

COMMISSIONERS' NOTICE

Estate of Lewis Allbee
undersigned, having been appointed by Honorable Probate Court for the district of Orleans, Commissioners, to receive, examine and adjust all claims and demands of all persons against the estate of Lewis Allbee...

COMMISSIONERS' NOTICE

Estate of Mary A. Tripp
undersigned, having been appointed by Honorable Probate Court for the district of Orleans, Commissioners, to receive, examine and adjust all claims and demands of all persons against the estate of Mary A. Tripp...

Estate of Noel D. Collins, Minor, of Irasburg

VERMONT. In Probate Court, Main District, ss. held at Newport, in District, on the 18th day of March, 1906.
hereas, Curtis T. Collins, Guardian unto Noel D. Collins, minor, of Irasburg, in said district, has filed in said Court a new Bond...

AGENTS WANTED

We want the Calfskins, Hides, Sheep Pelts, Tallow, Bones, etc. collected in your vicinity.
Can't you arrange to purchase these goods for us this spring? We will furnish the cash with which to buy; we will also furnish tags, advice sheets, taking off directions, cloth posters to enable you to advertise the business, etc., etc.

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Sugar pails at the old price
Tin Sugar Pails
Syrup Cans
Sap Spouts and Nails
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Bucket Ears
Hoop Iron
Gathering Pails
Anything you may be in need of in this line call for at

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UNDERTAKERS' GOODS.

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IN HUB MARKETS

Quotations on the Leading Products in Demand

Boston, March 29.—There is no change to note in the market for butter, the demand having been steady, with only a fair supply of the better grades. Northern creamery, 25 1/2 @ 26; western creamery, 25 @ 25 1/2; dairy, 20 @ 22 1/2.

Cheese has been firmer, though prices are not notably higher. Stocks are being steadily reduced. York state, 14 @ 14 1/2; Vermont twins, 13 1/2 @ 14.

Notwithstanding the continued cold weather, the egg market is easier, and prices have been reduced on all grades. Choice nearby and henery, 20 @ 21c, eastern, 19 @ 20c; western, 16 @ 18c.

The weather has been too cold for much activity in fruits and vegetables. The demand has only been fair. Most of the changes in prices have been toward a lower level, but as goods are apt to be affected by cold weather as much as by heat, retailers have shown a disposition to go slow on purchases.

There has been a fairly good movement of apples, with prices well sustained on all kinds. Receipts are lessening all the time, and fancy Baldwins are getting more plenty all the time and the demand is increasing as they grow cheaper.

Potatoes are firm, but they have been plenty and dull. Sweets are steady. Old cabbages are gradually working out of stock and the remaining lots are held pretty high. Cucumbers have had a rather sharp drop under increased receipts. String beans and tomatoes are in better supply and cheaper. Celery is very firm, with offerings light. Spinach, beet greens and dandelions are off a little, but kale is a shade higher. Supplies of domestic onions are much in excess of the demand and they have to go at very low prices. Cauliflowers and asparagus are firm, but rhubarb is somewhat easier. Bunch beets have stiffened up a little. Turnips are steady.

Apples—Baldwins, fancy, \$4.50 @ 4.75 a barrel; No. 1, \$4 @ 4.25; No. 2, \$3.25 @ 3.50; russets, No. 1, Roxbury, \$3.50 @ 4; No. 2, \$3 @ 3.50; greenings, \$4 @ 4.50; Tolman sweets, \$3 @ 3.50; Ben Davis, \$4 @ 4.50; northern spies, \$4 @ 5.

Strawberries—Florida choice, 25 @ 30c a quart; ordinary, 20c. Potatoes—Aroostook Green mountains, 6 @ 6 1/2c a bushel; hebrons, 60 @ 62c; rose, choice, 55 @ 57c; ordinary, 50 @ 52c; Dakota reds, 50 @ 52c; Prince Edward Island reds, 50c; chenaungoes, 45c; sweets, Jersey double heads, \$1.75 @ 2.25 a barrel; Vinelands, \$2.50 @ 3; baskets, 90c @ \$1.

Beans—Southern string beans, \$4.50 @ 5 a crate; butter beans, \$5 @ 6 a crate. Cabbages—New southern, \$3 a crate; old drumhead, \$2.75 a barrel; savoy, \$2 a barrel; red, \$1.25 a box. Celery—Boston market, \$4 a dozen bunches; California, \$2.25 @ 2.50 a dozen bunches.

Cucumbers—Hothouse, No. 1, \$6 @ 7 a box; No. 2, \$3 @ 4.50 a box. Greens—Spinach southern, \$1.50 @ 1.75 a barrel; hothouse beet greens, 65 @ 75c a bushel; hothouse dandelions, \$1.25 a bushel; kale, \$1 @ 1.25 a barrel. Lettuce, etc.—Lettuce, 25 @ 50c a dozen heads; romaine, 75c a dozen heads; parsley, \$1.25 @ 1.50 a bushel; mint, 60c a dozen bunches; watercress, 50c a dozen bunches.

Onions—Domestic, 40 @ 80c a bushel; Spanish, \$3 @ 3.25 a crate; Cuban, \$4 a crate; leeks, 75c a dozen bunches. Squashes—Western Hubbard, \$50 a ton. Tomatoes—Native hothouse, 30 @ 40c a pound; southern, \$4 @ 4.50 a crate. Turnips—Yellow, 90c a barrel; French white, \$1.75 @ 2 a bag; white egg and purple tops, 50 @ 75c a bushel.

Miscellaneous—Carrots, 75c a bushel; parsnips, 75c @ \$1 a bushel; radishes, \$1.50 a box; beets, 60 @ 75c a bushel; new bunch beets, \$1.50 a dozen bunches; peppers, \$2.50 a crate; eggplants, \$2.75 @ 3 a crate; oyster plants, 75c a dozen bunches; okra, \$2.25 a crate; brussels sprouts, 25c a quart; mushrooms, \$2 @ 3 a basket; artichokes, \$1.50 a bushel; hothouse rhubarb, 6 @ 7c a pound; California cauliflowers, \$4 @ 4.50 a crate; California asparagus, \$6 @ 7 a dozen bunches.

There is no change in the market for pork provisions, though the quotations are very firmly held. Fresh beef is fairly firm, though prices are rather quiet. Extra heavy sides, 7 1/2 @ 8c; good, 6 3/4 @ 7 1/4c; light, 6 @ 6 1/4c; heavy hinds, 9 1/4 @ 10 1/4c; good, 9 @ 10c; light, 7 1/4 @ 8 1/4c; heavy fores, 5 1/2 @ 5 3/4c; good, 4 3/4 @ 5c; light, 4 1/2c.

Lambs have been very steady, prices being unchanged; muttons and yearlings are quiet; veals are firm; spring lambs, 9 @ 10c; fall lambs, 8 @ 9c; yearlings, 7 @ 8c; muttons, 7 @ 8c; veals, 11 @ 12 1/2c.

Poultry is quiet, but steady, with a short supply of fresh western fowls, and higher prices for choice lots. Western turkeys, 18 @ 20c; large northern chickens, 18 @ 20c; medium, 14 @ 16c; large western chickens, 15 @ 16c; medium, 12 @ 14c; northern fowls, 15c; western fowls, 14 @ 15c; western capons, 16 @ 18c; northern capons, 20 @ 22c.

There is a moderate demand for hay at steady prices; straw is quiet, but a little firmer; millfeed is very firm, with a good demand. Hay, No. 1, \$16.50 @ 17.50; low grades, \$13.50 @ 15; rye straw, prime, \$13 @ 14; oat straw, \$8 @ 9.50.

The wheat market has been very irregular. It would seem that the liquidation is not yet completed, as some have claimed, and in fact it is now said that there is a large line of May wheat held in Wall street, which shows a big loss. It is not unlikely that these holdings will come out unless there is a sharp advance in price or the market breaks badly.

W. C. T. U. COLUMN.

THE ADVANTAGES OF PHYSICAL CULTURE.

(The following paper was read at the last regular meeting of the Barton W. C. T. U.)

The subject assigned me is "The Advantages of Physical Culture." I cannot speak upon this subject in a very scientific manner as I have never made any specialty of the work. So as this is a health meeting, and "the way to health" is a subject especially interesting to me, you will pardon me if I do not seem to stick to my text. There are many things I would be glad to say had I the power to express to you how deeply I feel the importance of these subjects, which interest us all as women, mothers and temperance workers. I feel we are all bound together in one bond stronger than we have words to express, although we may all look at subjects from a different point of view. It seems to me it is the tendency of the age in which we live to make a specialty of a certain work. I suppose it may be right it should be so because it sometimes takes an extreme to show us the truth. And we find that more and more there are specialists in every kind of work. Does not this show us to what an extent these things may be carried with the mind working the body all in one train of thought? I will not need to picture illustrations, as you will all know if you think.

Have you not noticed as you have studied history, and as you have watched results from different events, that only a certain limit can be reached? We human beings, if we allow ourselves to develop in one line, are never satisfied and sometimes think we possess great power, even to running this world ourselves, but we find we are limited by natural law and cannot demonstrate beyond nature. Laying aside the spiritual part of us and comparing ourselves with other natural life, there is nothing more pleasing to our eyes than perfection. We notice the perfect tree, the plant and the animals; we notice the grace and symmetry of them, they attract our attention and excite our admiration. What care and attention we give them to develop perfection! For an example take the pansy that has not been cared for and we have only a violet, but by patient toil and care you cultivate it to be a large pansy.

Can you tell me of anything more beautiful in nature upon this earth than a perfectly healthy woman?

We wives and mothers hold the reins of the world in our hands, for we make the world. Upon us rests a great responsibility. You have watched the baby as he grows. The first thing he really discovers is his own little hand. You have seen the look of understanding come into the little eyes as he gets the first knowledge of himself, and you watch him all the way along as his own self is revealed to him. Have we mothers been able to give to the children perfect health to start life with? Do we ourselves know what it means to live and produce life? It seems to me that the natural law is the one of which we are most ignorant, and that our education makes each generation more so. Can we do more for the cause of temperance, can the temperance cause ever be perfected in any other way?

We also live in an age of force. You see it demonstrated in many ways. We demand results quickly, or nothing is any good. Isn't everything we gain in life done by constant daily toil?

Can a mother who is constantly stimulated bring a healthy child into the world? How many mothers daily absorb some kind of stimulant? Can the boy born with an appetite for the unnatural be blamed? It is only a diseased body that craves the unnatural. We say educate the children. I say educate the mothers, so they can educate their children. Now it seems to me we mothers cannot afford to develop any certain part of us to an extreme, we may be blessed with talents and it is to our discredit if we do not make the most of them, but we have to look upon life in a broader sense. We should study to know ourselves and first of all see that our bodies are as perfect as nature can make them. As we develop the body so should the mind develop as well. The more understanding and mastery one has of himself the more mind he has. A great stress is laid to-day upon our work, and we must have rest and quiet. Not all of us are able to do so. I am sure if it is necessary it is allowed us, but it is natural law that we shall work and most of us are in situations that call for emergencies. Are we able to cope with them? It is our own fault if we are not. And if we have allowed ourselves to grow into diseased conditions, we are obliged to grow out of them. A new thought, a change of heart, may come to us in a flash, but only time and constant striving can bring us out of evil. It is only upon this basis that I can see any advantage in physical culture.

To know how to stand, to breathe, sit and walk properly is very helpful. You will find as you study to know your own self and locate any unnatural development you may have that certain positions are more comfortable and you have perhaps caused a deformity. You will have to grow out of these ways if you wish to overcome them and physical culture will help you. I have only used it in breathing, in trying to keep good positions as I do my work, and in trying to throw off diseased conditions. Each and every one of us must suit our own needs. Some physical culture taken in God's pure air and sunshine, plenty of common sense, proper food, plenty of water, in fact a thorough knowledge and application of yourself to the laws of nature, and nature your physician,—the most skillful and safe one to be found,—is the only way to health. I am proving this in my own self and I thank God he has opened the way to me to see the way to health; and although the way is very hard some times and there are so many rough places to straighten, I can see results gradually. I want this body of mine (poor as it must be) to be all that it can be, for I believe in this way I can best serve my Master and be in keeping with the Holy Spirit within. It is proper nourishment that natural law first calls for and then the care to see that circulation does its work in all parts of the body.

We are wonderfully made! The secret of life and growth has never been revealed to any one human being, upon each one alone rests the responsibility of life, both physical and spiritual. We cannot submit ourselves to another. Others can suggest and help us by their experience, and here again rests responsibility, but only as we see the truth can we apply it. Physical culture should be a part of our knowledge.

I have told you nothing new. Many of you, perhaps all, are perfectly familiar with all I have said. The story of Christ and redemption is an old one and nothing new can be said about it. It is only as we accept it personally that it is ever new. Natural law, the process of life and growth, is an old, old story. It is only because we wander away from it and are ignorant of ourselves that we become sick in body. Are we as women, mothers and temperance workers doing what we can in this direction? The more perfect our own health the more perfect will be our labor. Physical life cannot be treated in a haphazard way. Let us awaken to our responsibilities.

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