

Newspaper Laws.
We call the special attention of Postmasters and subscribers to the following synopsis of the newspaper laws:
1. If any person orders his paper discontinued, he must pay all arrearages, or the publisher may continue to send it until payment is made, and collect the whole amount whether it be taken from the office or not. There can be no legal discontinuance until payment is made.
2. Any person who takes a paper from the post office, whether directed to his name or another, or whether he has subscribed or not is responsible for the pay.
3. If a subscriber orders his paper to be stopped at a certain time, and the publisher continues to send, the subscriber is bound to pay for it if he takes it out of the post office. This proceeds upon the ground that a man must pay for what he uses.

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FOR SALE
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In the Town of Durham, County of Grey, including valuable Water Power Brick Dwelling, and many eligible building lots, will be sold in one or more lots. Also lot No. 60, con. 2, W. G. R., Township of Bentinck, 100 acres adjoining Town plot Durham.
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PRACTICAL FARMING.
MAKING CEMENT BARN FLOORS.
There is no difficulty in making a good cement floor if a man is careful and if he has good material and will follow directions carefully. I may repeat some things I said in an article which has been mislaid, and until I received a letter to-day from the editor it was under the impression I had sent the second article on this subject. To begin, only Portland cement should be used for stable floors or outside walks. Some people have been successful in making good floors with the cheap grades of cement, but many have failed, and the difference in cost is not what one who thinks who knows only that common cement costs \$1 to \$1.25 per barrel, and Portland cement \$3 to \$4 per barrel. Those experienced in working with cement know that with the grades only two or three parts of gravel or broken stone can be used to one of cement for the concrete foundation, and one of sand to one of cement for the finishing coat, or liquid stone as it is called, while with Portland cement from eight to twelve barrels of gravel, stone and sand can be used to one of cement in making the concrete, and two of sand to one of cement in making the liquid stone, writes Waldo F. Brown. Another point in favor of using Portland cement is that you can put your horses on the floor in ten days, while those who recommend the cheap kinds of cement say: "Do not put your horses on it for three months."
The best material to mix with the cement is coarse, sharp sand and finely crushed stone; and with these materials ten parts of stone can be used to one of cement in the lower four inches and four parts of sand to one of cement in the upper four inches. I have been laying more or less cement each year for the past eight years, and all my floors have given perfect satisfaction. I have used gravel for the concrete and have screened my sand out of the gravel, using a sieve with one-fourth inch meshes. Next in importance to good material is thorough mixing. In making the concrete we measure, either by counting the shovelfuls or by using a bucket, putting eight parts of gravel to one of cement in a heap, then shoveling it over three or four times so as to mix it all thoroughly. The last time we shovel it over, a thin person stands with a watering pot and sprinkles so that it will be thoroughly dampened, but not wet enough to drip. We are now ready to commence laying the floor, which we do in sections about four feet wide, beginning at the end opposite the door. For a horse stable floor we use five inches of concrete and one inch of topping in the row stable, three and one-half inches of concrete and one-half inch of topping. We stake down a scantling four or six inches wide, as the case may be, about four feet from the wall of the stable, and finish this section without laying another. We first put in the concrete an inch or two at a time and tramp it solid with a broad-faced rammer, and continue until within one or one-half inches of the top, using a straight edge with a notch at each end so that it will drop down one inch or one-half inch as we desire. When this is put in we are ready for the finishing coat, which is made of two parts of clean, sharp sand and one part of cement, which is thoroughly mixed dry, and then wet and tempered to the same consistency as we would use in cementing a cistern; we then pour it in, filling the mould to the top, turning our straight edge over, notched side up, so that it will be just full to the top. It will be necessary to use a trowel around the edges and in the corners.
In order to prevent horses slipping on it we make grooves four inches apart and something over one-half inch deep, for a distance of about two feet at the rear part of the stalls. These are made by laying down a broom handle, tapping it until it beds one-half its diameter, then moving four inches and repeat, thus making parallel grooves four inches apart. We also make these grooves running the other way in front of the door where we lead the horses in. When a section is finished we carefully lift the stakes and move our edge piece over and stake it, and so continue until the floor is finished. The Portland cement does not set as quickly as the cheap grades, but usually in twelve hours it is hard enough for a man to walk over it, and for the next few days should be protected from the sun and sprinkled thoroughly twice a day; this prevents danger of cracking and makes it harden more slowly, insuring better jobs and the horse stable we prefer to have the floor laid perfectly level both ways and use absorbents to take up the liquid; but in the cow stable, where we have a manure ditch, it is well to make a slight slope, not to exceed one inch in five feet. We make the floor on which the cows stand five feet long from the manger back to the horse stable, and the ditch six or eight inches deep and two feet wide in the bottom, with the edges slightly sloped outward; then a walk two feet wide back of the ditch on the same level with the floor on which the cows stand. In my stable the manger is also floored with cement; it is made six feet wide and the horse and cow side and the cows from the other, their hay and fodder being dropped through a chute above the manger. I prefer that all the floors in a basement stable should be of cement, because, first, plank floors rot out so quickly as to be unprofitable, and second, they always furnish a harbor for rats.
I neglected to say that the grading should be done and the levels established before the concrete is put in. It will be necessary often to make a fill, in places at least. This is best done with broken stone or gravel and the spirit level and straight edge should be used in establishing the grade. Until within a few years all the Portland cement used in the United States was imported, but large deposits of the material necessary for making the best Portland cement have been discovered in Ohio and other States, and our manufacturers are now making a first-class article of Portland cement and selling it at lower prices than ever. The article can be sold with the long distance freight to be paid. Portland cement is made from marl and clay, mixed in proportions determined by chemical analysis, then moulded into brick, dried in racks and burned in a furnace, such as is used for making pig iron. The cheap grades of cement are made by burning a peculiar kind of lime stone which will not slake but is ground to an impalpable powder.

THE FAVORITE THREE
Known All Over Canada—Everybody Has Words of Praise for the Three Great South American Remedies—Absolute Specifics for Kidney, Rheumatic and Nervous Troubles—They Relieve in a Few Hours.
THE KIDNEYS—Distressing kidneys and bladder diseases are relieved in six hours by South American Kidney Cure. This remedy is a great surprise and delight on account of its exceeding promptness in relieving the pain of the bladder, kidneys, back, and every part of the urinary passages in male or female. It relieves retention of water and pain in passing urine. It cures Bright's disease and diabetes after all pills and powders have failed; as it being a liquid and solvent, it penetrates the system and always appears in the blood of persons troubled with these disorders. A dry powder or pill cannot possibly do this, but this is a solvent. It is the South American Kidney Cure if you would live and enjoy health.
RHEUMATISM—For the last year, writes William Marshall, of Verdun, Ont., a resident of the district for 40 years, "I was confined almost entirely to my bed with rheumatism. Nothing gave me relief, and I had finally given up hope, when I obtained the Rheumatic Cure was recommended to me. The first dose gave me instant relief, and I was out of my bed the following day. I have used three bottles, and I must say, I am completely cured, as I suffer no pain, whatever now."
THE STOMACH AND NERVES—Mrs. Capt. Hackley, of Owen Sound, Ont., writes: "I was attacked by a nervous prostration took hold of the system. All the doctors had only a temporary effect. She tried South American Nerve, and says the first bottle gave her hope, and, continuing its use, in a short time she completely regained her strength. Use South American Nerve if you seem to be wearing out. It will rebuild the life forces with surprising rapidity.

HOW GOLD SWEATS.
Gold in transit across the Atlantic "sweats," however tightly it may be packed. It is usually sent in stout kegs, and squeezed in as tightly as possible, but there is a regular allowance for loss by attrition upon the voyage, and in the course of years this loss to the commercial world amounts to a large sum.
SUPPRESSING THEIR APPETITES.
Hannah, said the landlady of a boarding house, had a new maid, when there had been news, particularly by afflictions, always let the boarders know it before dinner. It may seem strange to you, Hannah, but such little things make a great difference in the eating in the course of the year.

THE CONQUERING HEROES
Kidney Disease, Rheumatism and Stomach Trouble Conquered by the Three Great South American Remedies.
From a Relief for Every Sufferer.
Safety to the sufferer from kidney disease is in driving the poison from the system. Pills and powders, whilst they give apparent relief, and thus deceive the patient, do not eradicate the disease. The hard, sand-like particles that gather in the blood must be dissolved if the system is to be cleared of the poison, and it is only a remedy like South American Kidney Cure that will do this. Mr. Michael McMullen, well-known resident of Chesley, Ont., was a victim of kidney disease, so severe that at times he could not lie down, or remain in any one position for a length of time. Where other medicines accomplished nothing, he secured immediate relief from South American Kidney Cure. The soreness and weariness, after using the medicine soon left him, and to-day there is not a sign of the trouble in his system.
There is no question of the magical character of the South American Rheumatic Cure. This remedy will drive the worst forms of rheumatism from the system. Mr. Robert E. Gibson, of Pembroke, Ont., suffered untold misery. Doctors bled him, and applied every known remedy, but did no good. "The first dose of South American Rheumatic Cure," says Mr. Gibson, "gave me instant relief, and half a bottle cured."
The nervous prostration that comes to many women can be quickly overcome by the use of South American Nerve. This medicine, which acts on the nerve centres, which are the fountains of all health, and the disease character of these the system can be built up. Mrs. J. W. Williams, of Fordwich, Ont., writes of a well-known manufacturer of that town, suffered intensely from nervous prostration for years, and secured beyond relief of the best medical skill was under medical treatment," says this lady, "for two or three years, but my condition got worse. I read of the wonders performed by South American Nerve, and tried a bottle. One bottle gave me sufficient relief to encourage me to continue the medicine,

PEACH TREES AMONG APPLE.
"It takes a long time to have a young apple orchard grow to size of bearing."

HEALTH.
LOOK AFTER THE HAIR.
There is nothing that adds so much to a woman's appearance as an abundance of soft, glossy hair, and more thought and time should be spent in taking care of it, than is usually given. Keep free from dust by wearing a dusting cap, while sweeping, dusting, taking up carpets and similar work. Brushing from five to ten minutes every morning, and at night before retiring, will make it glossy, and stimulate its growth. I know of two sisters who perform this task for each other regularly, and I have never seen more beautiful hair than theirs. It is more convenient than to brush one's own hair of course, but those who have no sisters within reach and cannot afford a lady's maid, can do this very easily for themselves. The brush should have long stiff bristles, that will reach the scalp, and remove the dust, and should be kept clean by washing frequently. A fine tooth comb is also useful for removing dandruff, which, if allowed to remain, incrusts the scalp, invites disease, and causes the hair to fall out. At night the hair should be braided loosely, tied with a soft ribbon, and allowed to hang. Some attention should be given to the hairpins, as those that are coarse, rough, or sharply pointed, should never be used.
The hair should be washed every month, the following method being very simple, and leaves the hair in excellent condition. Use plenty of warm soft water, and enough ivory soap to get it clean, changing the water as often as necessary. Rinse in clear, soft water, and wipe with a soft towel. Then spread it over the shoulder, and sit under the fire, or in the open air until it is dry. A little vasoline applied after it is dry, keeps it from flying about, by supplying the oil that has been removed by washing it. At no other time should any oil be used on the hair. Preparations containing cantharides will usually cause the hair to grow, by stimulating the scalp into healthy action. Many bleaches and dyes are very injurious and have been known to seriously affect the brain. Why should any one wish to change the color of her hair, which usually harmonizes with the features and complexion, simply because fashion declares that some other color is in favor. E. C.

FOR EMERGENCIES.
In a scattered country neighborhood, where it is impossible to summon a physician quickly, the medicine chest is an absolute necessity. It should be well arranged, so that everything and anything may be found without delay. And it must, most emphatically, be out of the reach of children. Every household should learn enough of physiology and anatomy to be able to recognize the symptoms of an accident, and to apply the proper treatment for sunstroke and drowning accidents. A few simple remedies are here given.
The terrible pangs of whiplash or feline cut short by the application of intensely hot water. Have the water as hot as can be borne, place the finger in and keep renewing hot water for several hours.
A large proportion of cramps and pains can be relieved by water of proper temperature and intelligently applied.
In case of burns from acids or alkalis, use cold water freely, as every application will tend to dilute them and render them less liable to injure the skin.
In case of a wound where there is considerable bleeding, use cold water applications freely. For bruises, the immediate application of cold water, or some evaporating lotion—such as camphor or weak tincture of arnica—is the best treatment for alleviating suffering and hastening the absorption of blood.
When a sprain occurs, lose no time in attending to it, however trivial it may appear. Ascertain whether there has been a fracture or dislocation. If so, send for a physician as soon as possible and keep perfectly quiet until he arrives. If there is no fracture or displacement of bones, but only excessive swelling about the joint, bathe the injured member in as hot water as possible. Bathe for fifteen to thirty minutes, renewing the water occasionally and applying with a sponge. Then wrap the injured member in strips of flannel saturated with hot water and cover with dry cloths. Do not use the sprained member until it has recovered its normal condition. Complete rest is the only cure for a sprain.
For bleeding from the nose, hold a sponge saturated with cold water to nostrils and nape of the neck. In case of a toothache, chew hard. The motion of the jaws that stops the flow of blood.
To ease rheumatic pains boil a few potatoes and use the hot water in which they were boiled. Dip some cloths in, wring out, and apply as hot as possible. A small vegetable press, such as is retained for twenty-five cents, is excellent for wringing out hot cloths. It saves time and scalded hands.
In case of a cut or jagged wound, smoke the wound with burned flannel on which has been placed a small quantity of sugar. Sprinkle a little sulphur over the wound, and tie up with lint, and it will heal immediately. A very dangerous wound, made by a sewing-machine needle, where the needle fragments were found to have been bent almost double against the bone, was cured in this manner. The fragments of the needle, which were entirely removed by holding the injured finger and arm over the smoke of woolen cloth burned over the coals.

TIRED OF WALKING.
First Laboring Man—You had a late session at the assembly last night. I hear.
Second Laboring Man—Yes, we didn't get through till nearly 4 o'clock this morning.
First Laboring Man—What was the dispute about?
Second Laboring Man—Oh, the walking delegate wanted us to buy him a bicycle.

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THE COOK'S BEST FRIEND
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UNLIKE ANY OTHER MEDICINE.



POINTS THE WAY TO PERFECT HEALTH
South American Nerve. The Great Health Restorer of the Century. Sickness Cannot Cope With It. Has Cured the Worst Cases on Record. Cures at the Nerve Centres and Thus Cures Permanently. A Wonderful Specific in All Cases of Indigestion, Dyspepsia, Sick Headache, Nervousness and General Debility. Has No Equal as a Spring Medicine. There is a great deal of uncertainty in the methods adopted to remove disease. Doctors are not free from the kind of thing themselves. The poor patient has to put up with a good deal of experimenting. The discoverer of South American Nerve takes too serious a view of life to play pranks of this kind. He does not think that these human bodies of ours should be fooled with. He has recognized that they are subject to disease, but by scientific methods, he has learned that just as the watch is to be put in perfect repair only when the main-spring is kept in running order, so with the individual, he remains in perfect health only when the nerve centres are kept healthful and strong.
What disease is more distressing than indigestion or dyspepsia? Some simple remedy may be given to cause relief for the moment. Nerve is an indisputably successful remedy for the worst cases of indigestion, because it reaches the source of all stomach troubles—the nerve centres.
Indigestion exists because the vital forces have become diseased and are weakened. Nerve builds up the nerve centres, from which come these forces, removes the causes of indigestion, and then builds up the health completely.
How many systems are run down through nervousness. A stimulant may give ease, but it will not cure nervous troubles. Nerve has cured more desperate cases of nervousness than any other medicine anywhere. And it does so for the same reason that it cures indigestion. The nerve centres are disordered, or there would be no nervousness. Nerve rebuilds and strengthens the nerve tissues, and hence its marvellous powers in diseases of this kind.
In the spring of the year the strongest suffer from general debility. The blood, through neglect, has become impoverished, and the whole system gets out of order. We speak of it as a spring medicine. Nerve restores the exhausted vital forces that have led to this tired, don't-care, played-out, miserable condition. No one can take a bottle of Nerve at this season of the year without disease quickly giving way to a bounding health.
The moral is plain, simple and readily understood. If you would not trifle with disease, then you will take the South American Nerve, which will not trifle with you.

For sale by McFarlane & Co., Wholesale Agents for Durham and Vicinity.

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