

If you want to get all the good out of life and know to the full the joy of living—build up the foundation of good health with a morning glass of

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MAKES YOUR CARES LIGHT. MAKES YOUR SORROWS LIGHT. MAKES YOUR BUSINESS LIGHT. MAKES YOUR EXPENSES LIGHT.

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At Home! "Maypole" is a cake of soap that washes and dyes at one operation.

In Every FAMILY MEDICINE CHEST

McIntyre & McIntyre BARRISTERS

G. A. Bateman CUSTOMS BROKER

Insurance and Finance

TO LIVE FOR 100 YEARS

WHO ATTAIN CENTURY MARK HAVE VARIED EXPERIENCES.

Do Not All Agree Upon the Reasons Which Conduce to Great Longevity

One of the most disappointing features of extreme age is that those who attain it are unable to agree on the reasons that conduce to it.

Beneficial Hardships. In favor of the theory that hardships have a most beneficial effect on the human constitution may be cited the notorious longevity of soldiers.

Some Venerable Citizens. Next, in point of antiquity, comes an American, Noah Raby, who, at the time the facts were gathered, was a poorhouse at Piscataway Township, New Jersey, and was 139 years of age.

The Ancient Search For Longevity. It is on record, or, at all events, legendary lore so related, that the Egyptians tried to extend their term on earth by liberal indulgence in eudorics and emetics.

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McIntyre & McIntyre BARRISTERS

Insurance and Finance

ROYAL NAVY CUSTOMS

ONE OF THEM DATES BACK BEFORE THE DAYS OF DRAKE.

Senior Officer Must Always Enter a Boat Last and Leave it First—The Scan Bag and its Contents—Admiralty Lords More Generous Now in Replenishing it Than Formerly—Some Quaint Rules.

In the British navy, to say that a thing is a custom of the service is to say that it must be done that way and no other.

It is nowhere laid down, for instance, that the senior officer shall always enter a boat last and leave it first, but the expression on a certain captain's face might lead one to believe that one of the laws of the Medes and Persians had been broken when, on taking the newly-jointed chaplain ashore with him on one occasion, the admiral, in a sudden "jump in," and the reverend gentleman politely replied, "After you, sir."

The gunroom consists of the sub-lieutenants, all other commissioned officers of equivalent rank and all midshipmen and cadets. Midshipmen are divided into two lots, "senior" and "junior," the former are over 16 years of age, and are allowed many privileges, such as smoking and so on, denied to the juniors.

When the president of the mess sticks a spoon fork into one of the beams overhead it is a signal for all juniors to clear out of the mess as fast as legs, arms or anything else can carry them.

Several quaint rules are enforced in the officers' messes, the origins of which are lost in the oblivion of antiquity. It is very difficult to say down that no officers may place their feet on the table unless they have sailed around both Cape—i.e., Cape of Good Hope and the Horn. Any one not eligible for the highest salutation is fined drinks around by all the members who happen to be in the mess.

When an admiral is piped over the side; that is to say, as the boat comes alongside a boatswain's mate gives forth a shrill crescendo pipe and to his master was surprised to see him back soon after dark.

A complete Atlantic cable costs about £600,000.

King Edward is enjoying good health and is shooting "stuck birds" at the Duke of Devonshire at Chesham.

TRAPPED BY WIFE

Joseph Delphy Arrested at Prescott.

Brookville, Jan. 7.—The G. T. R. station agent figured in a family affair, resulting in the arrest of a character well away from public association.

The agent, needless to say, was surprised and indignant when he was called upon to arrest his man and sent (Chief Bourke down to bring him back, which he did this evening.

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Who Said BOVRIL?

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New England Chinese Restaurant

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W. TELFER, Proprietor

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S. C. Mc Gill, Managing Director

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