

Rosy Checks for the Little Ones.

Mothers who wish their children to brighten their homes with sparkling eyes and rosy cheeks—in other words to have sound minds in sound bodies—should pay particular attention to their diet. The food for children should be plain as to quality and plentiful in quantity. Articles for food which are largely composed of starch, are of very little use in nourishing the growth of the body; in illness where simple bland in nutritious food is required to sustain a system that is not capable of digesting stronger aliment, these substances do very well. For a child under six years of age, the best breakfast is bread and milk, and fruit either stewed or fresh; this may be varied by substituting oatmeal, or Indian meal mush if well cooked, for the bread and milk. For dinner meat carefully cooked so as to prevent the natural juices, but without any made gravies or sauce, with vegetables and some light dessert is all that is required, while the supper should consist of bread and milk, or equivalent. All rich pastry, hot bread, fat meat, tea, coffee and spices should be avoided. The bread, either Graham or wheat should be twenty-four hours old. Potatoes are best roasted or baked. Eggs may be permitted, if fresh and plain boiled and rather soft. The proper way to cook for old or young is to place them over the fire in cold water, and bring them to a boil, allowing about ten minutes for this process. Then sit back on the range the vessel containing them, and if they are wanted soft, let them remain one minute, and longer for different degrees of hardness. By plunging them at once into hot water, the albumen is hardened and rendered indigestible, while the yolk is nearly raw.

She Gave Herself Away.

It isn't every girl who will tell on herself, but one did. She came to the store and returned a fine pair of bangs she had bought the day previously. Can you not tell me some that will not come off.

"Come off! Why, these will stay on with very little care."

"Oh, they are horrid. They catch on collar buttons and pull off."

The proprietress fainted, the assistant fell on the chair and screamed "What!" while the young lady departed bangless and without her change.

Might be Made Useful.

"Have you tried the toboggan slide?" inquired Smith of Miss Tompkins. "I have not. Have you?" "Oh, yes." "How did you like it?" "Splendid! But it fairly took my breath away."

"Indeed! Does it affect every one that way?" "It does." "Then every theatre ought to have one for the benefit of those gentlemen who go out between the acts for clothes."

Enjoy Life.

What a truly beautiful world we live in! Nature gives us grandeur of mountains, glens and oceans, and thousands of means of enjoyment. We can desire no better when in perfect health; but how often do the majority of people feel like giving it up disheartened, discouraged and worn out with disease, when there is no occasion for this feeling, as every sufferer can easily obtain satisfactory proof, that Green's August Flower will make them free from disease, as when born. Dyspepsia and liver complaint are the direct causes of seventy-five per cent. of such maladies as biliousness, sick headache, costiveness, nervous prostration, indigestion, dizziness of the head, palpitation of the heart, and other distressing symptoms. Three doses of August Flower will prove its wonderful effect. Sample bottle, 10 cts. Try it.

On one occasion at a dinner at the Bishop of Chester's, Hannah Moore urged Dr. Johnson to take a little wine. He replied, "I can't drink a little, child, and therefore I never touch it. Abstinence is as easy to me as temperance would be difficult." The difference between Dr. Johnson and many others is that he was a wise man and knew his own weakness.

Scott's Emulsion of Pure Cod Liver Oil, with Hypophosphites is prescribed by the medical profession because it is not a secret remedy, but a scientifically prepared preparation of two most valuable species, that they find of unequal value for their consumptive and emaciated patients. Take no other.

SKILLED physicians endorse Adamson's Botanic Balsam as the safest and most effectual remedy for coughs and colds ever discovered. Sold by druggists and dealers at 35 and 75 cents. Trial bottles 10 cents. cod wky

Special Notices.

OUR stock of American boots will be here about last of April.—Dorsey, Goff & Co. march 15, if SELLING off 25,000 pairs of boots before removing to new premises. Dorsey, Goff & Co. march 15, if CHEAPEST boots in the city at Dorsey, Goff & Co's. march 14 if FLOUR and Tea at retail. Flour \$4.60 to \$4.75, Buda \$5. Try a pound of our Tea, it is choice. Pastry Flour at 3 cents per pound. Codfish at \$3 per cwt., warranted. Soap, 3, 3 1/2 and 6 cents per bar. Call and examine for yourself. All goods bought here sent home free.—A. E. Yull, 65 Queen Street. mch3-20

The only Steam Sewing Machine and Gun Repairing Shop in the Dominion, and the only place where you can get every part of a Sewing Machine or a Gun made in at Brown's, at the Athenaeum, Ch'town. ti-oc-30

The Golden Rule covers all duties to ourselves as well as to others, for we cannot injure ourselves without injury to others.

JOHNSON'S FOR INTERNAL AND EXTERNAL USE.

Cures Diphtheria, Croup, Asthma, Bronchitis, Neuralgia, Pneumonia, Rheumatism, Bleeding at the Lungs, Hoarseness, Influenza, Hacking Cough, Whooping Cough, Catarrh, Cholera Morbus, Dysentery, Chronic Diarrhoea, Kidney Troubles, and Spinal Diseases. We will send free, postpaid, to all who send their names, an Illustrated Pamphlet. All who buy or order direct from us, and request it, shall receive a certificate that the money shall be refunded if not abundantly satisfied. Retail price, 25 cts.; 6 bottles, \$1.50. Express prepaid to any part of the United States or Canada. I. S. JOHNSON & CO., P. O. Box 2118, Boston, Mass.

THE MOST WONDERFUL FAMILY REMEDY EVER KNOWN. ANODYNE LINIMENT

FURS! FURS!

BEST BARGAINS can be had at our establishment.

It is not our claim that we offer FURS as cheap as other houses—we claim you save 40 per cent by trading with us. We have not the time to enumerate our bargains in Muffs, Caps, Gloves, Coats, Sackes, Robes, Collars, &c., but we invite you to call and examine them—satisfy yourself that our bargains are genuine, and our prices the LOWEST OF THE LOW.

STUART'S NEW FUR STORE, NEWSON BLOCK, CHARLOTTETOWN. Ch'town, Dec. 11, 1886.

PRINCE EDWARD ISLAND RAILWAY.

1886-7. Winter Arrangement. 1886-7

ON AND AFTER WEDNESDAY, DECEMBER, 1st, 1886, Trains will run as follows (Sundays excepted):—

Table with 4 columns: STATIONS, No. 1, No. 3, No. 2, No. 4. Rows include Charlottetown, Royalty Junction, North Wilshire, Hunter River, Bradairene, County Line, Freetown, Kensington, Summerside, Misouche, Wellington, Port Hill, O'Leary, Bloomfield, Alberton, Tignish.

TRAINS DEPART—FOR THE EAST. STATIONS, No. 5, No. 7. TRAINS ARRIVE—FROM THE EAST. STATIONS, No. 6, No. 8.

Table with 4 columns: STATIONS, No. 5, No. 7, No. 6, No. 8. Rows include Charlottetown, Royalty Junction, Bedford, Mount Stewart, Cardigan, Georgetown, Mount Stewart, Morell, St. Peter's, Bear River, Souris.

Trains are run by Eastern Standard Time. Trains on Cape Traverse Branch leave County Line Junction at 4.10 p. m., on Tuesday, Thursday and Saturday, arriving at Cape Traverse at 5.00 p. m., and leave Cape Traverse at 6.45 a. m., on Monday, Wednesday and Friday, arriving at County Line Junction at 7.35 a. m. All other trains run daily, Sundays excepted. JAMES COLEMAN, Superintendent.

THE LIVERPOOL AND LONDON AND GLOBE INSURANCE COMPANY. Assets, 1st January, 1886 \$36,606,822.03. FIRE RISKS accepted upon the most favorable Conditions and at Lowest Current Rates. R. R. FITZGERALD, Agent.

TELEPHONE COMPANY OF PRINCE EDWARD ISLAND. THIS COMPANY is now ready to transmit written and verbal messages, by Telephone, between Charlottetown, Hunter River, County Line, Freetown, Kensington, Summerside and St. Eleanors, at the following Rates:— From Station to Station, when the distance is 5 miles or under, for each five minutes' conversation, or part thereof. 10 Cents do do do 5 to 10 miles. 20 " do do do over 10 miles. 25 "

Written messages, subject to Company's conditions, will be sent from Station to Station at following Rates:— When distance does not exceed 10 miles, for twenty words or under. 15 Cents When distance is greater than 10 miles. 25 " For each additional word one cent extra. A discount of 20 per cent from the above rates will be made to lessees of instruments. Written messages will be delivered in Charlottetown within city limits; from all other receiving offices within a quarter of a mile from said offices. Special rates will be made for delivering at greater distances. All communications and messages must be prepaid. The Company is prepared to lease Telephone instruments in Charlottetown and Summerside at established rates, and to treat with persons requiring private or toll lines. For further information apply to the Subscriber, at Charlottetown. ROB ANGUS, MANAGER. Ch'town, Off. Ph. 1885-1yer cod



CHOICE FRUIT!

Grapes, Oranges, Lemons, Apples, &c. 200 Boxes Choice RAISINS, 600 do Fine FIGS, 200 pounds Keeler's Celebrated CANDIED PEELS. 10 Brls. CURRANTS. Choice Table and Cooking PRUNES.

CONFECTIONERY.

Pure and Wholesome. 2 Cwt. Fine English CONFECTIONERY: French Chocolate Drops, Caramels, Creams, Gum Drops, Barley Sugar Toys, Christmas Mixtures, &c., &c. Also: Fancy Biscuits, Nuts, Jams, Jellies, &c., &c.

BEER & COFF.

REMOVAL.

J. B. MACDONALD has removed for two months (while his own store is undergoing alterations) to the stand adjoining Messrs. Perkins & Sterns, on the West side of the Market Square, where he will sell off the balance of his stock of Dry Goods, Clothing and Gents' Furnishings, at prices that are bound to sell them. Don't fail to call when shopping. If we have anything to suit, you can buy cheap. Special bargains given in ready-made Clothing Overcoats and Suits. A few Men's Fur Coats left—will be sold cheap. Splendid Tea retailing for 25 cents per pound. Feb. 5, 1887—dy wky J. B. MACDONALD.

Valuable Property FOR SALE.

THE subscriber offers for sale his Valuable Real Property situated in the thriving settlement of Albion Cross, Dundas, containing one hundred acres of land, a large part of which is cleared, and in a high state of cultivation. There are on the premises a Lime Kiln, one good Dwelling House, 23x30, finished complete; one Shop, one Warehouse, two Barns—all nearly new. Also, abundance of Alder Mud on the farm and a quantity of Wood and Fencing and several beautiful Streams run across the farm. This is a rare chance, as it is suitable for either a business man or a farmer, being in close proximity to shipping, mills, schools, and churches. For further particulars apply to the owner, on the premises. DANIEL NICHOLSON, Albion Cross, Dundas. Feb. 25—wky tf

FLOUR.

1000 Bbls. Matchless, Kent Mills, City Mills, &c., &c. MATCHLESS FLOUR.

BEER & COFF'S FOR SALE

THE Subscriber offers by private sale, till the 15th inst., coming at 11 A.M. of 81 acres, more or less, on the St. Peter's Road, 8 miles from Charlottetown. The farm is nearly all fenced with spruce hedges, almost grown up for fencing. An undisturbed title will be given—\$1,200 to be paid on the execution of the deed; also, the stock and farming implements. The purchaser can have the buildings I now occupy, close by, at a reasonable rent, if required. The farm is situated in the midst of all the conveniences required—shipping and Bedford Station, &c. For particulars inquire at the office of Palmer & McLeod, Solicitors, Charlottetown, or to the subscriber. JAMES STEWART. St. Peter's Road, Feb. 11, 1887.—3mos

Charlottetown Steam Laundry HEAD OFFICE: Mark Wright & Co., Furniture Warehouse, King Square.

Gents' Goods a Specialty. Ch'town, Sep. 6, 1886. 1827 - - - 1886. T. & E. KENNY, Dry Goods and Shipping, HALIFAX, CANADA.

T. & E. KENNY, (F. C. MAHON) Ship Owners and Brokers, General Commission Merchants, 161 GRESHAM HOUSE, Bishopgate Street, LONDON, E. C., England. Scott's and Vaughans Codes March 29, 1886.

W. N. TANTON.

New Watches, New Clocks, New Jewelry.

THE undersigned, in introducing himself to the public, wishes to announce that he has opened his store on UPPER QUEEN STREET, where he has on hand a large assortment of Watches, Clocks and Jewelry, in all the latest designs. Also, to arrive, several cases of Clocks and Electro-plated Ware.

NO OLD STOCK—ALL GOODS NEW. After nine years' experience in the largest Jewelry Store in this Province, I can

Guarantee Satisfaction in all repairs to Watches, Clocks and Jewelry entrusted to my care. Remember the place—next door to Harris' Tin Store (opposite Miller Bros.). ALL WORK WARRANTED. W. N. TANTON. Ch'town, Jan. 24, 1887—law & wky

BEST ON EARTH SURPRISE SOAP THE GREAT SELF WASHER TRY IT. A marvel of efficiency and economy. Quality never varies. The purest and best for all household purposes, washing and cleaning without injury to hands or fabric. No boiling, scalding or hard rubbing necessary. The saving of fuel alone pays for the soap. Makes white goods whiter, softens woolen goods and makes colored goods brighter. One soap for all purposes. Toilet, Bath, Laundry, Scrubbing, &c. Read the directions plainly given on each wrapper and learn the new "surprise" way of washing clothes, saving time, money, labor and worry of the old way. Wash day is made a pleasure by the use of Surprise Soap and for and smiles take the place of tired looks. Save 25 Surprise wrappers, send to the manufacturer with your address and get a handsome picture for them. Ask your grocer to show you the picture. Surprise Soap is sold by all leading grocers. If not obtainable at your home send 6 cents in stamps to us for sample bar. The St. Croix Soap Mfg Co., ST. STEPHEN, N. B.

A LECTURE TO YOUNG MEN On the Loss of MANHOOD.

THE EXAMINER JOB PRINTING OFFICE has lately been replenished with a supply of Printing Types and Material. —OF THE— Latest Invention and Best Description, and we are now prepared to print, BILL HEADS, BLANK CHEQUES, NOTES OF HAND, HAND BILLS, LETTER HEADS, RECEIPTS, POSTERS, DODGERS, &c. On Short Notice, in Good Style AND AT CHEAP PRICES.

W. WHEATLEY, 269 Barrington Street, HALIFAX, N. S. August 13—wky tf

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A Great Medical Work on Manhood. Exhausted Vitality, Nervous and Physical Debility, Premature Decline in Man, Errors of Youth, and the untold miseries resulting from indulgence in excess. A book for every man, young, middle-aged and old. It contains 125 prescriptions for all acute and chronic diseases, each one of which is invaluable. So found by the Author, whose experience for 25 years is such as probably never before fell to the lot of any physician. 300 pages, bound in beautiful French marbled covers, full gilt, guaranteed to be a finer work in every sense than any other work sold in this country for \$2.50, or the money will be refunded in every instance. Price only \$1 by mail, postpaid. Illustrative of the value of any body. Send now. Gold medal awarded the author by the National Medical Association, the President of which, the Hon. P. A. Bassell and the associated members of the Board, the reader is respectfully referred.

The Science of Life is worth more to the young and middle-aged men of this generation than all the gold mines of California and the silver mines of Nevada combined.—S. F. Chronicle. The Science of Life points out the rocks and quicksands on which the constitution and hopes of many a young man have been fatally wrecked. Manchester Mirror. The Science of Life is of greater value than all the medical works published in this country for the past fifty years.—Atlanta Constitution. The Science of Life is a superb and masterly treatise on nervous and physical debility.—Detroit Free Press. There is no member of society to whom The Science of Life will not be useful, whether youth, parent, guardian, instructor or clergyman.—Argonaut. Address the Peabody Medical Institute, or Dr. W. H. Parker, No. 1 Bulfinch Street, Boston who may be consulted on all diseases requiring skill and experience. Chronic and obstinate diseases that have baffled the skill of all other physicians a specialty. Such treated successfully without an instance of failure. Mention EXAMINER AND ARGONAUT, Charlottetown, P. E. Island. May 13, 1886—cod & wky

A CARD. To all who are suffering from the errors and indiscretions of youth, nervous weakness, early decay, loss of manhood, &c., I will send a recipe that will cure you, FREE OF CHARGE. This great remedy was discovered by a missionary in South America. Send a self-addressed envelope to the REV. JOSEPH T. INKMAN, Station D, New York City.

A LECTURE ON THE NATURE, Treatment and Indications of Seminal Weakness, or Spermatorrhoea, induced by Self-Abuse, Involuntary Emissions, Impotency, Nervous Debility, and Impediments to Marriage generally; Consumption, Epilepsy and Fits; Mental and Physical Incapacity. &c.—By ROBERT J. CULVERWELL, M.D.

The world-renowned author, in this admirable Lecture, clearly proves from his own experience that the worst consequences of Self-Abuse may be effectually removed without dangerous surgical operations, bougies, instruments, rings or cordials; pointing out a mode of cure at once certain and effectual, by which every sufferer, no matter what his condition may be, may cure himself cheaply, privately and radically. This Lecture will prove a boon to thousands and thousands. Sent under seal, in a plain envelope, to any address, on receipt of four cents, or two postage stamps. Address THE CULVERWELL MEDICAL CO. 41 ANN ST., NEW YORK, N. Y. P. O. Box 490. Jan. 14—wky

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