CHEAP FOOD. Cheap food must be had this winter, if thousands upon thousands of families are to live on short commons, or even starve outright. Sixpence cannot do the work of half-s-rown, and many a poor woman in these hard times has to see her husband losing strength and flesh, and her children growing pinched and pale, for want of enough to eat, though she goes hungry herself to spare for them. Meat and milk are no longer to be thought of, and neither man, woman, nor child can be kept healthy or strong for work on the scanty, supply of tea and baker's bread Cheap food must be had this winter, ly withdrawn from the Afghan cam healthy or strong for work on the scanty supply of teal and baker's bread which is all that many now can get. The less there is to spend, the more need there is to get as much as possible for the money. Till times mend, it is worth knowing that the best, and cheapest staying food is to be found in peas, beans, and lentils. A pound of split peas, lentils, or haricot beans, price 24d. contains as much flesh-maksplit peas, lentils, or haricot beans, Africa until put down by the fatal rifles price 2.1d., contains as much flesh-making and heat giving food as twe pounds of butcher's meat, price 2s. This is a fact, which those who will may prove from their own experience. I will give a receipt or two for wholesome, comfortable, and nourishing meals, at the least possible cost. Soak a pint and a north, where they were found by Live. fortable, and nourishing meals, at the least possible cost. Soak a pint and a half of lentils, split peas, or haricot beans, in water over night. Put them into a covered pan with a quart of waier and a bit of dripping, and let them simmer for two or three hours till soft. Stir them often, and add a little more stim of the north, where they were found by Livingstone nine or ten years ago, and are hortought they probably number at present over 1,000,000 to 1,000, and let them simmer for two or three hours till soft. Many efforts have been made to consimmer for two or three hours till soft. Then add an onion or without considerable apparent success; water if needed. Then add an onion or without considerable apparent success; two, pepper, salt, a spoonful of vinegar, and one of sugar, and boil half an-hour longer. Eaten with a slice of bread longer. Eaten with a slice of bread this will make a substantial, comfort able meal for a family of six, at a cost of one penny a head, and be as nourishing as a dinner of beaf steak. If there the land in a convey of the steak peated violations of British territory by the Zulus. Two women escaping from Zulu justice field across the boundary into Natal, and were followed by the Zulus of boiled. It one pint of peas or beans and thrice the water be used and sweet herbs, with either carrots, turnips, potatoes or green vegetables, and a handful of meal are put in with the onions, it makes three or four quarts of excellent thick soup—cost 1d. per quart. A pennyworth of fresh bones, crushed and simmered for hours in two or three quarts of water, yields a stock' that will set like a jelly water cold, besides a quantity of marrow fat. If this is used instead of plain water for the above receipts it will greatly improve both their strength and flavor, and the bones will still sell for half their cost. Peas-pudding, too, is excellent, and more nourishing if notso nice as meat. Take a pint of split peas (14d) tie up loosely in a cloth, and boil two or three hours till soft. Mash them in a dish with salt, pepper, chopped onion, and a bit of dripping. Tie up or three hours till soft. Mash them in a dish with salt, pepper, chopped onion, and a bit of dripping. The up again in the cloth, and boil another hour. This is a good meal for three persons—cost, 1½d. each. Peas, beans, and lentils are less used than they deserve to be in this country; but for real, solid, staying nourishment, there is nothing at the same cost to equal the missionaries should be reinstated; and thing at the same cost to equal the missionaries should be reinstated; and above receipts. Their main drawback that an English resident should be es-

is the time required for cooking, whereas baker's bread is ready to hand. But if there is a fire in the grate at all twill keep a pot simmering, and there is a fire in the grate at all twill keep a pot simmering, and there is a fire in the grate at all twill keep a pot simmering, and there is a fire in the grate at all twill keep a pot simmering, and there is no public in this will keep a pot simmering and there is no public in the inflatived poor cannot do so bet ter than by regularly making and distributing a few quarts of the deadled with sufficient full ness to enable us to understand premembering that it is the peas, beans or lentils that make it supporting, and public late than by regularly making and public is a few quarts of the shall be was accosted by a chronic old beginn and began to chip. The birds remains and began to the benest out:

It will keep a bear and the rest and the lith ult. to decide as to his reply, and it came in the shape of out cannot be a serious control to the little girl whenever the door was to the little girl whenever the door was to be the little girl whenever the door was to be the little girl whenever the people might be neiped in this way to a good, nourishing meal once a week, at a trifling cost, and with little trouble, are if the 'Stockpot' should be an instution just now in every charitable house hold, a covered iron or brown ware pot, hold included the covered iron or brown ware pot, hold i a covered iron or brown ware pot, notaing two or three quarts or gallons of water, into which are put all clean scraps
of bone, meat-trimmings, gristle, bread,
or spare vegetables, the whole kept
or spare v simmering by the fire for hours. Soup vance into Zululand is renewed.

Take with this 'stock,' instead of wa Zulu King has won a temporary ter, is twice as good, and much more umph, but he has awakened the British people from their attitude of indiffer-Next to peas, beans, and lengths the ence, and now nothing less will satisfy cheapest staying foods are cheese, red- them but the utter distruction of his herring, Indian meal, whole wheatmeal, and oatmeal. The three last, eaten as

porridge or mush, with treadle, are — One of the most extraordinary dis-much more nourishing for children closures in the trial of the Glasgow than the same cost of wheat bread. Indian meal costs only Id. per 1b.; the instance £80,000 had been advanced to others 2d. Cocoa is the most nourishabosom friend of theirs on the value ing drink, containing both support and of four live elephants. I do not wish stimulus. Where milk cannot be had to add suplementary zest to the penalit is the best food for infants. The great cocon-house in many of our large men, but it is certainly to be regretted towns have not been established a whit that the four (henceforth legendary) too soon. Beer has next to no nour-ishment in it. Thousands of decent ed with the intelligence just ascribed families have this winter had to pawn by the Indian papers to a certain mem-even their clothes and bedding for ber of their species. The brute had Where coals and warm clothing been left by his master to the care of a are lacking, it is worth knowing that servant, with the proper supply of corn strong brown paper, tacked inside for its food. No sooner, however, had ick, breast, and upper part of the the master taken his departure than sleeves of a thin coat or gown, is a great the servant began reducing the rations confort. The same, or even half-a-doz-en old newspapers, may be tacked on to a thin blanket or coverlet with good effect. Though the paper has no came back; his first care was to witness warmth in itself, it is wonderful how his pet's breakfast. Of course this time onderful how his pet's breakfast. Of course this time much cold it keeps out. - Ex. the ration was entire; but, lo! to the servant's confusion, the elephant had

- The following extraordinary vow divided it in two parts, eating only one, is performed by some of the Hindoos whilst it left the other untouched, at their festival of Charak Puja: and this denounced the theft. Stretching himself on the earth on his back, the devotes takes a handful of moist earth, and, placing it on his unpart and the moist earth, and placing it on his unpart attainable by human ingenuity. der lip, he plants in it some mustard est attainable by hum der lip, he plants in it some mustard seed, and exposes himself to the dews of the night and the heat of the day till the seed germinates. In this position the man must lie in a fixed, motionless condition, without food or drink, till the vegetable process liberates him, which will be generally about the fourth day.

-Charlotte Corday, who murdered There have been complaints of the the infamous Mura; was born of a stench, but nobody knew whence it noble family in 1768, and was a decend-arose. One day a carriage broke in the ant of the poet Corneille. History tells cesspool roof, and the assembled wisus that in form she was tall and her dom of England finds that, instead of face was serenely beautiful.'

has been breathing the worst.

- The first time a man deceives you

- When George 111. was told that Wolf was quite unfit to command, and was, in fact, a madman, the monarch the fault is his; if he deceives you a replied: 'Mad-mad-mad! Wolfe second time, the fault is your own. mad! Wish he'd bite some of the other

wife, a dutiful child, a true friend, - Efforts by petition are being made in the United States to have the sentence of Peter Mulligan, the Washington Post office clerk sent to the Penitentiary for five years world; you might as well say that you for embezzling \$4,000, shortened by care not a fig for the light of the sur, because you can find a candle. three years.

THE WAR IN SOUTH AFRICA.

From the St. John Telegraph.]

The attention of the British people throughout the world has been sudden

PRESENTS Bridgetown Jewelry Store

Bridgetown

best market and are selling at lew r price

hand, and friends and acquainta want to secure

&c.

for each other as of yore-if so call at the

&c. These goods have been bought in the very

Marble Works. ENCOURAGE HOME MANUFACTURE

FALCONER & WHITMAN

Having erec ed Machinery in connection with J. B. Reed's

Steam Factory, we are prepared to Polish Granite equal to that done abroad Give us a call before closing with foragents and inspect our work ad- DANIEL FALCONER.

Established 1814.

L. H. DEVEBER & SONS ST. JOHN, N. B.,

Will offer at their

On or about the 15th MARCH, a perfectly

New and Extensive Stock DRY GOODS

ALSO: A Very Large Stock of

To which they would call the attention of the Trede. The Special Inducements offered to CASH



ENGINEERS

- AND BOILER MAKERS breathing the best air in the world, it NEW GLASGOW, N. S.

He who, with wealth, has a true Engines and Boilers.

Steam Pumps, Steam Pipe. Brass Cocks and Valves, NOTICE!

A LL persons having any legal demands against the estate of William L. Leonard, late of Paradise, in the County of Annapolis, deceased, are requested to render the same, duly attested, within eighteen months from this date; and all persons indebted to said estate, are requested to make immediate payment to JULIA M. LEONARD,

Paradise, Dec. 19th, 1878.



Customs Department.

OTTAWA, May 1st, 1873. further notice. J. JOHNSON Commissioner of Custom

Something New Under the Sun

MR. HARDING W. DODGE of Fampton, An. M. HARDING W. DODGE of Fampton, An. napolis Co., respectfully announces to the public in general that he is about opening a shop where he will be prepared to manufacture Buggies, Farm Waggons, Panel Doors, Window Frames, Sushes, Shutters, &c. Parties wishing work in his line will do well to call upon him as he has had a number of years' experience in the United States in building all kinds of wheels, and is prepared to warrant his work. New hubs inserted in old wheels, spokes inserted without removing the tyres.

HARDING W. DODGE. Hampton, Nov. 6th, 1878. 3ms

Ready - Made CLOTHING BUFFALO ROBES, &c.

TUST RECEIVED from Montreal, a large Ready Made Clothing & Buffalo Robes consisting of

Men's Ulsters, Youths' Ulsters, Men's Over Coats, Reefers.

Splendid Assortment FALL SUITS

Pants and Vests. Also, 1 Doz. Very Fine Buffalo Robes.

All the above will be sold very

LOW FOR CASH. BEALES & DODGE.

SPECIAL NOTICE

IN order to meet the demands of our numer

share of public patronage in our new ranch of business, as well as a continuance of ablic favor in our old business. Vincent & McFate,

240 Union Street, St. John, N. B.

NOTICE.

ALL persons having any legal demands against the estate of ZACHARIAH DAN- IELS, Esq., late of Lawrencetowu, in the County of Annapolis, deceased, are requested to render the same, duly attested, within six months from this date; and all persons indebted to said estate are requested to make immediate payment to with the gloss and freshness of youth. Forest (Ohio) Review.

Thin hair is thickened, falling hair checked, and baldness often, though — A contemporary sequence of the same, duly attested, within six months from this date; and all persons indebted to said estate are requested to make ingream to the contemporary of the glands of the glands of the contemporary of the glands of the contemporary of the glands o ediate payment to

WELLINGTON DANIELS, Executor.
Lawrencetown, Oct. 23rd, 1878. 6m t2

FLOUR. 300 BBLS. FLOUR just received, including the well known brands

Major, Avalanche, Clarksburg, J. & W. F. HARRISON,
y Portland Bridge, St. Joh n, N.B.

New Stock

Dry Goods, Groceries,

Ready-Made Clothing, Boots and Shoes,

Crockeryware

AT LOW PRICES, to suit the times. FRED. LEAVITT. Lawrencetown, Nov. 7th, '77 y

MORSE & PARKER Barristers-at-Law, Solicitors, Conveyancers, REAL ESTATE AGENTS. ETC., ETC BRIDGETOWN, N. S. J. G. H. PARKE

Bridgetown, Aug. 16th, '76. 1y GILBERT'S LANE

DYE WORKS. ST. JOHN, N. B.

besorption of FITTINGS for Stock, viz:—

One of the part of the many of the part of the pa IT is a well-known fact that all classes or goods get soiled and faded before the material is half worn, and only require cleaning

Purifies the Blood, Renovates and Invigorates the Whole System. ITS MEDICINAL PROPERTIES ARE Alterative, Tonic, Solvent and Diuretic.

day in East New York, where she at tempted to walk 3,000 quarter miles at the rate of a quarter every twelve min utes. After having accomplished a little more than half her task she with drew, as she was not paying expenses. She is very anxious to have the track on the second floor, as it is a much better one than on the third floor, and thinks that she will have it before long as she has little faith in Miss Lulu Loomer's power of endurance. Her opinion is the same with regard to Miss Cartell, who resumes her walk on Wetnesday. Miss Andrews intends to walk five or six hours a day during this week.

Miss Lulu Loomer's power of endurance to the piers again. Stranger, and in five minutes he returned and said:

Stranger, will you give me some money to buy medicine for my dying child?

Why, didn't I give you two shillings only a few minutes ago? asked the sight-seer, recognizing the broken nose and plaintive whine.

VEGETINE is made exclusively from the julces of carefuly-selected barks, roots and herbs, and so strongly concentrated that it will effectually eradicate from the system every taint of Scrofula, Scrofulous Humor, Tumors, Cancer, Cancerous Humor, Erysipelas, Sail Rheum, Syphillite Diseases, Cancer, Faintness at the Stomach, and all diseases that arise from impure blood. Scintlea, Inflammatory and Chronic Rheumatism, can only be effectually cured through the blood. For Ulcers and Eruptive Diseases of the Skin, Pustules, Pimples, Blotches, Boils, Tetter, Scaldhead and Ringworm, VZGETINE, but she never failed to effect a permanent cure. For Pains in the Back, Kidney Complaints, Dropsy, Female Wenkness, Leucarhe diseases and General Debility, VZGETINE, and Strong in the causes of these complaints. It invigorates and strengthens the whole system, acts upon the scarces of the whole system, acts upon the causes of these complaints. It invigorates and strengthens the whole system, acts upon the scarcerive organs, aliays inflammation, cures ulceration and regulates the bowels.

For Catarria, Dyspepsia, Habitual Costiveness, Palpitation of the Heart, Headache, Piles, Nervousness, and General Prostration of the Nervous System, no medicine heaver given such perfect satisfaction as the VEGETINE. Il purifies the blood, cleanes all of the organs, and possesses a controlling power over the nervous System.

The remarkable cures effected by VEGETINE have induced many physicians and apothecaries whom we know, to prescribe and use it in their own families.

In fact, VEGETINE is the hest remedy yet discusses. and is the only own families.

In fact, Vegetine is the best remedy yet discovered for the above diseases, and is the only reliable **BLOOD PURIFIER** yet placed before the public.

fore the public.

WHAT IS VEGETINE? It is a compound extracted from barks, roots and herbs. It is Nature's reasedy. It is perfectly harmless from any bad effect upon the system. It is nourishing and strengthening. It acts directly upon the blood. It quiets the nervous system. It gives you good sweet sleep at night. It is a great panacea for our aged fathers and mothers, for it gives them strength, quiets their nerves and gives them strength, quiets their nerves and proved by many an aged person. It is the great Blood Purifier. It is a soothing remedy for our children. It has relieved and cured thousands. It is very pleasant to take; every child likes it. It relieves and cures all diseases originating from impure blood. Try the VEGETINE. Give it a fair trial tor your complaints; then you mill say to your friend, neighbor and acquaintance, "Try it; it has cured me." Monday morning.

Valuable Information.

VECETINE

MR. H. R. STEVENS:—

Dear Sir.—My only object in giving you this testimosial is to spread valuable information-Having been badly afflicted with Salt Rheum, and the whole surface of my skin being covered with pimples and cruptions, many of which caused me great pain and annoyance, and knowing it to be a blood disease, I took many of the district of the state of the st

VECETINE H. R. STEVENS, Boston, Mass. VEGETINE IS SOLD BY ALL DRUCCISTS.



mony, last year in Scotland :-

atrophied and decayed. But such as remain can be saved for usefulness by this application. Instead of fouling the hair with a pasty sediment, it will keep it clean and vigorous. Its occasional use will prevent the hair from turning gray or falling off, and consequently prevent baldness. Free from those deleterious substances which make some preparations dangerous, and injurious to the hair, the Vigor can only benefit but not harm it. If wanted merely for a

HAIR DRESSING,

nothing else can be found so desirable. Containing neither oil nor dye, it does not soil white cambric, and yet lasts long on the hair, giving it a rich, glossy lustre and a grateful

Prepared by Dr. J. C. Ayer & Co., Practical and Analytical Chemists, LOWELL, MASS.

Thos. P. Connolly's good coat, and keep a good character, are the three requisites for a young A you CENTRAL BOOK STORE. Cor. Grarville & George Sts. HALIFAX, N. S.

HAS now on hand every description of Eng-lish and American STATIONERY!

Bank, Post, Parchment, Cream Laid, Ruled, Plain and Water Lined ENVELOPES in Great Variety. FASHIONABLE STATIONERY.

BLANK BOOKS, in Every Binding,

PEDESTRIANISM.

Joher's Corner.

Brewster's Brooklyn, N. Y., building was brilliantly lighted on Monday night. Feb. 10. On the second floor Miss Lulu Loomer is trying to walk 3,000 miles in 3,000 quarter hours, and on the top floor Miss Andrews is training for her task, which is to begin on Monday next. Miss Andrews said that she was from Maine and was twenty years old last New Year's Day, that she never walked in public till the other day in East New York, where she attempted to walk 3,000 quarter miles at tempted to walk 3,000 quarter miles at

eek.
At 10.05 Monday evening Miss Lulu and plaintive whine.
No; it must have been some other At 10.05 Monday evening Miss Lulu Loomer finished her 221st quarter mile, and though she was evidently suffering from lameness in her left knee she completed her quarter in 4m. 33s. The room was well filled. Among the spectators was Miss Bartell. When asked hand was laid on his arm and a voice

tators was Miss Bartell. When asked what track she was going to use, she said: 'Oh, this one; Miss Loomer is tired; she wont walk much longer and I'll take her place.'

The pedestrian contest which is next to interest New York is the effort of Bartholomew O'Donnel, 80 years old, to walk seventy five miles in twenty-four hours. O'Donnell is a remarkably well preserved old man and is confident of other worman, sir, and God bless you. preserved old man and is confident of other poor man, sir, and God bless you, this ability to perform the feat. He attributes his strength in his old age to his moderate use of tobacco and his some hesitation and the beggar shed abstinence from alcoholic stimulants.

At Chicago Mme. La Chapelle had

tears and went his way. The stranger had not reached the Fulton Market walked 1.500 quarter miles in as may when the old man accosted him for the quarter hours, at eleven o'clock on fourth time, saying: 'Lord keep you forever, and won't

HOW A LITTLE GIRL FASCINATES
BIRDS.

LOTG keep you forever, and won't you give me ten cents to help bury my wife, who has been dead in the house two days?"

We learn from a correspondent that there resides in the vicinity of Harrisburg, an out-of-the way place in Harcocok county, about three miles west of Mount Blanchard, a very remarkable child, only five years old, who seems to have the chart to charm hirds at will Her mother first noticed this strange 'It might be so. There's forty others Her mother first noticed this strange fascination that the child possesses about a year ago. The little girl was out playing in the door-yard among a bevy of snow-birds, and when she spoke to them they would come and light upon her, twitteing with glee. On taking them in her hands and stroking them, the birds, instead of trying to get away from their fair captive. seem and highly pleased and when let loose was from their fair captive. seem and highly pleased and when let loose ed highly pleased, and when let loose me! would fly away a short distance. and A And the beggar did. immediately return to the child again. She took several of them into the ADVICE vs. CASH. house to show her mother, who, thinking she might hurt them, put them out The other morning, when a raw-bondoors, but no sooner was the door opened than the birds flew into the ed stranger was pacing up Broadway om again and lit upon the girl's head he was accosted by a chronic old beg-

Thomas Black at d Mary White,

Solomon Bank and Catharine Vale,

Peter Day and Ellen Knight,

Isaac Slater and Jane Thatcher

John Baker and Mary Butcher,

Joseph Reed and Julia Hay, Thomas Spring and Mary May,

John Robins and Jenny Wren

William Castle and Nancy Hall,

Peter Chatter and Fanny Call, Joseph Mann and Eliza Child,

James Merry and Lucy Wild,

Thomas Bruin and Mary Bear,

James Fox and Catharine Hare,

Andrew Clay and Lucy Stone, Michael Blood and Lizzie Bone, John Cloak and Julia Hood,

Edward Cole and Nancy Wood, James Broom and Ellen Birch,

things.

the world.

pital at St. Petersburg.

Charles Chapel and Susan Church

- To write a good hand, wear

Stephen Head and Nancy Heart,

William Stately and Jessic Smart

seph Brown and Kitty Green

James Hill and Susan Dale

a greeable. healthy, and effectual for preserving the hair. Faded or heart Faded or large poor, superstitious people, and she died on me just at harvest hair. Faded or girl are poor, superstitious people, and have been reticent about the matter until lately, fearing that some great caloriginal color. Images of youth. Forest (Ohio) Review.

'Five cents is nothing. It isn't the coney I care for; it's holding out false hopes to you. I tell you that yon can't be cured, and you'd better stop feeing - A contemporary says the following couples were 'proclaimed in matri the doctors What you want is rest Go out and buy you a nice country residence, stock it with nice things, buy you a span of spanking good horses, and take comfort while you can; for you're just as sure to turn up your toes on account of that leg as you are sure that you see me; Don't fool away any more money. I had one in the family, and I know what I'm talking about!'

THE REASON WHY.

'I tell you, Mr. Johnson, fortune knocks at every man's back door once in his lifetime, said an old darkey to his neighbor, on hearing him complain ing of the hard times.

'No fortune neber knocked at dischile's back door,' replied the disconsolate individual mournfully. 'I

know dat.' 'P'raps he comed 'round when you wan't dar,' said the first. 'But I say dat he neber knocked.' 'An' how do you know. Just tell

me dat. — To enjoy life you should be a little is expensed in the door for him to knock at, responded cayenne is not very agreeable in itself, Mr. Johnson, with an air of triumph. but it gives greater zest to other

A trance-action-Sheep-walking. Can a butcher's letters be called tend-

A young lady recently said to her man who has his own way to make in 'You may be too late for the cars but you can take a 'bus.' - Whatever men become familiar And the stupid fellow went to look

with, they soon become to look upon without much shrinking. It is so with for a 'buss.' the surgeon in his duties, and in many other vocations. It is particularly so man whose cow had been killed:— 'But she didn't get out of the way with the whole community respecting the effects of drunkenness. he effects of drunkenness.

— Russian papers continue to report sthop when she rang her bell, nay-

epidemics, especially diphtheria, of which they say 700 persons died in the village of Bakoff, and 6,528 in the dis-The day before a Turkish girl is martrict of Mirgorod and Poltava in the ried she is taken to the bath by her past three years. There has been a lady friends and lumps of sugar are death from Siberian plague in the hosthe sweets of matrimony. A year or so afterwards her husband breaks the