

When the Liver is out of Order

colic, constipation, biliousness, the liver is not giving up enough bile to move the bowels regularly—and some of the bile is being absorbed by the blood. In other words, the liver is in a weakened, unhealthy condition.

Now, purgatives do not touch the liver at all. They merely irritate the bowels, and afford only temporary relief. But FRUIT-A-TIVES are the true LIVER TONIC. They act directly on the liver—strengthen and invigorate this vital organ—and put it in a normal, healthy condition.

FRUIT-A-TIVES also stimulate the glands of the skin—and regulate the kidneys and sweeten the stomach. When skin, liver and kidneys are normally healthy, there can be no biliousness, no constipation, no kidney trouble, no rupture blood, or headaches.

No other medicine known to science is so reliable and so effective in curing biliousness as these fruit liver tablets.

FRUIT-A-TIVES are fruit juices with tonic added—and are free from alcohol and dangerous drugs. Sent in a box of 6 for \$2.50. Sent on receipt of price, if your druggist does not handle them.

FRUIT-A-TIVES LIMITED, OTTAWA.

Professional Cards.

Leslie R. Fairn, ARCHITECT.
AYLESFORD, N. S.

J. E. WHITMAN, LAND SURVEYOR.
ANNAPOLIS ROYAL, N. S.

JOHN IRVIN, Barrister and Solicitor & Notary Public.
OFFICE—Shaffer's Building, Queen Street, Bridgetown, Annapolis Co., Nova Scotia.

J. M. OWEN, BARRISTER & NOTARY PUBLIC.
ANNAPOLIS ROYAL.
will be at his office in Hunter's block, MIDDLETON, every THURSDAY, at 10 o'clock, for the Nova Scotia Building Society. Money loaned at 6 per cent. interest.

J. J. RITCHIE, K. C.,
Keith Building, Halifax.
Mr. Ritchie will continue to attend the sittings of the Courts in the County. All communications from Annapolis Co. clients addressed to him at Halifax, will receive his personal attention.

O. S. MILLER, Barrister, & Co.
Real Estate Agent, etc.
SHANER BUILDING, BRIDGETOWN, N. S.
Prompt and satisfactory attention given to the collection of claims, and all other professional business.

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Money to Loan on First-Class Real Estate.

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We do Undertaking in all its branches.

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Queen Street, Bridgetown.
Telephone 66.

Dr. Saunders, DENTIST.
Crown & Bridge Work a specialty. PAINLESS EXTRACTION.
OFFICE—Young's Building, Queen St. Monday and Tuesday of each week.

ARTHUR S. BURNS, M.D., M.B., Ch.B.,
Physician, Surgeon and Accoucheur.
and Residence—Church Street, Bridgetown. TELEPHONE CONNECTION.

DENTISTRY!
DR. F. S. ANDERSON
Graduate of the University Maryland.
Crown and Bridge Work a specialty.
Office: Queen Street, Bridgetown. Hours: 9 to 5.

Mooney's Perfection Cream Sodas
You get perfection when you get

THE HOUSEHOLD.

OLD AGE SHOULD BE THE HAPPY AGE.

If Ponce de Leon had been successful in discovering that marvelous fountain, the waters of which had the gift of perpetual youth, I venture to say that I would not have been called upon to tell how to keep from growing old, and had he been successful in his search, what a hero he would be to the "level of mankind," and the editor of the funny column in Sunday papers might have been saved a world of trouble in collecting material for the endless jokes which he is continually thrusting at womankind, and her unwilling to grow old. If a person be in perfect health, if the very act of living is itself a happiness and thorough enjoyment, the greater it will be to consider the subject of health as an important element in retaining one's youth.

Youth depends to a great extent upon ability to keep the blood in circulation in a healthy condition. The best method of doing this is by taking plenty of exercise in the open air, preferably in the country. A walk in the open air not only purifies the blood with oxygen, but it strengthens the skin and nervous system and through this the digestive system. Walking exercise is worthy of all commendation and is indispensable to content, health, strength and overall well-being. It is a great way to keep, all of which go a great way to ward preventing one from growing old. Walking is even more necessary in the winter than in the summer. Even, if there is a little rain and much wind, don't mind them. "Sit much wind, don't mind them." She has generally a clear and beautiful complexion, as Shakespeare says, "She looks as clear as morning roses washed in dew." The woman who wishes to keep from growing old must keep her mind active. Think, read what is new, accept new ideas, go about, above all, go to grand meetings, where you will have the conversation of intelligent human beings, where a spirit of confidence prevails, where a great deal may be said in sitting down in a corner and thinking how not to grow old. Do not let yourself grow old and be pushed into a corner. Live to enjoy life.

Look ahead, not back. There is no question at all of the benefit which a woman derives from getting out of the atmosphere of the routine work of a month or more. It is a tonic to every one and one of the best stimulants to act on people. It is a tonic to every one and one of the best stimulants to act on people. It is a tonic to every one and one of the best stimulants to act on people.

CARE OF BRUSHES.
Good brushes are expensive, but they pay to buy provided they are properly cared for.
After tooth and nail brushes have been used they should always be placed in a such position that all water will drain from them.
Household brushes also last much longer if properly cared for, and never allowed to rot on the bristles.
Long handled and short ones alike should be hung up or propped up on a shelf.
The best cleaning preparation for brushes is a solution made by dissolving one pound of washing soda in a quart of water. This should be stirred over the fire until dissolved, and used in the proportion of one tablespoonful to a quart of water. A little soap should be used for the soft hair brushes, and cold water used for rinsing. Try it in the open air.
To clean paint brushes soak in turpentine and use spirits of wine to remove all traces of varnish.
Castors on all pieces of furniture should be oiled both on the rollers and on the tip which fits into the socket. It is surprising, with what ease heavy pieces of furniture may be moved.

THE BEST HOUSEWIFE.
The best housekeeper is not she who spends the whole day slaving in the kitchen "doing the work," as she terms it, mending the sheets, mending the dresses, and mending the children's clothes. A woman with method gets through her domestic duties, even without the aid of a servant by midday, or soon after, and is so ready to take a walk, make a call or rest comfortably with a book or her needlework, her home is tidy, and she is always neatly and consistently dressed.

Although no one enjoys a pleasant chat more than she does, she avoids anything like gossip, and no one can tempt her to waste the early morning hours in talking over her neighbors' affairs.
A good housekeeper also avoids debt. She insists upon paying for everything as she gets it, and sees that she gets good value for her money.
A busy woman may be a prim old maid but she is probably an unkind wife, always very unkind, for she has no time to do anything for her family but retarding her actions. She never spares herself, never idles a moment, and thinks nothing can be done so well by any one as by herself. Hence she is quite unnecessarily overworked, overfatigued and frequently fractious.
The husband goes to his club, the children are so accustomed to continued scolding that they become either hypocrites or unusually unmanageable and headless of trouble. To some extent they deserve pity, for they are taught about their food, clothes, health, exercise, games and lessons. Nothing is done without plenty of fuss and discussion and many harmless pleasures are lost.

OF THE HOME BRAND.
The hall-mark of contentment just now is to be "home-made." The gown cost a pretty penny—what would you expect? It was all handwork—home-made. You have to pay for that! Well, there are other things worth having of the home brand—boys and girls, for instance. The home-made girl, the boy

ITS SUPERIORITY

Over Japan Teas is so pronounced that our critics have nothing but praise for it on a teapot infusion.

"SALADA"

CEYLON GREEN TEA
Every leaf is uncolored, unadorned and of virgin purity.

LEAD PACHA ONLY, 25c. per lb., 50c. per lb. PERL AT ALL GROCERS.

Colored People in Canada.
(New York Evening Post.)
The Right Rev. James C. Wilmore, Bishop of the Canadian Conference of the Union American Methodist Episcopal Church, is in this city, attending the General Conference of the Metropolitan Union A. M. E. Church, in East Eighty-fifth street. The Union American M. E. Church is the oldest religious denomination of the Christian faith in the world to be organized and controlled entirely by colored people, and Bishop Wilmore is its senior prelate. Fifty years of his life have been devoted to religious work in the great Northwest. In his meantime as a farmer in the Dominion he has accumulated a fortune estimated variously from \$50,000 to \$75,000. He told with deep regret how American negroes had lost thousands of acres of the most valuable farm lands in Canada through indifference and neglect, and the desire to rush back to the United States, after Lincoln had issued his Proclamation of Emancipation.

Baby's Friend.
Happiness is a sign of health. In babies, nearly all ailments disappear when they digest food well and get rid of the waste matter. Baby's Own Tablets brings happiness to babies by curing stomach troubles, constipation, feverishness, diarrhoea and teething troubles. There's a smile in every dose and the mother has always helped her baby. This medicine contains no opiate or harmful drug. Mrs. James J. Jones, Beaver River, N. S., says: "I have given my baby Baby's Own Tablets on occasion required since she was a day old. They have always helped her about a year and a half old. She is a healthy child. I think every mother should have a box of Baby's Own Tablets from my medicine dealer or by mail at 25 cents a box by writing to J. Williams' Medicine Co., Brookville, Ont."

THE ELEMENTS OF HAPPINESS.
Happiness according to the laws of nature and of God, inheres in voluntary and pleasurable activities; and activity increases happiness in proportion as it is diffusive. No man can be so happy as he who is engaged in a regular business that tasks the greatest part of his mind. I had almost said that it was the best-ideal of happiness for a man to be so busy that he does not know whether he is or is not happy; who has no time to think about himself at all. The man who rises early in the morning, joyful and happy, with an appetite for business as well as for breakfast, who has a love for his work, and runs eagerly to it as a child to its play, who finds himself refreshed by it in every part of the day, and rests after it from a wholesome and delightful fatigue—has one great and very essential element of happiness.

GRATED APPLE PIE.—Grate enough sour cooking apples to fill a tin; add about a pint of pulp for an ordinary six tin. Add three ounces of sugar, two eggs and a little cinnamon or nutmeg. If a meringue is wanted for the top save out the whites. It will be lighter and more like a soufflé with the whites left in.
Roast Hunch of Venison.—Take a hunch of twelve pounds, and trim of the chine and tail end of the knuckle which is in larded paper close round the hunch to prevent the fat from burning; set it before a bright fire and roast in three hours, basting it frequently to prevent the paper from burning; then remove the paper, baste the hunch with butter, put it near the fire until it is a light brown; continue to baste, dredge it lightly with flour, and when it is well frothed and broiled all over it is done. Send the hunch to table with a gravy made from the trimmings of the venison and seasoned with salt and pepper. Serve with red currant jelly.

VENISON CROQUETTES.—Take about one pound of cooked venison, chopped finely or put through a mincing machine, mix with four ounces of finely mashed potato two tablespoonsful of beef and trim of the chine and tail end of the knuckle which is in larded paper close round the hunch to prevent the fat from burning; set it before a bright fire and roast in three hours, basting it frequently to prevent the paper from burning; then remove the paper, baste the hunch with butter, put it near the fire until it is a light brown; continue to baste, dredge it lightly with flour, and when it is well frothed and broiled all over it is done. Send the hunch to table with a gravy made from the trimmings of the venison and seasoned with salt and pepper. Serve with red currant jelly.

A Reliable Remedy for Croup.
Mrs. S. Rosenthal, of Turner, Michigan, says: "We have used Chamberlain's Cough Remedy for our children for several years and like it very much. I think it is the only remedy for croup and can highly recommend it." For sale by W. A. Warren, Pharm. B.

Examiner.—Upon what words in the Old Testament is marriage founded? Scholar (promptly).—"And I will set unity between thee and the woman."

BEAVER FLOUR.
NATURALLY PURE
Beaver Flour needs no bleaching or chemical treatment to purify it. Only carefully selected grain is chosen, grown in Canada—see seed. Such wheat requires no elaborate purification. It is naturally pure. This is why Brand, Rolls, Cakes and Pastry—made of Beaver Flour—are so white, some and soft.

Is It Your Own Hair?
Do you pin your hat to your own hair? Can't do it? Haven't enough hair? It must be you do not know Ayer's Hair Vigor! Here's an introduction! May the acquaintance result in a heavy growth of rich, thick, glossy hair! And we know you'll never be gray.

A Little Girl was out walking with her aunt one day. The aunt bowed to a man they were passing. "Who is he, Aunt Jennie?" asked the little girl.
"That is Mr. Melrose, the village undertaker," said the aunt.
"Oh, yes," replied the child, quickly. "I remember him. He undertook my grandmother."
Man of Business—I can spare you five minutes, but you know, my time is money.
Gentleman of Leisure—I shall be happy to take it in that form.
A negro servant, on being ordered to announce visitors to a dinner party, was directed to call out their names as they arrived. The first to arrive was the Fitzgerald family. The negro servant opened the door and called out Major Fitzgerald, Miss Fitzgerald, Master Fitzgerald, and so on.
This so annoyed the master that he went to the negro and said, "Don't announce each person's name like that, say something shorter."
The next to arrive was Mr. and Mrs. Penny and their daughter.
The negro solemnly opened the door and called out "Threepence."

Bluelight Soap is better than other soaps, but is best when used in the Bluelight way. Buy Bluelight Soap and follow directions.

THE GIRL WHO SAVED

The wind was east, and the chimney smoked, and the old brown house seemed dreary. The young folks grumbled, the old folks creaked, and they had come home chilled and weary. Then opened the door, and a girl came in; Oh, she was homely—very. Her nose was pug, and her cheek was thin. There wasn't a dimple from brow to chin, and her smile was bright and cheery. She spoke not a word of the cold or damp. Not yet of the gloom about her, but she mended the fire, and lighted the lamp. And she put on the place a different stamp. From that it had without her. They forgot that the house was a dull old place, and gloom departed from every face. As they felt the charm of her mirthful gleam, and the cheer of her happy laughter.

Oh, give me the girl who will smile and sing, and make all glad together! To be plain or fair is lesser thing. But a kind, unselfish heart can bring Good cheer in the darkest weather.
—Dominion Presbyterian.

Business and Constipation.
For years I was troubled with biliousness and constipation, which made life miserable for me. My appetite failed me. I lost my usual force and vitality. Pepsin preparations and cathartics only made matters worse. I do not know where I should have been today had I not tried Chamberlain's Stomach and Liver Tablets. The tablets relieve the ill feeling at once, strengthen the digestive functions, helping the system to do its work naturally.—Mrs. Rosa Potts, Birmingham, Ala. These tablets are for sale by W. A. Warren, Pharm. B.

Chapped Hands are quickly cured by applying Chamberlain's Salve. Price, 25 cents. For sale by W. A. Warren, Pharm. B.

A SMART REPLY.
A boy was returning home from the market with a donkey and cart, with a cart-load of vegetables, and was trying his utmost to get along, but the donkey stopped after a few yards. Soon a large crowd gathered round, and some felt sorry for him, and others chaffed him. He took no notice of them for a minute or two, until a "bobby" amongst the crowd said to the boy, "How much do you want for your donkey?" The boy said, "Go and ask your parents if they can afford to keep two, sir," and he quickly disappeared.

Widowed Other Treatment But Quickly Cured by Chamberlain's Cough Remedy.
"Last winter I caught a very severe cold which lingered for weeks," says J. Lyndhart, of Zephyr, Ontario. "My cough was very dry and harsh. The local dealer recommended Chamberlain's Cough Remedy and guaranteed it, so I gave it a trial. One small bottle of it cured me. I believe Chamberlain's Cough Remedy to be the best I have ever used." This remedy is for sale by W. A. Warren, Pharm. B.

Earth tremors had been felt in the district, and the young mother, anxious regarding the safety of her darling boy, wrote to her parents, telling them of the "earthquake" shocks, and asking if they would take care of little Willie for a few weeks.
Back came a letter after three days: "Dearest Mary.—Please come at once for little Willie; you can send us an earthquake."

ST JOHN HOTEL
Corner Prince William and St. John Streets. Directly opposite Eastern and D. A. R. S. S. C. B. ST. JOHN, N. B.
This old established hostelry, commanding an elegant view of the harbor and surrounding country, has been renovated and reformed. Carriage door every five minutes. Excellent cuisine. L. S. NELSON, Proprietor.

WANTED!
A LARGE QUANTITY OF HIDES, PELTS, CALF SKINS AND TALLOW.
CASH PAID AT THE HIGHEST MARKET PRICES.
MacKenzie, Crowe & Co., Ltd.
Bridgetown, Jan 7 17th, 1906.

How About Painting?
If your house is at all weather beaten, paint it. Don't let it "run down." Paint it with **SHERWIN-WILLIAMS PAINT**—most economical paint on the market.
S.W.P. is most economical because it works easiest under the brush, covers the greatest surface to the gallon, wears longest, and is always full measure.
Call for color cards.

Karl Freeman
Sore Nipples and Chapped Hands are quickly cured by applying Chamberlain's Salve. Try it. It is a success. Price a cent.

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