Jackson's Nutrient Wine of Cod Liver Oil.

Herbine Bitters.

Doan's Kidney Pills.

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Wholesale Druggist,
47½ & 49 King St.,
ST. JOHN, N. B.

SCOTT'S Emulsion
The cream of purest Norwegian cod-liver oil, with hypophosphites, adapted to the weakest digestion. —Almost as palatable as milk.
Two Sizes—50 cents and $1.00
SCOTT & BOWNE, Belleville, Ont.

50 YEARS.
For the last 50 years Cough Medicines have been coming in and dying out, but during all this time
SHARP'S
BALSAM OF HOREHOUND
Never let the Front Rank for Curing
COUGHS, COLDS AND CROUP.
All Druggists and most Grocerymen sell it.
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The Improved KNITTER of Family is
CUT, Knit 10 pairs of sock or 5 pairs of mitts in an hour. Simple, Cheap, Durable. Only KNITTER on the Market.
This is the one you want. A child can operate it. Will knit 500 varieties in 20 minutes. Write for particulars.
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CANADIAN PACIFIC RY.
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MILWAUKEE, WIS., JULY '96,
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The matter which this page contains is carefully selected from various sources; and we guarantee that, to any intelligent farmer or housewife, the contents of this single page from week to week during the year, will be worth several times the subscription price of the paper.

THE HOME.

THE PIONEER'S TABLE.

We are apt to think of the pioneer's table as hard living, and such it was for common folk who had no ingenuity nor knowledge of food outside the stock of the shop. It is usually the ignorant, those who have no resources in themselves, who suffer the most in a new country. The intelligent person not only finds "books in the running brooks, sermons in stones," but comfortable food and warm clothing where the ignorant would remain hungry and cold. One of the chief reasons why the Plymouth colonists prospered was their superior intelligence which taught them to make use of the bounties of nature. A number of colonies in climates far more favorable had been started, and had failed before this lonely party of men and women came to the bleak New-England shores. It is true that these early Pilgrims were without a cow for three years, so the supply of butter must have been scanty and milk an unknown luxury. Yet they prospered where others had failed. After these first bleak winters were over they seem to have had a liberal supply of all the necessities and many of the luxuries of comfortable living. The good wives of the colony understood thoroughly the art of making savory roasts and stews of the wild fowl, deer and other animals that roamed in abundance in the forests. In ten years they were cultivating apples, quinces, damson plums, cherries and barberries, and in sunny places peaches and grapes. In fifty years mutton was twopence, pigeons three cents a dozen and a green goose twopence. They had clams, oysters and salmon in abundance. Fine fish of every kind were easily caught by the net, and chowder, so much esteemed by all New-Englanders, was a common dish. In fifty years they were importing oranges, pineapples, lemons, sugar, and East Indian luxuries. These good wives made jams, marmalade, flavoring essences, and their storerooms were hung with flitches of bacon, good hams, rich meats and the best that even old England could afford. A rich, abundant table was as necessary to them as fresh air and pure water. Where a colony made up of incapables, inmates of the workhouses and debtor persons would have starved, this sturdy race found abundance.

They did not eat as some people boast they do merely to live, but they enjoyed their food and respected their dinner. They were not the less God-fearing, Christian men because of their abundant food, but were possessed of that wholesome common sense and high moral principle that have ever characterized the Saxon people. It is the beef and brawn of old England that have made the English people supreme. It was the same wholesome, rich food in old colony days that nerved the fathers of the Revolutionary time to heroic deeds. Plain food, which is another name for indifferent food, is not compatible with the loftiest thoughts. Great men may still be great under every discouragement of living. This only proves that there has been a triumph of spirit over material things. It does not prove they will not be capable of greater things under greater advantages. The old Roman adage which demands a healthy mind in a healthy body remains true as ever. If we want our children and all of our family to develop the best that is in them, morally and intellectually, they must be well fed. As ill-fed Anglo Saxon develops into a crank.

WHOLE WHEAT AND GRAHAM BREAD

In reply to a number of correspondents we will explain again the difference between these two breads. Whole wheat flour is made by a number of manufacturers from the entire kernel of the wheat. The coarse outer husk alone is discarded. It is a fine flour, as fine as a roller process wheat flour, but dark in color. Graham flour is wheat meal or unbolted flour. The difference between a flour and a meal is that the flour has been bolted or sifted through a bolting cloth separating it from the bran, while a meal is unbolted and contains the coarse bran. Whole wheat is, therefore, properly a meal, because no part of the kernel has been sifted from it. It is ground by a special process which reduces the bran to as fine a powder as the rest of the kernel. It possesses all the wholesome qualities of graham, without the coarse element of the unpulverized bran, which is sometimes irritating to the digestive organs of delicate persons. We do not think any person in health ought to use either of these flours exclusively, any more than they should use bolted wheat bread exclusively. The best results in diet are obtained when a variety of flour is used, though bolted wheat flour seems to be more acceptable as the "staff of life" than any other.

To make whole wheat bread sift two quarts of entire wheat into the bread bowl, add a teaspoonful of sugar and half a teaspoonful of salt and a pint and a half of warm water. Add half a cake of compressed yeast dissolved in half a cup of lukewarm water or half a cup of homemade yeast. Beat the mixture well and let it stand in a warm place overnight. In the morning knead it up with as little flour as possible. Rub a teaspoonful of butter over it and put it back in the bread bowl to double in volume. It will take from six to eight hours. It should be closely covered. At the end of this time separate it into three loaves, let them rise in the pans an hour, and bake them one hour and a quarter, covering them for the last half hour. It should rise in the oven before it browns.

To make graham bread take four cups of graham flour, two cups of wheat flour, one-half cup of sugar, one half cup of Indian meal and a level teaspoonful of salt. Sift them and mix with a cup of milk, a scant cup of water and a cup of good homemade yeast or a cake of compressed yeast soaked in a cup of lukewarm water. Beat thoroughly. Set in a warm place to rise overnight. In the morning divide into loaves, filling the pans only half full, and set in a warm place for an hour. Then bake for an hour and a half. Cover as soon as the loaves begin to brown. Fifteen minutes before taking out rub slightly with milk, so that they won't bake too hard.

Whole wheat flour, such as we describe, is for sale in all the large cities by the chief grocers. There are several manufacturers who make a flour of this kind.

ELECTRIC COOKING.

Electric cooking is in its infancy. Yet the time is nearly approaching when the kitchen of all well managed households will be run by the mysterious fluid. Electricity will take the place of fuel in the range; the department of the cuisine will be lighted by the same agency, and it is entirely conceivable that a small electric motor will be made to serve for such purposes as beating eggs and mixing griddle-cakes.

Already electric cookstoves in a number of patterns are on the market. You can even buy an electric chafing-dish, which may be attached at a moment's notice to an ordinary electric-light wire in any house. These chafin dishes are made in one-quart and two-quart sizes, nickel plated. All you have to do is to make the attachment by a plug-switch, turn on the current, and almost immediately your oysters are beginning to stew or your eggs to fizzle.

Before long householders will take electricity regularly for domestic purposes, just as they now take gas. But the more subtle fluid will be made to serve for cooking and heating as well as for lighting. The convenience to the housewife of being able to rely upon one system of wires for fuel for cooking, and for warming and illuminating the dwelling will be enormous. She will find it particularly delightful to be rid of a hot kitchen in the summer time.

Nowadays the kitchen is apt to be the dirty part of any house. To keep it really clean is almost out of the question. The coal used for fuel blackens everything with which it comes in contact; ashes make more dirt, and smoke blackens the ceiling and walls. In the electrically conducted kitchen of the near future it will be quite different. There will be no coal, no ashes and no smoke. The range will be ready for cooking at a moment's notice, with no time and patience wasted in the laborious kindling of a fire. The turn of a switch will start the current, which may be shut off again when no longer wanted.

An electric kitchen in full operation was exhibited at the World's Fair in Chicago. All sorts of cooking were done in it, including the roasting of joints and fowls, the broiling of steaks, the baking of bread and cakes, etc., and the results were extremely satisfactory. The only reason why this method of cookery has not already come into general use is that electricity as a substitute for fuel costs more than coal or oil or gas. The difference of cost, in fact, is considerable; but it has so many advantages as to be worth the price. Some day processes will be discovered by which electricity can be produced more cheaply, and then even poor people will be able to afford electric ranges and heaters.—Boston Transcript.

PINCUSHIONS.

The pincushion, after having dwindled into minute proportions, has again resumed its old place as a conspicuous object on the toilet table. The prettiest cushions are now ten inches square. Foundations for cushions can be purchased at dealers in notions, but these cushions are generally covered with cotton. Flannel is a much better cover. Make a cushion of the proper size of strong white flannel, leaving an opening to stuff it. Stuff it firmly with bran. Crowd in the bran as compactly as possible, so as to make a full, plump cushion. Cover the cushion with a piece of brocade or silk in the color of the room in which it is to be used. Dainty squares of sheer muslin and lace, with knots of baby ribbon, are used over these cushions.

TO CLEAN BRASS.

In the care of brass bedsteades no polishing powders nor liquids should be employed, the brass requiring nothing more than a rubbing with a soft rag to keep it looking bright. After the lacquer is broken by the use of the powder it will be a task to keep the brass in anything like good condition. The lacquer with which these bedsteads are finished is not meant to be disturbed, but is intended to protect the brass from tarnishing through action of the air. These remarks apply equally as well to the brass handles and other trimings to be found on furniture. Should the handles tarnish by moisture from contact with the hand, they may be lacquered at small expense to look as well as ever.—Ladies' Home Journal.

Dip the jelly bag in boiling water and wring it out as dry as possible before use; this saves loss of fruit juice from soaking into the cloth.

If a shirt bosom or any other article has been scorched in ironing, lay it where the bright sunshine will fall directly on it.

Fruit and rust stains on table-linen or other white clothes may be removed by soaking in a weak solution of oxalic acid.

Fruit cools the blood, cleans the teeth, and aids digestion.

For the first time in ten years, snow fell in San Francisco, Tuesday.

STOMACH
Troubles Relieved and Cured. The
LIVER
Toned and Regulated. The
BOWELS
Restored to Natural Action by the use of
K. D. C. AND K. D. C. PILLS.
Cure Guaranteed or
MONEY REFUNDED.

THE FARM.

NOTES ON THE YEAR.

READ BY W. C. ARCHIBALD, OF WOLFVILLE, BEFORE THE N. S. F. G. A.

HON. PRESIDENT, FRUIT GROWERS AND FRIENDS:—Before this large assembly it is with diffidence I venture to treat this subject for your interest and profit, requiring as it does the closest association with the trees of the orchards to obtain the practical and valuable thought which will substantially advance the work. I will first ask you to consider for a moment the

PAST SEASON.

The two past years had prolonged seasons of drought and gave good crops of best fruit—perhaps hitherto unexcelled The unfavorable conditions of drought are easily overcome by soil culture. The advantages of a droughty season in a bearing orchard are less wood growth, less fungi, more sunshine, large size, high colored, firmer and more edible fruit. On shallow, gravelly lands the fruit is small, and ripens somewhat prematurely. This may be measurably corrected by frequent stirring of the soil through May and July and a judicious use of fertilizers. I would commence cultivation as early in the season as the soil will permit.

SUBSOILING.

The subsoiling of hard, dry soils is doubly imperative; that there be a sufficient body of loose soil to store moisture—as a sponge during the dry season. Conserve this moisture in the bearing orchard by stirring often two inches of the surface.

In wettish lands draining is essential to give roots ample room and fair play to reach out for anchorage and food.

In this country subsoiling is more economical in dry soils than irrigation and is equally valuable in wet or dry seasons and I think in either equally effective.

CLOSE PLANTING.

I observe orchards thus set where the trees appreciably shade each other's trunks, ward off sun injury. Headed low is also helpful and the entire ground filled with roots gives the grower more leverage towards regular annual crops.

PRUNING FOR FRUIT.

If we note the law of their existence and growth while armed with that broad commission, "Go conquer the earth," we will bring the trees under control. During 10 years I have only pruned about one hay wagon load of branches from my orchard. I have few diseased trunks or branches or waste and loss in wood growth.

I understand leaf buds and fruit buds grow side by side and are convertable to fruit blossoms by careful direction of the grower. Standard trees may be controlled as well as dwarfs. A treatment that interferes with the flow of sap in a tree directs its energies toward fruit buds. It requires about the same strength of trees to produce extended wood-branches as it does to produce buds, blossoms and fruit. If the wood germ in the bud is forced by nitrogenous manures it gains superior strength and the blossom bud is crowded out. Hence the intelligent use of fruit fertilizers will enable the fruit buds to take precedence over wood growth. If the ground is well filled with roots meeting roots from neighbor trees its wood producing ability is confined. I would add to this, bud pinching, nipping or cutting back previous growth, and invite or superinduce fruit-buds. Heading in or heading back by shearing is not more costly or laborious than wood sawing. Young trees yield easily to this control and fruit equally well with older trees in proportion to size and kind. I prune in April, May and June, but think the latter month is perhaps the best.

Trees then pruned of their terminal buds do not rush upwards as the same trees pruned the first of August.

FERTILIZING BEARING TREES.

Presumably all orchards are in fairly fertile condition—if not they should be. Then we may begin the season's fertilizing with chemicals about or after blooming.

As the fire in the grate on a winter's night is kept ablaze in proportion to the degree of cold—so would I fertilize the bearing trees as the size of the fruit increases, and reasonably meet the demand of the trees in fruit-bearing, not forgetting that additional strength for producing blossom buds is upon the tree in July and August for annual fruiting. I believe this can best be met by frequent applications in small quantities and with different kinds of plant food usually applied in a soluble form. If using stable manure in the cultivated and bearing orchard I would apply in July and give shallow ploughings, when it would be most valuable as a mulch without obstructing the sun's heat and would conserve needed moisture in the usual droughty time.

SPRAYING FRUIT TREES.

Judicious spraying has given a conquering hand over most destructive insects and unsightly blighting fungi. The loss of strength to the trees by myriads of parasites fattening at our expense may well quicken our perceptions in the work of fruit growing. Quality not quantity of fruit is the safest and most profitable condition for the ideal orchardist. Our Experiment Stations are strongest to-day in this department and we are intensely desirous of being helped with carefully prepared and tried formulas to conquer these enemies.

PICKING AND PACKING FRUIT.

The under average growers are incapable at present of picking and packing their fruit. There must prevail a higher ideal of the condition of the fruit when opened at its destination. Ideal table fruit is handsomely formed, free of spots, attractive appearance and above all freed from great or minor bruises in picking or packing. A few years ago I raised a few barrels of highly colored Gravensteins on young trees. I personally picked them from the trees and sorted into barrels as carefully as I would eggs. I asked a neighbor who is a large fruit grower to come into the orchard to head them for me. A lever was used under his direction. When that beautiful fruit was opened in Halifax, complaints were at once made that its values as show and table fruit was ruined by the bruising and nesting of the apples. Their food value was also greatly lessened. I afterwards saw the fruit and was astounded then, as now, that so many fruit growers have not learned how to prevent the enormous loss and waste in picking and packing fruit.

MARKETING AND PRICES.

There is a steady, growing demand for perfect fruit in Canada, and our reputation must accompany its sale. The consumer is slowly but surely learning the higher value of fruit delivered as they conceive the condition in which it should reach them. Whether the market is at home or abroad the results are practically the same. The yearly consumption by the people is steadily running up. Our world markets are steadily broadening for better fruits.

TO DAY'S OUTLOOK.

During the last 20 years industrial Canada as well as the world of nations have witnessed a drop in the general prices of their manufactures of fully 40 per cent. In agricultural products such as wheat, barley, hay, cheese and eggs almost the same thing has happened and prices are very much lower now than then. But in apples the trend of prices notwithstanding the rapid increase and volume of their product for 20 years past, have had a remarkably steady, advance, and now, as far as we can see, still advancing. With a province and a country abundantly conditioned for producing the highest types of fruits of their class,—what obstacle interposes to a thick setting orchard stretching from Windsor to Digby. A few days ago I landed at Digby via Montreal. As I looked upon the inflected horizon, far above the plain, while the train rounded the half circle, carrying me to Annapolis via. the orchards of the Valley, now gently swaying in the midwinter's basin breeze, I found a beauty and appropriate charm, that inspirits and thrills to hope, that as my life may here be lived through, may my children too, in this beautiful land by the sea, with the priceless freedom of Briton's rule.

ITS
ELECTRIC
ENERGY
VERLASTINGLY
RADICATES
Inflammation without Irritation

Every Mother should have it in the house. It acts promptly; It is always ready for use; It is the best; It is the oldest; It is unlike any other; It is superior to all others; It is used and recommended by physicians everywhere; It has stood upon its own intrinsic merit and excellence while generation after generation has used it with entire satisfaction and handed down the knowledge of its worth to their children as a valuable inheritance. Could a remedy have existed for eighty years except that it possesses great merit for family use?
JOHNSON'S ANODYNE LINIMENT
It was originated in 1810 by the late Dr. A. Johnson, an old fashioned, noble hearted Family Physician to cure all ailments that are attended with inflammation, such as asthma, abscesses, bites, burns, bruises, bronchitis, colds, coughs, croup, catarrh, chaps, chilblains, colic, cholera-morbus, all forms of sore throat, earache, headache, la grippe, lame back, mumps, muscular soreness, neuralgia, pains anywhere, scalds, stings, sprains, stiff joints, toothache, tonsilitis, whooping cough.

Feels His Oats

This will not be the case with an animal whose blood is out of order. When a horse is all run down he needs a tonic the same as a man. Often he cannot have complete rest. Give him
Dick's Blood Purifier
and note how quickly he will pick up. His whole system will be invigorated. His digestion will be strengthened so that all the nourishment will be drawn from the food an less of it will be required. Dick's Blood Purifier drives out Bots, Worms and all parasites.
For sale by druggists, at general stores or sent post paid on receipt of 50 cts.
Dick & Co., P. O. Box 48a, Montreal.

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, Saleoats, 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 Sirs,—"After a severe attack of 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."

PUTTNER'S EMULSION
PREVENTS CONSUMPTION.
PUTTNER'S EMULSION
Cures Consumption in its early stages.
PUTTNER'S EMULSION
Prolongs life in the advanced stages of Consumption.
PUTTNER'S EMULSION
is the remedy, par excellence, for Consumption and all Lung Troubles.
PUTTNER'S EMULSION
is the best cure for all Wasting Diseases.
PUTTNER'S EMULSION
is for sale by all good Druggists at 50cts. for a large bottle.

Equity Sale.

There will be sold at PUBLIC AUCTION, at Chubb's Corner (so called), in Prince William street, in the City of Saint John, in the City and County of Saint John, and Province of New Brunswick, on WEDNESDAY the 29th day of April next, at the hour of Twelve o'clock Noon, pursuant to a Decretal Order of the Supreme Court in Equity, made on the Eighteenth day of February, A. D. 1896; in a certain cause therein pending, wherein The Foreign Mission Board of the Baptist Convention of the Maritime Provinces are Plaintiffs, and Richard Cassidy and Eliza Millican are Defendants, with the approbation of the undersigned Referee in Equity, the Lands and Premises therein mentioned and described as follows:

ALL that certain piece or parcel of Land and Premises situate, lying and being in the City of Saint John, in Dukes Ward, on the south side of Queen Street, and known and distinguished in the original Grant by the Lot one thousand and thirty-two (1032), containing fifty feet in front and one hundred feet in rear, being the lot lately purchased by said Richard Cassidy from one Ezekiel Jordan, together with all the improvements, privileges and appurtenances thereto belonging or in anywise appertaining.

For terms of sale apply to the Plaintiff's Solicitor.

Dated this twenty fourth day of February, A. D. 1896.

CLARENCE H. FERGUSON,
Referee in Equity.
MONT. McDONALD, Plaintiff's Solicitor. F 28

Paris Kid Glove Store
LADIES! If you want a perfect fitting Kid Glove, in any size, or in any shade, send direct to Kid Glove Makers Agents. 84cts. will give you our best Button, or $1 for 7 Hook Lacing. Remit in stamps. We pay postage. Wedding Gloves to match always in stock.
W. H. Fairall & Co.,
(Wholesale & Retail)
Glove Maker's Agents,
17 Charlotte Street, St. John, N. B.