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When you take Hood's Pills. The big, old-fashioned, sugar-coated pills, which tear you all to pieces, are not in it with Hood's. Easy to take

## Hood's Pills

and easy to operate, is true of Hood's Pills, which are up to date in every respect. Safe, certain and sure. All druggists. 25c. C. I. Hood & Co., Lowell, Mass. The only Pills to take with Hood's Sarsaparilla.

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H. L. Coombs & Company, dealers in Soap and Stationery, will give premiums, for a short time, to introduce their goods. High Grade Bicycles for Gents and Ladies; Gramophones; Gold Watches, guaranteed for 20 years; Handsome Desks, and many other premiums. Special Watches (perfect time keepers) given away with 10 Boxes Toilet Soap at 25c., and 10 Boxes Note Paper and Envelopes at 25c. High grade of goods. Send for Information Sheet, which explains how to earn any of the premiums. Hundreds of men and women, boys and girls already at work, and many have earned a premium in one day. Address—

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education cannot be overestimated. A knowledge of business is absolutely necessary to success.

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It may be a sign of some serious malady fastening itself upon the vital parts.

### Puttner's Emulsion

will dislodge it and restore the irritated and inflamed tissue to healthy action.

Always get PUTTNER'S, it is the Original and BEST.

## Travellers

Should always carry with them a bottle of Dr. Fowler's Extract of Wild Strawberry.

The change of food and water to which those who travel are subject, often produces an attack of Diarrhoea, which is as unpleasant and discomforting as it may be dangerous. A bottle of Dr. Fowler's Extract of Wild Strawberry in your grip is a guarantee of safety. On the first indication of Cramps, Colic, Diarrhoea or Dysentery, a few doses will promptly check further advance of these diseases.

It is an old, reliable remedy, with over forty years of cures to its credit, whose merit is recognized everywhere and one that the doctors recommend in preference to all others.

Sold by medicine dealers everywhere at 35c. a bottle. Always insist on the genuine, as many of the imitations are highly dangerous.



### Physical Training for Women.

One of the lessons to be learned from the results of athletics for women is not hard to read. The sudden attacks of acute disease which have overcome some of the women who have been most successful in securing honors in tennis and other athletics, show that the coveted prize of superior health has not always been secured. The diseases which have hitherto been more common to the sterner sex have in recent years, developed to an alarming extent among women who go out in the world and meet the same strain as men. The young have fallen victims to diseases that should belong to old age and decayed tissues. If women, with weaker muscles and inferior physical strength, are driven to do the work of men, it is inevitable that they should suffer from the diseases that come from the wear and tear of such work. While no one can doubt the value of a physical training for women, no one in his senses can doubt that their training should be as different as possible from man's training. To preach co-education on such lines is to preach absolute folly, as every medical man and unprejudiced medical woman knows. The fact that some women have been eminently successful in some athletics which have belonged to men hitherto proves nothing. These women may have been overtrained—that is, developed to accomplish certain things physically at the sacrifice of the general strength. Cases of overtraining among college students and others are not uncommon. The high standard of athletics maintained among the students of certain colleges makes necessary a regulation diet and general regimen. The folly of women attempting similar sports without any regulations in diet need not be dwelt on. At best such training among women would be only a makeshift affair. Why, therefore, attempt it at all? Let a woman's physical training in school be as thorough as possible and calculated to develop the womanly form on the most perfect outlines, but therefore as diametrically different from the training of a man as possible. Physical trainers who exhibit angular, undeveloped bodies as a result of training are poor exponents of their art. The trainers who fitted women for the stage and the old-fashioned dancing master did better. The developed a higher type of womanly form. It is expected that training for women will go far beyond what they did. Let all parents who desire what is wisest and best for their daughters as for their sons speak and act decisively on the subject of training. It is a vulgar fad at present for women to attempt masculine sports. It is also a dangerous fad, which all refined, wise people should emphatically discourage. Women will best prove their right to all the advantages which they now enjoy in coeducational institutions by maintaining a high standard of womanliness, which has always been the highest ideal of the wisest and noblest women.

### French Sauces.

In addition to the multitude of delicious sauces that owe their excellence to ope of the two foundation sauces of French cookery, there are several sauces that stand alone by themselves, and are dependent on no foundation sauce, either dark or light.

One of the most important of these is maitre d'hotel butter. This butter is simply mixed with lemon juice, seasoned with salt, if the butter is saltless, and finished with a little chopped parsley. Yet how few cooks can mix a tablespoonful of butter with the juice of half a lemon so as to make them in an even mass! Add the touch of salt needed and the teaspoonful of fresh parsley, and thus prepare the sauce so that it brings out the flavor of the broiled meat or fried fish on which it is used without asserting its own flavor. This sauce is one of those used on delicate meats or fish.

A Hollandaise sauce is the best of fish sauces, and one seldom used on meat,

suitably used on some rich, boiled vegetables, like cauliflower or kohlrabi. To prepare this sauce, slice one small white onion, add half a dozen whole peppers, half a bay leaf, and let the whole fry in two tablespoonfuls of butter. Stir in two tablespoonfuls of flour, and when it froths add three cups of chicken or veal broth, or, if these are not in the house, water will do. Mix well, add a teaspoonful of salt, and let the sauce cook slowly for half an hour. Meantime beat the yolks of three eggs with the juice of a lemon. Add this mixture slowly to the hot sauce by first adding a little of the sauce to the yolks of the eggs, and then stirring it with the remainder. Do not let the sauce boil any longer, but continue stirring it. Add a tablespoonful of butter, and mix well. A pint of this sauce is sufficient to serve with fish for six persons.

A Bearnaise sauce is used with beefsteak and other broiled meats. Chop fine two shallots or two small white onions. Put them into a saucepan with two tablespoonfuls of tarragon or chervil vinegar and five whole peppers crushed a little. Reduce the vinegar until it has been nearly absorbed, and beat six yolks of eggs with the mixture left, after cooling it beat them well in. Add a tablespoonful of salt and twelve tarragon leaves chopped fine. Set the saucepan containing the ingredients of the sauce in a larger pan of boiling water, and beat it until it thickens; then add a tablespoonful of beef extract, strain the sauce, and use it at once.

Tomato sauce is made without a foundation sauce. First fry two tablespoonfuls of chopped carrots and white onions, a pinch of minced ham, a spray of parsley, a spray of soup celery chopped fine, half a bay leaf and six peppers, using two tablespoonfuls of butter. Add a quart of ripe tomatoes or a can of tomatoes, and let the sauce cook for forty-five to thirty minutes according to whether fresh or canned fruit is used. Strain the sauce through a sieve. It is used on fried chops, broiled cutlets and occasionally on fried fish. The directions for making a mayonnaise sauce are familiar. A tartar sauce, which is excellent on broiled chicken and on fried fish, is a mayonnaise sauce with a chopped cucumber pickle, a small onion grated, an extra teaspoonful of mustard, and a teaspoonful of capers added to the regular rule.

Hollandaise sauce is often the foundation of other sauces which are used with fish. To make a lobster sauce, color a pint of Hollandaise with a lobster coral and add a cup of chopped lobster meat. An oyster sauce may be made by adding twelve oysters to a pint of Hollandaise sauce. Shrimp sauce is used by adding a teaspoonful of shrimp butter to half a pint of Hollandaise sauce, to color, and flavor it by adding the meat of twelve shrimp tails.

## A Pretty School Dress.

### New Creations from Discarded Materials.

In every young girl there is a natural and inherent desire to look pretty and attractive, and nothing gives greater delight to the ordinary school miss than an occasional new dress.

Before the advent of Diamond Dyes, the large majority of our school girls had to content themselves with two dresses a year—one each for summer and winter. Now, with the magical virtues of Diamond Dyes, mothers in even very moderate circumstances are enabled to send their girls to school as neatly and stylishly dressed as the daughters of well-to-do families.

A little feminine tact and skill that all women possess, with the aid of a ten cent package of Diamond Dyes, will do wonders for our school girls.

Every mother has put aside one or more dresses too old and faded for herself or daughters. It is a mistake to imagine that these dresses are worthless. With a little simple work in coloring and re-making you can have really artistic effects and results.

Take one of the old dresses and try your skill. First remove all grease spots and stains, then prepare your bath of Diamond Dye—the color most becoming to a miss who is to wear it—and dye according to the simple directions on the envelope, and you have a creation in new material, which, when made up, your daughter can wear with pride and satisfaction.

A new and pretty dress at a cost of from ten to twenty cents is always your reward when you make use of the Diamond Dyes.

Thin in flesh? Perhaps it's natural.

If perfectly well, this is probably the case.

But many are suffering from frequent colds, nervous debility, pallor, and a hundred aches and pains, simply because they are not fleshy enough.

Scott's Emulsion of Cod-liver Oil with Hypophosphites strengthens the digestion, gives new force to the nerves, and makes rich, red blood. It is a food in itself.

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SCOTT & BOWNE, Chemists, Toronto.

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