

Newspaper Laws.
We call the special attention of Postmasters and subscribers to the following bylaws of the newspaper laws:
1. If any person orders his paper discontinued, he must pay all arrears, 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 he must pay a man must pay for what he uses.

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DAN. McLEAN.
LICENSED AUCTIONEER for Co. of Grey. All communications addressed to LAWLESS P. O. will be promptly attended to. Residence Lot 19, Con. 8, Township of Bentinck.

S. G. REGISTRY OFFICE. Thomas Lander, Registrar. John A. Munro, Deputy Registrar. Office hours from 10 a. m. to 4 p. m.

ALLAN MCFARLANE


Has opened out a first-class Horse Shoeing Shop, In the old stand. All hand-made shoes. Also **WOODWORK** in connection. A first-class lot of **Hand-made Waggons** for sale cheap. **Jobbing of all kinds promptly attended to.**
ALLAN MCFARLANE, Proprietor.

All of the blood in the human body is filtered through the heart in about thirty-two beats—in less than half a minute.

THE HOME.
FATIGUE IN SEWING.
For many of us the fatigue or strain caused by sewing is too great for us to endure, for continued work. We have inherited so many nervous habits of generations of ancestors that there are but few of us now work at all in the natural way or by using the muscles intended to do the work.
In sewing we so frequently get tired in the back of the neck or the waist and this is because we use the muscles of the neck or waist rather than the ones intended to do the work. If you will but stop and think when sewing, you will find these muscles contracted as much as if they were the ones necessary for the work. Now, contraction is the working state of muscles, and what we want is to teach them when to contract.
Wherever the tired feeling comes, it is because of unnatural tension, which as soon as the woman becomes sensible of, can be stopped entirely by extending two or three minutes now and then to let go of these wrongly sympathized muscles, and thus teach them to mind their own business, and thus sew with only the muscles that are needed. Lay down your work and let your muscles relax as much as possible, and by doing this frequently we can avoid the needless strain on our muscles to behave themselves properly.
Another simple cause of much fatigue in sewing is the cramped, strained position of the lungs; this can be prevented without stopping in the work by taking long, quiet, easy breaths. There must be no exertion whatever in the chest muscles. The lungs seem to expand from the pressure of the air alone, as independently as a rubber ball expands, and this cannot be done when our shoulders are cramped or stooped like they so frequently are. Most of us sew or work with so much haste that we never stop to consider what is the correct way to work or the proper muscles to use, but we go on from day to day making so many of our muscles perform the work intended for others that much unnecessary fatigue must be endured.

A BASKET OF EGGS.
Eggs Poached in Milk.—Carefully drop fresh eggs into scalding hot milk, without breaking the yolks. When it boils, remove eggs and place each on a small square of toast, and dust with salt and pepper. Strain milk to remove particles of white of egg, and pour it over the toast and serve fresh and hot.
Egg Scallops.—To cold mashed potatoes add an equal amount of finely minced meat or chicken; a tablespoonful of softened butter and one of rich cream. Line well buttered goss pans with this mixture, and set in the oven until heated through and nicely browned. Remove, break an egg into each, salt and pepper them, and return to the oven until whites are set.
Egg Puffs.—Make a rich puff paste, roll thin and bake in tart pans. While still hot, break an egg in each, season with salt, pepper, and butter, and bake until the whites are set. The shells are baked before needed for use they may be heated up in the oven, before eggs are added, and be as nice as though freshly baked.
Scrambled Eggs With Tomatoes.—Mince a small onion and cook for ten minutes in a little water as is possible. Add a pint of canned tomatoes, salt, pepper and a little butter. Stir in six lightly beaten eggs, cook one minute, stirring constantly, and serve at once on toast.
Egg Sandwiches.—Boil eggs for three fourths of an hour. When cold, rub the yolk to a paste, chop the whites very fine, add one-half as much minced cucumber and mix all together with a mayonnaise dressing. Spread between thin, egg-shaped slices of bread; or the minced pickle may be omitted and crisp lettuce leaves laid between the slices, after they have been thickly spread with the prepared eggs.

DOMESTIC RECIPES.
Asparagus With Cream.—Tie the asparagus in bundles. Wash it and cook in boiling salted water for fifteen minutes. Take up and cut off the tender heads. Put them in a saucepan with a cup of cream to a quart of asparagus. Simmer ten minutes. Stir in a big tablespoonful of butter with a teaspoonful of flour, and when thick, blend with the asparagus. Add salt and pepper to taste and cook five minutes.
Asparagus Sauce.—Cut the tender part of the asparagus into pieces of an equal size, avoiding that which is hard. Boil in salted water till tender; drain, and turn out on a napkin to absorb the moisture. Put a generous lump of butter into a frying-pan—about three ounces of butter to a pint of cooked asparagus—when it is hot turn in the asparagus, season with salt and pepper, and if you have parsley, chop a little very fine and add half a teaspoonful. Stir until the asparagus is very hot and serve at once.
Minced Spinach.—Boil the spinach in salted water till tender, having first carefully looked it over. Drain it, chop fine, and season well with salt and pepper. For each quart of the spinach put two tablespoonfuls of butter and one of flour in a frying pan. When this has cooked smooth and before it is brown add the spinach. Stir it five minutes, add half a cup of cream and stir three minutes longer. Pile it in a hot dish and serve at once. Dandelion and beet greens are good if cooked in the same way.
Prune Souffle.—Stew a dozen and a half of prunes. Drain them, let them get entirely cold, then chop fine. Beat to a stiff meringue the whites of seven eggs and seven tablespoonfuls of granulated sugar. Stir in the prunes, pour into a buttered pudding dish and bake half an hour. Serve while hot, with whipped cream. It is a very delicious dessert, and one of the few ways in which prunes are fit to eat.
Pieplant and Tapioca Pudding.—Wash a scant cup of pearl tapioca and soak four hours in a pint of water, which it should absorb. Butter a pudding dish and cover the bottom with pieplant cut fine. Strew on this a heaped tablespoonful of sugar, a tablespoonful of chopped raisins and turn on it one-half the tapioca. Dot with bits of butter and sprinkle

with two tablespoonfuls of sugar, then put on more raisins, sugar and raisins, then the rest of the tapioca, with bits of butter and two tablespoonfuls of sugar. Bake one hour covered. Uncover and let brown and send to table hot, in the pudding dish. Serve with a hard or a liquid sauce, as you prefer. You will need about two cups of the pieplant.
Baked Macaroni.—At this season macaroni is very acceptable as a substitute for potatoes, which are now somewhat scarce. For a plain baked macaroni break it into half inch pieces enough to fill a cup; put it into a large kettle of boiling salted water and cook twenty minutes, or till it can be readily cut with a fork. Turn it into a strainer and let cold water run through to rinse it. Put into a baking dish and cover with white sauce made as follows: Cook a tablespoonful of flour into a tablespoonful of butter in a sauce pan, and stir in gradually one cup of hot milk. Season with half a teaspoonful of salt and a little white pepper. Pour over the macaroni; cover with two-thirds of a cup of cracker crumbs moistened with butter and bake ten or twelve minutes.
Cherries and Rice.—Cook half a pint of rice in one and a half pints of milk, adding an ounce of butter, three tablespoonfuls of sugar and a strip of lemon peel. Cook with a cover on the dish. Stew pitted cherries in a syrup of sugar and water till they are done, adding a few cloves and sticks of cinnamon, and a little lemon juice. Drain the cherries from the syrup; boil it rapidly until it is thick; pile the rice in a pyramid in a deep dish, dot the surface with the cherries and pour the syrup round it. This is nice for dessert.
Spiced Cherries.—Make a rich syrup of one quart of vinegar, five pounds of sugar, two ounces of whole cinnamon, one ounce of whole cloves and the thinly pared yellow rind of two lemons. Boil ten minutes. Take four pounds of ripe, perfect cherries, selecting the most translucent. Do not remove the stems. Pour the boiling syrup over them; cover closely. The cherries may be used the next day.

A HUMAN OSTRICH.
The Jack Knife Was Too Much for Harry Whallan.
The world's "human ostrich" record has been broken, and winning the championship cost Harry Whallan his life during the past week. That gentleman had been swallowing all sorts of strange articles for a living for the past seventeen years, without experiencing any ill-effects until a few days ago. Then he complained to City Physician Smythe, of Kansas City, Mo., that he was suffering from indigestion and that he had stored a choice collection of hardware and bric-a-brac in his stomach. He was taken to the German Hospital in that city, where an operation was performed. From his stomach were removed 120 metallic objects, besides a lot of broken glass. This is the actual invoice:
One four-bladed knife, three and one-half inches long.
One two-bladed knife, four inches long.
One knife blade, three and one-fourth inches long.
One knife blade, three inches long.
One knife blade, two inches long.
One inch long.
Thirty-two eight and ten penny fence nails and spikes.
Thirty-four six-penny wire nails, sharp pointed.
Twenty-six single nails, one inch long.
Sixteen carpet tacks and small wire nails.
One horseshoe nail.
Three large screws.
One barbed-wire staple.
Three ounces of fine glass.
This was the actual record of a week. A big jack-knife belonging to the City Marshal of Pilot Grove, Mo., proved too much for him. It would not come back when he set all the other hardware which he took into his stomach into rebellion. Whallan's stomach had become hardened and calloused by the continued practice. Before giving an exhibition it was his custom to eat oatmeal, and he ate more of the meal immediately afterwards. This held the mass of metal objects together and prevented individual pieces from straying off into the suburbs and making trouble.

PRONOUNCED INCURABLE.
No case of Catarrh too acute or of too long standing, but Dr. Agnew's Catarrhal Powder can allay and cure—without any else fail it cures—Try it first and save experimenting. "Five years ago my little daughter was attacked with catarrh of a very severe type. We used all known Catarrh cures, and treated with most skillful physicians for over three years, and her case was pronounced chronic and incurable. Last winter we heard of the wonderful cures effected by Dr. Agnew's Catarrhal Powder, bought a bottle, and I here state for the benefit and encouragement of all sufferers from this dreadful malady that after using two bottles my child was completely cured, and I consider it my duty to give my testimony for the benefit of like sufferers." Mrs. Geo. Graves, Ingersoll, Ont.
For sale by McFarlane & Co.

BORN FOR A BRAKEMAN.
Railroad Superintendent — I regret that you are incapacitated for further service; but accidents will happen, you know. Do you know of a good man for your place?
Railroad Brakeman, who has only his thumbs left—Yes, sir, I know one who would last you a good deal longer than I did. You'll find him over at the dime museum. He has sixteen fingers.

LA GRIPPE BOUGREE.
Who has not had a victim? Who has not had just the experience of Mr. Curtis? Who may not have the relief South American Nervine afforded him? As a result of a severe attack of La Grippe I suffered greatly from weakness and loss of appetite. I saw testimonials of the curative powers of South American Nervine and determined to give it a trial for my case. Purchase it, and I almost immediately began to improve. My strength returned to me very rapidly. I had taken three bottles I had developed a voracious appetite. I am as well to-day as ever I was, and am safe in saying that I attribute it to South American Nervine, and no words can overstate in recommending it could be too strong." C. J. Curtis, Windsor, Ont.
For sale by McFarlane & Co.

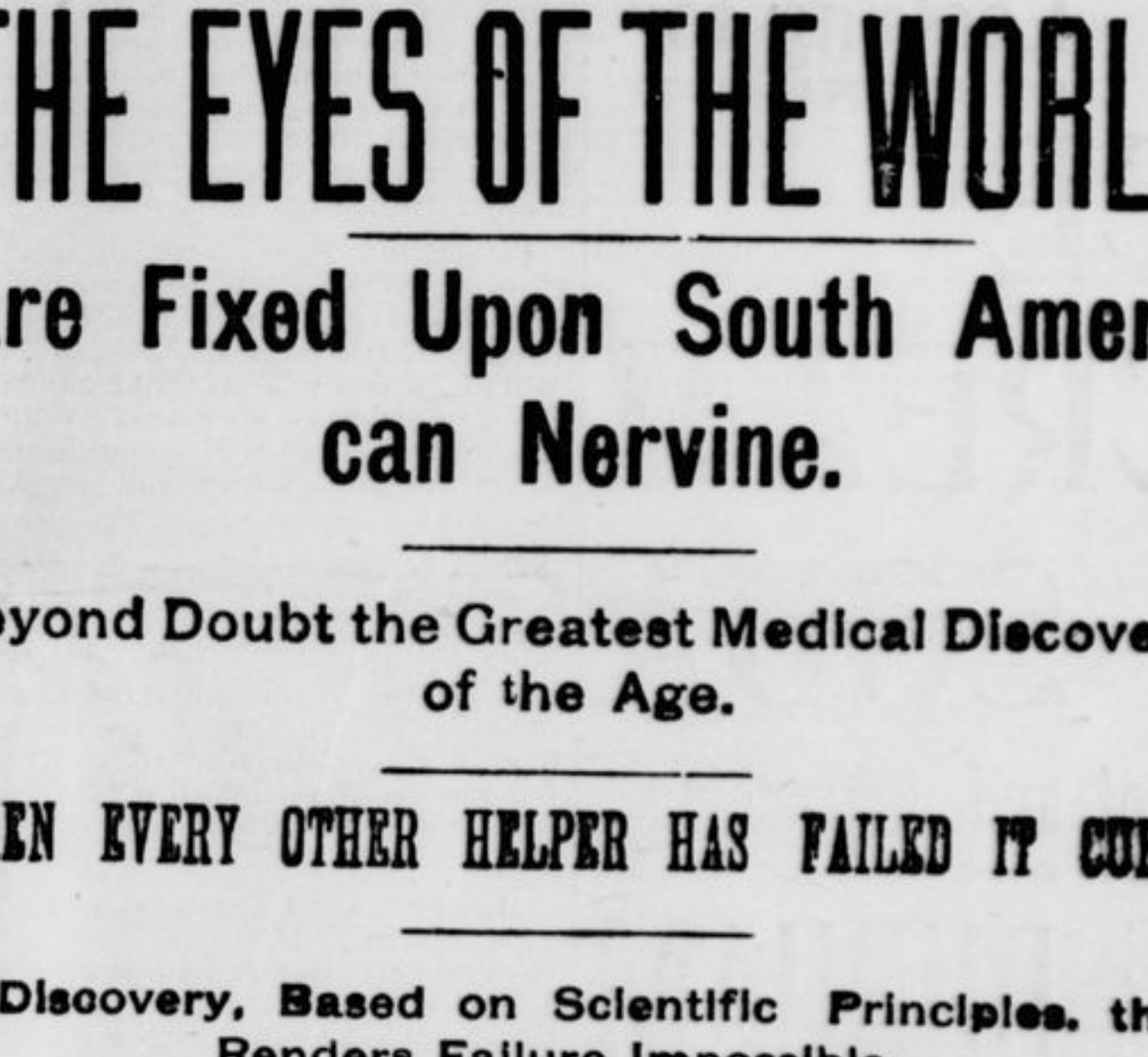
GRANDEST OF EMPIRES.
VIVID DESCRIPTION OF THE GREAT PROCESSION.
Solomon In All His Glory Was Not Arrayed Like These—Unbounded Enthusiasm for the Queen—The Service at St. Paul's.
Writing of the services at St. Paul's on the 22nd, Mr. G. W. Stevens, in the London Daily Mail, describes as follows the Queen's approach:—"Riding three and three came a kaleidoscope of dazzling horsemen, equestrians, aides-de-camp, attaches, Ambassadors and Princesses, all the pomp of all the nations of the earth—scarlet and gold, emerald and gold, white and gold—always a changing tumult of colors that seemed to live and gleam with a light of their own. It was enough. No eye could bear more gorgeousness; no eye could bear more gorgeousness; no eye could bear more gorgeousness, unless Princesses are to clothe themselves in rainbows and the very sun.
"The prelude was played, and now the great moment was at hand. Already carriages were rolling up, full of the Queen's kindred, full of her children and children's children; but we hardly looked at them. Down there, through an avenue of eager faces, through a storm of white, waving handkerchiefs, through roaring volleys of cheers, there was approaching a carriage drawn by eight cream-colored horses. The roar surged up the street, keeping pace with the eight horses. The carriage passed the barrier; it entered the churchyard; it wheeled left and then right; it drove up to the very steps of the cathedral.
"We all leaped up. Cheers broke into screams, and the enthusiasm swelled to delirium. The sun, watery until now, shone out suddenly, clear and dry, and there was a little rain, flushed old lady, all in black, with a silver streak under her black bonnet, and with simple white sunshade sitting quite still, with the corners of her mouth drawn tight, as if she was trying not to cry. But that old lady was the Queen, and you knew it. You did not want to look at the glittering uniforms now, nor yet at the bright gowns and young faces in the carriages, nor yet at the stately Princesses, though by now all these were ranged in a half circle round her.
EVERY INCH A QUEEN.
"You could not look at anybody but the Queen, so very quiet, so very grave, so very punctual, and so unmistakably every inch a lady and a Queen.
"It was almost pathetic, if you will, that small blue figure in the middle of these shining cavaliers, this great army, this roaring multitude, but it was also very glorious.
"When other kings ride in the middle of their shinning cavaliers, they drive abroad an escort of the world's wheels of their carriages. The Queen drove through her people quite open and open, with just one soldier at the Kerstone between her and the streets, men, horses, guns and the living walls of British men and women? For the Queen summed up all that had gone before—all the soldiers and sailors, the big limbed colonials and the strange men from unheard of islands over the sea.
"We knew now what that which had come before all stood for. We knew as we had never known before what the Queen stands for. The Empire had come together to reverent and bless the name of the Empress. The mother of the Empire had come to do homage to the One Being more majestic than she.
"There were the archbishops, bishops, and deans, in gold and crimson caps, and white, orange, and gold embroidered vestments, waiting on the steps. There, through gaps in the pillars and scaffolding, you could see all her Ministers, and great men, a strange glimpse of miniature faces, as in some carefully laboured picture, where each face stands for an honored name.
THE SERVICE BEGAN.
"All stood, and the choir sang the Te Deum. Next rose up a melodious voice intoning prayers. The Queen bowed her head, and then the whole standing, all uncovered, began to sing the One Hundredth Psalm, 'Come ye before Him and rejoice.' The Queen's lips were tight, and her eyes, perhaps, were fairly dim, but then she sang 'Three cheers for the Queen,' and the dean, pious man, was wildly waving that wonderful crimson cap, and the pillars and scaffolding were ringing as if they must come down, 'God Save the Queen,' a lusty peal, till you felt drowned in sound.
"The Queen looked up and smiled, and the Queen's smile was the end of it all, a smile that broke down the sad mouth, a smile that seemed half reluctant, so wistful, yet so kind, so sincere, so motherly.
LIMS PAINS.
Contract Rheumatism and you will suffer untold agonies—Use South American Rheumatic Cure and you will have relief in a few minutes, and a cure in three days—Testimony proves that within a few years a great sufferer from rheumatism—pains in my limbs were particularly distressing. I had tried almost every known remedy, but received no benefit. I was advised to give South American Rheumatic Cure a trial. I purchased two bottles. When I had used one and a half bottles I was perfectly cured. I consider it a wonderful remedy, and take pleasure in recommending it." F. Nugent, Niagara Falls, Ont.
For sale by McFarlane & Co.

AN ACCOMPLISHED GIRL.
Mrs. Commonstalk (sobberly)—Are you sure your fiancée will make a good house wife, Eli? Do you think she knows anything about mending, for instance?
Cholly Commonstalk—About mending mother? Why, that is her very best talent. I saw her mend a busonet tire once in just fourteen minutes by the watch.

A PERFECT FORM.
Rise early and take a cold bath, rubbing vigorously afterward with a coarse towel or flesh brush. Take a cupful of hot water before breakfast. Avoid drinking at meals, and confine yourself to three meals a day. Take one small cup of tea at breakfast, some dry toast, boiled fish or a small cutlet and a baked apple or a little fruit. At dinner, which should be at midday, take white fish or meat, dry toast or stale bread, vegetables and fruit, either fresh or stewed; for supper, toast, salad, fruit and six ounces of wine or water. Hot water with lemon juice in it is good for supper. Women are often accused of being more or less justice, of being perfect children in the matter of diet, indulging their palate at the expense of health. A celebrated authority once stated that the loveliest, and best-formed women of any age have almost invariably been those who were frugal in their diet.
CONTAGION IN BOOKS?
F. N. Richardson, consulting chemist of the corporation of Bradford, England, has recently been examining the leaves of a Bible that has been in use in a school-house for sixty years and has been kissed by at least forty thousand people. He found various micro-organisms on the leaves, and while none of them was particularly dangerous, they might have communicated skin diseases. Mr. Richardson says that if one disease can be transmitted by "kissing the book," there is no reason why more serious ailments might not likewise be scattered, and he recommends abolishing the practice.

FOR SALE
The EDGE PROPERTY.
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. 80, con. 2, W. G. R., Township of Bentinck, 100 acres adjoining Town plot Durham.
Mortgage taken for part purchase money.
Apply to JAMES EDGE, Edge Hill, Ont.

THE EYES OF THE WORLD
Are Fixed Upon South American Nervine.
Beyond Doubt the Greatest Medical Discovery of the Age.
WHEN EVERY OTHER HELPER HAS FAILED IT CURES
A Discovery, Based on Scientific Principles, that Renders Failure Impossible.



SOUTH AMERICAN NERVINE

In the matter of good health temporary measures, while possibly successful for the moment, can never be lasting. Those in poor health soon know whether the remedy they are using is simply a passing incident in their experience, brooding them up for the day, or something that is getting at the root of the disease and is surely and permanently restoring.
The eyes of the world are literally fixed on South American Nervine. They are not viewing it as a nine-days' wonder, but critical and experienced men have been studying this medicine for years, with the one result—they have found that its claim of perfect curative qualities cannot be gainsaid. The great discoverer of this medicine has possessed of the knowledge that the seat of all disease is the nerve centres, situated at the base of the brain. In his belief he had the best scientific and medical men of the world occupying exactly the same premises, indeed the ordinary layman recognized this principle long ago. Everyone knows that a disease or injury affects this part of the human system and death is almost certain. Injure the spinal cord, which is the medium of these nerve centres, and paralysis is sure to follow. Here is the first principle. The trouble with medical treatment usually, and with nearly all medicines, is that they aim simply to treat the organ that may be diseased. South American Nervine passes by the organs, and immediately applies its curative power to the nerve centres, from which the organs of the body receive their supply of nerve fluid. The nerve centres which has shown the outward evidence only of derangement is healed. Indigestion, constipation, impoverished blood, liver complaint all owe their origin to a derangement of the nerve centres. Thousands bear testimony that they have been cured there. The eyes of the world have not been disappointed in the inquiry into the anatomy of South American Nervine. People of all nations, at the highest medical qualification, but they know nothing that is obtained for it. It stands alone as the one great curative remedy of the nineteenth century, which should anyone suffer distress and sleeplessness while this remedy is patiently at their hands?
For sale by McFarlane & Co.

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DUNN'S BAKING POWDER
THE COOK'S BEST FRIEND
LARGEST SALE IN CANADA.

Woman's Foot
A young woman of a well-known Eastern city said: "My figure is what I'm a dismal. Would it be possible to get up?"
The corset maker smiled. He half the other seemed ribs. Finally he said: "Oh, yes, you are a little 'ma'm'selle'." "Do you know the figure is absolutely no good for the corset, that see our interiors? enger rays, we wets on again."
"Bosh!" ejaculated "Every woman should have a corset. There are places we and should not put in the danger from the improper manner. In a corset it perfectly keeps it as it should be man buys a ready alterations made expect it to fit her? Most women set fits the waist fitting garment. waist is the least man is short-waist wears a long-waist throws her bust and accentuates a figure. On the corset is long waisted degree of comfort ed corset."
"How should a the young woman feel like pulling a is the most disagree loads of girls and they have the same I was in college w out of 110 one day were never free fr wanting to pull t
"There now! The the authority. "Y for me. The corset well at the waist. upward, to conform swell of the figure the wearer that ing, as if her cor pulling down. The the hip, by continu fitting stay up, c
"It seems to me woman, surveying a mirror critically, swells in where it and vice versa. Of ding put in all my body would take u
"There's where mistake," said the not mean about V padding. Padding on the body prevent it. Oh, if you w padding put in you the disastrous effi figures. I turned i into a dressmaker maker into a corset man's figure."
"Well, what on do with no hips and do if she doesn't w
"Ah, that is wherod the French! studied the corset woman with no beautiful and plun with overbearing, but very trim and s selves and after understand my bus most corset maker learn the business selves, and after when they are go to find the faults i are fitting, they m the corset. Inste other green girls i is not so with a r make corsets and wives he does not g me the corset. He is quick to see w
"But what do I the young woman.
"You lack bust ment," said the aut a box holding man's style of figure a d spring in the bust a the body in such a pressure is necessa nature. You see w rangement it is. It out one spring and oae. "You can rea a symmetrical fig give."
"Splendid!" excla "But my hips, or of hips."
"Oh, but I can fil he declared laughi a corset I made thw nearest to no hi sons I've ever see perfectly straight fr down. She was we her top-sided appea this corset for her in inside belt over pieces of coarse thw are stitched out back of each side of do not meet, but a just as the corset li they rest on the w l r has a spring in just spring and sta gure, giving a firr gmentally. Do you going out of the p is you think of be
"If I only had one