

## Save your Horse

### BY USING FELLOWS' LEEMING'S ESSENCE.

IT CURES

Spavins, Ringbones,  
Curbs, Splints, Sprains,  
Bruises, Slips, Swellings  
and Stiff Joints on Horses.  
Recommended by prominent Horsemen  
throughout the country.

PRICE FIFTY CENTS.

T B BARKER & SONS, LTD  
ST. JOHN, N. S., Sole Props.

1840. 1903.

During this period

## Painkiller

(FERRY DAVIS)

has cured more cases of sickness than  
any other medicine. It's the best  
remedy in the world for  
Cramps,

Colic,

Diarrhoea, Etc.

A household remedy.

### If You Want To Be Absolutely Sure That

You will secure the best training  
that it is possible to obtain as a book-  
keeper or stenographer and type-  
writer, attend

Fredericton Business College.

Public opinion says that this school  
has no superior in the Dominion. Enter  
at any time. Write for free catalogue.  
Address,

W. J. OSBORNE,

Principal, Fredericton, N. B.

## MILBURN'S HEART AND NERVE PILLS FOR WEAK PEOPLE

### Are a True Heart Tonic.

Nerve Food and Blood Richener. They build  
up and restore all the worn out and wasted  
tissues of the body, and restore perfect health  
and vigor to the entire system.

Nervousness, Sleeplessness, Nervous Pro-  
stration, Brain Fog, Lack of Vitality, After  
Effects of La Grippe, Anemia, Weak and  
Dizzy Spells, Loss of Memory, Palpitation of  
the Heart, Loss of Energy, Shortness of  
Breath, etc., can all be cured by using

Milburn's Heart and Nerve Pills.

Price 50c. a box or 3 for \$1.25. All dealers or  
THE T. MILBURN CO., LIMITED, Toronto, Ont.

## Beware

of the fact that

## White Wave

disinfects your clothes

and prevents disease

**INDIGESTION  
CONQUERED BY K.D.C.**  
IT RESTORES THE STOMACH  
TO NORMAL ACTION AND TONIC  
THE SYSTEM

## The Home

### OUR BATHROOMS.

No home is complete without a bathroom  
and the only wonder is that they are not  
found in more homes, especially where the  
finances of the family will permit of either  
building a room or of fitting up some small  
room is supplied with the most inexpensive  
or home-made furnishings; it will be found  
very convenient for a toilet room, and a  
good bath tub can now be obtained for ten  
dollars, and the floor should be covered with  
linoleum and the woodwork finished in white  
enamel.

Aside from the convenience of good drainage  
the health of the family demands that all  
waste pipes be kept as clean as possible, and  
lint is the worst enemy of the bowl and tub.  
This stoppage is easily removed with a bent  
hair pin or a small hook, and a good disin-  
fectant for waste pipes is made by mixing  
one large tablespoon of copperas with one  
quart of boiling water.

There is nothing better for removing un-  
sightly marks from marble basins than pul-  
verized chalk moistened with a few drops of  
ammonia, and this paste is excellent for  
brightening the nickel bathroom fixtures.  
Care of the bathroom is one of the most im-  
portant details of housekeeping, and if left  
to the control of the average servant will be  
neglected, and while once a week is sufficient  
for its thorough cleaning, the room should  
be carefully looked over every morning to  
insure perfect safety from disease germs and  
disagreeable odors. A zinc-lined bath tub  
can be cleaned by rubbing with a flannel  
cloth dipped in coal oil, but if the metal has  
become very dark, the oil should be mixed  
with fine sifted ashes, and once the metal is  
made clean in this way, it can be kept  
bright and clean by scrubbing at least once  
a week with a strong pearline suds, and the  
hot suds is excellent to use in cleansing the  
drain pipes and for keeping a porcelain tub  
and bowl white and clean. Save all the  
fragments of toilet soap, and fill flannellette  
bags with pieces, and use in the bath, or  
save the pieces, and when you have collected  
a nice quantity of the scraps, cover them  
with boiling water and stir in enough ground  
oatmeal to make a stiff batter and when cold  
cut into squares and will find no finer soap  
than this.—Baptist Commonwealth.

### THE CARE OF CHILDREN'S HAIR.

Mothers should teach their children to care  
for their hair as early as possible.

If the little girl is coaxed into the habit of  
giving her locks a hundred strokes with a  
stiff brush every morning and evening and  
braiding them loosely for bed, the foundation  
for a future beautiful head of hair will be  
laid.

Counting the strokes will lighten the task  
for her, and she will soon become accus-  
tomed to it and make it a part of her daily  
toilet. Too many children are allowed to go  
to bed with their hair in a tousled condition  
only to have it jerked and tangled hastily  
when school time comes round.

Such a practice is disastrous to the nerves  
of a sensitive child and ruinous to the hair.  
Teach the little daughter to take care of her  
hair and at the right time, and also to keep  
her brush and comb in the proper state of  
cleanliness.

These articles should be as strictly person-  
al property as the tooth brush. Never allow  
one child to use the other's hair-brush. Dis-  
eases of the scalp are most contagious, and  
the brush is the surest germ agent.—Michi-  
gan Christian Herald.

### SWEETSSPOIL THE VOICE.

Women who are having their children's  
voices cultivated, and those who are taking  
lessons in vocal culture, should watch their  
diet carefully and avoid eating things that  
injure the voice. An eminent instructor  
claims to be able to detect chocolates in a  
voice as easily as a physician can tell that  
a patient has been taking stimulants. The  
eating of candy should be prohibited while  
the pupils are taking their courses, because  
such indulgences leave unmistakable

on the vocal organs. It seems odd, too, that  
the very sour things should have the same  
effect as sweet ones. Pickles or anything  
that is saturated in vinegar should be given  
up, and nuts, too, are said to be bad for the  
singing voice. They will cause a permanent  
injury to the voice if eaten frequently, and it  
will be noticed that professional singers do  
not eat anything that is either very sour or  
very sweet for this reason. Some young  
girls are apt to refrain from mentioning at  
home any instructions given to them regard-  
ing their diet, because they enjoy eating  
sweets, but they cannot expect to make much  
headway in their exercises unless the diet is  
carefully watched.—Modes.

### A BIT OF BEAUTY.

We can't all go away into the country  
this summer-more's the pity. But we all  
can, at the cost of a little time and a few  
cents, have a bit of a garden to remind us  
that this is the season of blooms and blos-  
soms. If we live in a house there is almost  
always a tiny back yard which fairly yearns  
to be planted with vines and hardy annuals.  
And if "sweet home" be a flat or even the  
hall bedroom at the rear, place can almost  
always be found for a window or perch box  
which will bring a bit of beauty into the  
most forbidding surroundings. The grocer's  
boy, properly approached, will furnish the  
box and in the woods along the north shore  
you may fill a basket with the richest leaf  
mould at a cost of nothing more than street  
car fare.

If there is an unsightly and dilapidated  
fence at the rear of your house or flat, a few  
cent's worth of wild cucumber or morning  
glory seed planted along it are all that is  
necessary to transform it into a delight to  
the eye. If there is even the smallest piece  
of ground available, you may make it con-  
tribute not only to the pleasure, but to the  
profit of the family. One Chicago woman,  
on a plot of ground measuring two and a  
half by 20 feet, yearly raises sufficient spinach  
lettuce, radishes, beans, tomatoes, and par-  
sley to supply her family.

Beauty is the one great lack of life in a  
great city. The various improvement clubs  
and association can do no better work than  
that of educating the people to the know-  
ledge of how cheaply, easily, and completely  
that lack can be supplied by the planting of  
window boxes and small gardens.—Chicago  
Journal.

A man must not choose his neighbor; he  
must take the neighbor that God sends him;  
in him, whoever he be, lies hidden or reveal-  
ed a beautiful brother. The neighbor is just  
the man who is next to you at the moment.  
This love of our neighbor is the only door out  
of the dungeon of self.—George Macdonald.

Cross-bearing is not a thing to be complain-  
ed about, but to be loyally and nobly borne.  
It is not for parade and boasting (but for sil-  
ent and patient endurance. It has gracious  
and worthy ends to accomplish. Under the  
Spirit's grace and direction it means the de-  
velopment of a pure, ennobling and exalted  
character. It is an individual experience,  
and is something which serves to bring more  
of God than man into the life. It has its re-  
lations to eternity as well as to time, and its  
best and fullest meaning God alone knows—  
Sel.

I was cured of a severe cold by MINARD'S  
LINIMENT.

Oxford, N. S.

R. F. HEWSON.

I was Cured of a terrible sprain by MIN-  
ARD'S LINIMENT.

FRED COULSON.

Yarmouth, N. S.

Y. A. A. C.

I was Cured of Black Erysipelas by MIN-  
ARD'S LINIMENT.

Inglesville.

J. W. RUGGLES.

### Relieve those Inflamed Eyes!

## Pond's Extract

Reduced one-half with pure soft water,  
applied plentifully with dropper or eye cup-  
the congestion will be removed and the pain  
and inflammation instantly relieved.

CAUTION!—Avoid dangerous, ir-  
ritating Witch Hazel preparations  
represented to be "the same as"  
Pond's Extract which easily cause  
and generally contain "wood alco-  
hol," a deadly poison.

### Employment for Graduates.

We have no occasion to worry over that.  
What is our greatest concern is to get suf-  
ficient competent graduates for the positions  
we are asked to fill.

### A CALL PER DAY

is what we average. If you desire to qualify  
send for the calendar of the

MARITIME BUSINESS COLLEGE.

Halifax, N. S.

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## DR. WOOD'S NORWAY PINE SYRUP.

A Pleasant, Prompt and Perfect Cure for

COUGHS, COLDS,  
HOARSENESS,  
SORE THROAT,  
ASTHMA,  
BRONCHITIS,  
CROUP,

and all Throat and Lung Troubles.  
Obstinate Coughs yield to its grateful,  
soothing action, and in the racking, per-  
sistent cough often present in consump-  
tive cases it gives prompt and sure re-  
lief.

Mrs. S. Boyd, Pittston, Ont., writes:  
"I had a severe cold in my throat and  
head and was greatly troubled with  
hoarseness. Two bottles of Dr. Wood's  
Norway Pine Syrup completely cured  
me."

Price 25 cents per bottle.

### COWAN'S

## Cocoa and Chocolate.

They are the choicest of all.

Try them

## BRECHE A LADY

TELLS OF HER EXPERIENCE  
WITH

## DOAN'S KIDNEY PILLS

The Great and Well-Known Kidney Specific  
for the Cure of all Kidney  
and Bladder Troubles.

Mrs. P. Bertrand, Breche A. Manon,  
Que., writes:—I think it nothing but  
right for me to let you know what  
DOAN'S KIDNEY PILLS have done for  
me. For five months I was badly troubled  
with a sore back, and such severe pains  
in my kidneys that I could scarcely walk  
at times. I got a box of DOAN'S KID-  
NEY PILLS, and before I had them half  
taken I was greatly relieved, and with  
another box I was completely cured. I  
cannot help but give them all the praise  
I can, and will never fail to recommend  
them to all kidney sufferers.

### DOAN'S KIDNEY PILLS.

are 50c. box, or 3 for \$1.25; all dealers or  
The Doan Kidney Pill Co., Toronto, Ont.

Bells 100 lbs. to  
10,000 lbs. McShane's  
Any tone desired—Chimes, Pells, Single.  
McSHANE BELL FOUNDRY, Baltimore, Md., U.S.A.