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CHARLOTTETOWN P. E. ISLAND, WEDNESDAY MARCH 3, 1897

No. 52

**The Use of Coal.**  
A great many householders do not know that there are two varieties of anthracite coal. The hard anthracite burns slowly but gives a lasting and strong fire. It may be recognized by its red ash. It is a far more economical coal to buy for the range than the more common white ash or soft anthracite. The soft anthracite, however, will do better in the grate because it makes a rather more luminous fire, possessing something of the brilliancy of bituminous coal, but none of its smoke. The soft anthracite is distinguished from the hard anthracite by its white ash. Probably the cook will prefer the white ash coal because it comes up quicker in the morning.

There is about the same difference, however, in a fire made of pine or any soft wood and one made of hickory or oak as there is between a fire of white ash coal and one of red ash. The red ash coal gives out a more intense heat, insures a better fire and is a better fire for broiling. The best broiling is not done over coal, however, but over the red hot embers of a hickory fire. Even this fire is surpassed now by the modern gas stove, where roasting and broiling are both done under the flame in a draft so that no taint of the gas can affect the meat.

The best kindling wood for a stove or range contains about equal amounts of hard and soft wood. It is utterly superfluous for any intelligent person to add kerosene or asbestos soaked in kerosene. The latter is a contrivance frequently offered to assist in kindling the fire and practically indestructible and safe. It leaves, however, an unpleasant odor, like all such put-ent fire kindlers, and its use is entirely unnecessary.

If the paper is crumpled loosely and the kindling wood laid loosely so as to allow air to blow through the mass from beneath and reach the chimney through the drafts, there will be no difficulty in starting the fire. When the fire fails to burn, it is because there is some impediment to the drafts or because the kindling wood is damp.

The little bundles of kindling sold by the grocer are very apt to harbor water bugs and cockroaches, and for that reason careful householders prefer to buy their wood by the quantity and keep it in the coal cellar. Where wood is needed for the fire in the morning it should be brought up the night before and left in the heating closet under the oven to dry. It is much more economical to buy wood by the cord or quarter cord than by the bundle.—New York Tribune.

**The Rocking Chair Spine.**  
"Weaver's thumb" and "housemaid's knee" are quite familiar terms, especially to those who are fond of perusing journals, medical and hygienic, but the "rocking chair spine" is less talked of, possibly because it is one of the possessions of those dwelling in more affluent circles and is what may be classed among the luxuries in the way of disease.

But it is none the less a clearly defined ailment and one that leads to consequences more serious than its primary condition might suggest.

Indolence and love of ease are the inciting causes of this ailment, and general spinal disease has in many instances been its unfortunate climax.

Strict hygienists and health culturists tell us that the rocking chair is an un-mixed evil. It perpetually changes the equilibrium of the body and agitates the circulation. It injures the eyes, as it continually changes the focus of whatever one may be looking at. It disturbs the brain that physicians have forbidden mothers and nurses to rock delicate babies.

It will thus be seen that the rocking chair begins its deadly mission very early in the lives of its victims, and it is equally true that they are very likely to keep up the mischief until they are ready to make a final exodus and slip from the rocking chair in to the grave.

The symptoms that first attract attention are a soreness and sensitiveness of the spine, usually that portion near or above the waist, and sometimes extending to the lower edges of the shoulder blades. There may be more or less indigestion accompanying it, and headaches are not infrequent.

The trouble arises from an improper position in sitting. Instead of keeping the spinal column in a perpendicular position the lower part is bent forward as one lounges in a chair with a soft cushion. The strain on one side of the spine caused by its curved shape after a time produces irritation, and if long continued induces a condition of a serious character. While there may not be fatal consequences, there surely are much inconvenience and discomfort attending a weak or irritable state of the spinal column. Good health cannot exist with such a condition of affairs; neither can good spirits dwell in such a body. Persons who experience a sense of weakness or stiffness, or a dull ache in the back will do well to take thought if they have been too devoted to the rocking chair and its luxurious cushions.

It is by physicians declared to be the best for sitting upright or in a recumbent position rather than the rocking chair devoted to one's amusement. But the wide-spread custom of sitting in a chair so alluring that it takes Spartan courage to give up such a delicious luxury.—New York Ledger.

**Keeping a House Clean.**  
The easiest and best way to keep a house clean is by daily attention to small things, and by not allowing it to get into a state of dirtiness and disorder as to require a lot and periodical cleanings. Some mistresses and also some servants seem to have an idea that a house should undergo great bouts of washing and scrubbing every three months or so, on which occasions the house is turned almost inside out and the inmates are rendered most uncomfortable. Wooden floors, if kept in order by daily sweepings and other small attentions, may be effectively cleaned by washing them with warm water and soap. But if spots of grime are to be removed these should be previously taken out with fuller's earth.

**One Kind of Business.**  
By-stander.—Wasn't that a pretty stiff price you asked that man for those shoes?

Storekeeper.—Yes; that's business. They're not good for anything, so of course he won't come again. Therefore we might as well get as much as we can out of him.—Boston Transcript.

The bite of the mosquito would scarcely be noticed were it not for the fact that the insect injects into the wound an acid juice, which causes the itching and painful sensation.

The myrtle plant has always been regarded as an emblem of love. Among the Greeks and Romans it was planted in cemeteries.

A great new German company has been formed, with a capital of \$3,000,000, to establish iron works and a railway engine factory in Southern Russia.

**WONDERFUL** are the cures by Hood's Sarsaparilla, and yet they are simple and natural. Hood's Sarsaparilla makes **PURE BLOOD.**

Scaly head, Itchy scalp, If a child's head is scaly, do not comb the hair, which is apt to scratch and create a sore, but brush gently. After washing the head thoroughly, dry it, and apply Dr. Chase's Ointment.

**WATCH THIS SPACE TO-MORROW**

**Granby Rubbers**  
Honestly made of pure Rubber. Thin, Light, Elastic, Stylish, Durable.  
Meddled each year to fit all the latest shoe shapes. Extra thick ball and heel.  
Sold everywhere. They Wear like Iron.

**English Manures**  
SUPERPHOSPHATES AND CHEMICALS  
Sole Agents for P. E. Island for THE BRADLEY FERTILIZER CO., the largest concern of the kind in the world. We have a large stock, on hand and to arrive, to these well known MANURES, and can refer purchaser at many of our very best farmers who have been using them for years with very gratifying results.  
We can also supply the same goods (Ground Slag) offered by our would-be competitors as "English Fertilizers" at least 20 per cent less price than they now ask for it, but at the same time we would not advise its use, believing that THE GENUINE ENGLISH MANURES AS SOLD ONLY BY US are much the best value. Prices, Pamphlets, etc., on application.  
**AULD BROS.**  
Charlottetown April 1896—2aw (25) & wky

**It Isn't the Store That Promises**  
But the store that does, that grows strong in the people's confidence. We weigh every word we print thoughtfully in the scales of fact. We measure every value we put before you carefully, as a result this is a "sincere store." Everybody knows just what to expect, and expect just what they find, the very best at the very lowest prices. Bedroom Suits, from \$15 and up.  
**JOHN NEWSON**  
THE BARGAIN GIVER

**Advertisers!**  
The home circulation is the most valuable to advertisers. THE EXAMINER reaches the home of our citizens every evening. That accounts for our large advertising patronage.  
THE EXAMINER PUB. COMPANY

**THE GOOD TIMES.**  
(Frank L. Stanton in Atlanta Constitution.)  
Let's sing about the good times—the happy times to be—  
As the rivers rippling on in music to the sea!  
As the birds—they know not why—when spring me days begin;  
So let us sing the sad times out, and sing the glad times in!  
Let's sing about the good times, when every cot and grove, that the idea of the pipe organ was borrowed from the human chest, mouth and larynx.  
Within the limits of the United States, in 1801, there were 8,350,000 English speaking people; now there are 70,000,000. The Hebrew ceased to be a vernacular language at the Babylonian captivity, in the fifth century before Christ, but was preserved in the sacred writings of the Jews.  
So rapid has been the change in the English language that the English of today bears no more resemblance to the English of 1,000 years ago than it does to German.  
The Hebrew spoken by the Polish and Russian Jews today is a polyglot, composed of a few Hebrew roots with a large admixture of Russian, German, Polish, Lithuanian and Tartarian words.

**THE GOLD FIELDS OF BRITISH COLUMBIA.**  
How Rossland is Reached.  
This wonderful land of the West can be reached through Canadian territory more speedily and pleasantly than by any other way. Canada's great national railway crosses the continent in those parts which are most interesting to sightseers, traversing the new and developing regions of the Dominion, which are now attracting so much attention. The Canadian Pacific route from St. John lies through picturesque parts of New Brunswick, Maine and Quebec to Montreal, up the Ottawa Valley round the rugged north shore of Lake Superior and through that new Ontario where rich discoveries of precious metals are awakening Canadian to a realization of the boundless wealth of their young country, across the broad wheat fields of Manitoba and Assiniboia, and the vast cattle ranches of Alberta, which show a wonderful development in settlements and in thriving towns and cities, and over the Rockies, through scenes of sublimity grandeur which find their counterpart in no other portion of the globe. High mountain peaks, whose summits are covered with the snows of ages, vast glaciers, the remaining vestiges of a prehistoric period, dark canons, fearsome and deep, and mountain torrents dashing from inaccessible heights are, in their bewildering magnitude, constant revelations of new beauty and magnificent splendor.  
From Revelstoke a branch line of the C. P. R. runs to Arrowhead where the fine new steamers of the Canadian Pacific S. S. Line are taken down the Arrow Lakes and Columbia River which lie between two great mountain ranges—a trip unrivaled in its wealth of scenery—to Trail, from which Rossland is only an hour's ride by route. Close connections are made on Tuesday on Tuesdays from Montreal on through to Arrowhead, and on the following day from St. John.  
Trains leave Montreal, Sunday excepted, at 1.05 p. m., and after May 1st there will be a daily steamer between Arrowhead and Trail, instead of the tri-weekly service now given. Attached to the Canadian Pacific trains are elegant sleepers and superb dining cars, and tourist sleeping cars, very similar in general appointments to the first-class sleepers, are run through on Tuesdays from Montreal on through to Revelstoke is made. Colonist sleepers, for which no extra charge is made, run through daily.  
During the season of navigation the Great Lakes offer a pleasant alternative route, the sailings being from Owen Sound during the early season, and from Windsor during July and August.

**ROYAL BAKING POWDER**  
Absolutely Pure.  
Celebrate its great value for strength and health. Assure the food against alum and all forms of adulteration common to the cheap brands. ROYAL BAKING POWDER CO., NEW YORK.  
Men in Public Life and Service Whom She Has Outlived.  
All members of the Privy Council who were alive in 1837.  
All the peers who held their titles in 1837, except the Earl of Darley, who was 18, and Earl Eilison, who was 14 in that year.  
All the members who sat in the House of Commons on her accession to the throne, except Mr. Gladstone, Charles Villiers, the present Duke of Northumberland, the Earl of Mexborough and the Earl of Mansfield and John Temple Leader.  
Her Majesty has seen 11 Lord Chancellors, 10 Prime Ministers, 6 Speakers of the House of Commons, at least three bishops of every see, and five or six of many sees, 5 Archbishops of Canterbury and 6 Archbishops of York and 5 commanders-in-chief.  
She has seen five Dukes of Norfolk succeed each other as earls marshal, and has outlived every duke and duchess and every marquis and marchioness who bore the rank in 1837.  
She has outlived every member of the Jockey Club and every master of fox-hounds that flourished in 1837.  
She has seen 17 Presidents of the United States, 10 Viceroys of Canada, 15 Viceroys of India, and France successively ruled by one king, one emperor, and six presidents of a republic.—London Public Opinion.

**HAD INDIGESTION!**  
For a Matter of Some Forty Years or More.  
Joseph Gardner, stove dealer, of Bath, Ontario, is a great believer in Dr. Chase's Kidney-Liver Pills for indigestion, rheumatism, and kidney, liver and stomach troubles generally.  
"I was troubled for over forty years with indigestion and constipation," he writes. "At intervals I suffered from severe headache. I spent dollars and other druggist, advised me to try Chase's Kidney-Liver Pills, I did so, and must say that they are the only remedy that gave me relief. I would not be without them for anything."  
Many people suffer from rheumatism. A physician says that diseased kidneys bring it on. Dr. Chase's Kidney-Liver Pills will remedy all this and cure rheumatism, sciatica, and all kindred complaints. Here is a sample case:  
"My boy was all crippled up and suffered awfully with rheumatism," writes Mrs. H. Wills, of Chesley, Ont. "He also had a touch of diabetes. The doctors could do him no good, but Dr. Chase's Kidney-Liver Pills completely cured him."  
Sold by all dealers and Edmondson, Rates & Co., Toronto, 25c.  
When all other remedies fail Dr. Chase's Laxative and Turpentine will cure the worst chronic colic. 25 cents.

**HORSE CLIPPING.**  
As the clipping season is now here parties having horses that they intend having clipped, would do well to call at Nicholson's Stables, Grafton St., where all work is done at moderate rates. 37-121 ed.

**TALES OF THE TURF.**  
Stibbs, 2:08 3/4, raced 70 heats last season. Only 2:08 3/4, is being wintered at Oak-kosh, Wis.  
C. A. Niles is wintering 19 head near Omro, Wis.  
Stratford, Ont., will give a \$5,000 meeting in June.  
Rags, 2:23, has been added to W. J. Andrews' stable.  
Geldings are not eligible for the rich European events.  
Harris, 2:17 3/4, the "Little Joker of the turf," is dead.  
Enolly, sister of Fitz Royal, 2:13 3/4, is very promising.  
Henry Traynor will drive for T. C. Anglin this year.  
Martha Wilkes, 2:08, recently lost her hal by Delmarch.  
E. J. Baldwin will name one of his Gano colts Viva Cuba Libre.  
Royal Wilton won no shoes when he took his record of 2:18 3/4.  
Falmouth, 2:05 3/4, is running out in a paddock at Irvington Park, Ont.  
It is possible that Columbus, O., will open the grand circuit next year.  
The fall and races at Morrison, Ill., will begin this year Sept. 7 to 10.  
Lady Wilkes, Belmont's great filly, is to be bred to St. Saviour this year.  
Eugene Leigh has sold Woodchopper and Petrarch to M. J. Kelly for \$300 each.  
Alec McKay will train for Woodlawn farm, Spring Hill, Tenn., the coming year.  
Attie Mc, 2:27 1/2, and Early Morn, 2:24 1/2, are driven to pole at Millersburg, O.  
The Village farm horses at Selma have received their last hard work for the season.  
The Driving Club of Loganport, Ind., will hold its fall meeting Aug. 17, 18, 19 and 20.  
At the recent closing out sale of Simon G. Hood Barney Schreiber purchased Lucky Dog for \$500.  
Clifford has been turned out on a New Jersey farm for the winter. Bob Rose will enter him in the spring handicaps.  
Governor D. M. Clough is often seen on the Lake of the Isles ice course at Minneapolis this winter behind Hartford, 2:22 3/4.  
Byron McClelland's promising 2-year-old colt by imported Canadiana, dam Laura Stone, dropped dead at the track recently.

**WOMAN AND HOME.**  
COUNTESS ABERDEEN, "THE FIRST LADY OF CANADA."  
The Mother as a Home Nurse.—The Use of Coal.—The Rocking Chair Spine.—Keeping a House Clean.—Carrying Her Own Hat.—The Old-Fashioned High Top.  
The Countess of Aberdeen as the wife of the governor general of Canada takes precedence at all functions honored by her presence in social or official life in the Dominion. She is the "leading lady" of Canada. The Countess of Aberdeen, however, does not pose as a "butterfly of fashion." She does not set the fashion for Ottawa women, much less the women of Canada; neither does she take court with the extravagance of some of her predecessors. Nevertheless the Aberdeens are very wealthy and could well afford to dazzle the Canadian people with magnificent entertainments. Her ladyship's inclinations are toward the elevation of her sex, and a large share of her time is devoted to the work of the National Council of Women, of which she is president. It was she who introduced that organization into Canada, and the numerous branches which have been organized are the result of Lady Aberdeen's efforts. Her ladyship is devoted to her family, and discharges the social duties of Rideau Hall with that gracefulness expected from the mistress of the establishment of a noble and ancient castle with perfect taste, richly on occasions, and very plainly in everyday life.  
Isabel, countess of Aberdeen, is a daughter of the first Viscount Aberdeen, and long before she came to Canada was prominent in the work of the National Council of Women.

**THE COOKBOOK.**  
Putting vinegar on the delicately flavored spinach is classed by gourmets with that other epicurean crime of sugaring lettuce.  
Unless precise orders to the contrary have been given, onions and garlic should be used for seasoning with great moderation.  
To utilize cold boiled cabbage, mix it with grated cheese, put it in a buttered dish, moisten with milk, cover thickly with bread crumbs and bake in a hot oven.  
When cayenne pepper is not mixed with the thickening for soup, grind it down with the back of a spoon and stir a little liquid into it before it is thrown into the pot, so it is apt to remain in lumps and so occasion irritation of the throat when swallowed.

**WHEEL WHIRLS.**  
The bicycle riders of the country should hurry up and present their claims for recognition in the exhibition. Washington Post.  
"Of the 28,000 applications for patents in England during the last year, more than nine-thirds were for improvements in the bicycle."  
A bicycle has been run over a pound of broken glass and a hundred tacks and its tires did not puncture. So the millennium is close at hand.—Brooklyn Eagle.  
A physician says that diseased people ought to ride bicycles, but it is so hoped they won't. It is hard enough to dodge the riders who are merely cranks.—Boston Globe.

**PUBLIC NOTICE.**  
Public Notice is hereby given that application will be made to the Parliament of Canada at the next session thereof, for an Act to incorporate The Dominion Building and Loan Association of the City of Toronto, in the Province of Ontario, a Building Society already incorporated under chapter 58 of the Revised Statutes of Ontario 1887, for the purpose of enabling the said Association to carry on business anywhere in the Dominion of Canada with all the powers of a Loan Company and Building Society.  
Dated at Toronto, Ontario, this 1st day of February, A. D. 1897.  
MADONELLI & BOLANDI,  
Sole Agents and Solicitors for the Association.  
To Ontario Street, Toronto, Solicitors for the Association.  
dyw&shilmar.

**Nervous**  
People find just the help they so much need, in Hood's Sarsaparilla. It furnishes the desired strength by purifying, vitalizing and enriching the blood, and thus builds up the nerves, tones the stomach and regulates the whole system. Read this:  
"I want to praise Hood's Sarsaparilla. My health run down, and I had the grip. After that, my heart and nervous system were badly affected, so that I could not do my own work. Our physician gave me some help, but did not cure. I decided to try Hood's Sarsaparilla. Soon I could do all my own housework. I have taken Hood's Pills with Hood's Sarsaparilla, and they have done me much good. I will not let without them. I have taken 13 bottles of Hood's Sarsaparilla, and through the blessing of God, I am cured. I worked a hard as ever the past summer, and I am thankful to say I am well. Hood's Pills when taken with Hood's Sarsaparilla help very much."  
MRS. M. M. MESSINGER, Freehold, Penn.  
This and many other cures prove that Hood's Pills are actually, promptly and effectively effective. 25 cents.

**Hood's Sarsaparilla**  
Is the One True Blood Purifier. All Druggists. Prepared only by C. I. Hood & Co., Lowell, Mass.  
Hood's Pills effective. 25 cents.

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Isabel, countess of Aberdeen, is a daughter of the first Viscount Aberdeen, and long before she came to Canada was prominent in the work of the National Council of Women.

**LADY ABERDEEN AND HER SONS.**  
Identified with the movement for the elevation and enfranchisement of women. The Aberdeens came to Canada in 1891 and spent the summer of that year in Hamilton, Ont. They traveled much, and while in Hamilton, Lady Aberdeen bought a tract of 16,000 acres in the valley of Lake Okanagan. Before coming to Canada Lady Aberdeen had founded the Orphan and Child Society in London, and she is having for its object the presentation of a higher ideal of life to working women. It was in a desire to improve the condition of her own household that she had the idea of having for its object the presentation of a higher ideal of life to working women. It was in a desire to improve the condition of her own household that she had the idea of having for its object the presentation of a higher ideal of life to working women. It was in a desire to improve the condition of her own household that she had the idea of having for its object the presentation of a higher ideal of life to working women.