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SCIENTIFIC AMERICAN, MUNN & CC.

There are Thousands of Run-down Women.

Are You One of Them?

There are thousands of women here, there and everywhere, who are suffering from a run-down condition.

The tendency is, to let matters go, till serious illness or some chronic female weakness results

Isn't this a foolish thing to do?

Don't do it. Get well. Be your old elf again. Do you ask, how? Do as Miss Clark and Mrs. Thomas did when they got rundown. They took Health Tablets.

Dr. Hugo's Health Tablets Make Healthy Women.

I was suffering from a run-down con-I was suffering from a run-down condition. My doctor gave me some brown tablets. I improved so much in two weeks that I congratulated my physician. He then told me I had been taking Dr. Hugo's Health Tablets.—Flora Clark, Island Pond, Vt.

The benefit secured from one box of Dr. Hugo's Health Tablets has been so great that I am satisfied one box more will effect what you claim for them, and make me again a healthy woman.—Mrs. Jemie Thomas, Dixville, Que.

Notice, too, that there was no waiting for results. Improvement began at once. And it always does. The 72 tablets in 50c box will start you on the road to health.

A woman as a steeplejack! Certainly that is one of the strangest occupations that ever appealed to feminine fancy, yet one that is followed regularby Mrs. Charles J. Corbett of Camden, N. J. Her friends assert—and the assertion has not yet been controverted—that Mrs. Corbett is the only actual successful female steeplejack in the world. She has certainly accomplished feats that for very daring put to shame the

MRS. CHARLES J. CORBETT.

She Climbs Church Steeples and Flag

Poles to Paint Them.

exploits of many men. She helped to paint the exterior of the gas tank of the Public Service cor-



MRS. CHARLES J. CORBETT.

ration at Trenton, N. J., and she has climbed hundreds of flag poles and chusch steeples in order to paint them. For that purpose she climbed the 290 foot steeple of the Methodist church at Moorestown, N. J. Last year at Chester, Pa., she laid gold leaf on the iron of a church spire 380 feet above the

"It is fun to swing with the wind in little chair far above the street," she says. "I do the work principally because I can make \$10 a day at it, but I really enjoy the sensation."—Phila-delphia North American.

A Saving In Stockings.

The problem of how to keep women's stockings suspendered in place without tearing them has been solved, and now those who spent small fortunes every year on hosiery just because the garters tore them can spend the extra oney in some other way. And incideutally silk—the real sheer kind to which a thread was always breaking and spoiling the whole stocking—can be worn new without any thought

about the weave breaking. In order to hold the stockings in shape and in place it has always been accessary to have them caught up well at the top, and the clasps used on the apporters in time break through the line threads because of the strain, and the hose was then practically rained, for it was a matter of but a short time after one break occurred before there were several other "runs." This could not be avoided even with the heavier liese thread and cotton weaves, and in desperation wemen who have a fad for swearing costly healery sought ways to

remedy the evil. New a scheme has been devised against tearing and "runs" by a theatsical wardrobe weman that has proved a success, and since she has been using it she declares that her hosiery has lasted three times as long, and in all had a single thread break at the top of even her finest stockings.

"I have found that by sewing carefully two pieces of stout ribbon about two inches square to the hem of each of my stockings, one on either side, the strain is no longer on the hose, but on the ribbon into which I fasten the clasps on the supporters. And the beauty of this device is that I can draw them up as tight as I wish and feel perfectly safe that the stockings will be free from 'runs' or a tear when I take them off."-New York Telegram.

Getting an Appetite.

"I'm just desperate about my husband," said the pretty, domestic little "He has no appetite. I've tried everything in the market, and I load the table with the most tempting dishes I can devise, but he eats hardly

"Starve him," advised the tall, handme woman with the firm jaw. "Oh, how dreadful!"

"Not at all; merciful. He's surfeited. I know by experience. When I first went to the apartment hotel where we live the menu was so attractive that I -well, I am ashamed to tell the nus ber of dishes I ordered at every meal. Only for a short time, however. In two weeks I was just where your husband is. The sight of a menu card

made me faint. "Then I got an idea and cut right down to coffee and rolls for breakfast, a green salad and biscuits for lunch eon, a roast and one vegetable for dinner. Try it. Your husband will soon have an appetite."-New York Press.

When to express sympathy or when to refrain from speech is always a delcate problem in intercourse with a firend in becavement. And one of the difficult phases is to know whether to remember the sorrowful "auniversation of the heart" by letter or taken earth but the heart of the hear

friend to live through the day bravely.

"The house is full of flowers—funeral flowers they seem to me," wrote a grief stricken mother a year after her tress and remained concealed for near-live levels. was a beautiful way to show loving sympathy, but the sore heart cried out even at this gentle touch. A lonely woman who had known many sorrows confessed in a moment of confidence that she wished a friend would not remember year after year a certain painful anniversary, says Woman's Life. "I try not to dwell upon these days myself," she said, "and that punctual pot of flowers brings the old pain back to the wound." The devotion was beautiful, but mistaken

The Neck and Arms.

Get the idea into your head that bones are beautiful and you won't mind thin arms and a "swanlike" neck, even though it be over swanlike. Fat ever yet made any woman beautiful. It is the way your bones grow and the way you carry your bones that give you a good figure. Because your arms are thin is no reason why you should hide them. God never yet made any woman without bones, so they must be all right. You can get the thin arms fleshened up a little by anointing with lanolin or cocoa butter. The same treatment will do for a thin Vocal culture and cold baths will help.

To Bronse Furniture.
To apply gold bronze to furniture coat the surface with paint, japan spirit varnish or anything that will prevent suction, then where the bronze is wanted coat with gold size or quick drying varnish. When this is nearly dry, dust on the bronze powder with a soft brush or chamois skin. As pronze is susceptible to atmospheric influences it is better coated with a thin, even coat of transparent varnish. Of course gold leaf or Dutch metal would make a much better appearing. piece of work and hold its color.

Points on Broiling. Broiling produces the same effect on meat as roasting and can be performed in a more speedy manner. In handling lean meat for broiling be careful not to prick or cut it and so allow the juices to escape. Broiling must al-ways be done over a quick, clear fire. The heat hardens the albumen on the outside quickly, thus preventing the escape of juice and rendering it sa-Chops and steaks should be VOLY. turned with a knife and on no account have a fork stuck into them while

Yellowed Clothes To whiten clothes that have become yellowed in consequence of being laid yellowed in consequence of being laid away for some time soak them overnight in lukewarm water and next
morning wash in good clean suds, then
put them in the wash batter with cold
water and some pieces of white curd
soap and one teaspoonful of powdered
borix. Redi for twenty manufes, rinse
immediately and leave them for another
sight in clean cold water to which a
little powdered borax has been added.

If mothers when beining new shoes for the differen would adopt the differen would find that they would last twice as long and also resist the damp: Procure some belied hanced oil, pour it on to a large flat dish or tin and allow the shees to stand in it for about twelve hours or until the name and any until actival. soles are well soaked. This does not OWEVER, apply to brown shoes

A Register man, for often people tell of the many things they have lost down their reg-ishes. Money, buttons and thimbies are sure to rell straight for the register. Place a piece of fine wire netting in the top of the pipes just below the register; then when anything is drop-ped into it all you need to do is to lift er register and take out the arti-

Weak Anhles Weak ankles should be sponged night and morning with cold water in which a handful of coarse salt has been disposed. Dry them and then rub them patiently for fifteen minutes. The muscles will gain strength under this treatment. You will soon begin to see an improvement and to feel it in their inand morning with cold water in which reased firmness under your touch.

Tapestry Covered Furniture. To clean tapestry covered furniture first brush thoroughly; then add a tablespoonful of ammonia to a quart of water. Wring a cloth out of this and sponge thoroughly, rinsing and turning the cloth as it gets dirty, changing the water when necessary. This freshens and brightens it wonderfully.

It is unwise to use too much brass or copper about a room or hall. It has a tendency to look shoppy. But just the right amount-a bowl or two here and there for plants-in hallway or room give an excellent effect which no other receptacle quite attains.

Oil painted walls must be washed with soap and water, using a soft fiannel cloth, care being taken to wring it out well before using. Use cold water to finish and dry with a soft linen

Tableeloths that have become too much worn for use may be turned into breadcloths and silver polishers. For either purpose they are more satisfactory than anything else

Do not drink a drop of water that has stood in a bedroom overnight, because it has absorbed the poison exhaled by An ounce of contentment is more beneficial to a woman's complexion than a pound of cosmetics.

The crown of Chosroes, the king of

In the game of dice, as played by the Greeks, names of their divinities were given to the various "throws," the most fortunate, that of the highest number, being called Venus or Ahpro-

The Water Lily.

Several specimens of water lilies have the very curious peculiarity of blooming all day and at evening clos-ing their blossoms, and by retracting the stem, drawing the flower entirely under water. There is no more singular fact in the history of flowers than this oddity of the water lily.

Kublai Khan, the first mogul em-peror of China, was called the Murderer, from the tragedies in his own

The Fly's Mouth.

The fly's eating apparatus is really a sucker of very large proportions when compared with the size of the animal.

If the mouth of a man were of the same proportionate size as that of the fly, his head would have to be enlarged about two feet on each side to accom modate his lips and teeth.

In all the cities of Arabia, even at the present day, dried locusts, strung on

threads as dried apples used formerly to be treated in this country, are exposed for sale as an article of food. Nero's Crowns, When Nero made his artistic tour as

a musician and actor through the cities of Greece, more than 400 crowns were bestowed upon him, and when he re-turned to Rome he decreed himself a triumph and entered the city with these crowns borne in solemn proces-

Witch Hazel. The witch hazel in all parts of Great Britain is considered as a magic plant. In many local traditions it is alluded to as playing a part in charms and in-

Spiderwort. The Virginia spiderwort is apparently unable to endure a high temperature. During the day it is wilted and dejected. As the evening comes on it revives, all its leaves assume a lively appearance, and the plant appears to rish and enjoy its life until the morning light again returns.

The Water Pump. The water pump of today is on improvement on an invention which first came into use in the year 263 R. C.

Mas Taken a Thousand

Always Cured Headache. Never Affected her Heart.

Here is a testimonial from the wife of Doctor W. L. Shurtleff, K.C., of Coaticook, Que., who has taken a thousand Zutoo Tablets (the Japanese Vegetable Headache remedy.)

It should convince any doubting one, that while the tablets cure headache, they do not, like the drug cures, affect the heart, nerves or stomach. No one would or could take such a number if they were not perfectly harmless. Mrs. Shurtleff herself had to discard the drug cures.

Here is what she says: I have always been a great sufferer from headache, and have taken a great many headache cures. I found that after taking them for a time they caused palpitation of the heart. Three years ago I began using Zutoo. I have likely taken over a thousand tablets. I have never yet felt the least ill-effect from using them and they cure my headaches as quickly as any remedy I ever took.

They are Harmless as Soda.



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W. E. GOWLING, Principal

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Tickets good for 60 days.

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GRAND TRUNK RAILWAY TIME TABLE

	-	_	
	GOING	WEST	
		Arrives	Leaves
No.		1.31 a.m.	1.36 p.m.
No.		1.30 a.m.	11.33 a.m.
No.		2.00 p.m.	2.20 p.m.
No.		8.15 p.m.	
No.	5 Express	1.43 p.m.	11.48 p.m
No.	15 Express, Loc.		6.00 p.m.
No.	11 Express, Loc.		8.00 a.m.
	GOING	EAST	
		Arrives	Leaves
No.	8 Express	3.30 a.m.	3.35 a.m.
No.	2 Express	4.10 a.m.	4.15 a.m.
No.	16 Express, Loc.	10.00 a.m.	
No.	6 Express	2.15 p.m.	2.50 p.m
No.	4 Express	2.30 p.m.	2.35 p.m.
No.	12 Express	9.00 p.m.	001
No.	10 (Moccasin)		6.50 a.m.
	r + 110		0

o. 76 Local (Sun. only) 2.45 p.m **EXHIBITION, TORONTO**

tates from Brockville—August 28th \$4.90 RETURN LIMIT SEPT. 11TH, 1906 TRAIN SERVICE—Leave Brockville 8.00 a.m.; 20 p.m., 11.48 p.m. For tickets, sleeping car reservations, and full information apply to

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B.W. & N. W. RAILWAY TIME-TABLE GOING WEST

Telephone No. 68.

No. 1 Brockville (leave) 9.30 a.m 4.20 p.m. Lyn..... 9.55 " 4.85 " Seeleys.....*10.05 " 4.42 " Forthton *10.18 " 4.58 ** 4.58 66 Elbe..... *10.24 Athens...... 10.88 " 5.05 " Soperton.... *10.58 " 5.22 " Lyndhurst.... *11.05 " 5.29 " Delta 11.18 " 5.85 " Elgin 11.32 " 5.49 " Forfar..... *11.40 ' 5.55 " Crosby *11.48 p.m 6.00 " Newboro 11.58 " Westport (arrive) 12.15 " 6.20 " GOING EAST

No. 2 No. 4 Westport (leave) 7.00 a.m. 8.20 p.m. Newboro 7.10 " 3.85 " Crosby *7.20 " 3.46 " Crosby..... Forfar *7.25 " 3 52 " Elgin 7.81 " 4.02 " Delta 7.45 " 4.21 " Lyndhurst.... *7.51 " 4.28 " Soperton *7.58 " 4.87 " Athens...... 8.15 " 5.05 " Elbe *8.22 " 5.12 " Forthton *8.27 " 5.18 " Seeleys *8.38 " 5.30 " Lyn 8.45 " 5.41 " Brockville (arrive) 9.00 " 6.00 " *Stop on signal

MARTIN ZIMMERMAN, W. J. CURLE, Gen'l Mgr.

