

accessary. 2nd—That they confer a brilliancy and distinctness of vision, with an amount of Ease and Comfort not hitherto enjoyed by spectacle wearers.

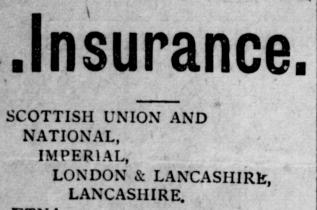
become scratched.

AL.

of the finest quality and finish, and guaranteed perfect in every respect.

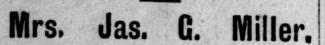
The long evenings are here and you will want a pair of good glasses, so come to the Medical Hall and be properly fitted or no charge.

FILL J. D. B. F. MACKENZIE, .IS Chatham, N.B., Sent. 24, 1898.



ÆTNA, HARTFORD, NORWICH UNION.

PHŒNIX OF LONDON. MANCHESTER.





For Sale Laths Paling Box-Shooks Barrel Heading Matched Flooring Matched Sheathing **Dimensioned** Lumber Sawn Spruce Shingles, THOS. W. FLEET.

Nelson

Ice Cream Freezers, Clothes Wringers, Daisy Churns,

Cart and Waggon Axles, Cow Bells, Wire Screen Doors, Window Lenses are ground is manufactured espec-inter for ontical purposes, by DR. CHARLES Weigh Beams, Steelyards, Carpet Sweepers, Blasting Powder and Fuse, young girl, who, in her white cham-to which it pointed, and its hands Limited, report that during the is then eaten with a spoon. ially for optical purposes, by DR. CHARLES BARDOU's improved patent method, and is Pure, Hard and Brilliant and not liable to

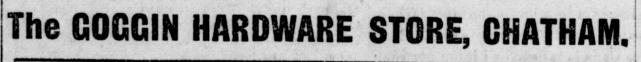
4th-That the frames in which they are Barber's Toilot Clippers, Horse Clippers, Lawn Shears, Accordions Violins, Eows and Fixings.

Farming Tools, All Kinds,

Mower Sections, Heads, Knife Heads, Mower Section Guardes Rivets, Oilers.

Our Stock of General Hardware is complete in every branch and too numerous to mention.

on us, as they will find cur prices away down below the lowest, prove as his son-in-law stooped down to priate!" cried Mary. "Come, Mrs. or even maintained at its present mandarins and a small variety of this by calling.



DEEP DREATHING. digest poorly, and are always more The Habit of Lazy Lungs May Be or less "under the weather" physically. They are often much bene-Overcome.

So much stress is laid in these because it is impossible to exercise whose blood besmeared her bed-robe, out of bed, seized her unwelcome visdays upon the value of fresh air that it is impossible for anyone to good deep breaths.

Miller, coming more and more advocated for they may breathe regularly, do not buried. Lady Isobel was buried as she was pushed from the room.

culosis. fill all the lung cells. In all this spread of knowledge and When once the pernicious habit of good sense it is unfortunately very poor, shallow breathing has been possible to lose sight of the real broken up, the health undergoes such issue. It is no exaggeration to say marked improvement, there is such that many a one who can glibly pat- brightening of the spirits and imter off the number of cubic feet of provement of the looks, that the air necessary for each one to luxury of deep breathing is not like-

breathe rarely draws a full breath. ly to be readily foregone. Fresh air is a free gift. A good way to start the new habit but it is like most of the gifts of is to take deliberately a few min-Heaven, in that we must do our utes at stated intervals and devote share of work to benefit by it. No them to proper breathing. If this is one would expect to have a good done systematically the reformer will fire just because a pair of bellows find himself unconsciously breathing hung on a nail by the chimney, but more and more, until very soon he is this is exactly what many people ex- obeying nature and really breathing pect of their lungs, which are really to live. In this way we must all only the bellows given us by which work for a living if we want a good to keep the fire of life burning bright one

and clear within us. Besides the gain in the general It is not too much to assert that health which comes from the habit lungs properly used in a compara- of deep breathing there is created a tively close room will do more good reserve strength and preparedness than lazy lungs in an open field. which is often of great service in This trick of lazy lungs is a habit, warding off pulmonary diseases. like any other, and may be overcome

by persistent effort. Many persons, for example, are afflicted with a ner- The use of the German language is vous habit of holding the breath decreasing in Switzerland. In 1888. unconsciously. These are the people 714 out of every 1,000 Swiss spoke

"In another moment, the two men, my side to-morrow." young and old, were engaged in a The white apparition turned slowly Ontario are still adhering to the very of the fruit.

fighting for the life-blood of her hus- could not voice the words.

"If the fire were only a little high-"The captain, a better swordsman er I might see the face," said Mary than his uncle, younger and more ac- to herself. "However, ghost or no tive, too, tried to disarm Sir Pierce; ghost, out you go, my beauty!" but a sudden movement of the elder She said these last few words man sealed his own fate, and the fa- aloud, for, in spite of herself she was ther of the Lady Isobel fell with her beginning to feel a little worked uphusband's sword-point in his side. on by the absolute silence of the

' 'One word-one word, Ralph, be- scene.

young man bent over him. 'Lower!' three.

band.

All persons requiring goods in our line will save money by calling gasped the dying man, 'lower!' And 'No; that's a little too appro- Canadian bacon is to be increased This is a dainty way to eat the Chestnut stairs should be treated the

him Sir Pierce struck upwards with Ghost, tell me who you are. or off volume, it is absolutely necessary orange called the "kid-glove" ora sudden movement, using a dagger with you! I don't want to get out that only hogs of proper weight and anges. which had lain concealed in his of bed in the cold; but if you won't quality be sent to the packing houses.

sleeve, and Captain Wilbraham, answer me I must do so.' stricken traitorously to the heart, Again those hands were held out fell upon the body of his father-in- appealingly; again the figure seemed

to make a wild effort to speak-

out-of-doors, yet catch cold easily, "Poor Lady Isobel, who until that Mary Anstruther even thought she moment had cowered in her corner, saw the blood-stained lips form the mother." gave one loud shriek, pressed one one word "Help!" but the light was long, despairing kiss upon the up- too indistinct for her to be quite fited by a course of active exercise turned face of her dead husband, certain. And the young girl sprang ful of you."

vigorously without drawing some and, with a rush, threw herself head- itor by the shoulders, which were long from the window. Her shriek warm, and of undoubted flesh and

miss the lesson. Good ventilation is Many other persons-and they con- aroused the house, and two days blood, and, without another word, taught in all our schools, if it is stitute the great majority of man- later three corpses were carried to thrust her out into the passage, and not always practised ; and treat- kind-breathe only with the upper the old graveyard of Holmwood closed and locked the bedroom door. ment by the open-air method is be- part of the lungs, and although Church, where all the Wilbrahams lie The pseudo ghost stumbled and fell

certain diseases, especially tuber- draw in sufficient air at a breath to there beside her husband; but her "My Lady Isobel will be a little it is having people run after me who 45 minutes.

spirit cannot rest, and on every an- bruised to-morrow morning!" laugh- used to run away from me.'



Several Years of Kidney Disease-A Prominent Merchant Cured by

Dr. Chase's Kidney-Liver Pills.

Every day adds scores of names to the long list of persons who have been cured by Dr. Chase's Kidney-Liver Pills, and among those who are now enthusiasts in praising this great medicine is Mr. W. Gilroy, the well-known merchant of Blenheim, Ont.

Like many others, Mr. Gilroy now wonders why he did not use Dr. Chase's Kidney-Liver Pills in the first place, instead of experimenting with new-fangled and untried remedies. There is no doubt about the exceptional virtues of Dr. Chase's Kidney-Liver Pills. They act directly on the kidneys, liver and bowels, and thoroughly cure complicated ailments which cannot be reached by ordinary remedies.

Mr. W. Gilroy, general merchant, Blenheim, Cnt., states:-"I am rather enthusiastic in the praise of Dr. Chase's Kidney-Liver Pills, and believe I have good reason to be. For several years I was a great sufferer its taste; not nearly so palatable. from kidney disease, and had pains in my back almost constantly. I tried a great many remedies, but did not succeed in obtaining more than slight temporary relief.

"A friend of mine advised me to try Dr. Chase's Kidney-Liver Pills, and I did so. with great satisfaction. I had not taken half a box before I began to feel better, and now realize that I have entirely recovered. I often wonder now why people go after new-fangled remedies when this tried and proven medicine is so easily obtained, and so certain to cure.'

Dr. Chase's Kidney-Liver Pills have the hearty endorsement of good citizens in nearly every city, town smooth fragrant green tea. Of sugar. He cites, in confirmation of and village in Canada. They are probably the most popular remedy that was ever introduced into this coun- course, so much need not be purchas- this opinion, the fine health of the try and their enormous sales are due to the fact that they radically cure serious and chronic disease. One ed. but by preserving the proportion date-eating Arabs and the sugar-

A good many farmers in Eastern ing and eating as there are varieties moment or so before pouring the water over. For tea a la. Russe, struggle which one at least of them towards the bed, and Mary Anstruth- foolish practice of marketing hogs The most common method and fa- simply have a thin slice of femon in would not survive, for there was bit- er saw that the white bed-robe was that are too light in weight, and vorite way with Floridans is to cut each cup; serve without sugar and 3rd-That the material from which the Screens, Green Wove Wire, Barbed Wire Fencing, Counter Scales, both forgot the presence of the fair blood, too, on the apparition's face, poses. The Geo. Matthews Company forming two cups, the pulp and juice refuse cream, but accept sugar, for your cup of tea.

> orange fork from stem end to centre and holding the fruit firmly: the peel and white pulp are cut away from the juicy meat, leaving a golden ball, which you present to your lips on Sows... 40 the prongs of the fork. Others pre-Stags...

fer to peel the orange at each end, leaving a band around the centre. Stores... 123 A total of 4,154 hogs, of which on- This is cut and the sections of the ly 1398 or about 33 per cent. were fruit separated by drawing this band fore I die!' he whispered. And the Just then the turret clock struck suitable for the manufacture of first- out like a ribbon, with the orange

class export bacon. If the trade in sections strung like beads.

THREE CAKES. Swiss Cake-One-half cup butter oil and turpentine, mixed half and NEARBY TREASURES.

creamed with two cups sugar: whites half, make an excellent oil for this Lucie-"I always give the pret- of nour eggs beaten stiff; one cup purpose. Soft-pine floors should be sweet milk; two cups flour sifted painted, but hard-pine wood never, tiest embroidered things I do to my with 2 well rounded teaspoons of as the paint will peel off.

Marie-"That is kind and thought- baking powder; one cup currants, and ten drops lemon extract. Bake in a

> loaf: Bride Cake .-- One and one-half cups sugar and two-thirds butter, creamed: whites of six eggs beaten stiff: two-thirds cup sweet milk; two and one-half cups flour sifted with two

teaspoons baking powder: ten drops of almond extract; two-thirds cup

A GOOD CUP OF TEA.

Percy-"My idea of success ? Well. grated cocoanut. Bake in deep pan

LIME FOR THE PIANO To prevent damp and rust catching the wires of a piano tack a small bag of unslacked lime inside just un-

PINE FLOORS.

Hard pine floors should be first fil-

led with white shellac diluted with

one gallon of wood alcohol-and af-

ter two coats of shellac there should

be one or two of fine heavy varnish.

Sweeping with a long-handled broom

is light, quick work, and if a floor

used daily be wiped up with a damp

cloth once a week it will be clean in-

deed. If such a floor is rubbed twice

a year with paraffine oil it will

lengthen the times for redressing.

same, but chestnut is a more porous

wood, and it will require more of

shellac filling. Kitchen, bathroom,

and laundry floors are best oiled

about once a month. Boiled linseed

derneath the cover, and it will absorb all moisture.

TOO ENERGETIC.

An amusing story, which may or Gold Loaf Cake .-- One-fourth cup may not be true, is told of a short-

butter; one cup sugar; one-half cup sighted but energetic member of the sweet milk; two egg yolks; one cup Russian secret police. He was walkflour; one teaspoon baking powder: ing through a little-frequented street oae teaspoon orange juice. one-half of St. Petersburg one night when he teacup big seeded raisins. Bake in a spied, high up on a lamp-post, a

placard.

"Aha !" he said to himself, scenting mischief on the instant and alert for action. "That's one of those in-A cup of good hot tea is very cendiary notices about His Majesty wholesome these cold days, yet how the Czar ! It must come down. at seldom we get it! Tea is not an herb

once !' that improves through steeping, but With difficulty, being of a somemost cooks think so; they appear to what portly build, he succeeded in believe that any acrid, biting, strong climbing the post and dislodging the beverage made from tea leaves is placard. Peering at it by the light good enough for anybody. To many of the lamp, he read the Russian green tea is forbidden fruit, so to equivalent for the well-known legend speak; its effect on the nerves is bad: "Wet Paint." black tea is usually very herby in

EFFECT OF SUGAR.

The very best mixture, learned years ago, when the writer, as a small girl, A celebrated English physician aswas allowed to see and help in the serts that the increased height and matter of mixing, is one pound of weight of English and Americans in. English breakfast, that strong black the last half-century are chiefly due tea, to two of Young Hyson, the to the increased consumption of

Lucie-"Yes ; then I can borrow them, you know." THE REVERSIBLE PURSUIT. Paul-"Percy, what is your idea of

success ?"

who, in spite of plenty of time spent German; to-day only 697 per 1,000. pill a dose; 25 cents a box, at all dealers, or Edmanson, Bates & Co., Toronto.

one gets a delicious beverage. In cane eating negroes.