

How a Woman May Retain Beauty.

True beauty rests on plain living and high thinking, on blood, bearing and brains. It is in one sense a relative thing. To dip far into philosophy on the subject is not necessary. Beauty means harmony, balance, the mental fire of sensibility, as well as bodily attractiveness. Banish fretting, trivial perturbation, scowling, whining, wailing, excessive laughter and pointless smiling.

In the first place, health is all important. Flesh texture and tint, for example, depend upon it. A complexion lacking luster, plumpness and elasticity, shows a lack somewhere in the vital or nutritive system. A mild diet, gentle temperature, even digestion, open air exercise, sleep and a tranquil mind pertain to good looks. Mistakes in diet begin usually in childhood. Often a girl sits down to a potato and pickles, several cups of strong tea, pies, cakes, ices and fiery condiments. If meat be on the bill of fare, there is a chance that it has been spoiled in the cooking.

As a result, when the girl is 20 her eyes are dull, teeth yellow, gums pale, lips wan, flesh flaccid and skin unyielding. Recourse is had to padding, face washes, stains and belladonna. The habits of life are unaltered. Before there can be an improvement a change must be made and firmly persisted in. The diet, while generous, must be temperate. Peppered soups, stews, game, pates, ragouts and spices are not good for the complexion. What is termed the epicurean woman will have before she is 30 a blotched face and flabby flesh. Women of nervous and sanguine temperament should restrict themselves to a diet of eggs, milk, bread, fruit, light broths, etc. Pure water should be the daily beverage.

A great deal of beauty at low cost can be obtained through the plentiful use of rainwater, sunlight and open air exercise. Frequent bathing is a healthful luxury. Bodily exercise should be carried on temperately, its aim being facile muscles, supple joints and pliant limbs—in a word, physical beauty.—Science Signage.

Pretty Japanese Tearoom.

A Japanese tearoom may be made by covering the walls, two-thirds up, with matting, topped by a narrow shelf entirely around the room. Above the shelf fill in with Japanese prints of coarse fabric nicely decorated. Cover the ceiling with Japanese paper crossed with bamboo. Suspend several Japanese lanterns. Cover the floor with matting harmonizing with the wall. Delicate bamboo chairs and bamboo stools should be placed here and there. On a table in the center of the room have a tea set. A service can be purchased from any of the larger Japanese stores. Cover the windows with the Japanese slat curtains, inside of which put Japanese silk curtains daintily festooned. Dark blue or red may be the prevailing color of the room. If you select red, have the table and chairs black.—Ladies' Home Journal

Made Him Sad.

Weary Watkins—What you lookin so sore about?

Dismal Dawson—I met a guy today 'at tole me I was really workin harder bumin around de country than if I was actually holdin a job. It may be true, too, fer I know.—Indianapolis Journal.

In a home for sandwich men in London there are said to be several university graduates and medical men and a Scotchman who ran through £50,000 in three years.

Relief at Last.

The long suffering man was trying to read, when, with a crash and a roar, the train left the rails. Down, down, down it went. The seat in which the long suffering man sat shut up like a knife and caught him in its tenacious embrace; another seat rose up and smote him in the side. Two trunks flung themselves upon his breast, and the luggage rack slid down and poked him in the back. Then all was silent.

The long suffering man tried to move. One foot, then the other, was found imbedded in the debris; his arms were securely pinioned by the wreckage. It was dark and warm and still.

The long suffering man nestled his cheek down on the cool surface of a window and heaved a sigh of relief.

"At last," he murmured, "at last those two maniacs behind me have stopped talking golf."

And a blessed silence reigned.—Pearson's Weekly.

To Lighten the Room.

A room situated so that it does not get any direct sunlight, but only reflected light, may be made more cheerful if the walls are covered with a paper that has a background of some delicate yellow shade. The painted woodwork should be of a creamy tint, and with yellow India silk or muslin draped at the windows can almost equal the effect of a room with a southern exposure.

A FABLE.

Look out of the East window, Mary,
And John may look out of the West,
And tell me which one of the cloudlets
Today is the prettiest.

Yes, Mary, that wee one is pretty
All bordered around with white;
And John sees a beautiful pink one,
All tinged with the sunset's light.

So you want me to tell you a story?
I fear me they all are old;
Well, sit you here beside me—
Here's one I've never told.

You know, some people tell you
Clouds are steam like that from cars—
But they really are made from cobwebs
And fastened to the stars.

Who spins them? Why, spiders, darling;
And the woman who went so high
With her broom to sweep the cobwebs,
Swept the cloudlings from the sky.

Well, once when the cloudlings were playing
Not heeding their mamma's frown,
They bumped into a great high mountain,
And the spiders came tumbling down.

They ran about shouting and laughing,
With plenty of sport and mirth;
And that is how the spiders
First got upon the earth.

But when they spun their cobwebs
To go back again to the sky,
And found they must always stay here
They all began to cry.

But they never have given up trying—
And to this day, very high
The spiders will spin in the tree tops,
And try to get back to the sky.

And the cloudlings love their babies,
Even as your mamma loves you
When you have done something naughty
That she told you not to do.

They feel sorry when any one hurts them;
The reason you see is plain
That when you kill a spider
The clouds cry drops of rain.

So always be good to spiders,
Or the drops will fall in crowds;
For the spiders you see, my darlings,
Are the children of the clouds.

WANTED—SEVERAL TRUSTWORTHY persons in this state to manage our business in their own and near by counties. It is mainly office work conducted at home. Salary straight \$900 a year and expenses—definite, bonafide, no more, no less salary. Monthly \$75. References Enclose self-addressed stamped envelope. Herbert E. Hess, Prest., Dent. M. Chicago.

DR. MILLER'S Tonic Dinner Pills

FOR

Pale, Debilitated People who suffer from Indigestion, Torpid Liver, Chronic Constipation, Hemorrhoids, (or piles,) Weak and Palpitating Heart, Want of Blood, Pain in Back & Loins, a sure cure for Headache, Neuralgia, and Chronic Rheumatism

Ladies Use Them

to clear complexions and give vigor to the general system.

They contain iron and the best tonics known to medicine

Price 25 cents.

For sale by all druggists.

Manchester Catarrh Cure

A Positive Cure For CATARRH

And its attendant evils, such as loss of senses of TASTE and SMELL, partial and sometimes entire Deafness, Dizziness, Dull Heavy Headache, Offensive Breath, Hawking, Spitting, Cold in the Head, &c

For Sale at—

THISTLE & CO.

See that



Stamped on every G. B. Chocolate.
FOR SALE AT CHASEN.

We have opened a Farmers' Exchange at Burt's Store, Main Street,

Where Cash will be paid for all kinds of Produce.

Sleepers, Spruce Logs, Birch Timber, etc.

Four, Sugar, Tea, Molasses, sold at Wholesale Prices.

Give us a call. You will find it to your advantage.

BURTT & NIXON.

This space is reserved for

THISTLE & CO.,

DRUGGISTS,

McADAM, - - - N. B.

COMMERCIAL HOTEL

OPPOSITE C. P. R. STATION,

HARTLAND, N. B.

Lately enlarged and re-furnished, is now one of the best Hotels north of Woodstock. Perfect sanitary arrangements. Hot and cold water Baths. Cuisine excellent. Well equipped Sample Room.

First Class Livery on the premises.

Every attention given to the wants and comforts of Commercial Travellers.

J. T. G. CARR, Owner.

A. W. RIDEOUT, Manager

VICTORIA :-: HOTEL,

T. J. BOYER, Prop.,

CARLETON ST., WOODSTOCK, N. B.

When you want a Horse & Carriage call at

D. W. BROOKS'

—“C Livery Stable. ”—

Horses To Let; Stylish Carriages.

ALSO TRUCKING DONE.

HARTLAND

Furniture Store,

You will find almost anything you want in that line.

Undertaking.

A full line of Caskets Coffins and Trimmings constantly on hand. I get all goods direct from the factories and sell away down cheap. Persons ordering by Telegraph or Telephone can depend upon prompt shipment.

A fine HEARSE to let at Moderate Rates.

C. C. WATSON.

Main Street

JUNCTION HOUSE.

McAdam Junction, N. B.

COLIN CAMPBELL, Prop.

Meals on arrival of all Trains.