracted from their shells and tossed before the bucolic epicure, the glanced up inquiringly. Seeing the country-man still holding his fork expectantly poised, he continued his operations, and is was a little and cuddle down in the new position, race between the two until the oysterman paused to wipe the perspiration from his brow. The countryman had up to this

> wuth I reckon you better quit. I b'lieve I don't want no more than a dime's wuth thi CHRONOLOGICAL COMFORT .- "It's glad Oi om," said Mr. Rafferty, "thot Oi'm not

point consumed three dozen and a half-

forty-two oysters. "Young feller," he

drawled, "when you've opened 10 cents

'Phwy?" inquired Mr. Dolan. "Oi'd be unaisy about the year thot's omin'. Mebbe ye've noticed it yerself." "Noticed phwat!"

"That the firsht av January comes an a "Be the powers, thot's dishquietin'. But let's be thankful it don't fall an the t'irteent av the month."

A Misapprehension.

A late bishop of a somewhat inquisitorial character, once wrote the following query to the church wardens of a parish in his diocese: "Are the conversation and carriage of your clergyman consistent with his hely office?" The reply was: "We can't say nothing about his convarsation, but he don't keep no kerridge."

A Popular C. P. R. Officer ADDS HIS TESTIMONY TO THE MERITS OF DR. AGNEW'S CATARRHAL POWDER FOR CA-TARR AND COLD IN THE HEAD HE SAYS IT IS PEERLESS.

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-" Uncle Simon, why does all the world love a lover?" "Because they know he will be spen money as long as he can raise a cent."

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