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Thorough Business Education.

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## TO THE PUBLIC.

Having rented Whitton's blacksmith shop for a term of years, I am now in a position to cater to all wants in my line.

## Horseshoeing a Specialty.

SATISFACTION GUARANTEED.

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in H.C.A. Conveyancer, &c. Notary public.  
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### R. J. SPROULE.

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## Music.

### MISS EDITH RICHARDSON.

Pupil of Robt. Mahr, of Berlin, Germany, (violin); Mrs. Bradley, of Toronto Conservatory Music, (Voice culture); Prof. Kerrison, late of Toronto, (Piano); will receive pupils in SINGING, VIOLIN, PIANO and ORGAN.

## Medical.

### DR. HUTTON.

M. D. C. M., M. C. P. & S., Ont., Priceville. Residence and office one door west of the Methodist Church, Kinross St. Office days, Tuesdays and Saturdays.

### DR. CARTER.

M. C. P. & S., Ont. Physician, surgeon, etc., Flesherton office—Strains block. Residence—Munshaw's hotel.

### JOHN A. SCOTT, M. B.

Member College Physic & Surgeons. Ontario Graduate in Medicine of Toronto University, Fellowship Diploma, Post Graduate Medical School and Hospital, Chicago. Diseases of eye, ear, nose and throat specially treated. Residence Maxwell, visits Faversham Thursdays 1-2

### J. P. OTTEWELL.

Veterinary Surgeon. Graduate of Ontario Veterinary College. Residence—Next door south of Moore's planing factory.

### J. F. HALSTEAD.

M. D., M. C. & S., Ont., practices at Kimberley. Rheumatic diseases a speciality.

## Dentistry.

### J. P. MARSHALL.

L. D. S., M. D. S., Dentist. Visits Markdale the 1st and 3rd Wednesday of each month. Flesherton—Each trip on the day following.

## Legal.

### J. W. FROST.

Barrister, Solicitor, Conveyancer, Etc. Flesherton office—Next the post office Sproule's building, on Thursdays. Owen Sound office—Frost's building.

### LUCAS & WRIGHT.

Barristers, Solicitors, Conveyancers, etc., Owen Sound, Ont. Markdale, Ont. W. H. WRIGHT. I. B. LUCAS. N. B.—Flesherton office, Mitchell's Bank, every Wednesday.

## SOCIETIES.

A. O. U. W.—meets every first and third Monday in each month, in their lodge room Christy's Block, Flesherton, at 8 p.m. Geo. Johnston, M. W.; W. J. Bellamy, finance; W. Irwin Recorder. Visiting Brethren invited.

ROYAL TEMPLARS OF TEMPERANCE.—Regular Council meets every first and third Tuesday evening in each month. In Sproule's block at 8 p.m. Select degree (insurance) meets monthly, the Wednesday preceding the 22nd of each month.

SONS OF TEMPERANCE.—This society meets in Dr. Christy's Hall every Wednesday evening at 8 p.m. Visiting brethren invited. Insurance in connection.

Y. M. P. B. A., meet in their hall, Christy's Block every first and third Thursday in each month. Wm. Sharp, Master, T. Clayton, Secretary.

PRINCE ARTHUR LODGE, No. 288, A. F. & A. M., meet in the Masonic Hall, Strain's Block, Flesherton, every Friday on or before the full moon. A. S. Vandusen, W. M., R. J. Sproule, Secretary.



USE THE CELEBRATED

B. Laurance

SPECTACLES and EYEGLASSES

F. G. Karstedt,

Sole Agent.



What with classes in elocution and physical culture, in painting and in music in its various instrumental and vocal branches, some of the young people of the town are kept pretty busy these days. And with efficient teachers in all these lines we can no longer be said to live in the backwoods. All we need now is an opera house and a resident orchestra, waterworks and electric light, to put us upon a level with any city upon the continent—such as Toronto, Markdale or New York—of such trifles as wealth and population we have nothing to say—it is of quality, not quantity, we speak.

Following the enthusiasm for physical culture we expect to see an awakened interest in hygienic dress. As soon as the young devotees find it is impossible to "do the motions" gracefully, or take the breath in the proper manner they will, if wise, discard the conventional dress, at least during the lesson session and while practising the exercises. This was a condition insisted upon by Laura Gidding or she would not answer for the consequences.

It is a palpable absurdity to make a feat of going through exercises which are meant to strengthen the muscles and make flexible and full of expression the trunk, while it is encased in a stiff wrapping. This is why Clark, late of the Conservatory of music in Toronto, invariably advised his pupils to make such rational changes in dress as were more compatible with the exercises necessary to a course in elocution.

I shall not soon forget the spectacle of a woman nearing middle life, (who had taken this course to counteract a tendency towards obesity,) as she went through some of the motions. She had not modified her dress at all and to see her try to bend her body in its stiff casing, which only threw her entirely out of poise, to see her arms idiotically sawing the air, while her straining eyes looked out from a flushed face, was a far from agreeable sight.

With these changes will come new ideals of beauty of form. The woody, inexpressive, Judy type will be looked upon with less favor. The fact that a stiff dress, even if not tight, hinders the use of those muscles and the growth of flesh within its limits, (just as a ring, however loose, wears away the flesh from under it, if worn constantly) will become apparent.

These ideals are already dominating the stage whether concert or dramatic, as no one can fail to observe who has opportunities for seeing pictures of these artists as presented in the various magazines, or behind the footlights. Wherever it is possible a return to Greek models is observable, and as the stage is the fountain from which proceeds all changes, quirks and whims of fashionable dress, it will no doubt have its influence in this respect.

Now I know there are many women sighing for this change, but they do not know how to set about it. It seems to them such a huge undertaking, requiring so much of adaptation. The fact is it cannot be accomplished all at once. If they are taking a course in physical culture, so much the better, for they will be put in the way of acquiring in a short time what will otherwise take a year or two, i. e. the making firm and strong of those muscles which are now soft, weak and useless. But in any case the very first thing to do is, put all your dress skirts on waists. If they are for summer wear and for use with light and thin blouses, make them of cotton. If for winter they may be made of waist lining. Next get a Ferris health waist—to be had in town—wear it till it requires washing, then lightly starch and leave all the bones out and wear till limp, then discard it altogether and you will by that time be completely broken in to this rational mode of dress. On the Ferris waist are buttons from which the undergarments are suspended—for the first principle of Hygienic dressing is the discarding of all bands and the suspending of all weight

from the shoulder—but when you have done with the Ferris waist, your underwear must be made in one piece from head to foot, and for these garments there are beautiful patterns to be had of B. Harding, 114 Fifth Avenue, New York, for 20 cts. each, including postage. Any questions about these garments, addressed to me at this office, will be promptly and privately answered. Many have charged Mrs. Jenness Miller's system of dress reform with being a rich woman's reform because from that class have chiefly been drawn the recruits which swell the ranks of her converts, but unfortunately tight lacing is a vulgarity which is not confined to the working woman or the girl of the so-called lower stratum of society. Though, of course, like most other reforms it has begun at the top, it is percolating downwards and will, we hope, at no far-distant date, leave the whole lump.

## "ERGOTISM"

MR. EDITOR.—A good deal has appeared of late upon ergotism, and there appears to be a variety of opinions as to the cause, many holding that it was on account of allowing cattle to get their feet in water during the freezing winter weather. Others hold that the ergotic poison would not have operated disastrously were the feet of cattle kept in a dry condition. Granting that both of these theories are more or less correct, I will endeavor to give a preventative. There is an old adage that "An ounce of prevention is worth a pound of cure." My advice in this connection is for every farmer to get a windmill and have the water brought into their stables. Be prepared before another winter comes with all its dread consequences, and not only save the lives of your cattle, but save yourself a great deal of hard labor. There is no implement a person can get on a farm that will save so much work, besides being an ornament to a place. You can get one for about the price of a good cow. Some farmers lost enough cattle last winter to pay for two or three pumping outfits. Methinks I hear a voice saying "Where can I get a good windmill?" Allow me to say just here that I have been fortunate enough to secure the agency for the Aeromotor, a steel wind-mill manufactured in Chicago, perhaps the largest establishment of the kind in the world. Permit me to call attention to the fact that this is not a common painted mill, but is thoroughly galvanized after it is completed. It is a handsome mill and made to last for an age. Call and see it. I intend to keep one on exhibition at my pump factory.

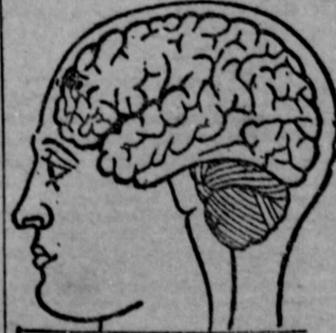
I can also supply you with the very best pump made, any depth up to 200 feet, and warrant it to work right. Any person wishing any further information regarding prices will be cheerfully supplied by calling on or writing to your humble servant,

JEFFREY ARBLEY.

Markdale, May 28th '04

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The Wonderful HEALTH BUILDER & NERVE FOOD.  
Chronic Diseases are caused by Deranged Nerve Centres at base of Brain.



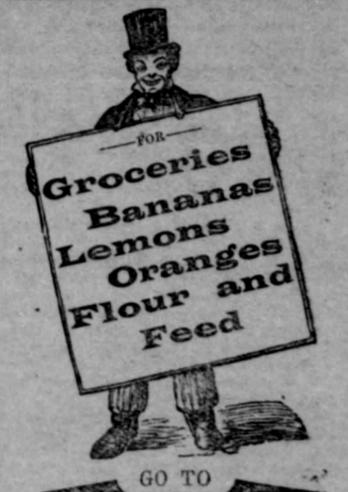
LATE discoveries have absolutely proven that the Stomach and Lungs, and indeed all internal organs are controlled by the nerve centres at the base of the brain. The manufacturer of SOUTH AMERICAN NERVINE has studied this subject closely for more than twenty-five years, and has lately demonstrated that two-thirds of our Chronic Diseases, are due to the imperfect action of nerve centres, either within or at the base of the brain and not from the derangement of the organs themselves; hence that the ordinary methods of treatment are wrong.

As all know, a serious injury to the spinal cord will at once cause PARALYSIS of the body below the injured part, it therefore will be equally well understood, how the derangements of the

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the "scavengers of the system." "Delay is dangerous. Neglected kidney troubles result in Bad Blood, Dyspepsia, Liver Complaint, and the most dangerous of all, Bright's Disease, Diabetes and Dropsy." "The above diseases cannot exist where Dodd's Kidney Pills are used."

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GO TO W. Barnhouse

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nerve centres, will cause the derangement of the different organs of the body which they supply with NERVE FLUID or NERVE FORCE.  
The wonderful success of South American Nervine is due alone to the fact that it is based on the foregoing principle. The use of a single bottle of this remedy will convince the most incredulous. It is indeed, a veritable NERVE FOOD and WILL RELIEVE IN ONE DAY the varied forms of nervous disease and stomach troubles.

## Nervous Diseases.

This class of diseases, is rapidly increasing each year, on account of the great wear our mode of living and labor impose upon the nervous system. Nine-tenths of all the ailments to which the human family is heir, are dependent upon nervous exhaustion, impaired digestion, and a deteriorated and impoverished condition of the blood. The South American Nervine is a great nerve food and nerve builder and this accounts for its marvelous power to cure the varied forms of nervous disease, such as Neuralgia, Nervousness, Nervous Prostration, St. Vitus's Dance, Nervous choking, Nervous Paroxysms, Twitching of the Muscles, Hot Flashes, Mental Despondency, Forgetfulness, Sleeplessness, Restlessness, Nervousness of Females, Palpitation of the Heart, Sexual Weakness, etc., etc.

Sold by WM. RICHARDSON.