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Screens, Green Wove Wire 14c. yd., Barbed Wire Fencing, Counter Scales Weigh Beams, Steelyards, Carpet Sweepers, Blasting Powder and Fuse, Sporting Powder, Guns, Revolvers. To arrive from Belgium 35 Single and Double Barrel Breach Loading Guns.

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My Stock of General Hardware is complete in every branch and too bits of butter. Fill the pan with al- extensively of late years. All persons requiring goods in my line will save money by calling on me, as they will find my prices away down below the lowest, prove this by

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T. A. STRANG

With boiling water. When cold strain off the water and sweeten if desired. It may also be flavored with a little orange or lemon peel.

Agreeable advice is seldom useful advice. When cold strain to marry.

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Agreeable advice is seldom useful advice. When cold strain to be observed that with each effort to breathe deeply the unpleasant sent to breathe deeply the unpl

HOT CROSS BUNS. On Good Friday, hot cross buns are eaten for breakfast or tea, out of respect for ancient tradition. Below is a good recipe for them. Sift into a deep pan 2 lbs. flour, and mix with it 1 tablespoonful of ground cinnamon and 1-2 lb. granulated sugar. Into cup of milk drop 1-2 cup of butter cut in st'all pieces. Place on the range and warm until the butter is soft. When warm add a cup of soft yeast. cups flour, two teaspoonfuls baking in the mixture. With a spoon stir in it rises so the surface is cracked, stir gether with icing, or in one loaf. in a teaspoon of soda dissolved in a little warm water. Turn out the dough onto a floured kneading-board and work into it 1 cup of dried cur- tender. Take them up, and lay in

HOW ABOUT THE CELLAR? Dust-laden carpets and curtains, and soiled wall paper, are a menace to health that the housewife "who looketh well to the ways of her household' is sure to appreciate. But a cellar that is not dry, well ventilated and free from decaying fruit or vegetables, is a far more serious one; and the very first attack in the spring campaign of home renovation should be made against it.

and brush with caramel

It has time and again been scientifically proved that the quality of the air, which is breathed in the first story of a house depends very largely on the condition of the cellar; consequently little benefit can be derived from the most thorough renovation above ground if the cellar is, from any cause, un-

If the latter half of March is mild, do not risk waiting for the warmer days of April. Have the banking removed, from every window and the door, and during the middle of sunny or windy days when there is no risk, of freezing, open windows opposite each other and create a strong current of air that will rout microbes, foul air and dampness. Unless the cellar is an actual disease-breeder, this will insure a fair degree of safety until the weather is mild enough to give it a thorough cleaning and disinfecting.

Choose a sunny day and have no

cast-iron' plans that compel you to

make a farce of purifying a cellar on any other kind of a day. Have every movable thing, especially every board Our Brass and Composition Castings are worthy a trial, being noted throughout the and stringer that lies on a ground floor, carried out of doors, thoroughly swept and scrubbed on every side, and left in the sun and wind until perfectcaying wood should not be returned at all. There is no safety in any other course. Thoroughly sweep the ceiling. coats of fresh, strong whitewash, and when the last wash is dry, sweep the floor thoroughly, especially close to the walls, to dislodge any germs that were brushed from the walls in the process of whitewashing. On no account neglect the limewash, for aside from its incomparable disinfecting qualities killer and deodorizer, and has the added merit of being inexpensive. Dissolve dark corners. If there is no cement floor, and a board walk is to be laid in the most used places, the entire floor 9,157,644. Last year the number of some other germ-killing solution. In cleaning the woodwork, use soap

and scalding hot water freely, not ne-

enough to prevent risk of fire, put year the total number was 5,000,000, pans underneath them, cover the bot- which contrasts most favorably with tom of some with live coals, scatter sul- the telegraph business of Spain, which phur over and make a hasty exit, stuf- amounted /to 4,250,000 messages, fing even the key-hole in the door at though the population of Holland by open the windows and doors and air 18,000,000. Holland is a small country out thoroughly before moving in.

and August.

CHOICE RECIPES. An Entree for Boiled Pork .- Slice potatoes very thin and place a layer of of it is in America. More than 25,000 them in the bottom of a pan, add a telegraph messages are sent in a year few bits of butter over the potatoes, in South American countries and more put a layer of very thin slices of onion. To them add pepper, salt, and some telegraph system has been developed ternate layers of onions and potatoes, having the top layer of potatoes. Put in a little of the water in which the pork was boiled. Bake until thoroughly done, and serve with slices of hot, boiled pork.

New Way to Cook Cabbage.-Get a fine head of cabbage, medium size; every other personal enjoyment.—Gay. pour boiling water over it and cover | The misfortunes that are hardest to the until the leaves can be turned back, bear are those that never come .which must be carefully done; take out some of those in the middle, chop fine, mix with bread crumbs, and sea- nor the present without excuse. age her to wear clothing comfortably son to taste; put this mixture back Franklin into the cabbage and replace the leaves to confine the stuffing. Tie it he is worth knowing well.-Alexander in a cloth and boil until done. Serve Smith. whole, with a little melted butter in

How to Boil a Ham .- Put a ham weighing ten pounds in a pot large enough to contain water enough to cover it. Bring to a boil, gradually, then add two heads celery, two turnips, three onions, a bunch of savory herbs -the vegetables cut into dice. Let it simmer gently four hours. Remove the skin, sprinkle with pepper, put in a few cloves, and brown in a quick oven. Toast Water.-Bread for toast water should be toasted as brown as pos-

Peanut Sandwiches.-Blanch a pint of peanuts, chop fine, salt to taste and spread on three slices of bread, brown or white; cut the pieces in halves and HOW TO CURE CONSUMPTION BY place two together in the usual man-

Sponge Cake.—Beat the yolks of eight eggs, add gradually one pint sugar and grated rind of one lemon. Beat whites of eggs to a stiff froth, and add to yolks and sugar alternately with three gills flour, stirring very gently and just enough to mix well. Then add juice of one lemon, Bake in small oaves 20 minutes. Spice Cake.-One cup butter, one and one half cups brown sugar, yolks of

Make a hollow in the flour and pour powder, one teaspoonful each cinnamon, cloves, nutmeg. Bake in shalenough of the flour to thicken. When low square tins in layers, and put to-Mashed Turnips .- Peel and slice; boil them gently in salted water until quite rants. Form into buns, and put into colander until the water is thoroughper and salt to taste; keep stirring until the seasoning is well mixed and

> be ready for the table. Frizzled Dried Beef.-Pour boiling water over the amount needed, let it stand five minutes, then drain and brown in a hot saucepan with a small bit of butter.

> > A BABY'S BATH.

and soap will prove a necessity only ed lung tissue. once or twice a week. Above all, in giving the bath go not forget that the inner lining of the mouth requires mouth during part of the bath, wetting it occasionally in order that the warm water may do its cleansing work. It is not intended that the child form a in his mouth, but this moment's liberty during the bath is both enjoyable and beneficial to the little one, especially at times when the gums are swollen

and heated with teething In every baby basket should found a covered box in which are equal parts of borax and sugar. If milk begins to cake on the baby's tongue so that it seems coated white, and cannot interest in life. be cleansed by water, sprinkle on it a tiny pinch of this mixture. The tongue will be cleansed and you may have

THE WORLD'S TELEGRAMS.

The Enormous Number of Messages Sent in Different Countries. An official statement of the teleand attractive whiteness, it kills what- shows that in 1870 there were sent in ever fungi have formed upon the walls. England, Ireland, Scotland and Wales a pound in a large pailful of boiling 83,029,999. The increase in some othber of telegraph messages sent was

should be saturated with copperas or messages sent was, approximately, 90,-000,000. In 1870, the year with which the present telegraphic statistics are glecting an inch of wood that can be usually compared, the number of messages sent in Germany was 8,200,000; the body again, still burdened with its miles. Again, in one hour the energy If the under side of damp stationary last year it was 33,000,000. The number bins and platforms cannot be thoroughly scrubbed or saturated with copperas solution, fumigate them with sulphur after the rest is clean, and before the rest is clean. bringing in anything in the shape of the same period from 2,000,000 to 9,000,-000, in Austria from 3,300,000 to 13,000;-This is most easily done with sulphur 000 exclusive of Hungary. In 1870 in candles, but it is less expensive to use Hungary the number of telegraph These germs find their way to the terms." sulphur in bulk and hot coals. Close messages sent was 1,500,000; last year lungs, no one knows whence. At first every window and door, except those it was 12,000,000, a very substantial in- there may be only a few which get THE SAFETY OF STEEL RAILS. opening into closets or adjacent rooms crease in a country the chief business foothold, and finding a congenial soil where you wish the fumes to enter, set of which is done in one large city. a coal hod in the middle of the room, The number of telegraph messages sent son who does not breathe deeply plied to the study of the composition and if any bins or platforms are high in Holland in 1870 was 1,800,000; last

Keep it closed until the next day; then whereas the population of Spain was and the requirements of communica-If you have no wire-screens for the tion by telegraph are by no means windows and doors try to interest John so many or so urgent as in a country in providing them. With these you can covering a large area and having imhave your cellar as dry and well ven- perfect communication between vartilated as any room in the house, pro- ious points, as is the case in Spain. vided it is properly made, and by clos-ing the doors and windows only during miles of lines in the Dutch Indies with the day-say from 7 a.m., to 6 p.m.-it 106 offices; the number of messages will be cool in the hottest days of July was 614,065. In December, 1896, Batavia, Samarang and Sourabay were connected by telephone.

The total length of the telegraphs of the world, land and marine, is in excess of 5,000,000 miles, and the larger part than 30,000 in Australia. The Russian

GRAINS OF GOLD

Good cheer is no hindrance to a good The luxury of doing good surpasses The absent are never without fault,

If a man is worth knowing at all

sary, knowledge temper and time .-

A LOOK BEFORE A LEAP. What! Still a bachelor? Why, the after an ordinary expiration. contemplating matrimony. sible without burning, and covered contemplation that I concluded never of the point where pain begins. It will with boiling water. When cold strain to marry.

Dr. F. W. Topham Describes a New Remedy for Tuberculosts Which Is as Simple as It is Harmless, and He Declares It to Be Wonderfully Effica-

PROPER BREATHING.

ple only knew how to breathe no such disease would exist, writes F. W. Topham, of Brooklyn, N. Y.

five eggs, one cup sweet milk, three tendency to it, but that the disease may be checked and the lungs restored to work of destruction. Statistics show that about one-sev-

a baking pan to rise. Before baking ly drained from them, then put in a enth of the human race die of lung center located in the region of the cut a cross on each bun with a knife saucepan, mash fine, add butter, pep- trouble, in one form or another. The stomach. So much depends upon the are sacrificed every year through the writers as "the second brain." The perthe turnips very hot, when they will warning enough to those who have, or back, relax every muscle in the body think they have, weak lungs.

absolutely pure, and should be used their condition that they are afraid to say. sparingly, for the child's skin is natur- take a good, long breath for fear of ally oily and is kept clean by fre- further irritating the diseased contents quent bathings. It should be rubbed of their narrow chests; when, if they They Are Simple I nough Once You Ge on the mother's hand for application, would throw their nostrums out of the never on the rag. The warm wet window, send their doctor about his bing purposes. Constant use of soap physical culture, and fill every inch of deadens the hair. If the head is self come to their rescue and help them thoroughly brushed each morning, the shake off the bacilli that can only live

NOT ONE PERSON IN TEN knows how to breathe properly. Women care. Wash daily with a soft rag wet are the worst offenders in this respect, in clear warm water, and if the child for, on account of tight clothing and enjoys it let him hold the cloth in his through habit, the majority of them habit of continually holding a wet rag air in these unused air cells become vitiated, dead and poisonous. Then the blood, not being properly aerated in its passage through the lungs, is loaded himself, as he has now a far more intelligent idea of electrical doings than he had before. But still, he said, from with impurities, and the brain, not be- time to time some electrical words ing sufficiently nourished by this impoverished blood supply, becomes sluggish, and the victim loses energy and Now, this is quite simple. The watt

Physicians have often remarked the ox-like submission of consumptives to prevented canker sore mouth or an in- their disease. They listlessly drop ond. A foot-pound is the amount flamed condition of the tongue and lip their hands and accept their condition work required to raise 1 pound vertias the doom meted out to them by an cally through a distance of 1 foot offended God. This state of mind, al- defined in "norse-power,' which ternating with fits of unreasonable understood by every one, it can offer Matched Flooring hopefulness, is the direct result of a no difficulty; and if any one to whom

badly nourished brain. blood is aerated in the lungs will show certainty about it. Having gotton graph service of the United Kingdom, just what I mean. The lung sub-which is under Government control, stance is very light and spongy, as watt hour, which is the term employfull of tiny holes as a bundle of fine ed to indicate the expenditure of an lace. The venous blood, which has be- electrical power of one watt for an room loaded with carbonic acid gas in hour. In other words, the energy re-Copperas is the best-known germ- 6,859,177 telegrams, while last year the the lungs to be aerated and rendered presented by a watt hour is equal to total number of telegrams sent was pure again. That process is accom- that expended in raising a pound to a plished in this way: The walls of the height or 2654 feet. An even easier water and sprinkle it freely under er countries is quite as large. In the tiny holes, which while they are too two watt hours correspond almost exevery bin and platform, and in the United States in 1870 the total num- small to allow the red corpuscles to es- actly to raising a pound to a height cape, are yet large enough to permit of one mile. The understanding of the carbonic acid gas to be thrown off such terms opens out some very curiinto their lungs to admit the pure ous facts to the uninitiated. For inoxygen in its place. If, through de- stance, a certain dry battery, weighfective breathing, but a few inches of ing 6.38 pounds was known to yield 130 the lung substance is supplied with air, watt hours. If this force were papthen the blood can not be properly aer- plied to raising the battery itself, it old load of impurities, and mind and translated in an ordinary sixteen canbody suffer alike for want of nourish- dle-power lamp weighing about an

> NO MORE POWERFUL FOE. in the sluggish lung tissue of the percondition, they quickly multiply and spread. These bacilli have a tendency to pack themselves into the air cells. the air from getting into the cells, the affected tissue soon decays and breaks down, leaving a cavity in the lung which gradually grows larger, unless the spread of the bacilli can be checked. If the wasting process has not already gone too far, it can assuredly be checked by forcing pure air into evand stimulating them to perform their moved in time. normal functions. This inrush of air gradually loosens the hold of the bacilli, which are then expelled by exhalation or expectoration. The lung tissue thus stimulated, begins to do its part in throwing off these parasites. and the pure oxygen drawn into every part of the lungs by this deep breathing, once more does its normal work in aerating the blood supply, which in turn carries its fresh, pure current to the brain and other parts of the body, stimulating and vivifying every or-

This habit of deep, full breathing is one of the simplest things to acquire and if persisted in will make any narrow-chested weak-lunged man or woman feel as if they had been drinking of the fabled elixir of life. When people came to me to be treated for lung trouble I put them through a course of physical training, beginning with the breathing exercises, which are

MOST IMPORTANT OF ALL. If the patient is a woman I encourloose, so as to allow full expansion to the lower part of the lungs. Then I

women habitually use only the upper part of the lungs, I have my women God never ceased to be the one true patients begin by drawing in the breath aim of all right human aspirations .- through the nostrils, slowly expanding the diaphragm and filling the low-The secret of making one's self tire- er part of the lungs, then the upper some is not to know when to stop .- part, till every air cell is full; then exhaling very slowly through the In business three things are neces- slightly opened mouth. When the lungs are apparently emptied of air, I show the patient how to draw in the muscles of the abdomen and contract the lungs still further, forcing out the residual air which always remains even last time I saw you you were seriously At first these breathing exercises may be decided painful, and if so, a Yes, and it was because of serious person should always stop just short

exhilarated, exultant feeling takes its

These breathing exercises should be repeated at short intervals many times during the day, always taking care that the air of the room is fresh. After a few days the patient will find herself JOHN McDONALD & CO breathing with her whole lungs almost unconsciously. There are several minor breathing exercises, but the one just mentioned, if presisted in, will work wonders in a very short time.

Where the process of breaking down There is no reason why any one of the lung tissue called consumption should die of consumption, and if peo- has actually begun I advise the patient, if possible, to seek A MILD CLIMATE

during the coldest month of winter, though this is not always necessary. I East End Factory, Chatham, N. B. I assert emphatically that consump- am also a strong advocate of the bicytion may not only be avoided by those cle, because, if for no other reason, the who have what is called constitutional exercise makes a person puff and blow, drawing the air into the lungs and forcing it out again. There is another thing I want to

their normal functions even after the touch upon, that is the exercising of tubercular bacilli have begun their the solar plexus. It is most import-ried on by the late Thomas F. Gillespie, work of destruction ant, not only in plumonary troubles, deceased, is continued by the undersigned but in all kinds of nervous disorders. who represents the following companies: The solar plexus is an important nerve SCOTTISH UN'ON AND fact that such a vast number of lives that it has been referred to by some effects of improper breathing should be son should lie perfectly flat on the ETNA for a moment, then rapidly and strongly raise and lower the diaphragm about Such people swallow large quantities a score of times. This exercise stimuof cod liver oil, creosote and the various lates the brain and nervous system to other preparations supposed to heal a remarkable degree, and the effect of diseased lung tissue; they spend hun- up a practically limitless field for dreds of thousands of dollars in doc- speculation and experiment. But Soap in the baby's basket should be tors' bills; they become so alarmed at that's another story, as Kipling would

ELECTRIC TERMS.

the Hang of Them.

A consulting electrical engineer, cloth is for rinsing rather than rub- business, take a thorough course in who was asked to put one of the less common electrical terms in plain lanon the baby's head often proves injur- their contracted, abused lungs with guage, said, "I am frequently resorted ious, as it tends to dry the scalp and pure, life-giving air, nature would her- to for just such explanations, and nothing surprises me more than the haziness which still exists in the minds time. scalp will be both healthy and clean, and thrive in unhealthy and enervat- of even intelligent folks in regard to the simplest electrical terms. To most people the electrical units are still mere Greek, and comparatively few go to the trouble to take hold of the more common of them, such as 'volt,' 'ampere,' 'resistance,' 'electroonly inflate a few inches at the top of motive force,' etc., and fix their meantheir lungs, letting the lower part lie ing, once for all, in the mind. A man motionless and inert. The residual who knows me only by reputation

wrote to me the other day that he had done this with much satisfaction to creep into the daily press, which conveyed nothing to him. He mentioned as one of these, the term 'watt hour.' is the unit of electric power. It Laths means the power developed when 44.25 foot-pounds of work are done per minute, or .7375 foot-pounds per secber that a watt is the 1-746th of

the word watt is puzziing will remem- Matched Sheathing A brief explanation of the way the horse-power he will have no more unblood vessels in the lungs are full of way of fixing it is to remember that ounce would raise that lamp to a There is no medicine so cheap as height of 400 miles at a velocity of nearly seven miles per minute. Yes, it pays a man to expend a little pains on mastering the ordinary electrical

In England micro-photography is apenough to keep his lungs in a healthy of steel rails in order to determine what changes are produced by use, and what the causes of breaking are. It one on top of another, till they form has been found, among other things, a solid mass. As this mass prevents that a rail begins to deteriorate at the top instead of at the bottom, as heretofore supposed. The first indication of deterioration is a hardening of the surface of the rail under constant pressure from the wheels of trains. This hardening is followed by minute cracks, which gradually deepen and ery sluggish, unused cell of the lungs, cause breakage unless the rail is re-

THE DIFFERENCE. At Five. Oh, t' be a grea' big man 'Ith a house 'n' lot that's ran Theth by me-thay, all th' lan'

Couldn't buy me 'f I's a man-

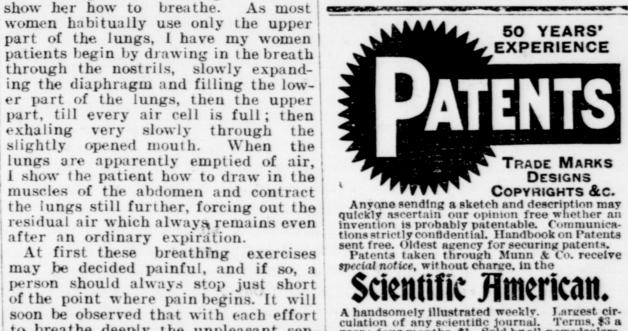
Oh, t' be a grea' big man,

Jes' t' be a grea' big man. At Fifty. Oh, to be a little boy, Finding pleasure in a toy, All I love, that I enjoy I would give to be a boy-Oh, to be a little boy Just to be a little boy.

CHEMISTRY KINDERGARTENS. Bobby-Is oxygen what oxen breathes Papa-Of course, and what everything else breathes. Bobby-And is nitrogen what every

one breathes at night? The Quebec Legislature has been

prorogued.



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NATIONAL,

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