

HOW TO BECOME PLUMP.

Good Advice to Women Who Run to Angles.

If a woman is all angles and is flat where she should have gracious curves, she can achieve much in the way of a cure if she will have patience and follow out the directions given her. Some people seem born with an inheritance of angularity and they are apt to sigh and lament over the plumpness of their more favored contemporaries. Of course, this is but natural, when everybody knows how much more attractive a pretty figure is than to have none at all. One's frocks are so much more becoming when there is more inside to fill them out, and natural-rounded curves are, of course, far more effective than those to be achieved by artificial means.

If a woman wishes to possess a good figure, she must submit to a perfect regime of diet and exercise to obtain this all-to-be-desired result. If she has only a poorly developed figure, the cure, of course, will not take so long to effect as if she had no figure at all. But in both cases she must pay the most careful attention to every detail laid down for her use. And, after all, time spent in trying to render oneself less unattractive is surely not time wasted.

To begin with, she must begin the cure the first thing when she wakes up in the morning. She must give up her beloved early tea, and take a cup of new milk warm from the cow, if obtainable. If, however, she is a dweller in towns where such luxuries are not to be had, the milk must be well sweetened and one-third of it cream. Her bath must be of tepid water, and a soap which will lather well. The chest, while still damp, should be rubbed gently in a circular manner, and for this purpose a rough washing glove, well soaped, should be used. When the skin is dry, the neck and chest should be gently and firmly rubbed in the same manner, with a fattening lotion. The gentle friction should continue till all the fat is absorbed and the skin is dry and soft.

A very good lotion is obtained by mixing equal parts of linseed oil and lair virginal together. This latter can, if wished be made at home in the following manner:—Tincture of myrrh, twenty-four drops; simple tincture of benzoin, two ounces; orange-flower linseed one quart. Or you can use pure linseed oil, with orange-flower water in equal parts.

The friction should be continued for five minutes at a time, no longer, if possible. The hand must not be used too heavily, as great care must be taken not to bruise the skin in any way. After the bath you should lie down for five minutes, and then go through dumb bell and gymnastic exercises before the corsets are put on. An excellent plan is to hold the dumb bells on your shoulders, expand the chest, and walk slowly up and down the room, throwing the leg forward and pointing the toes to the ground. The head should be held well back. This will serve to expand the chest admirably, and improve the figure. It should be practised for a quarter of an hour at a time.

Singing scales should also be practised every day, and get into the habit of taking long breaths and holding them as long as you can. Your meals should be frequent, and consist of fattening and nourishing food. A little cod liver oil should be taken twice a day. If this proves to be indigestible, take half a wine glass full of pure fresh cream instead.

You must have plenty of exercise, and all games and sports that can be played with the arms should be indulged in. But avoid those that have a tendency to contract the chest. At bed time the dumb bell exercises must be gone through again, and the lotion well rubbed in. Drink half a glass of warm milk on getting into bed.

Another important matter is the clothing. This must be light and porous. Over-heating so as to cause perspiration is not only very weakening, but causes loss of figure sooner than anything else. The clothing should be warm, but light. The corsets should not be worn tight, or the chest will be prevented from expanding and the bust will lose its size and roundness.

At night the bedclothes must be very light, and the room well ventilated by an open window. Above all things live a quiet life, and don't be hurrying and worrying over everything.

Chase's K. & L. Pills Cure Dyspepsia.

For the last eight years I have been a sufferer from constipation and dyspepsia—I tried dozens of different medicines, but nothing gave me relief until I used Dr. Chase's Kidney-Liver Pills which cured me. JAMES HEARD, Woodville, Ont.

The City of the Future.

If all things that are predicted come to pass, life will be well worth living in the city of the future. This is how a writer in the Philadelphia Press puts it.

Flying is solved. The principal is known. A mechanical expedient is all that is now needed to make it successful. Practical flight is to-day not more than five or ten years off.

A glowworm makes light with about one three-hundredth part of the force used in ordinary artificial light. When men know how to make light as cheap, streets and homes will be as light as day for a mere fraction of what light now costs. This is near. Vacuum illumination without incandescence is already in full operation, and in a year or two shall cut down the price of light to a sixth of its current cost, and in five or ten years light in the city may be, like water, turned on in every house at will.

Compressed air has long been known to be

the best way theoretically, to store force for use in transportation. There is no waste and no deterioration. The need is a cheap and efficient motor to apply compressed air to transportation. If this can be done, first the trolley poles and wires will come down, next the horseless, air-compressed motor carriage will do all the work of city delivery.

When these changes come the only use for gas will be for cooking—if this is not done by electricity. Factories, also before many years, will be run by transmitted electric power. This has begun to be done and in five or ten years will be completed, and the factory fire and boiler will be a thing of the past.

The city of the future, and no very distant future, will have no trolley poles or wires and no horses. All movements will be on rails by silent air motors or by horseless carriages equally silent. All pavements will be asphalt. Unlimited light will be as cheap as unlimited water is to-day. No coal will be delivered at private houses and no ashes taken from them. With no horses, no coal and no ashes, street dust and dirt will be reduced to a minimum. With no factory fires and no kitchen or furnace fires, the air will be as pure in the city as in the country. Trees will have a chance. Houses will be warmed and lighted as easily and cheaply as they are now supplied with water.

A city will be a pretty nice to live in when the first twenty years of the twentieth century are passed.

A Prominent Londoner.

LONDON, Ont.—Chase's Ointment is an invaluable remedy for Itching Piles and in my own case I would pay \$50 per box for it if it could not be otherwise had. JOHN PEDDICOMB, 160 Sydenham St.

Mrs Stowe's Preparation for "Uncle Tom's Cabin."

In a very unique degree the factors of heredity, of environment, and of opportunity, upon which M. Taine lays so much stress in the determination of literary achievements, are apparent and emphatic in the creation of Mrs. Stowe's masterpiece. The Puritan blood and home, the clerical family, the atmosphere of evangelical thought and discussion, the imminence of the huge wrong of slavery, the opportunity of a practically unworked field, and a race of creatures almost as new to literature as were Cooper's Indians,—gave this modest, inexperienced, retiring woman of forty her equipment. All these, however, would be as naught if she had not brought a tender and sympathetic heart, a mighty faith, and a concentration of interest amounting to genius to the task of summing up in this tale all the oppression of a system thoroughly hateful and evil to her.—From "Harriet Beecher Stowe," in August Review of Reviews.

Farm Economy.

We in this county do not begin to realize the full scope for economy in matters of the farm. In the manure, for instance, we not only expose it to the wasteful elements, to the washing of the rain and the drying heat of the sun, and in a short time thus lose half or more of its value, but we omit all those economical means of adding to its bulk and value by the use of other waste matters easily saved, but which now go to make the atmosphere impure and imperil health.

The art and practice of making composts are far too much neglected by Canadian farmers, who spend money for fertilizers instead of availing themselves of the ready means of supplying themselves with a much cheaper substitute in the form of weeds and other waste materials that might be gathered and made useful with a little well-spent labor only.

Review of Reviews.

In the August Review of Reviews the Hon John Quick, of Victoria, describes the progress and present status of the movement for Australasian federation, of which the Review's readers have been informed from time to time during the past years. This movement is an important one in the antipodean politics.

The first magazine article on William Jennings Bryan, at present the most talked about man in the Democratic party, is a character sketch by a personal friend, Mr. Willis J. Abbot of the New York journal, in the August Review of Reviews. Mr. Abbot's article, which is fully illustrated, is not only entertaining, but really helpful to the formation of an intelligent estimate of Mr. Bryan's capabilities and resources.

A mild laxative, do not sicken—the best family medicine

Beach's Stomach & Liver Pills Small, Sugar Coated, Vegetable

To Put an Egg in a Bottle.

An egg in a bottle is a great curiosity to the uninitiated. Soak an egg in strong cider vinegar till the shell softens, and it will bear sufficient pressure to be gently forced lengthwise into a wide mouth bottle. Pour cold water over the egg repeatedly and it will resume its natural shape and color.

The great secret of cheerfulness and content is not to be annoyed by petty thwarting, and not to aspire to unattainable objects.

New South Wales.

The Sydney Morning Herald of May 8th, in its leading editorial, gives the following information, which will prove extremely gratifying to Single Taxers throughout the world:

"Premier Reid announces that the numbers of unemployed are largely diminishing; that land for agricultural purposes is being taken up to a much increased extent, and that the public revenue is now far in excess of the expenditures.

A partial application of the Single Tax was inaugurated in that colony less than six months ago, previous to which time misery and destitution of the people were becoming so unbearable, as to threaten a violent revolution. Rations and rent orders to avoid evictions and starvation. The Australian Workman of November 30, 1875, under the heading, "Destitution in the Country," contained a dark picture of the deplorable condition of things prevailing in the country districts. What a contrast is the cheerful announcement of the patriotic and fearless premier, whose wise administration is restoring the land to the people and bringing prosperity and happiness where before was but helpless misery.

McLean's Vegetable Worm Syrup Make it the best Worm Remedy for Children.

Great Men's Little Ways.

Ralph Waldo Emerson sucked his thumb when a little boy, and had to be cured of the practice by being made wear a mitten. Now, thumb-sucking goes with meditation, and Emerson was all his days a mighty thinker. So, if you have ever sucked your thumb, you need not despair of becoming, like him, incorporated with the moral consciousness of the nation you favor with your thoughts. The mitten is nothing against you, neither is the extraordinary which is the chief additional trait biographers recall in the budding American philosopher. Does your fond nurse remember that you came by speech prematurely, you may plume yourself on your resemblance to Carlyle, who, at the age of eleven months, having till then been as inarticulate as he wished the world to be, amazed the household, which was disturbed by the crying of another child, by asking "What ails wee Jock?" Were you a roarer in infancy, take comfort from Carlyle again, for he told Professor Masson that he was almost always crying.

Stacked Hay.

It will be a useful thing when the hay is stacked to figure out how much more it costs in this way than to store it in a safe barn or shed. Taking 600 cubic feet of good meadow grass hay as a ton, a shed 20 feet square and 15 feet high will hold ten tons. This is about the weight of the new hay from the field, which will settle down one-fifth. It is a simple matter to build a shed of this size, or a row of them, or a long one to hold the hay safely from the weather, at a cost of not more than \$2 for every ton space. A mere barracks, with open sides, and a roof supported on the four posts, will cost not over \$1 a ton. This will soon be repaid in the saving of hay otherwise spoiled by the exposure to the weather.

Grant's Troublesome Soldiers.

Gen. Grant used to tell a story of a soldier in a certain regiment during the war who was continually bothering him by asking favors. Grant one day said to him: "Look here, I believe you are the most troublesome man in the Union army." The man quickly replied: "Why, that is funny, sir."

"Funny! How do you make it out funny?" "Because it is just what the enemy says about you.—Harper's Round Table.

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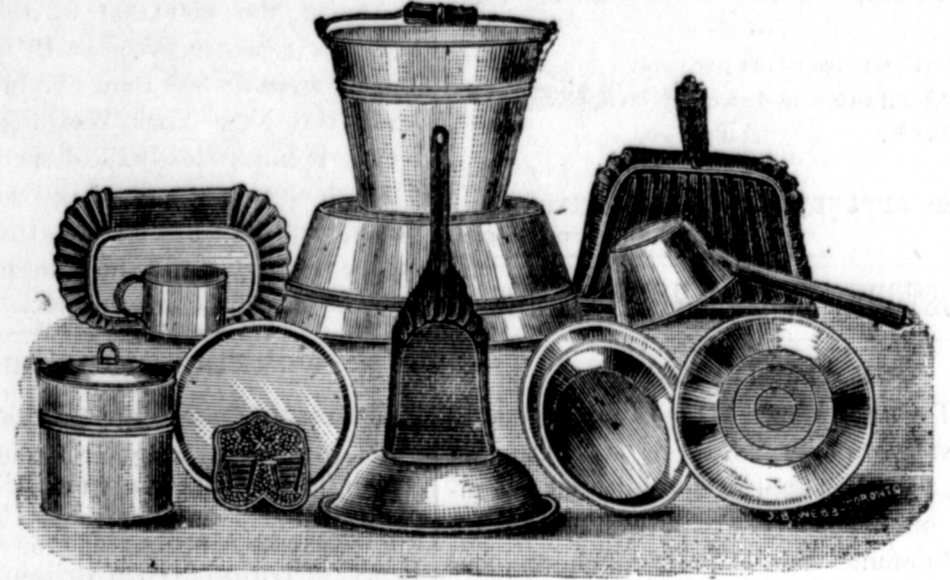
ALWAYS IN STOCK.

H. V. MOOERS, Main Street, WOODSTOCK.

TO CONTRACTORS.

Sealed proposals for furnishing labor and materials for the construction of stone piers and abutments under the bridge carrying the water main across the Meduxnakeag, indorsed "Proposal for Bridge Piers and abutments," will be received at the office of the Superintendent of Water Works, in Woodstock, N. B., until 6 p. m. of the 6th of August, 1896. Plans and specifications can be seen at the above mentioned office. The right is reserved to reject any or all the proposals.

A. E. JONES, Chairman Water COMMITTEE.



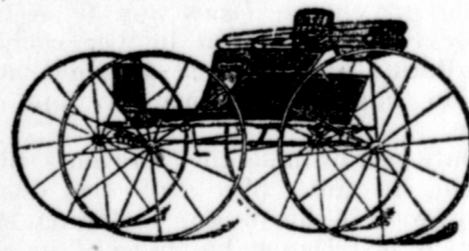
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Call and get a set before they are all gone.

W. F. Dibblee & Son.



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That is in selling what Carriages we were able to save from the Fire at Upper Woodstock.

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Intending purchasers please call and see them, buy the Best, the Best is the Cheapest.

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All Summer Goods, together with a Lot of Remnants will be cleared out Regardless of cost.

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