Who advised her pupils to strengthen their minds by the use of Ayer's Sarsaparilla, appreciated the truth that bodily health is essential to mental vigor. For persons of delicate and feeble constitution, whether young or old, this medicine is remarkably beneficial. Le sure you get Ayer's Sarsaparilla.

"Every spring and fall I take a number of bottles of Ayer's Sarsaparilla, and am greatly benefited." - Mrs. James H. Eastman, Stoneham, Mass.

"I have taken Ayer's Sarsaparilla with great benefit to my general health." - Miss Thirza L. Crerar, Palmyra, Md. "My daughter, twelve years of age, has suffered for the past year from

### General Debility.

A few weeks since, we began to give her Ayer's Sarsaparilla. Her health has greatly improved." - Mrs. Harriet H. Battles, South Chelmsford, Mass.

"About a yearago I began using Ayer's Sarsaparilla as a remedy for debility and neuralgia resulting from malarial exposure in the army. I was in a very bad condition, but six bottles of the Sarsaparilla, witi, occasional doses of Ayer's Pills, have greatly improved my health. I am now able to work, and wel that I cannot say too much for your excellent remedies. - F. A. Pinkham, South Moluncus, Me.

"My daughter, sixteen years old, is using Ayer's Sarsaparilla with good effect." - Rev. S. J. Graham, United Brethren Church, Buckhannon, W. Va. " I suffered from .

## Nervous Frostration,

with lame back and headach?, and have been much benefited by the use of Ayer's Sarsaparilla. I am now 80 years of age, and am satisfied that my present health and prolonged life are due to the use or Ayer's Sarsaparilla." - Lucy Moffitt, Killingly, Conn.

Mrs. Ann H. Farnsworth, a lady 79 years old, So. Woodstock, Vt., writes: "After several weeks' suffering from nervous prostration, I procured a bottle of Ayer's Sarsaparilla, and before I had taken half of it my usual health returned."

### Ayer's Sarsaparilla, PREPARED BY

Dr. J. C. Ayer & Co., Lowell, Mass. Price \$1; six bottles, \$5. Worth \$5 a bottle.

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### TO ADVERTISERS. A list of 1900 newspapers divided into STATE

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### WHAT SHALL WE WEAR?

FASHIONS THAT ARE APPROVED AT HOME AND ABROAD.

Stylish Toques and Picturesque Round Hats-The Virot Hat-A New Bonnet That Promises Comfort to Theatre Goers and Travelers.

A new toque, with pointed front and elongated crown, introduced this spring, is in point of fact a stringless bonnet; and will doubtless find favor. Not a few of the imported toques are in nearly flat shapes, and many of the round hats have low crowns with projecting brims in front and little or no brims in the back.



The Empire and Directoire hats are fanciful and picturesque in style, but medium in size. Gold ribbon and embroideries are the trimmings for many of these hats. In the close shaped hats, which are as much worn as the wide brimmed ones, there are several new shapes, notably one of alternate plain and fancy Tuscan straw, with the brim in four deep points-two at each side, and pointed in front, the bows rising up in front, and two bird wings, coming from the back, almost hide the tall crown.

The toques, with deep brims covered with plain velvet and bows at one side secured to the crown with good sized jet swords or other ornamental pins, are also well worn and they suit some faces better than any other style of hat. A new shape in fine straw resembles a large limpet shell, with a full brim of velvet and a well arranged bow on the top hiding the summit of the crown.

In the cut is shown an exceedingly graceful Paris hat from the far famed Maison Virot. It is of straw and is lined with deep violet velvet. The feathers are of the new violet blue tint, shaded from light to dark. The arrangement of the folded ribbon bow is

#### Fashions for Girls.

Girls of 14 or 15 years wear their skirts reaching almost to their shoe tops, and at 16 or 17 years they put on long skirts, though this is decided by their size and development. Extremely long skirts for tiny little girls have lost favor, and the general rule is for girls from 3 to 12 years of age to have their skirts stop half way between their knees and the tops of their shoes. The first short dresses put on an infant must be long enough for warmth, yet short enough to escape the tiny feet when first attempting to walk.

The extremely short waists are no longer made for little girls, though wide bands of embroidery and ribbon sashes are sometimes put on to give a short waisted effect. The skirts, as we have said, must be amply full. At the best dressmakers for children two full widths of gingham are in skirts for girls of 2 to 4 years, and three widths in those for 6year-old girls. Cashmere skirts for girls of 8 years have three breadths laid in triple box plaits in front and sides, and shirred in the back. White nainsook skirts have three and a half breadths for girls 8 to 10 years old, and challi skirts for girls of 10 years have four breadths. - Harper's Bazar.

## Fashion Notes.

White wool for summer gowns is also brightened by weven colored borders in brocaded patterns of garlands, held by bow knots, little flowers, vines and branches, entirely of one color-old rose, grayish green. yellow, or faded blue.

White bunting, veiling, cashmere, or serge gowns for young girl graduates are made with an accordion plaited skirt trimmed above its hem with ten or twelve rows of the narrowest feather edge white ribbon.

Brocaded ribbons are a decided feature of the summer trimmings for bonnets.

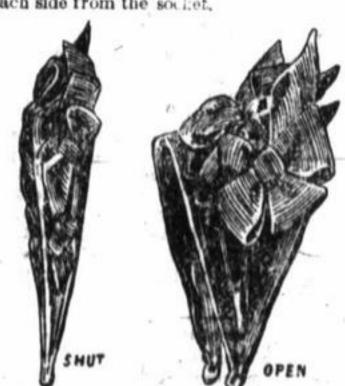
Chips, open patterned straws and plain Milan braids are shown in white, black and all the stylish colors for spring capotes, and in many instances two colors appear in one bonnet made in stripes of straw.

Accordion plaiting appears upon the new costumes in the form of entire skirts, skirt fronts, or as an effective insertion between

portions of a slashed princess gown. Finely cut steel beads and cut jet beads are again used upon black and gray dresses, and come in all the new open patterned galloons and gimps.

## A Novelty in Bonnets.

Our illustration shows a novelty in bonnets which has already created a furore abroad. It is a perfectly fashionable bonnet, which can be made of almost any form, and of velvet, silk, cloth, satin, or any material of the kind, and yet, by a touch of the hand, will collapse so that it is perfectly flat. The invention has been patented. The three wires which form the foundation start on each side from the socket,



In the vicinity of London, where hundreds of ladies go nightly by train to the theatres, this bonnet fills a recognized want. Once at the place of destination, the bonnet, which was a necessity on the journey to and fro, must either be given up at the theatre or becomes a tiresome incumbrance; whereas the collapsible bonnet, by means of some hooks and eyes, is securely fastened together in the center and at each end, and forms a very useful fan, or it may be sat upon without detriment, even if made of lace or tulle. Moreover, in traveling, what a vista of comfort is presented thereby. Bennet boxes are apt to be most troublesome impedimenta on a journey, and to dispense with them is cer-

tainly a gain.

PHYSIOLOGY AND HYGIENE.

The Chemistry and Purpose of Tears.

Curious Facts About the Teeth.

As simple as a tear appears to be, there is

much that is interesting in tracing its chemistry and office. The principle element in the composition of a tear, as may be readily supposed, is water. The other elements are described as salt, soda, phosphate of lime, phosphate of soda and mucus, each in small proportions. A dried tear seen through a microscope of good average power presents a peculiar appearance. The water, after evaporation, leaves behind it the saline ingredients, which amalgamate and form themselves into lengthened cross lines and look hke a number of minute fish bones. The tears are secreted in what are called the "lachrymal glands," situated over the eyeball and underneath the lid. The contents of these glands are carried along and under the inner surface of the eyelids by means of six or seven very fine channels, and are discharged a little above the cartilage supporting the lid. The discharge of tears from the lachrymal glands is not occasional and accidental, as is commonly supposed, but continuous. It goes on both day and night - though less abundantly at nightthrough the "conduits," and spreads

equalfy over the surface of the pupil,

in virtue of the incessant movement of the

lids. After serving its purpose the flow is

carried away by two little drains situated in

that corner of each eye nearest the nose-into

which they run-and called the "lachrymal

points." The usefulness of this quiet flow of

tears to both man and beast is manifest. There

is such an immense quantity of fine dust float-

ing in the air and constantly getting into the

eyes that but for it they would soon become

choked. Very little is requisite to keep the

ball free, and when some obnoxious substance

-smoke, an insect, or the like-that affects

the nerves does make its way in, an increased

flow is poured out to sweep it away. Degeneration of the Teeth.

"The law of retardation exhibits itself in the teeth of the higher races of mankind in a highly inconvenient manner," affirms a writer in Popular Science Monthly, explaining the fact as follows: The greatly developed brain requires all the available room in the skull; there is no space left for the attachment of muscles for a powerful jaw. Cooked food also causes a degeneracy in the development of the jaw. There is consequently no room left for either the wisdom teeth of the second upper incisors; the wisdom teeth are retarded, often cause great pain, and decay early. The second incisors appear in startling and unexpected places, and often (in America especially) do not cut the gum at all.

Professor Cope says that "American dentists have observed that the third molar teeth (wisdom teeth) are in natives of the United States very liable to imperfect growth or suppression, and to a degree entirely unknown among savage or even many civilized races." The same suppression has been observed in the outer pair of superior incisors. This is owing, not only to a reduction in the size of the arches of the jaws, but to successively prolonged delay in the appearance of the teeth. In the same way, men and the man like apes have fewer teeth than the lower monkeys, and these again fewer than the insectivorous mammals to which they are most nearly allied. When this difference in dentition has been established, civilized man may claim to place himself in a new species, apart from low savages as well as from high

### The Open Air for Consumptives.

A French physician tells that while medical men in general send their consumptive patients to warm climates-Mentone, Cannes, Algiers, Madeira, etc., the directors of the institutions at these places expose their clients to the vicissitudes of the season. The following is the regime for the open air treatment of phthisis: The patients leave their rooms at 8 o'clock in the morning, and after partaking of a light breakfast are carried (for they must not walk) down into the garden, and placed in a reclining posture under galleries surrounding the park, or in open kiosks.

They are covered with a blanket, and there they lie, winter or summer, whother it rains, hails, or snows, until the evening, 5 o'clock in winter and 8 or 10 o'clock in summer. Of course proper shelter is afforded in time of rain or great wind. When a patient comes to the establishment having high fever, he is watched closely for a few days in his room. The window is kept a little open night and day, and finally he joins the rest below. Nothing is more curious than the sight of over a hundred patients camping out under the galleries covered with their blankets. Short walks are taken by those who are the strongest, but fatigue is never allowed.

## One Theory About Baldness.

Various theories have been proposed to account for baldness, which prevails to such an extent in civilized countries. A Swiss writer in Science attributes it to a microscopic fungus, which, however, he has not as yet been able to describe or indeed to discover. He thinks that barbers should be compelled to disinfect their combs and brushes,

## SOCIAL ETIQUETTE.

A Graceful Foreign Custom for Which Consideration Is Suggested.

Although we Americans ought not to copy foreign manners because they are foreign, but should have ways of our own, provided they are right and proper ones, yet we have still, according to a writer on social customs, some things to learn from the Europeans. While there is no promiscuous flirting there with strangers at seaside places or on the cars, as there often is here, and the entrance to society and family life is more strictly guarded, there is a pleasant custom, particularly at continental hotels, when the guests are gathered at table d'hote, or at the evening dinner at long tables, for the conversation to become general, no one fearing a rebuff if he speaks pleasantly and respectfully to his neighbor, whether gentleman or lady, and the result is usually conversation as brilliant and general as would be heard at a private dinner party here, although carried on in several different tongues.

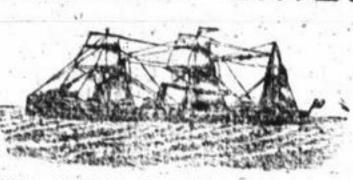
There is a clear understanding that acquaintances thus made do not extend beyond this easy table talk, unless special introductions by authorized persons are given, but the dinner hour has been pleasantly and profitably spent, while here strangers sit in stony silence beside those who might entertain them pleasantly, or family parties criticise in undertones the dress and manners of the other guests, and do not get more than half the nourishment for body or mind that the dinner ought to afford.

Stationery for Note Writing. There is one fashion which has never changed and never will change, which is always in good taste, and which is the most perfect of all styles, and that is good, thick, white note paper, folded square and put in a square envelope. One who uses such stationery as this will make no mistake.

Green appears as a garniture upon both white and black toilets, and dresses of strawberry and copper tints show finishing touches of green.

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ETRURIA, .. Saturday, April 27th, 3 p m. AURANIA, Saturday, May 4th, 8:30 a.r. GALIA .... Saturday, May 8, 11 a.m. \*UMBRIA ... Saturday, May 11 2:30 p.m. SERVIA .... Saturday, May 18th, 8 a m. BO ! HNIA . . Saturday, May 22nd, 11:30 a.m AURANIA......June 1, 7 s.m. \*This steamer will not carry steerage.

\*These steamers carry first-class passengers only.

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at Sharbot Lake 10:00 a.m., and Renfrew 2:15 p.m. No. 5 Mixed leaves Kingston at 4.15 p.m.; arrives at Sharbot Lake at 7:10 p.m., Thurs

No. 7 Express leaves Kingston at 11:45 p.m., connecting with C.P.R. Night Express Train at Sharbot Lake for all points ast and west. Arrives Ottawa, 5:25 a.m.; Montreal, 8.00 a.m.; Quebec, 2:30 p,m.; Toronto, 7:28 a.m. The only through train service to the North-West and British Columbia, with only one change of cars. No Customs Troubles,

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## EASTER HOLIDAY SEASON, 1889

RETURN TICKETS will be on sale at SIN-GLE FIRST CLASS FARE AND ONE THIRD good to ge on Thursday, Friday and Saturday, April 18th, 19th and 20th, and return trip to commence not later than Tuesday, April 23rd. School Vacations.

On presentation of certificates from their Pri cipals, cupi s an teachers may be ticketed at single first-class fare and one third, good to g . from April 6th to 19th, inclusive, good for return until April 30th, inclusive.

Passenger trains leave the new City Passenger Depot, foot of Johnson Street, as follows: GOING EAST. GOING WEST. No. 1.....at 1:50 p.m. No. 2.....at 3:50 p.m. No. 3. .... at 2:00 a.m. No. 4. .... at 2:00 a.m. Mixed ...... at 6:10 a.m. No. 6...... at 5:05 a.m. Mixed . . . . at 7:20 a.m. Mixed . . . . at 7:50 ρ.m. Express trains Nos. 3, 4 and 6 run Sundays

included. No. 6 does not run on Monday. All tickets good to return for thirty days. For rates and general information apply to

# Agent Grand Trunk Railway, cerner Johnson

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ALLAN LINE. RATES OF OC"AN PASSAGE.

Cabin-\$50, \$65 and \$75, according to accommodation, Intermediate \$30. Steerage \$20. Return tickets from Liverpool to Portland or Halifax—Cabin \$100, \$125 and \$150, according to position of stateroom. Intermediate \$60. Steer-

Steerage passengers are booked to and from Queenstown, Derry, Belfast, London and Glasgow at same rates as Liverpool. Intermediate passengers are forwarded to and from Glasgow and Liverpool by rail without extra charge.

The last train to make connection with the steamer leaving Portland leaves Ki gston every Wednesday at 1:40 p.m., and to Halifax every Thursday at 1:40 p.m.

All information regarding the selection of berths can be obtained from THOMAS HANLEY.

World's Ticket Agent, Corner Johnson and Op-ORAND TRUNF CITY PASS GER STATION

## BAY OF QUINTE STEAMBOAT ROUTE

Daily to Picton and Tri-weekly to Deseronto

and Belleville. THE PLENDID FAST

C. H. NICHOLSON, MASTER.

WILL, UNTIL FURTHER NOTICE, leave Kingston at 3:30 p.m. sharp, daily, arriving at Picton at 7:50 p.m., going through to Desero to and Belleville on Tuesday, Thursday and Saturday nights only. Returning, leaves Bellevi'le, Monday, Wede day and rriday at 6 a.m.; Deseronto at

7:3) a.m. : Pic on at 9 a.m., arriving at Kingston at 1:3) p.m. On Tuesday, Thursday and Saturday leaves Picton at 6:30 a m., arriving at Kingston at 11 a m. Every comfort for passengers assured. Freight handled cheaply and carefully at lowest rates.

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