blades held in their proper places, and the definite curving in the small of the back, thus throwing the whole weight of the body upon the hips. No other women hold themselves so well as the aristocratic English women. Yuch of their beauty lies in their proud carriage, the delicate erectness of eir figures and the fine poise of their heads.

The same aristocratic carriage is within the reach of any American girl who takes the pains to have it; it is only the question of a few years of eternal vigilance, never relaxing her watchfulness over herself, and, sitting or standing, always preserving her erectness and pose, the result being that at the end of that time it has become second nature to her, and she never atterwards loses it. This, in a great measure, preserves the figure, because it keeps the muscles firm and well strung, and prevents the sinking down of the flesh around the waist and huss. so common in the sinking down of the flesh around the waist and hips, so common in women over 30, and which is perfectly easy to escape. Another thing to avoid is a bad habit of going upstairs, which most women do, bent forward with the chest contracted, which, as well as an indolent, slouchy manner of walking, is injurious to the heart and lungs.

Yours devotedly,

Boston.

DINAH STURGES.

# MACKINTOSH & McINNIS,

BUILDERS, LUMBER ETC..

MACKINTOSH & MOINNIS' WHARF,

lower water street, halifax, n. s.,

Keep constantly on hand all kinds of

### LUMBER, TIMBER, LATHS, SHINGLES, &c

Which they will sell low for Cash. 23 Contracts Taken for Wood & Brick Buildings

# CALL AT 163 BARRINGTON ST. Incar

Gold, Silver & Plated-Ware, 62 & 64 GRANVILLE 3T

All first-class machines, now selling at very low rates. This is the season to buy.

ROBT. WALLACE.

A full line of all classes of these goods.
Cheapest in the market The best place in town for securing Xmas Presents.

New William's. | New Home and White All parties entrusting their work to our care will be sure to be satisfied.

SEWING MACHINES. | Goods called for and delivered free of extra charge. TELEPHONE 653.

MAX UNGAR,

PROPRIETOR.

HOUSE, SHIP AND ORNAMENTAL PAINTER Importer and Dealer in English and American Paper Hangings and Decorations.

AGENT FOR C. & T. C. POTTER'S ENGLISH PAPER HANGINGS

234-ARGYLE STREET-236 HALIFAX, N. S.

Branch open in a few days at 15 Barrington Street.

# AARON SINFIELD,

MASON AND BUILDER, HALIFAX.

BOILERS, OYENS, and all kinds of FURNACE SHATFORD WORK a Specialty.

Jobbing promptly executed in best Mechanical Are Agents of the popular grade of Oll. Address Style, in Country as well as City at Lowest possible Rates. ADDRESS-BRUNSWICK ST. Liverpool Wharf, Halifax, N. S.

MAYFLOWER.

Cor. Robie and North Streets.

The Oldest and Most Reliable Establishment in the Maritime Provinces.

HUNDREDS OF TESTIMONIALS.

Orders by Mail or Express Promptly Executed. Telephone 252,

HERBERT HARRIS, Propr.

The best class of Goods at the Lowest Prices can be bought at

H. FULLER දුනු CO'S. 41 to 45 UPPER WATER STREET.

We make a specialty of everything needed in GOLD and COAL MINING, and RAILWAY CONSTRUCTION. As we always keep a large Stock on hand, we can guarantee prompt delivery of any orders entrusted to us. Enquiries by mail always receive our prompt and careful attention.

H. H. FULLER & CO. General Hardware Merchants Halifax, N.S.

### Lloyd Manufacturing (LIMITED,)

Kentville, Nova Scotia. MANUFACTURERS OF

LANE'S IMPROVED ROTARY SAW MILLS, LLOYD'S SHINGLE MACHINES.

> CYLINDER STAVE MILLS. HEADING ROUNDERS,

BUZZ AND SURFACE PLANERS. AND ALL KINDS OF SAW MILL AND MINING MACHINERY.

> W. & A. MOIR.

MECHANICAL ENGINEERS, Halifax, N. S. Metropolitan Automatic Injector

best in the market. Simple in construc-tion, perfectly automatic, works as well on water pressure as on a lift.

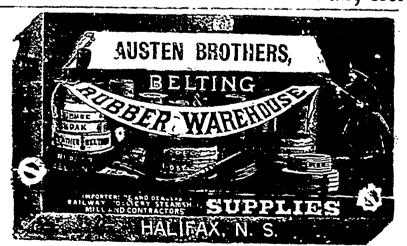
Send for descriptive circular. Special attention given to Building and Repairing

MARINE ENGINES and OTHER MACHINERY.

HALIFAX N. S. Manufacturers of and Dealers in PUMPING MACHINERY

IRON PIPES AND FITTINGS, &c.

FOR MINERS' USE.



Agents of ANSONIA BRASS & COPPER CO.; PLAIN & SILVERED COPPER PLATES; NATIONAL TUBE WORKS CO.; WROT IRON PIPE; NORTHEY & CO. STEAM PUMPS.

STONE BREAKERS, STAMP MILLS, CYLINDER & MACHINE OILS, SEAL OIL, CANDLES, DRILL STEEL, PICKS, SHOVELS, WIRE ROPE, Etc.