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Paper Hanging, Carriage Painting  
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Prices Reasonable.  
All Work Done in a Neat and Workman-  
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AND HILO.

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Bark Amy Turner, Capt. Warland  
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#### WHOLESALE LIQUOR DEALERS

Complete Stock of Finest Table  
Wines, Beers, Whiskies, Gins,  
Brandies and Liqueurs.

Sole Agent for  
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#### BEST BRANDS

Of Wines, Liquors, Beers  
Mixed Drinks a Specialty

Draught and Bottled

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J. G. SERRAO, - Manager

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F. S. LYMAN, Secretary.

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The National Bank of the Re- } Chicago  
public }  
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ing Corporation, } China,  
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ing Corporation, } China,  
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Rented by the Month or Year. Part-  
iculars on Application.

### Hilo Electric Light Co., Ltd.

Houses Wired and  
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In accordance with the rules of the Na-  
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#### ELECTRICAL SUPPLIES

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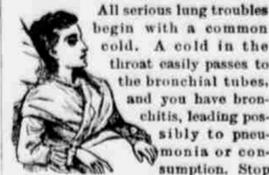
Sewing Machine Motor 20

Power for operating them \$1 a month  
Installation charged extra.

Estimates furnished on all classes of  
Electrical Work and Contracts taken to  
install apparatus complete.

A cough is a danger signal. You  
should heed its warning promptly.  
Begin at once, and take regular  
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### Ayer's Cherry Pectoral



All serious lung troubles  
begin with a common  
cold. A cold in the  
throat easily passes to  
the bronchial tubes,  
and you have bron-  
chitis, leading possi-  
bly to pneu-  
monia or con-  
sumption. Stop  
your cold before it goes down into  
the chest. When you bring a bottle  
of Ayer's Cherry Pectoral into the  
house you bring with it relief, good  
cheer, hope, and sunshine. It is a  
standard and unrivaled remedy for  
colds and coughs.

There are many substitutes and imi-  
tations. Beware of them and of so-  
called "Genuine Cherry Pectoral."  
Be sure you get AYER'S Cherry  
Pectoral.  
Put up in large and small bottles.

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Fine Fat Turkeys.  
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rive and leave this port as here-  
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Alameda.....December 13

In connection with the sailing of the  
above steamers the agents are prepared to  
issue, to intending passengers **Coupon  
Through Tickets** by any railroad  
from San Francisco to all points in the  
United States, and from New York by  
any steamship line to all European ports.  
For further particulars apply to

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Baldwin Locomotives,  
Alex. Cross & Sons' Sugar Cane  
and Coffee Fertilizers

#### SUFFERS IN HOT WEATHER.

The Horse Needs Special Attention  
When Days Grow Warm.

"No animal," says W. H. Gil-  
bons, field agent for the Humane  
Society, "suffers so much during  
hot weather as the horse. He has  
no protection from the hot rays of  
the sun and is usually 'rushed'  
through the day's work and often-  
times he is neglected by his careless  
driver at the close of it. Hot weath-  
er and sore necks go together, but  
the trouble can be avoided by ob-  
serving the following rules:

A work horse should never be  
reined up while at work. He should  
be so that he lower his head and  
work the collar front slightly while  
standing. It is the horse that car-  
ries his head high that is most like-  
ly to get a sore neck. The collar  
should fit the neck of the horse and  
when taken off at the close of the  
day's work it should be scraped  
well. A short collar is more sure  
to make a sore neck in warm weath-  
er.

"The hames should fit the collar.  
A hame that has to be let out by  
lengthening the strap at the top is  
also liable to make a sore neck. As  
the horse pulls, the harness will  
spread on such a fit, pulling the  
collar together and spreading it at  
the same time so it will work back  
and forth and is sure to cause trou-  
ble. For this reason, high hames are  
preferable. With the short hame any  
alteration has to be made by length-  
ening or shortening the strap, while  
it is the hame that should be shorten-  
ed or lengthened. Sole leather or zinc  
pads should be used on top of the  
neck. Either is cooling and heal-  
ing, while the abominable cloth  
collar pad is heating and irritating.

"A sore neck is usually preceded  
by a bunch coming on the top of  
neck where the collar rests. If it  
is left and the horse continues to  
be worked, it soon becomes a deep-  
seated sore, causing no end of trou-  
ble, both to the humane officer and  
the owner. Aside from the hu-  
mane point of view, it pays to look  
after the welfare of the horse, as he  
is our main dependence during the  
rushing work of summer. It never  
pays to rush the horse through these  
hot days, nor should he be loaded  
to the usual limit. During the hot  
weather they should be loaded  
lightly, and driven moderately and  
watered between feeds. It may  
cause a little more work and time  
and, in all probability, save a horse  
or two at the end of the week.

"Lame horses are a source of  
much annoyance with us and in  
nearly all cases the lameness is  
caused by neglect on the part of  
the driver. When driven into a  
barn at the close of the day's work  
the hoof ought to be examined for  
gravel and nails, as both are easily  
'picked' up in the foot and become  
embedded before a lameness is  
shown. Much of the lameness  
among horses is caused by poor  
shoeing and I am sorry to say three  
out of five of our blacksmiths do  
not know how to shoe a horse prop-  
erly. Perhaps the proprietor of  
the shop does know how to shoe a  
horse on scientific principles, but  
when a horse is brought to the shop  
for shoes he is busy 'managing' the  
shop and the horse is turned over  
to a helper who can analyze a hoof  
and tell its distinct parts no better  
than he could articulate the human  
frame.

"I hope the day will soon arrive  
when horsehoers will have to pass  
an examination on their work to a  
reliable board of examiners, just  
like the barbers have to undergo in  
their profession, for there are about  
as many 'blacksmith' horsehoers  
in town as there would be 'black-  
smith' barbers were it not for our  
state board of examiners among  
our tonsorial artists. During the  
past week I have relieved eighteen  
horses of their harness on account  
of bad necks and ordered eleven  
horses off the streets till cured of  
their lameness—and yet I did not  
catch all of them."

#### ALL KINDS OF RUBBER GOODS

GOODYEAR RUBBER CO.

R. H. PEASE, President.  
SAN FRANCISCO, CAL., U. S. A.

#### MUSCULARIS.

An Effective Cure is Not Eating but  
Exercise.

A good many persons who lead  
fairly sensible lives as regards  
health conditions, who eat moder-  
ately, sleep in well-ventilated  
rooms, and take sufficient exercise  
in the open air, strangely neglect  
one of the most important set of  
muscles in the entire body, namely,  
the abdominal.

It needs but a thought to appre-  
ciate how important these muscles  
are. In the abdomen we have all  
the digestive organs, among them  
the solid and heavy liver, and to  
keep them in place there is nothing  
but the interior muscular wall, ex-  
cept the so-called ligaments, which  
are only folds of the peritoneum,  
too weak to hold a heavy weight  
for a long period without stretch-  
ing. When these lack tone there  
is more or less sagging of all the  
contained organs. The entire cir-  
culation within the abdomen is  
affected.

At the watering-places this con-  
dition is treated by dieting and the  
use of the waters internally and  
externally. The measures give  
relief for a time—but only for a  
time. Far better is it to strengthen  
the abdominal muscles, and so not  
only banish the trouble for a time,  
but keep it from returning.

Walking does little, at least not  
enough, for these muscles, and it  
is often advisable for those engaged  
in sedentary pursuits to take special  
abdominal exercises. These are of  
various kinds, but one simple ex-  
ercise will answer all the require-  
ments. It is best taken in the  
morning before the bath. With all  
the clothing removed to the waist,  
and with nothing tight about the  
waist, lie on the back on the floor  
with the feet under the rung of a  
heavy chair or the opened lower  
drawer of a bureau. Then with  
the arms folded on the chest rise  
slowly to a sitting posture, keep-  
ing the back perfectly straight;  
then gradually sink back again to  
the supine posture. Take a deep  
breath, and repeat. This may be  
done five times at first, the number  
being gradually increased. When  
it can be done without undue effort,  
the exercise may be taken with the  
hands clasped under the back of  
the head, and finally, with the  
arms extended above the head.

#### New Bridge Play.

Bridge has become so thoroughly  
systematized that a new play pos-  
sessing merit has become a rarity.  
Such a one, however, has just been  
invented, and is now being sub-  
jected to the test of experience  
among those who know of it. Whether  
one should discard from strength  
or weakness has ever been a  
vexed question. The books say  
strength, but it goes so hardly  
against the grain to part with a  
possibly winning card that a major-  
ity of players discard from weak-  
ness, or from weakness in no  
trumps, and from strength in a  
declared trump. The custom, in  
making up a game, of announcing  
one's method and asking that of  
the others, everybody concedes, is  
a nuisance. The new way is to  
discard from either, but to throw  
an even card—i. e., a two, four, six  
or eight spot, if from weakness,  
and an odd card if from strength.  
This makes for elasticity in play,  
eliminates the annoyance of ques-  
tioning, and seems to serve every  
purpose more effectively than either  
of the old methods. The invention  
is the product of the fertile brain of  
Mr. Edwin M. Post, the well-known  
banker, and who is a player of the  
first class. It will be known as  
the "Post discard," and, we are  
informed, has received the distin-  
guished approval of the great Mr.  
Elwell.

#### Nothing To Fear.

Mothers need have no hesitancy  
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Remedy to their little ones, as it  
contains nothing injurious. This  
remedy is not only perfectly safe to  
give to small children, but is a me-  
dicine of great worth and merit.  
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PEACOCK BLOCK, HILO

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Steamers of the above line running in connection with the Canadian Pacific Rail-  
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Suva and Brisbane, Q.; are **due at Honolulu** on or about the dates below  
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MOANA.....NOV. 18	AORANGI.....NOV. 15
AORANGI.....DEC. 16	MIOWERA.....DEC. 13

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a little labor. With

**THE  
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you can paint and varnish at  
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be surprised how easy it is  
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