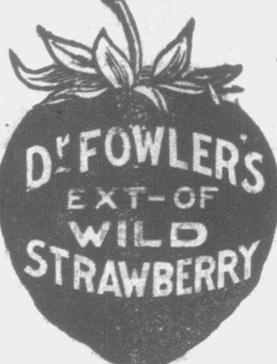


**SURPRISE**



**SURPRISE**  
A PURE HARD SOAP



**D'FOWLERS'**  
EXT-OF  
**WILD STRAWBERRY**

**CURES**

**Dysentery, Diarrhoea, Cramps, Colic, Pain in the Stomach, Cholera, Cholera Morbus, Cholera Infantum, Sea Sickness, Summer Complaint, and all Fluxes of the Bowels.**

Has been in use for nearly 60 years and has never failed to give relief.

**FOR SALE**

**FARM AT LOWER SELMAH.** A great bargain 100 acres, Hay, Tillage, orchards, 60 trees, all in bearing. Cut 30 tons hay could be made cut 50 tons, has wintered 18 head of cattle, 6 horses and 12 sheep. House 18x33. Ell 24x16, Barn 60x39, wagon and tool house 24x26 one of the best mud privilage on the Cobquid bay—sufficient to keep up the farm for all time, has a fine wood lot and pasture. Price \$1,400.00. Address A. A. Ford, Berwick and Hants County, Real Estate Agent.

Tuesday at the Sackville police court, Edward White, Amherst, and Wilson Thompson, Sackville, were before Police Magistrate Cahill, charged with having broken into the Sackville armory and stolen several rifles belonging to the government. Ernest Phinney, in whose possession one of the rifles was found, failed to appear, forfeiting \$300 bail. The other cases were adjourned.]

\* The Home \*

**PHYSICAL EXERCISE FOR FAIR WOMEN.**

Exercise has become such an important feature of education that the girl of today at her kindergarten age is taught calisthenics, waving her tiny army about to a four-note tune on the pinac. A little older and she becomes a champion of basket-ball, from which she is graduated to tennis, golf and swimming, all of which gives her a clear brain, a form well knit and as supple as a panther's, and two arms rounded and white and as hard as marble, with finely strung muscles under a polished skin. Deep breathing, fresh air, and systematic exercise, together with a study of dietetics, not only furnish a combination which spells health, but beauty also follows along in their wake. Exercise in every variety, if not abused and taken spasmodically, is beneficial, and especially so are those kinds which require the free use of the arms, such as golf, tennis, swimming, and rowing, for they develop the chest, and this is most hopeful and important in these days of asthma and consumption. As mental culture and not an examination is held up as the chief end of intellectual education, so a condition of body not only free from disease, but full of vigor, should be the goal of rational physical training. For the girl who will spend two or three months at the shore this season no better exercise is known than rowing. Not paddling about near the shore in fear and trembling lest a steamer should pass, but long, steady strokes, which will round out a flat chest and fill in the hollows in the neck quicker than any beauty treatment could possibly do in twice the time.—Harriet Quimby, in *Ladies' Weekly*.

**Parsnip Croquettes.**—Boil a number of parsnips until done; drain, mash and season with salt; add one beaten egg and a small quantity of flour to make stiff batter. Drop a spoonful on a hot griddle and fry in melted butter.

**Carrots.**—This vegetable is not to be despised. They may be boiled, and pickled like beets, or cut in slices and nicely browned in butter, or may be mashed and seasoned with pepper, salt and a cup of cream.

**Tomatoes cut with the heart of the cucumber** are delicious, so long as there is pepper enough in the dressing and on the inside of the cucumber. Red pepper may indeed be freely applied to cucumbers. It does not take from the flavor, and it makes them more wholesome.

**Nut Muffins.**—Cut the crust from bread at least a day old and press sufficient crumbs through a colander to fill a cup. Add one teaspoonful of melted butter, two tablespoonfuls of finely chopped nut meats, and a quarter of a teaspoonful of salt. When thoroughly mixed stir in the well beaten yolks of two eggs, then fold in the stiffly beaten whites of the eggs. Cook from five to seven minutes in very small muffin tins.

**Cucumber Relish.**—Chop or grate four dozen peeled cucumbers. Boil for half an hour in enough vinegar to cover them. Drain. Into a gallon of cold vinegar stir a tablespoonful each of onion juice, ginger, black pepper, cinnamon and ground horse-radish, a half teaspoonful of paprika a tablespoonful of celery seed and a half pound of sugar. Put the drained cucumbers into this, turn all into a preserving kettle and simmer at the side of the range for two hours.

**Green Apple Custard Pies.**—Line a pie dish with a good medium paste,

and half fill it with stewed green apples, which has been passed through a sieve, and flavored with grated lemon peel and mixed with a tablespoonful of apricot jam; the apple must be quite cold when used, then fill up the dish with a custard made as follows, and bake in a moderate oven for half an hour. When cold turn out of the dish, sprinkle a little powdered cinnamon and sugar over the top of the custard, and serve. For the custard, whisk an egg until it is quite frothy and pour upon it half a pint of boiling milk; sweeten it slightly, add a little piece of butter and a few drops of vanilla, and use when cold. Make the apple sauce sweet, but not enough so as to take away all tartness.

**SOME LAWS OF HEALTH.**

The true secret of health and long life lies in very simple things: Don't worry. Don't hurry. Don't over-eat. Don't starve. Fresh air day and night. Sleep and rest abundantly. Spend less nervous energy each day than you make. Be cheerful. "Work like a man; but don't be worked to death." Avoid passion and excitement. Associate with healthy people—health is contagious as well as disease. Don't carry the whole world on your shoulders, far less the universe. Trust the Eternal. Never despair.—"Lost hope is a fatal disease."—Chicago Medical Times.

**USE OF LEMONS.**

Gargle a bad sore throat with a strong solution of lemon-juice and water.

The juice of half a lemon in a cup of black coffee without any sugar will cure sick headache.

Lemon juice and salt will remove iron rust.

Wash fruit-stained hands in lemonade juice to take off the stains.

A strong, unsweetened lemonade taken before breakfast will prevent and cure a bilious attack.

Lemon juice added to milk until it curds, then bound upon parts swollen with rheumatism, will bring relief.

Lemon juice mixed very thick with sugar will relieve that tickling cough.

A hot lemonade, taken before going to bed, will cure a cold on the lungs. That is so annoying.

A cloth saturated in lemon juice, and bound about a cut or wound, will stop its bleeding.

Lemon juice added to fruit juices that do not jell readily, such as cherry, strawberries, etc., will cause them to jell.

Lemon extract. Let stand the rind of four grated lemons in half a pint of alcohol for about three weeks. Drain off the fluid, bottle and cork, and you have finer extract than that which you buy at the stores.

Lemon Icing. Put half a pound of sugar in a bowl, add grated rind, and juice of one lemon, and half a cup of boiling water. Whip stiff and spread between cake layers.

A slice of lemon added to a glass of tea make Russian tea.—The Morning Star.

"Is she pretty?" they asked of the young man who was speaking of his fiancé.

"Well, I don't want to boast," he replied, "but she always gets a seat in a crowded tramcar."

St. Isidore, P. Q., Aug. 18, 1904.  
MESSRS. C. C. RICHARDS, & CO.,  
Gentlemen,—I have frequently used MINARD'S LINIMENT and also prescribed it for my patients always with the most gratifying results, and I consider it the best all-round Liniment extant.

Yours truly,  
DR. JOS. AUG. SIROIS.

**Can Eat Anything Now.**

How many Dyspeptics can say that?  
Or perhaps you are dyspeptic and don't know it.

Have you any of these symptoms?

Variable appetite, a faint gnawing feeling at the pit of the stomach, unsatisfied hunger, a loathing of food, rising and souring of food, a painful load at the pit of the stomach, constipation, or are you gloomy and miserable? Then you are a dyspeptic. The cure is careful diet; avoid stimulants and narcotics, do not drink at meals, keep regular habits, and regulate the stomach and bowels with **BURDOCK BLOOD BITTERS**, Nature's specific for Dyspepsia.

Miss Laura Chicoine, Belle Anse, Que., says of its wonderful curative powers:—"Last winter I was very thin, and was fast losing flesh owing to the run-down state of my system. I suffered from Dyspepsia, loss of appetite and bad blood. I tried everything I could get, but to no purpose; then finally started to use Burdock Blood Bitters. From the first day I felt the good effect of the medicine and am now feeling strong and well again. I can eat anything now without any ill after-effects. It gives me great pleasure to recommend Burdock Blood Bitters, for I feel it saved my life."

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Are no respecter of persons.

People in every walk of life are troubled. Have you a Backache? If you have it is the first sign that the kidneys are not working properly. A neglected Backache leads to serious Kidney Trouble. Check it in time by taking

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