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(OVER 800 ACRES) TORONTO - - ONTARIO



There are Thousands of Run-down Women.

Are You One of Them?

There are thousands of women here, there and everywhere, who are suffer-ing 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 self again.

Do you ask, how? Do as Miss Clark and Mrs. Thomas did when they got run-down. They took Health Tablets. Dr. Hugo's Health Tablets

Make Healthy Women. 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.



MRS. CHARLES J. CORBETT. She Climbs Church Steeples and Flag

Poles to Paint Them A woman as a steeplejack! Certainly that is one of the strangest occupations that ever appealed to feminine fancy, yet one that is followed regularly by 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 succompal female steeplejack in the world. The has certainly accomplished feats that for very daring put to shame the

explicits of many men.

She helped to paint the exterior of the gas tank of the Public Service cor-



MRS. CHARLES J. CORRECT

oration at Trenton, N. J., and she as climbed hundreds of flag poles and thusch steeples in order to paint them. For that purpose she climbed the 200 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 350 feet above the

"It is fun to swing with the wind in a 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 sensatedelphia North American.

A Saving In Steekings. 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 money in some other way. And inci-dentally silk—the real sheer kind in 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 shape and in place it has always been secessary to have them caught up well at the top, and the clasps used on the supporters in time break through the line threads because of the strain, and the hose was then practically ruined, for it was a matter of but a short time after one break occurred before these were several other "runs." This could were several other "runs." Ents course not be avoided even with the heavier lists thread and cotton weaves, and in deparation wemen who have a fad for wearing costly healery sought ways to

swithring costly besiery sought ways to remedy the evil.

New a scheme has been devised against tearing and "runs" by a theat-steal wardrobe groman that has proved a success, and since she has been using it she declares that her hosiery has insted three times as long, and in all to thread break at the even her finest stockings.
"I have found that by sewing care

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 fusten 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 Tele-

Getting an Appetite

"I'm just desperate about my hus-band," said the pretty, domestic little woman, "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, handome 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 number of dishes I ordered at every meal. Only for a short time, however. In weeks I was just where your hus band 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 din-ner. Try it. Your husband will soon have an appetite."—New York Press.

friend to live through the day bravely.
"The house is full of flowers tuneral flowers they seem to me," wrote a grief stricken mother a year after her little one was taken away from her. It was a beautiful way to show loving sympathy, but the sore heart gried out even at this gentle touch. A lenely we-man who had known many sorrows confessed in a moment of confidence that she wished a friend would not renember 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 cones are beautiful and you won't mind thin arms and a "swanlike" neck, even though it be over swanlike. Fat never 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, se 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

To apply gold bronze to furniture coat the surface with paint, japan spirit varnish or anything that will prevent suction, then where the bronse is wanted coat with gold size or quick drying varnish. When this is nearly dry, dust on the bronse powder with a soft brush or chamois skin. As bronze is susceptible to atmosp influences it is better coated with a in, 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 or meat as roasting and can be performed lean meat for broiling be careful no to prick or cut it and so allow the juices to escape. Broiling must always he done over a quick, clear fire. The heat hardens the albumen on the outside quickly, thus preventing the escape of juice and rendering it savory. Chops and steaks should be turned with a knife and on no account have a fork stuck into them while

Tellewed Clothen.
To whiten clothes that have become yellowed in consequence of being laid away for some time soak them overnight in lukewarm water and next night in lukewarm water and next morning wash in good clean suds, then put them in the wash boller with celd water and some pieces of white curd seap and one temponarie of powdered berks. Reli for twenty minutes, rinse implicating and leave them for anoth-er slight in clean cold water to which a little powdered boson has been added.

Children's these.

If mothers when buying new shoes for the difficen would need the filllowing limit they would find that they would last twice as long and also resist the damp: Procure some belief lipneed oil, pour it on to a large first dish
or tim and allow the shees to stand in
it for about twelve hours or until the
seles are well scaled. This does not
need on a well scaled. This does not soles are well scaked. This does not, however, apply to brown shoes.

A Register Mint.
So often people tell of the many things they have lost down their registrags. Money, buttons and thimbles are sure to reli 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 out your register and title out the alli-

Weak Anhles.

Weak ankles should be spenged night and morning with cold water in which a handful of coarse salt has been disserved. Dry them and then rub them patiently for fifteen minutes. The mus cles will gain strength under this treatment. You will soon begin to see an improvement and to feel it in their in-

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

Brass Bowls 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 oth er 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 lines cloth.

Tablecloths that have become too nuch 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 room overnight, because

The Crown of Chesroes, the king of Persia, was hidden in an Arabian for-tress and remained concealed for near-

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

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

First Mogul Emperor. Kublai Khan, the first mogul emperor 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 ex posed 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 process

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-

The Virginia spiderwort is apparently unable to endure a high temperaure. 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 flourish and enjoy its life until the morning light again returns.

The Water Pump. The water pump of today is an improvement on an invention which first came into use in the year 268 R. C.

flas Taken a Thousand

Always Cured Headache.

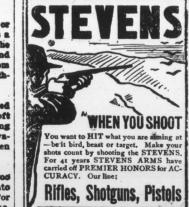
Never Affected her Heart. Here is a testimonial from the wife of Doctor W. L. Shurtleff,

K.C., of Coaticook, Que., who has taken a thousand Zutoo Tablets (the Japanese Vegetable Headache remedy.) It should convince any doubt-

ing one, that while the tablets cure headache, they do not like the drug cures, affect the heart, nerves or stomach. No one could take such a nu ber 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 went them and they cure my headaches as ing them and they cure my headaches as quickly as any remedy I ever took.

They are Harmless as Soda.



ens Arms & Tool Co PER PALLS, MASS., B. S.

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W. E. GOWLING, Principal

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Exhibition Rates from Brockville Ottawa and Return

Sept 11th, 13th and 14th...... Sept. 7th, 8th, 9th, 10th, 12th and 15th All tickets good to return until Sept

All Good to return until Sept 11th, 1906

W CHEAP HARVEST EXCURSIONS TO Manitoba and Canadian Wes SEPT. 11TH, AND 25TH, 1906,

Vinnipeg....f. \$32.00 Saskatoon. Salgary...... 40.50 Edmonton. Etc., Etc., Tickets good for 60 days.

Brockville City Ticket and Telegraph Office ast Corner King St. and Court House Ave, GEO. E. McGLADE, Agent

GRAND TRUNK SYSTEM TIME TABLE

Ì		GOING WEST	
		Arrives	Leaves
1	No.	3 Express 1.31 a.m.	1.36 p.m
,	No.	1 Express11.30 a.m.	11.33 a.m
1	No.	7 Express 2.00 p.m.	2.20 p.m
1	No.	o (Moccasin) 8.15 p.m.	
ı	No.	5 Express11.43 p.m.	11.48 p.m
ì	No.	15 Express, Loc.	6.00 p.m
	No.		8.00 a.m
		GOING EAST	
ı		Arrives	Leaves
ı	No.	8 Express 3.30 a.m.	3.35 a.m
ı	No.	2 Express 4.10a.m.	4.15 a.m
ı	No.	16 Express, Loc. 10.00 a.m	
ı	No.	6 Express 2.15 p.m.	2.50 p.m
I	No.	4 Express 2.30 p.m.	2.35 p.m
ļ	No.	12 Express 9.00 p.m.	
i		10 (Moccasin)	6.50 a.m
ĺ		76 Local (Sun. only)	2.45 p.m

EXHIBITION, TORONTO Rates from Brockville—August 28th \$4.90

and sept sra.

August 27-29-30-31.

Sept. 1-2 4-5-6-7-8.

RETURN LIMIT SEPT. 11TH, 1906 TRAIN SERVICE—Leave Brockville 8.00 a.m.; 2.20 p.m., 11.48 p.m.

20 p.m., For tickets, sleeping car reservat

J. H. Fulford

G.T.E. City Passegner Agent Office: Fulford Block, next to Post Office Court House ave., Brockville, Ont. Also tickets on all leading Ocean Lines. Telephone No. 68.

B.W. & N. W. BAILWAY TIME-TABLE

GOING WEST

No. 1 Brockville (leave) 9.30 a.m 4.20 p.m. Lyn..... 9.55 " 4.85 " Seeleys..... *10.05 " 4.42 " 9.55 " 4.85 Forthton *10.18 Elbe..... *10.24 Athens..... 10.88 " 5.05 " Soperton.... *10.58 ** 5.22 ** Lyndhurst.... *11.05 ** 5.29 ** 5.29 ** Delta 11.18 " 5.85 "

Elgin 11.82 " 5.49 " Forfar.... *11.40 ' 5.55 "
Crosby *11.48 p.m 6.00 "
Newboro 11.58 " 6.10 " Newboro 11.58 " 6.10 " Westport (arrive) 12.15 " 6.20 " GOING EAST

No. 2 Westport (leave) 7.00 a.m. 8.20 p.m. Newboro 7.10 " 3.85 *7 20 " 8 46 " Crosby Forfar *7.25 " 8 52 " Elgin 7.81 4.02 " " 4.21 " Delta 7.45 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 *8.88 " 5.30 " Lyn 8.45 " 5.41 " Brockville (arrive) 9.00 " 6.00 " *Stop on signal

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

