

(Continued from first page) smile quicker; an air of joyous triumph was about him, which increased the easy, careless, light grace of all his ways and looks. He was more a favorite with the world than ever. He was invited everywhere, the more especially as Thurlstone was now refused all invitations; and Thurlstone was the only man whose eye he would not meet—the only man whose presence he industriously shunned.

So, like a sunbeam and a shadow, the June days and nights swept over the green earth. The nights were beautiful with an especial beauty, noted by many as they met late on golden shore or silver-tinted sea—lovely for warm and starlight, and for a voluptuous perfume of the air, like the breath of sleeping flowers, a subtle essence of the summer and the sun, which filled the mind with passion and stirred the heart with love.

"Swift as a shadow, short as any dream, was this sweet June month of courtship to Lillian. Each day brought her some new happiness, some dear, tender joy to be pinched in the pocket of her memory, and treasured there among her heart's best jewels. And the golden days were nearly over; the day of her wedding was at hand, and life stood before her, a reality more fair and beautiful than even the dream. Every hour of his life she could spare Thurlstone had given to her; but during these last days before her marriage, business came all, but unmode- rate use destroys both strength and appetite; it is heating, and like starch consists only of carbon and water. Insects, called sugar mites, inhabit brown sugar.

Articles needed by the body for fat and heat making, are sugar, fat, butter, oil, and molasses. For muscle, lean meat, cheese, oat meal, beans and peas. For brain and nerves, unboiled flour, barley, eggs, very active fishes, and birds. Green vegetables, fruit and berries, furnish the acid and water needed. A diet containing carbon, such as articles for fat and heat making, is fuel for cold weather. It acts as fuel and the supply should vary according to the supply of oxygen in the air he breathed, the colder the air the more oxygen it contains. Greenlanders live upon oil, eighty per cent of which is carbon. Such food would destroy natives of warm climates. A portion of carbon obtained from food, mingles with the lungs with the oxygen of the atmosphere, causing combustion, and heat for the body.

Animal food is quicker, and more easily digested than any other, but it produces plethors and inflammatory diseases, if immoderately used; mutton is the most digestible and nutritious—beef, mutton, or goat; meat, 35; potatoes, 25. Rye meal has a laxative tendency, becoming acidic in the stomach; vegetables cause flatulency in some persons. Sago is the pith of a palm tree, and is used in the raw state is poisonous, but it is destroyed by heat in its preparation for market—both are healthy and very nourishing. Soups are bad for weak stomachs, difficult of digestion. Cheese is all nutriment, hard of digestion; eaten in small quantities, a workman can subsist on one-half pound of it, one pound of meal, and one quart of milk daily; they contain every constituent element needed by the body. Graham flour contains more fat and muscle material, and nearly three times as much bone and teeth material as fine flour; this unboiled flour boiled and thickened with milk, is excellent for young children and adults. Oat meal is very strengthening food when well cooked; contains much nutritive matter, twice as much as beefsteak; being only, disagrees with some persons. Real enjoyment can be added to life, by simply studying Nature's laws in regard to food, and by applying them to everyday life.—American Rural Home.

Why Some People Remain Poor. Cream is allowed to mould and spoil. Silver spoons are used to scrape the kettle. The scrubbing brush is left in the water. Nice filed knives are thrown into hot water and spoiled. Dish-cloths are thrown where mice can destroy them. Tubs and barrels are left in the sun to dry and spoil. Clothes are left on the line to wither in the wind. Pie crust is left to sour, instead of making a few tarts for tea. Vegetables are thrown away that would warm for breakfast. Bits of meat are thrown out that would make hash meat or hash. The cork is left out of the molasses jug, and flies take possession. Pork spoils for want of salt, and beef because the brine wasn't scalding. Coffee, tea, pepper and spices are left to stand open and lose their strength. Potatoes in the cellar grow, and the sprout and not removed until they become useless.

A Draw.—Voiture and Arnauld were one day amusing themselves in guessing the profession of the passers, by their dress and bearing, when a carriage passed, the occupant of which was oddly attired. Quoth Voiture, "That's a Councillor of the Court of Aids." Arnauld waded that the passer was not, and, to decide the bet, Voiture approached the carriage and explained to the gentleman the circumstances, asked if he were not such a functionary. "Monieur," said the gentleman coldly, "go round and bet that you are an ass, you will never lose. Drive on coachman." The bet was decided a draw.

A Brooklyn man is so bow-legged that a dog which tried to run between his legs came out on the same side of the man that he started in on, and then when the man went to kick the animal, he hit a man on the other side of him. A young man named Turn married a cousin of the same name, on the plea that "one good turn deserves another."

Miscellaneous.

Hygienic Information About Food.

The quantity of food actually needed by the body depends on the amount of muscular and out-door exercise. Persons who have a strong constitution, a healthy stomach, and take much exercise, can eat and digest almost anything with impunity, but what is good for one is hurtful to another. One stomach should not be made the rule in regulating others, and every one should experiment, and observe the effects of various articles of food upon them, until they learn by experience, which is the best for digestion. The most unhealthy kind of food are those which are made so by bad cooking, such as sour and heavy bread, cakes, piecrust, and other dishes consisting of fat mixed and cooked with flour. Articles to be fried should be immersed in boiling fat; they can then remain, as long as necessary to thoroughly cook them without becoming fat. Fried meats are indigestible, if greasy.

Butter, if rancid or melted, also highly seasoned food, are very unwholesome. Meat when salted loses much of its nourishment, which is extracted; two gallons of brine in which meat has been saturated, will yield one pound of solid extract of nourishment, which is generally wasted. The meat is wholesome if used occasionally, but freely used causes scurvy, acrofula, etc. Sweetmeats, which are highly refined, are generally wasted. The sweetmeats are made of sugar, fat, and water. Sugar is a constituent of every article of food. Children could not live without it. It is fattening, but in moderate use destroys both strength and appetite; it is heating, and like starch consists only of carbon and water. Insects, called sugar mites, inhabit brown sugar.

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(To be continued)

MILLER BROTHERS, CHARLOTTE TOWN, P. E. I., or MIDDLETON, Annapolis Co., N. S.

Importers and Dealers in Sewing Machines of both American and Canadian Manufacturers, over 20 different kinds in stock, among which is The RAYMOND, the most Popular Machine in the market.

Second-Hand MACHINES Taken in Exchange as part payment for new ones. THE REPAIRING of all SEWING MACHINES will be attended to. ALL Sewing Machines WARRANTED. SEWING MACHINES! FROM \$5.00 TO \$100.00. Shuttles, Needles AND EXTRAS of all kinds in stock.

ORGANS, PIANOS, Mason and Hamlin, Weber, Steingway, Emerson & Co. OF BOTH AMERICAN AND CANADIAN MANUFACTURERS. Instruments guaranteed for five years and sold on easy terms. Liberal reduction to Clergymen, Churches and Sabbath Schools. Good Local Agents wanted in Towns, where not yet appointed. Middleton, Annapolis Co., N. S. MILLER BROTHERS.

DYE WORKS, GILBERT'S LANE, SAINT JOHN, N. B.

MEN'S CLOTHES, of all kinds, CLEANSED or RE-DYED and Pressed, equal to new. LACE CURTAINS, BLANKETS, CARPETS, &c. Cleaned by a NEW PROCESS, every week day. SILKS, IRISH POPLINS, DRESS MATERIALS OF ALL KINDS DYED. FEATHERS, KID GLOVES, TIES, &c., &c., CLEANED OR DYED.

H. S. PIPER, AGENT, BRIDGETOWN. Favorite Literature, AT CONNOLLY'S, 35 PER CENT!

HE DOES NOT INTEND to raise the price of his FURNITURE, as he is seen in his list below; but intends making Still further Reduction, as he hopes his Sales will increase under the new tariff. He has a NEW FACTORY fitted up and is running full time. He also intends adding to his now large STOCK, and can offer better inducements to Customers.

Look Here, Look Here! S. N. Fallesen's CHEAPEST PLACE for Your Clothes. A Perfect Fit Guaranteed. Just Received from Montreal: A Large Lot of CLOTHS, which will be sold at the lowest prices. Call and inspect Goods before purchasing elsewhere. S. N. Fallesen, Merchant Tailor, Bridgetown, July 6, '79.

BRIDGETOWN Marble Works. ENCOURAGE HOME MANUFACTURE. FALCONER & WHITMAN are now manufacturing Monuments & Gravestones of ITALIAN and AMERICAN Marble. Granite and Freestone Monuments.

CAUTION! EACH PLUG OF THE Myrtle Navy! IS MARKED T. & B. IN BRONZE LETTERS. NONE OTHER GENUINE. \$1500 TO \$6000 A YEAR, or \$30 to \$50 per week, or \$500 to \$1000 per month. Risk. Women do as well as men. Many make more than the amount stated above. Anyone can do the work. You can make from \$20 to \$25 an hour by devoting your evenings and spare time to the business. Nothing like it for money making ever offered before. Business pleasant and strictly honorable. Reader, if you want to know the best paying business before the public, send us your address and we will send you full particulars and private terms free; samples worth \$5 also free; you can then make up your mind for yourself. Address: GEORGE STINSON & CO., 124 GRANVILLE ST., HALLOW, N. S. July 17th, 1878.

TO LAWYERS. A FRESH LOT of Summons and Executions just printed and for sale at this office. Bill Heads in all sizes and styles executed at this office at reasonable rates.

Windsor & Annapolis Railway. Summer Arrangement. Time Table, COMMENCING THE 14th DAY JUNE, 1880.

Table with columns: Station, Time, Direction. GOING WEST: Halifax-leave, Windsor-June-leave, Windsor-arrive, Wolfville-leave, Wolfville-arrive, Port Williams-leave, Port Williams-arrive, Kentville-leave, Kentville-arrive, St. John-leave, St. John-arrive. GOING EAST: St. John-leave, Kentville-arrive, Kentville-leave, Port Williams-arrive, Port Williams-leave, Wolfville-arrive, Windsor-arrive, Windsor-leave, Halifax-arrive.

Does it Pay to Hire Cheap School Teachers? A man tries to be a farmer and fails; tries to be a mechanic and fails; tries to be a lawyer and fails; tries to be a minister and is not even good enough for that; but one thing he can do—he can be a schoolmaster. And so you will find through the country, schoolmasters are selected because they are cheap. You can get him for \$10 a month found. Shame on the parsimony that would take a cent from the pay of the most meritorious employed as teachers. If there is any profession which should be made absolutely independent of all care as to the means of living it is that of a teacher.

THREE TRIPS A WEEK. For Digby and Annapolis. Connecting at Annapolis with the Windsor and Annapolis Railway, for and from KENTVILLE, WINDSOR, HALIFAX, and intermediate stations, and at Digby with the Western Counties Railway, for Yarmouth and intermediate stations.

For Sale, or To Let. A SMALL PLACE CONTAINING FOUR ACRES OF LAND, with comfortable HOUSE AND BARN. Paradise, May 10th, '80.

THE SUBSCRIBER keeps constantly on hand: Common and Stuffed Furniture in variety. Also, Spring Mattresses, Chairs from 35 cents each, upwards. Also, Bedsteads, Cots, all of which will be sold at the very lowest market prices!

John H. Fisher, MERCHANT TAILOR, Side Door, Masonic Building, Bridgetown. Wish to inform his friends and customers that he has just returned from a personal selection of CLOTHS suitable for Spring and Summer wear, and is prepared to make suits up in the latest styles, and on reasonable terms.

MR. COLBERT, my friend, has been lately returned from Boston, where he has been at work the present winter, and is again with me. His well-known proficiency as a workman, guarantees every satisfaction. J. H. FISHER, Bridgetown, Mar. 24, '80. BILL HEADS at this office.

Love for Love.

Ragged, dirty, ugly. He had fallen in the gutter, his hands and face were black, his mouth wide open and sending forth sounds not the most musical. A rough hand lifted him against the wall. There he stood, his teeth making little gutters down his begrimed cheeks. Men as they passed laughed at him, not caring for a moment that he knew off, certainly he did not deserve one. Yet if none but the deserving had friends how many would be friends less!

A lady is passing. Her kindness of heart prompts her to stay and say a word to the boys who were joking their companion and laughing at his sorrow. Then she looked fixly at the dirty, crouching lad against the wall. "Why, John, is it you?" He removed one black fist from his eye and looked up. He recognized her. She has taught him at the Sunday School. "O mamma! I'm so bad!" She has him examined and then she visits him kindly and frequently. A year passes by. There is a fire one night. A dwelling house is in flames. The engine is not yet arrived. The inmates cannot be rescued. A boy is looking on. Suddenly he shouts, "O! she lives there!" Then he climbs up the heated, falling stairs. He fights against the suffocating smoke. He hunts about until he finds what he sought. She had fainted—dying, perhaps. No! he will save her. Five minutes of agonizing suspense and she is safe in the cool air.

The bystanders are struck with the intrepidity of the boy. He only walks away muttering: "She didn't turn away from me when I was hurt." "O friend, the stone looks very rough, but it may be a diamond." Does it Pay to Hire Cheap School Teachers? A man tries to be a farmer and fails; tries to be a mechanic and fails; tries to be a lawyer and fails; tries to be a minister and is not even good enough for that; but one thing he can do—he can be a schoolmaster. And so you will find through the country, schoolmasters are selected because they are cheap. You can get him for \$10 a month found. Shame on the parsimony that would take a cent from the pay of the most meritorious employed as teachers. If there is any profession which should be made absolutely independent of all care as to the means of living it is that of a teacher.

When the whistle of the new Alamo Ice Company at San Antonio was first blown, it was a great event. "What's that?" "Why, honey, don't you know what that is; why, bless your unfortunated soul, that's the workin' ob a new invention which will get at de gas works what let's off putrid air." "Turkey red parols with hand painted borders are excellent to take into the country. The kind of girls that are sent to school are not great loss, even if a bull should kill them."

It was so common for Freeman to whip his wife, Memphis, that the neighbors paid little attention to the bruises which she constantly bore. She never complained of them, and was seemingly resigned. But a few days ago a pistol shot was heard in her house and her husband was found with a bullet in his head. "I concluded that I'd stood it long enough," she said, "and I was sick, wasn't he surprised when I hauled out my pistol and popped at him?"

GRAND TRUNK HONOR.—A Fact.—Tall engineer enters Superintendent's office and enquires if it is true, as his Street has informed him, that the Company meant to dispense with his services? "The Superintendent—I am not aware of it. (To Stoker.) Did you tell him so?" "Stoker—Well, sir; I told him the Company didn't want him any longer. The Superintendent—And what authority have you to tell him that?" "Stoker—Why, sir, good gracious, you don't want him any longer, do you—he's nearly seven feet tall!"

PROVERBIAL WISDOM.—Yesterday afternoon, a boy about eight years old was slowly walking down Cass Avenue. A boy about ten was hiding at the corner of Bagge street to catch and thump him. A third boy, two years older, was going up the street. "Revenge is sweet!" muttered the boy behind the fence, as he peered out. "Speed is a great desideratum," observed the small boy, as he saw the trap and started on a run. "To the victor belongs the spoils," chuckled the third, as he picked up a hat and a football and made for an alley. "Nothing succeeds like success," remarked the small boy as he gained his back door yard. "Put off till to-morrow what you cannot do to-day," reflected the second, as he slowly sauntered back. "No path can lead straight on," sighed the big boy, as he dropped the plumed and crawled through a fence at sight of a policeman coming up the alley.—Detroit Free Press.

An Irishman, watching a game of base ball, was sent to grass, by a which struck him under the fifth rib. "A fowl, was it? Dear me, I thought it was a mule!" "This was a lexicographer's reply to a lady who asked him to 'take care' with her Madam, but also strictness (sometimes), I take medicine, but I drink tea."

Joker's Corner.

—There is a saloon keeper in Baltimore who is considered by the boys pretty smart, and it takes a winking eye to catch him winking. The other evening he was standing behind his bar waiting for a customer, when three fellows walked in and took their stand in a row. "They were all half off," and had evidently spent the day on some excursion. The saloon-keeper waited patiently, and the first one of the row, after a pause, said demurely, "Three whiskeys." "Deal," thought the bartender, and he put out three more glasses, when the third man simply said, "Three whiskeys." All three white no hand had gone near a pocket, and no clink of silver was heard. The bar man thought he was badly in for a 'beat,' and the ninth glass slid leisurely and rather reluctantly over the marble counter. The three men then drank their three whiskeys each one after another, with solemnity, while the cute saloon-keeper tapped the table nervously with his knuckles. Suddenly the first customer pulled out a twenty-dollar note and threw it down on the counter. "Well, that's the last of it," said the bartender, "I have no change." The other remarked, "Neither have we," and reached for the money, but the smart saloon man was too quick. Whipping the note into two pieces and snatching it away, you take one half and I'll take the other, and you come around in the morning and pay me," and they came.

—A country store keeper failed in business. He offered to settle at fifty cents on the dollar, but the proposal was not accepted by some, but refused by one firm, who commenced legal proceedings against him to recover the full amount. At the trial the witness was one of the counsel in what manner he had kept his books, by single or double entry. He replied that they were not kept in any entry at all, but under the counter on the salt barrel.

—Lord Dudley was one of the most absent minded of men. One day, says Sidney Smith, he met me in a street and invited me to meet myself. "Dine with me," said he, "and I will get Sydney Smith to marry you." I admitted the temptation held out to me, but said he was engaged to meet me elsewhere. Another time in meeting me he put his arm through mine, muttering: "I don't mind walking with him a little way; I'll walk with him as far as the end of the street." The very next evening my great-grandson, who was sitting in a chair, immediately under me, apparently very attentive when suddenly he took up his stick, as if he had been in the House of Commons, and tapping it on the floor, he cried out in a low, but very audible, whisper: "I hear, hear!"

—A pretty actress settled her advertising bill with a Little Rock newspaper. She was sitting in a chair, and Arkansas editors don't get very rich, but they have a heap of fun. "When the whistle of the new Alamo Ice Company at San Antonio was first blown, it was a great event. "What's that?" "Why, honey, don't you know what that is; why, bless your unfortunated soul, that's the workin' ob a new invention which will get at de gas works what let's off putrid air." "Turkey red parols with hand painted borders are excellent to take into the country. The kind of girls that are sent to school are not great loss, even if a bull should kill them."

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