LIFE ON A FARM.

One of Hardship and Constant Exposure.

FREQUENTLY THE MOST RUGGED CONSTITUTIONS ARE BROKEN DOWN—A PROMINENT FARMER TELLS OF THE WONDERFUL RECUPERATIVE POWERS OF A FAMOUS MEDICINE.

From the Assiniboian Saltcoats, N. W. T.

Everyone around Yorkton knows Mr. Dan Garry, and what a pushing active business farmer he was until la grippe took hold of him, and when that enemy left him, how listless and unfitted for hard toil he became. For months he suffered from the baneful after effects of the trouble, and although he still endeavored to take his share of the farm work, he found that it was very trying; he had become greatly weakened, had lost both appetite and ambition, and was tired with the least exertion. He tried several remedies without deriving any benefit, and as one after the other had failed, he determined to give Dr. Williams' Pink Pills

a trial. He felt so utterly worn out that several boxes of the pills were taken before he found any benefit, but with the first signs of improvement he took fresh courage, and continued taking the pills for three months, by the end of which time he was again an active hustling man, feeling better than he had for years. Mr. Garry tells his own story in the following letter to the Assiniboian:—

Dear Sir,—"After a severe attack of la grippe I was unable to recover my former strength and activity, I had no ambition for either work or pleasure, and to use a popular phrase, "did not care whether school kept or not." I tried various medicines without deriving any benefit from them. With not much hope I decided to try Dr. Williams' Pink Pills, and was agreeably pleased to find after a few boxes, a decided change for the better. My appetite, which had failed me, returned, and I began to look for my meals half an hour before time, and I was able to get around with my old time vim. I continued the use of the Pink Pills for three months, and find myself now better than ever. You may therefore depend upon it that from this out I will be found among the thousands of other enthusiastic admirers of Dr. Williams' wonderful health restoring medicine."

Yours gratefully,
DAN GARRY.

Dr. Williams' Pink Pills strike at the root of the disease, driving it from the system and restoring the patient to health and strength. In cases of paralysis, spinal troubles, locomotor ataxia, sciatica, rheumatism, erysipelas, scrofulous troubles, etc., these pills are superior to all other treatment. They are also a specific for the troubles which make the lives of so many women a burden, and speedily restore the rich glow of health to pale and sallow cheeks. Men broken down by overwork, worry or excesses, will find in Pink Pills, a certain cure. Sold by all dealers or sent by mail, post paid, at 50c a box, or six boxes for $2.50, by addressing the Dr. Williams' Medicine Company, Brockville, Ont. Beware of imitations and substitutes alleged to be "just as good."

How Men May Acquire Strength.

EUGENE SANDOW DESCRIBES THE TRAINING THAT IS NECESSARY.

Eugene Sandow, a modern Hercules, has something interesting to say about physical development.

"I was a puny lad," he says, "and my desire to improve myself physically was inspired by a few of the grand works of sculpture that I saw when my father took me through the art galleries of Rome. My plan is so simple that a child can understand it. First of all, know yourself and every muscle of its use. I advocate only simple exercises like dumbell practice, walking and cycling. I am a recent convert to the wheel and spend hours upon it. I do not think much is gained from the use of horizontal bars, flying rings, or the usual gymnasium appliances. The open air is a great thing, and so are cold baths. I take two of these daily. The exercise must be regular and the weight of the dumbell must not exceed the capacity of the person who uses it. I have had in my company a young man of average health who has increased his weight from 120 pounds to 180, and he can now put a one-hundred-pound weight above his head without effort. If women would take more outdoor exercise there would be less hysteria and nervous complaint. The dress of the average woman is most harmful. I eat anything I like, in moderation, am abstemious beyond a glass of beer or light wine, and I smoke in moderation.

"While I am at Proctor's Pleasure Palace I shall show New York some new muscular undertakings and classic tableaus. Not every young man can reach my muscular power, but any one can make himself strong and vigorous by the simplest dumbell exercise, combined with regular and temperate habits of life. I expect to live to be a hundred, barring accident, and to be a strong man until I die. Within the past year I have increased my lifting capacity in harness to 6,100 pounds, a distinct gain of 300 pounds. I never strain myself in the least, and cannot really tell what I might do with violent effort. No one thing that I attempt is more difficult to me than another."

Keeping News Out.

It is not an uncommon thing for a newspaper to be asked to withhold this or that bit of public news, as it would "look bad for the town," to have it go abroad—would be "a bad advertisement." The *Post* has heard the expression many times, and is glad to find in an exchange, the case forcibly set forth in this way: "Don't blame your newspaper for what happens in the community. If there is anything in the life of the place that you do not wish to go abroad to the world, blame yourself if it exista—not the paper for saying something about it. It is the editor's duty to make a typograhical photograph of the town each week, and if you take a homely picture don't kick the instrument, but try to get a better impression on your face the next time."

A Test for Death.

A foreign scientist has a new test for death. With a candle, produce a blister on the hand foot or body. If the blister upon opening with a needle or other instrument, be found to contain fluid of any kind, there is still life in the body.

—No other remedy for Pulmonary troubles combines so many good qualities, nor proves so generally efficacious as Puttner's Emulsion. For sale by all medicine dealers, only 50 cts. for a large bottle.

—Taking off the hat or cap as a sign of reverence or respect was mentioned in the time of Cæsar.

The Queen's Reign.

It is noted that in course of the coming summer Queen Victoria will complete the fifty-ninth year of her reign. She will soon have reigned longer than any monarch that has sat upon the British throne. These years, because of the changes that have come to pass are among the most notable in the world's history. As a writer in the *Edinburgh Review* remarks, we must almost say that in no six hundred years of the world's history has there been so much moral and material progress as the British people have made since the Queen came to the throne.

In 1837 the population of the British Isles was 26 millions,—there 18 millions in England and Scotland, and 8 millions in Ireland. There are now about 40 millions in the United Kingdom, of which number Ireland counts but 4½ millions. England and Scotland have nearly doubled their population; Ireland has lost nearly one half of hers. In Asia there has been added during the Queen's reign territory nearly if not quite 400,000 square miles, and vast populations. In Africa a million square miles have been added to the Queen's dominions. Australia and Canada contain one-ninth of the land surface of the globe. When the present reign commenced Canada had but one million of a population, mostly discontented and scattered. New Zealaud was settled two years after the Queen's accession. Australia had only a handful of people, apart from convicts, the total population being 75,000, and convicts and pardoned convicts numbering 60,000 of these. The whole British Empire now includes 10 million square miles, with a population of more than 350 millions. It has more territory than Russia and more population than China. Nearly one person of every four on earth owes allegiance to the Queen. In 1837 London was not connected with railway even with Birmingham. Railway enterprise was only begioning. There are now more than 20,000 miles of railway in the British Isles. In 1838 steamers crossed the Atlantic in 18 days. Now the voyage is made by "ocean greyhounds" in little over five days. In 1840 the whole commercial navy numbered 23,000 vessels of 2,800,000 tons. The vessels now number 21,000, and the tonnage 9,000,000. Then vessels were all built of wood; now nearly all are built of iron or steel. At the beginning of the Queen's reign there was no electric telegraph; and for many years the rates for messages were costly; but in the last twenty-five years the munber of telegrams has increased from 10,000,000 to 70,000,000. Six messages can now be sent at the same time along one wire, and words can be transmitted at the rate of 400 per minute.

In 1837 letter postage from London to Edinburgh was 13d. Then only about a hundred millions of letters a year were carried through the mails. Now the yearly number of letters amount to 1800 millions! This has resulted from cheap uniform postage. Then imports and exports amounted to £140,000,000; now these amount to £700,000,000. Then 1200 articles paid duty; now less than 12 articles are dutiable! Population has increased more than 50 per cent; wealth has increased three fold. The income tax in 1842 yielded £7,000,000 for every penny imposed; it now yields £2,250,000 for the penny. Food stuffs can now be carried 10,000 miles more cheaply than they could sixty years ago be carried 100 miles.

In the early years of the reign employment was extremely scarce. In 1842 there were 1,429,000 paupers in England and Wales alone. The number of paupers has been reduced nearly one-half while the population has nearly doubled. Large masses of the population in cities lived in cellars, without drainage or ventilation, and without a supply of pure water. The morality was dreadful.—Up till the tenth year of the Queen's reign children under eight years of age were allowed to work in factories; and long hours of work were universal. In Glasgow in 1838 one house in every ten was a liquor shop; and other cities were not much better. No means of rational recreation or improvement were within reach of the poor. Crime increased. In 1842 no fewer than 31,300 persons were committed for trial in England and Wales; but now with the greatly increased population the number committed for trial is reduced to 12,300. In 1833 the convict population of Great Britain was 50,000. Since then the general population has doubled; but the convicts have decreased to 4,345.—The people were desparately discontented. Rioting on a serious scale was not uncommon. Prices were high and wages low. There has been a vast sanitary and social revolution since 1837. In that year the educational grant was £30,000 a year; it is now about £9,000,000.

It is marvellous how as education has advanced pauperism and crime have diminished. The facts of British experience within the last fifty years are a powerful plea for popular education. Space will not allow us to follow this subject farther. But certainly the Queen's reign has been a blessing to the world. The facts are a pertinent refutation of religious or political pessimism, a powerful vindication of national optimism.

Electricity in the Earth.

IT IS THE AWFUL FORCE THAT WILL FINALLY DESTROY THE EARTH.

"Take a spade, turn up a small quantity of soil, hold a portion in your hand, hold it to your ear, then smell it. You will observe at first a slight motion, hear a faint sound as of the moving of distant timber, and readily notice the odor of heat. Do you know that the forces held in your hand are electricity; that the earth for three feet deep is alive with the invisible power and forms the secret of vegetable life? Waves of electricity are constantly passing through the soil in unseen billows, thus keeping the soil from souring, as the billows of the ocean keep the waters from becoming stagnant. To demonstrate this fact, go to some rock bound pool, dip out a small quantity of the polluted water, place it in a bottle, cork and set aside in a warm place for a short time. Then take the bottle into a dark room, shake the bottle, draw out the cork, and you will see tiny forks of blue lightning shoot out from the bottle, and if you keep perfectly quiet you will hear feint mutterings like thunder. This comes from the flintlike rocks preventing the unbroken flow of electricty through the soil and from the air becoming changed and emptying itself into the water.

"Electricity as it is being gradually shown, is fire—the fire of friction, if you will, the first known by the inhabitants of our globe. Look at an arc lamp and see its combined sparks as they emit from the carbons so swiftly that they are taken for a regular flame of eye-bedazzling light. In the ages to come the change of electricity will keep on accumulating until some commotion of the earth will cause it to ignite, when in the twinkling of an eye, our world, with all it contains, will be enwrapped and consumed, by a conflagration that will startle if not frighten the inhabitants of other planets as they look down upon the flaming mass and see burn up one of the greatest works of the Almighty's creation."

Do Not Do This.

Do not be induced to buy any other if you have made up your mind to take Hood's Sarsaparilla. Remember that Hood's Sarsaparilla cures when all others fail. Do not give up in despair because other medicines have failed to help you. Take Hood's Sarsaparilla faithfully and you may reasonably expect to be cured.

HOOD'S PILLS are purely vegetable, carefully prepared from the best ingredients. 25c

—Minard's Liniment Cures Colds, etc.

Agricultural.

Hotbeds.

BY B. H. GARNER.

Early greens and vegetable are much relished by every one who has them, but without timely preparation they cannot be secured. Such a thing as a hotbed too often appears out of the reach of any except market-gardeners. There is nothing in connection with the making and manipulation of a simple hotbed which need prevent any and every farmer from having one. The hotbed, like the ice-house is gradually finding its way on the farm.

The first step in the making of a hotbed is to draw hot manure from the barnyard (horse or sheep manure is the best) to the spot intended for the bed, which should be on the south side of a large building or a high close-board fence. Here it should be mixed and turned to have it of an even temperature throughout. The following day the foundation may be started by building the manure into a pit in the ground or upon the level. Cheap frames can be made from any wide boards nailed together at the corners, using short strips on the inside to better hold the nails and strengthen them. The back of the frame may be from eighteen to twenty inches high, while the front should be from ten to twelve, for a frame five by eight feet. Saw the end pieces on a straight line from the height of the back to the front. After nailing these pieces, nail four-inch strips along the upper edges of the end pieces, letting them extend above about two inches. These strips guide the sash at the outer ends. It is better, when large frames are used, to have them narrow with separate sashes instead of one large one, on account of more convenient handling and greater strength. The middle slides can be made by setting in four-inch strips for the support of the edge of the sash. Place the glass in the sash by laying the next one over it about an inch, to freely shed the rain. Just before placing the frame upon the pile permanently set it on the spot intended for the bed and mark off a space one foot larger each way, leaving a free path all around it. Then remove the frame and shake the manure lightly, to the depth of about four inches, over the place marked out. Then tramp this down firmly and lay on another layer till it is built up to about twenty inches, then place the frame on it and fit the sash to be sure it is in the right position. Remove the sash and place a little more manure in the deepest part of the box and tramp. A small quantity of salt and ashes may be thrown on this, to prevent insects breeding on the top. Place on this, to within seven inches of the top, light, rich soil, but do not mix any manure with it. When it is finished drive a couple of short stakes through the earth into the manure and close it up till the following day. Then pull out the stakes and if the bottom ends are warm the bed is ready for the seed, provided the soil used is not too damp.

Many failures are caused by too thin a covering of earth. This can be told by the temperature of the soil;—if it becomes too warm more earth is needed. Sprinkle the bed occasionally, but do not soak it. Pick out the weeds as soon as they appear and thin out the plants as soon as the danger of frost is past by transplanting some in the open garden. Leave the sash off on mild days to give the plants stamina. As the days become hot it is well to prepare a canvas shade, which should be spread about fifteen inches above the bed, hooked to stakes driven at the corners. For early lettuce, cabbage, tomatoes, and other vegetables, such a hotbed is well worth the trouble of making and caring for it.—*Farmer's Advocate.*

Weeds a Benefit.

There is little so bad that no good can be taken from it. Almost every dark cloud has its silver lining. Weeds have received many a hard word and look, but bad it not been for them some of the most valuable lessons in agriculture would never have been learned. We till to destroy weeds, and by that tillage cause crops to yield and multiply. While weeds are a menace to a crop in which they are allowed to grow, the one only and sovereign remedy for them is the very tillage which they have introduced. When their mission has matured, says *Meehan's Monthly*, they will disappear, because there will be no place in which they can grow. It would be a great calamity if they were now to disappear from the earth, for the greater number of farmers still need the discipline which they enforce. Probably not one farmer in ten would till his lands well were it not for these "teachers," and many of them would not till at all. Until farmers till for tillage sake, and not to kill the weeds, it is necessary that the weeds should exist; but when farmers do till for tillage sake, then weeds will disappear with no effort of ours.

Straight Post and Rail Fence.

Farmers whose rail fences are becoming dilapidated can with some labor and but little cost make them better than ever by taking down the worm fence and using the best rails to make one in a straight line. It will need stakes on each side at the ends of each rail driven into the ground, and fastened with one or more wires near the top. If only cattle and horses are to be kept in or out by the fence the bottom rails can be laid 12 to 15 inches from the ground. In this position the rails will last longer than if resting on the ground or on a flat stone near it. Five or six rails, well secured by stout stalks, will make a fence that will keep most kinds of stock from getting over it, though it is best always to be sure. A barbed wire at the top will prevent most stock from making the attempt. The trouble with wire fences is that when strung on posts without rails, an animal that is playing or running cannot see the wires until it becomes entangled in them, and then its efforts to escape only makes matters worse.

Drainage About Farm Dwellings.

The dwelling house ought always to be on a slight elevation, to allow drainage from the cellar and the speedy removal of waste slops from the house through underground conduits. It must not be supposed, however, that this is all the drainage that is required. A well-laid gravel walk from the house to the roadway, with underdraining reaching to it, will save an immense amount of work in the house from tracking in of mud. It is a mistake to make the drains either from the cellar or sink tight and closed at the joints, as sewer pipes in cities are laid. There is usually not a great amount of offensive matter carried off in these house drains, and they will be less likely to clog if the water drained from the soil is mixed with it. The water will dilute the slops and sewage, and enable the tiles to carry both off together.

—Don't delay hauling manure until the ploughing season is on; let it be done now when the soil is frozen sufficiently to bear up the waggon, or if there is snow on the ground use the sled. Scatter manure thus hauled on the level parts of the fields so there will be no danger of loss by surface washing later on.

—Look through your orchards now, and if you find any trees that are unhealthy and are not likely to produce a paying crop of fruit the coming season, don't hesitate to remove the same, root and branch. Don't allow harbors for insect pests to encumber your ground.

Minard's Liniment Cures Garget in Cows.

Intercolonial Exchange.

TUSSAS GRASS SEED BROUGHT 8,000 MILES FROM FALKLAND ISLANDS FOR GROWTH IN NOVA SCOTIA.

Last March J. L. Parsons wrote to the department of marine and fisheries at Ottawa requesting them to procure some seed of the tussac grass which grows luxuriantly on the sand dunes and seashore of the Falkland Islands, off the south-eastern coast of Patagonia, South America. It was thought this seed might be advantageously sown and the grass cultivated on Sable Island. The letter was forwarded to the high commissioner in London, who forwarded the request through the colonial secretary to the governor of the Falkland Islands. The governor replied that when the seed would ripen he would forward a package. This package, 15 pounds, arrived last week on the steamship *Numidian*, and is now at the marine and fisheries office awaiting passage to Sable Island. The tussac grass is represented as tall, stout, broad leaf grass, with extensive branching roots, which help to bind the sand hills on which it grows. It is very succulent and nourishing and wild cattle on the Falkland Islands are said to eat it with avidity and fatten on it. If the cultivation of this grass can succeed on Sable Island and on other sandy stretches of our coast, it would be quite an addition to the crops of many small farmers. The grass grows sometimes as high as a man. It is an annual grass. The package of seed received travelled to Great Britain first and then to Halifax, a distance of eight thousand miles. The Falkland Islands are a distant possession of the British empire.

—Here is a scheme for keeping store windows clear of frost. It may be a little late for use this winter but keep it handy: Run an inch pipe of tin along the lower inside edge of the window, this tube being perforated with small holes at every inch or so; the holes being on the upper side of the tube; carry this tube right across the window, having one end closed, and the other running under the window base, and terminating in an inverted tin funnel. Under this funnel place an ordinary kerosene lamp or a gas jet, and keep it lit all day and night. The hot air will rise through the funnel, travel along the tube, and escape through the perforations to the window, ascending up the face of the glass to the top of the window displacing the heavier, colder air. When other dealers' windows are frosted, the window which is not, where the display can be clearly seen, is doing true yeoman's service for the store.

Tapping for Maple Sap.

The flow of maple sap is very largely dependent upon the depth of the tapping. The theory that all, or nearly all, the sap comes from the outer wood is erroneous, according to three years' experiments conducted by A. H. Wood, of the New Hampshire Experiment Station. The additional injury to the tree by deep tapping is very slight, especially if the hole is small. Where a three eights inch bit is used, and the bark practically uninjured, the majority of the holes will be grown over the first summer after tapping.

—Always take it for granted that every one means well by you, unless you have proof to the contrary. The average person in society has a good natured, or at least a cynical, sort of tolerance and liking for you. When you find out that there is some one who does, don't discuss it or quarrel about it if it can be avoided. Just drop the person from your life as completely as possible, and, above all never descend to abuse him or her. It will hurt you worse than it will your enemy. Never treasure up a grievance; it will grow out of all proportion with nursing.

—Minard's Liniment Cures Distemper.

J. R. ELLIOTT
& CO.,
FRUIT AND PRODUCE
BROKERS,
LAWRENCETOWN
—AND—
ST. JOHN, N. B.

We now have splendid warehouse facilities in St. John, and Special Freight Rates to all points in New Brunswick and Prince Edward Island.

Your Consignments are Solicited.
J. R. ELLIOTT & CO.

NOTICE!

All whom it may concern are hereby notified that after this date the undersigned will not recommend for payment any bills for support or attendance upon the poor of this Municipality, unless such bill is accompanied by a written order, given before the performance of the service, by the Overseers of the Poor of the district wherein the liability is incurred, and also by a certificate from the Councillor of the Ward, stating that the incurring of the liability was a necessity, and that the supplies furnished or the service performed were obtained at a reasonable rate. The undersigned, however, reserve the right to revise any bill in which, in their opinion, any excessive charges exist.

The cost of outside assistance to the poor of this Municipality has grown to such unreasonable proportions (about double what it is for the County of Halifax) that unless all those who have in any manner to do with the assisting of this unfortunate class of our population unite in the effort to reduce the charges, the undersigned will be forced to the alternative of recommending the withholding of outside assistance altogether.

HECTOR MACLEAN,
E. H. TUPPER,
FREEMAN FITCH.
Committee on Tenders and Public Property, Municipality of Annapolis.

43 tf

PALFREY'S
CARRIAGE SHOP
—AND—
REPAIR ROOMS.
Corner Queen and Water Sts.

THE subscriber is prepared to furnish the public with all kinds of Carriages and Buggies, Sleighs and Pungs, that may be desired.
Best of Stock used in all classes of work.
Painting, Repairing and Vanishing executed in a first-class manner.
ARTHUR PALFREY.
Bridgetown, Oct. 22nd. 1890. 291y

EXECUTORS' NOTICE!

ALL persons having any legal demands against the estate of the late CHARLES H. FAIRN, of Albany, in the County of Annapolis, farmer, deceased, are hereby requested to render the same, duly attested, on or before the 1st day of April, 1896; and all persons indebted to said estate are requested to make immediate payment to

ADOLPHUS B. FAIRN,
ISAAC DURLING,
Executors.
Albany, Feb. 10th, 1896. 46 5i

ALL KINDS OF JOB WORK NEATLY EXECUTED AT THIS OFFICE.

DOMINION ATLANTIC
RAILWAY!
"Land of Evangeline" Route

On and after MONDAY, 2nd MARCH, 1896, the trains of this Railway will run daily, (Sunday excepted).

Trains will Arrive at Bridgetown:

Express from Halifax.....	11.26 a.m.
Express from Yarmouth...	2.01 p.m.
Accom. from Richmond...	4.30 p.m.
Accom. from Annapolis...	6.30 a.m.

Trains will Leave Bridgetown:

Express for Yarmouth...	11.26 a.m.
Express for Halifax.....	2.01 p.m.
Accom. for Halifax.....	6.30 a.m.
Accom. for Annapolis.....	4.30 p.m.

ROYAL MAIL
S. S. "PRINCE RUPERT,"
DAILY SERVICE.
ST. JOHN and DIGBY.

Leaves St. John.....	8.30 a.m.
Arrives in Digby.....	11.15 a.m.
Leaves Digby.....	1.00 p.m.
Arrives in St. John.....	3 45 p.m.

Trains are run on Eastern Standard Time.

W. R. CAMPBELL,
General Manager.
E. SUTHERLAND,
Superintendent.

1895. 1895.
Yarmouth S. S. Co., Limited.
The Shortest and Best Route between
Nova Scotia and United States.
THE QUICKEST TIME. 15 to 17 hours between Yarmouth and Boston.
TWO TRIPS A WEEK.
The fast and Popular Steel Steamer
"BOSTON,"
Commencing Nov. 6th and until further notice will leave Yarmouth for Boston every WEDNESDAY AND SATURDAY EVENING, after the arrival of the Express train from Halifax.
Returning leaves Lewis' Wharf, Boston, every TUESDAY and FRIDAY at twelve o'clock, noon, making close connections at Yarmouth with the Dominion Atlantic R'y, and coach lines for all parts of Nova Scotia.
This is the fastest steamer plying between Nova Scotia and the United States, and forms the most pleasant route between above points, combining safety, comfort and speed.
Regular mail carried on Steamer. Tickets to all points in Canada via Canadian Pacific, Central Vermont and Boston and Albany Railways, and to New York via Fall River line, Stonington line, and New York, New Haven & Hartford, and Boston & Albany Railways.
For all other information apply to Dominion Atlantic Railway and N. S. Central Railway agents, or to
L. E. BAKER,
Pres. and Managing Director.
W. A. CHASE, Sec. and Treasurer.
Yarmouth, Nov. 1st, 1895.

Great Slaughter
—IN—
STOVES
—AT—
R. ALLEN CROWE'S,
Consisting of
Ranges, Square Cooks, Elevated Ovens, Parlor, Bedroom, Hall and Shop Stoves.
FURNACES
FOR COAL AND WOOD, SET UP AT SHORT NOTICE.
Coal Vases, Coal Hods, Fire Sets, Stove Boards, Lanterns, Sheet Zinc.
Stove Pipe and Elbows
WHOLESALE AND RETAIL.
TINWARE OF ALL KINDS
in stock and made to order.
R. ALLEN CROWE.
BRIDGETOWN

MARBLE WORKS
THOMAS DEARNESS,
Importer of Marble
and manufacturer of
Monuments, Tablets, Headstones, &c.
Also Monuments in Red Granite, Gray Granite, and Freestone.
Granville St., Bridgetown, N. S.
N. B.—Having purchased the Stock and Trade from Mr. O. Whitman, parties ordering anything in the above line can rely on having their orders filled at short notice. T. D.
Bridgetown, March 19th, 89.

A. BENSON,
UNDERTAKER,
BRIDGETOWN.
FINE CLOTH-COVERED and HIGHLY-POLISHED
Caskets and Coffins
of every description kept constantly on hand.
Hearse sent to any part of the County when required.
Orders from a distance met with prompt attention.
Bridgetown, May 7th, 1895. 1y

ST. CROIX COVE, April 4th, 1895.
Having been a sufferer for a number of years with some throat trouble, I was persuaded to try
Lingard's Cough Balsam,
and found immediate relief. I would recommend it to all who are suffering from such diseases as Bronchitis, Coughs, Colds, etc.
Yours truly,
OBADIAH POOLE.

FRANK RAND & CO.,
Fruit Brokers,
Spitalfields Market, London, G. B.
Highest market prices guaranteed, and liberal advances made against consignments.
Cable address,—
"RAND, SPITALFIELD, LONDON."
WM. RAND, CANNING,
Agent in Nova Scotia.
36 3m

Scott's Emulsion
Has been endorsed by the medical profession for twenty years. (*Ask your Doctor.*) This is because it is always *palatable*—always *uniform*—always *contains the purest Norwegian Cod-Liver Oil and Hypophosphites.* Insist on Scott's Emulsion with trade-mark of man and fish.

Put up in 50 cent and $1.00 sizes. The small size may be enough to cure your cough or help your baby.

FLOUR!
FLOUR!
THE subscriber has just received at the store in the
Masonic Building, Granville Street,
a carload of SUPERIOR FLOUR, among which may be found the following favorite brands, viz.:
Five Lilies, Five Roses,
Goldies' Best, Crown of Gold,
Sun, Victoria and Chancellor.
CORNMEAL, FEED FLOUR,
Middlings and Shorts,
ALWAYS IN STOCK AT LOWEST PRICES.
Also a few half-bbls. of Rolled Oats.
The above Flour is manufactured from selected wheat, "old crop," and is guaranteed to give good satisfaction.
WILL BE SOLD AWAY DOWN FOR CASH.
W. M. FORSYTH.
Bridgetown, September 16th, 1894.

Pyrethrum
Cinerariæfolium!
B. W. B. & CO.
1863. - - Oldest Brand.
Powdered
Dalmation
Insect flowers
This Insect Powder
is the Highest Grade Manufactured.
Put up in ½-lb. Sifting Tins and in bulk.
DEARBORN & CO,
Agents—ST. JOHN, N. B.
N. B.—Our Sifting Tins contain from 1 to 2 oz. more than other makes.

Liver
Troubles
Cured.
Eastern Passage, Halifax, Dec. 15th, 1894.
C. GATES, SON, & CO.
Dear Sirs,—My son Spurgeon has been sick with Liver trouble for a number of years, and we have tried every medicine that we could hear of without his receiving any benefit until he used your LIFE OF MAN BITTERS AND SYRUP, which have made a cure of him. As this may be of benefit to others you are at liberty to publish it. Yours truly,
BARBARA A. NEWCOMB.
Moncton, N. B., Sept. 21st, 1894.
C. GATES, SON, & CO.
Dear Sirs,—I had been troubled with Indigestion, and tried quite a number of different medicines which I did not receive any benefit from until recommended by Mr. Thomas Groto to try a bottle of your INVIGORATING SYRUP, which gave me instant relief, and up to this time I have not felt any of the old trouble.
Yours truly,
GEO. A. ROBERTSON.
(Of the firm of Robertson & Givan, Hardware

Xmas Goods!
Xmas Goods!
—AT—
MRS. WOODBURY'S,
Kingston.
All the latest novelties in China, Glass, Leather Goods, Celluloid and Plush.
DO LOOK at the Oil Paintings and Steel Engravings and that handsome China Dinner Sett.
She has just received the third lot of Ladies' Greenland : : : SEAL CAPES, and prices are very reasonable.
Santa Claus will probably get supplies there, as he has an eye for the best that is to be obtained.

XMAS!
Central Book Store.
MISS B. ELDERKIN.
The XMAS GOODS at Miss B. Elderkin's are prettier and in greater variety than ever.

The Best Returns
For the Least Money
ARE OBTAINED FROM THE OLDEST, LARGEST AND MOST POPULAR CANADIAN COMP'Y,
THE
Canada Life Assurance
COMPANY.
All persons insuring before the 31st of Dec., 1894, will obtain a full year's profit.
S. E. MARSHALL,
Nov. 28th, 1894. tf Agent, Middleton.

Coal! Coal!
HARD COAL,
Furnace, Egg, Stove and Chestnut.
SOFT COAL,
OLD MINE SYDNEY.
Get my prices before buying.
GEO. E. CORBITT.

HELP WANTED
WE MUST HAVE HELP. We pay men and women $10 to $18 per week for easy home work. No books or peddling. Steady employment guaranteed. Send stamp for work and particulars at once. HERMANN & SEYMOUR, 215 South Sixth Street, Philadelphia, Pa.

The Household.

A Bit of Experience.

"Soon after I was married," said a bright young friend of ours recently, "I tried everything I could think of to brighten up the brasses on an ancient desk and bureau which had been in my husband's family for many years; they had been wedding gifts to my husband, from his grandfather, and he thought a great deal of them. Where the brass was smooth I had no trouble, and the tops of the raised work gleamed brightly, but the little hollows and depressions remained dull and dark in spite of my best efforts with polishing powders. So I ran over to an experienced neighbor and stated my difficulty—rather petulantly, I fear. I wound up with, "I'm all out of patience with those dingy old brasses! Do tell me if there is anything else I can try!—I want to make them shine, shine all over, like new."

"'Bean-water is the best of anything I can think of," said she, smiling at my vehemence. "It is excellent for all common brasses small enough to be put into a kettle and boiled.'"

"'Bean-water!—where do you get bean-water?' said I, stupidly, thinking of Florida water. 'Or is it something you fix for yourself.'"

"She laughed merrily at my ignorance, but said kindly, 'O I fix it for myself. When I parboil a quart of beans I drain the water off into a granite-ware kettle or basin, drop in my fancy brasses, lamp-burners or anything of the kind, and boil them twenty minutes. By that time much of the discoloration disappears and the brasses are clear yellow, but they are very dull in appearance. Then I rub them with a soft old flannel cloth, and a soft brush dipped in whiting, and polish them off with chamois."

"I thanked her—a little doubtfully, I must confess—and went home and tried it. I found that the bean-water softened and removed nearly every bit of the obstinate, dark coating, leaving the brasses a dull, lusterless yellow—which, however, brightened and glistened and finally "looked like new" when the rubbing and polishing was accomplished.

"And how those brasses did brighten and renew the sombre old desk and bureau! When grandpa came to visit us he was so delighted with my work that he called me "a very nice little woman"—which was a great deal for him to say, and declared he had not seen the old heir-looms look so well since he was a boy. Then he went out and bought me a lovely brass bedstead, excusing his unusual extravagance by saying he bought it because he was sure I would keep that beautiful brasswork bright, even if I had to boil the bedstead to do it.

To Make the Bed of a Helpless Invalid.

The mattress should be protected by a rubber sheet. Over that a sheet folded lengthwise should be laid crosswise, and then the lower sheet proper should be put on, and all three made perfectly smooth. To keep them so, pin with safety pins to the mattress at the four corners. When it becomes necessary to change the bed clothing under the patient, who cannot help himself, make ready the fresh rubber sheet, the folded covering sheet and the opened under sheet. Roll the patient gently to one side. Roll up the soiled bed clothing on the opposite side to the middle of the bed, working quickly and quietly, and keeping the patient covered well with one half the upper clothing. Spread the bared side of the bed with one half of the fresh clothing, keeping the other half rolled smoothly lengthwise through the middle; pin the clothing on the dress side of the bed in place. Roll the patient over the flattened roll in the centre (under the upper clothing so not to uncover him), then smooth out the rolled-up half, pin that in place, and the easy matter of spreading on the fresh upper bed clothing may be accomplished in a trice. To prevent uncovering the patient, lay the clean upper sheet and blanket over the upper clothes already on the bed, and then slip those that are to be removed from under the fresh ones.

Stale Fish Poisonous.

It is more dangerous to eat stale fish than meat, because the moment that decomposition sets in in the flesh of a fish exceedingly poisonous products, possibly compounds of phosphorus, begin to form. The poison is an irritant, and its effects are usually first a severe attack of indigestion, passing in the most cases into the gastric enteritic form; then comes great coldness of the body and nervous disturbance and depression.

Another form still more serious begins with nausea, severe and protracted vomiting, compressing of the pulse, great lowering of the temperature, cramp, diarrhoea, then convulsions.

The decomposition of meat does not produce these poisons, and therefore "high" meat and game may be eaten with comparative impunity; but it must never be forgotten that fish, the moment that decomposition sets in, becomes actual poison, and that the further the decomposition proceeds, the more poisonous the fish becomes.

—A tested cough mixture recipe comes from an English lady. It is palatable and very effectual. Boil three large lemons in water seven minutes, drain off the water, and slice the lemons as thin as possible. Put them in an earthen bowl with one pound of the best brown sugar, and stand the bowl on the stove until the mixture is at boiling point. Then draw to the back of the stove and let the mixture simmer three hours. Remove from the fire, and when it has stood half an hour add a small tablespoonful of oil of sweet almonds. It is to be used warm. Stir and take in teaspoonful doses as often as needed.

For a Child's Nursery.

One of the most useful pieces of furniture that can be devised for a nursery is a big divan, with a top that lifts up, in which all toys can be put at night.

This can be of home manufacture made from a long, narrow packing box covered with denim, the cover padded and covered with the same. Two or three downy pillows piled on it will convert it into a very comfortable divan for the day.

A Good Friend.

A cake of magnesia and a clothes brush are a frugal woman's best friends. After brushing a dusty gown and then magnesia rubbing both sides of any soiled spots, it should be hung away for a day or two and then brushed again. The spots will be found to have disappeared.

—Eggs contain a large amount of nutriment in a compact, quickly available form. Beaten up raw with sugar they are used to clear and strengthen the voice. With sugar and lemon juice the beaten white of egg is used to relieve hoarseness.

TO CLEANSE PIANO KEYS.—Wash the keys of your piano with a weak solution of alcohol, keep it open during the day, and your keys will not grow yellow, neither will it injure the tone.

—Lemons afford relief to feverish thirst in sickness, for biliousness, low fevers, rheumatism, coughs, liver complaints, etc.

—Fresh ripe fruits are excellent for purifying the blood and toning up the system.

—Honey is wholesome, strengthening, cleansing, healing and nourishing.

Joker's Corner.

Mr. Marshmallow's St[illegible]

HOW HE MADE IT UNPL[illegible] MOTHER IN-LAW WILL [illegible]

There was evidently something on his mind, for he did not even notice the coffee was cold and that the cook and housemaid were quarrelling audibly in the kitchen.

"It can't be the dressmaker's bill," mused his wife, "for she has only sent to me twice as yet; it will only go to his office as a last resort. Anyhow, if it is anything unpleasant he'll speak of it soon enough," and she poured herself another cup of tea, which was hot.

At last he spoke: "By the way, my dear, it seems rather dreary for you alone all day in this large house. How should you like a visitor this winter?"

"Whatever put such an idea into your head, Henry Marshmallow? I'm sure I have no time to spend in inventing amusements for a girl who would make me a stranger in my own parlor. To be sure Amy is engaged, and by coughing every time I come into the room—but then I've made all those lovely new sofa pillows. I can't have them ruined. Then there is Effie—look here, Henry, had you any one in particular in your mind?"

Mr. Marshmallow looked alarmed. "Not at all, I assure you; that is, I mean—er—the lady I had in mind is middle-aged—elderly in fact."

Mrs. Marshmallow stiffened. "It is quite impossible. In the first place the guest chamber is not fit to be seen, and, anyhow, I don't want anybody to sleep in that lovely bed; It would spoil the set of pillows. Besides, I shall be too busy to take anybody around this winter; the house takes up all my time."

"But what I was thinking was that you might be glad of a little help in your housekeeping."

"That is just where you are mistaken, Henry Marshmallow; when I want any interference in my domestic affairs I'll let you know. Oh, yes; I know just how much she would enjoy putting a finger into my pie!"

"You quite surprise me, dear; still, you must know her better than I."

"That is the first time since our marriage that you have shown any appreciation of my judgment. I'm glad you've learned its value at last."

"Oh, well, I thought to give you pleasure."

"Great pleasure, I'm sure. I only hope you haven't already invited her. If you have I give you fair warning I shall just expose myself to smallpox and have the house quarantined, so she can't come."

"Of course I haven't asked her. I thought I'd just su