

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. B., Sole Props.

DR. WEAVER'S TREATMENT.
WEAVER'S SYRUP
For Humors
Salt Rheum
Scrofulous Swellings, etc.
WEAVER'S CERATE
Cleanses the Skin
Beautifies the Complexion.
Combined, these preparations act power-
fully upon the system, completely eradica-
ting the Poison in the blood.
Davis & Lawrence Co., Ltd., Montreal.

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FROM ONE
WHO HAS DONE
—THE PRINCIPAL OF—
Frederick Busine s
College
Spent nearly TEN years as a book-
keeper and office man in various mer-
cantile and manufacturing concerns.
He is the man to instruct YOU how to
do office work.
Send at once for a catalogue of this
splendid school. Your name on a post-
card will bring it. Address,
W. J. OSBORNE.
Frederickton, New Brunswick.

Only a Trifling Cold
Has been the Lullaby Song of Many a
Victim to their Last Long Sleep.
A cough should be loosened as
speedily as possible, and all irrita-
tion allayed before it settles in the
lungs. Once settled there Bron-
chitis and Consumption may follow.
DR. WOOD'S
NORWAY PINE SYRUP
is just the remedy you require.
The virtues of the Norway Pine
and Wild Cherry Bark, with
other standard pectoral Herbs and
Balsams, are skillfully combined
to produce a reliable, safe and
effective remedy for all forms of
Coughs and Colds.
Mr. N. D. Macdonald, Whycom-
agh, N.S., writes:—"I think it
my duty to let people know what
great good Dr. Wood's Norway
Pine Syrup did for me. I had a
bad cold, which settled in my
chest, and I could get nothing to
cure it till I tried Dr. Wood's Nor-
way Pine Syrup. The first bottle
helped me wonderfully, and the
third one cured me.
Price 25 cents per bottle.

Beware
of the fact that
'White Wave'
disinfects your clothes
and prevents disease.

CRYING BABIES.
Some people object to crying babies but without good reason. The noise they make is certainly not a sufficient ground for annoyance. It is often not as loud as the clatter of a talkative person, and if it is louder, it is only proof of an exceptionally good constitution and lung power. Probably the reason why so many are troubled at a baby's cry is because they suppose it to be a sign of great distress and their sympathies are aroused. As in so many cases we judge for our own standards. You would not cry so loud unless you were in terrible agony. But crying is normal to a healthy baby. If a baby does not cry it is unusually an indication of physical or mental weakness. "An infant crying at night" is an appropriate and creditable feature in a well regulated household, provided of course it does not cry much. A healthy crying baby is a far more pleasant object to contemplate than a baby that is not strong enough to cry. A baby's cry, a boy's yell and a girl's laugh are the natural noises of healthy childhood.—Watchman.

OUT OF SORTS.
At this season many women discover that they are a little below condition—what they describe as out of sorts. They are disposed to be blue and a little melancholy without reason, and they are tired more or less at all times.

The fact is that the sudden vagaries of our climate and the constant changes from sharp cold to mildness, and from storm to sunshine, are trying to the stoutest constitution. When a woman is rather delicate than strong, or when she has long been overwrought, she feels the stress of our atmospheric conditions intensely. Perhaps she grows morbid; possibly she drifts into a condition of half-illness that is almost as distressing as a pronounced malady.

When it is at all possible, a change of residence for a little while is to be advised—a visit or a journey. If that cannot be managed, let the mother, if it is she who is breaking down, give up some of her cares and rest in her own home. Pneumonia or typhoid fever would compel her resting; it will be worth her while not to await their stern, enforcing tyranny. One may take a partial rest cure by breakfasting in her own room in the morning, by reading for pleasure, and by lying down several times a day, and letting the sewing go; above all by ceasing to worry over trifles.—Cousin Phyllis, in Christian Intelligencer.

THE DRESSMAKER'S SLAVE.
What mockery to prate of the equality of the sexes when one sex possesses the freedom of uniform, and the other is the slave of ever varying costume! Think of the great portion of a lifetime we women are condemned to spend merely on keeping our sleeves in style! Talk of our playing with scholarship or politics when we are all our days panting disheveled after scampering Dame Fashion, who, all our broken-winded lives, is just a little ahead! Yet dress-reform is the first article in our creed of antipathies, and I, for one, am last of the ladies to declare myself a heretic. I am not ungrateful for the gift of sex and species. Suppose I were a fowl of the air,—what condemnation of hoddan gray, and soul unexpressed either by vocal throat or personality of plumage! Among things furred or feathered it is the male who dresses and the lady who wears uniform; that it is otherwise with human beings is due, I suppose, to some freakish bit of chivalry on the part of the autocrat Evolution, the ringmaster who puts the entire menagerie through their tricks. No, I would not be a fowl; let me not repine; let me at this business of dressing, pluckily. Winfred Kirkland, in the Atlantic.

FOR SLEEPLESS WOMEN.
The women who cannot sleep is always a nervous subject. She should religiously take enough physical exercise each day to induce healthful fatigue. She should eat simple, easily digested food, avoiding tea

and coffee later than her breakfast hour. Many women declare that tea and coffee have no effect upon their nerves. I know they are mistaken. Coffee and tea are excellent incitants and enemies of sleep. The insomnia victim may be lulled to rest by a gentle massage—the hypnotic sleep inducer. Sometimes a rub with hair friction gloves will induce sleep. A tepid bath taken just before retiring has a sedative effect; but a hot bath is stimulating, and should not be taken at night by nervous subjects.—Christian Work.

HOW TO TREAT PLANTS IN WINTER.
Give plants all the fresh air you can. Open doors and windows at some distance from them on pleasant days, and give them a chance to breathe in pure oxygen in liberal quantity. Give all the sunshine you can. And aim to keep the temperature of the room between seventy degrees by day and fifty-five at night. It will probably exceed these figures in both directions, but try to regulate it in such a way as to avoid the extremes of intense heat and dangerous cold. Use water liberally on the foliage of your plants. By washing off the dust, it keeps open the pores of the leaves through which they breathe, and it tempers the hot, dry atmosphere usually prevailing in the living room. The only way to modify this condition is to keep water constantly evaporating on stove or register, and make frequent use of the sprayer.—Eben E. Rexford, in October Lippincott's.

NO ARGUMENT NEEDED.
Every Sufferer from Catarrh Knows that Salves, Lotions, Washes, Sprays and Douches do not Cure.

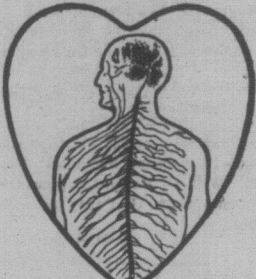
Powders, lotions, salves, sprays and inhalers cannot really cure Catarrh, because this disease is a blood disease, and local applications, if they accomplish anything at all, simply give transient relief. The catarrhal poison is in the blood and the mucus membrane of the nose, throat and trachea tries to relieve the system by secreting large quantities of mucus, the discharge sometimes closing up the nostrils, dropping into the throat, causing deafness by closing the Eustachian tubes, and after a time causing catarrh of stomach or serious throat and lung troubles. A remedy to really cure catarrh must be an internal remedy which will cleanse the blood from catarrhal poison and remove the fever and congestion from the mucous membrane.

The best and most modern remedies for this purpose are antiseptics scientifically known as Red Gum Blood Root and Hydrastin, and while each of these have been successfully used separately, yet it has been difficult to get them all combined in one palatable, convenient and efficient form. The manufacturers of the new catarrh cure, Stuart's Catarrh Tablets have succeeded admirably in accomplishing this result. They are large, pleasant tasting lozenges, to be dissolved in the mouth, thus reaching every part of the mucous membrane of the throat and finally the stomach.

Unlike many catarrh remedies, Stuart's Catarrh Tablets contain no cocaine, opiate or any injurious drug whatever and are equally beneficial for little children and adults. Mr. C. R. Rembrandt of Rochester, N. Y., says: "I know of few people who have suffered as much as I from Catarrh of the head, throat and stomach. I used sprays, inhalers, and powders for months at a time with only slight relief and had no hope of cure. I had not the means to make a change of climate, which seemed my only chance of cure."

"Last spring I read an account of some remarkable cures made by Stuart's Catarrh Tablets and promptly bought a fifty cent box from my druggist and obtained such positive benefit from that one package that I continued to use them daily until I now consider myself entirely free from the disgusting annoyance of catarrh; my head is clear, my digestion all I could ask and my hearing which had begun to fail as a result of the catarrh, has greatly improved until I feel I can hear as well as ever. They are a household necessity in my family." Stuart's Catarrh Tablets are sold by druggists at 50 cents for complete treatment and for convenience, safety and prompt results they are undoubtedly the long looked for catarrh cure.

Pond's Extract
The Old Family Doctor
CURES:—Burns, scalds, bruises, cuts, sprains, wounds, lameness, soreness, neuralgia, rheumatism, sunburn, bites, stings.
STOPS:—Nose bleed, toothache, earache, bleeding lungs, hemorrhages, and all pains.
Sold only in sealed bottles under buff wrapper.
ACCEPT NO SUBSTITUTE.

MILBURN'S
Heart and Nerve
Pills.


Are a specific for all heart and nerve troubles. Here are some of the symptoms. Any one of them should be a warning for you to attend to it immediately. Don't delay. Serious breakdown of the system may follow, if you do: Nervousness, Sleeplessness, Dizziness, Palpitation of the Heart, Shortness of Breath, Rush of Blood to the Head, Smothering and Sinking Spells, Faint and Weak Spells, Spasm or Pain through the Heart; Cold, Clammy Hands and Feet. There may be many minor symptoms of heart and nerve trouble, but these are the chief ones. Milburn's Heart and Nerve Pills will dispel all these symptoms from the system. Price 50 cents per box, or 3 for \$1.25.

WEAK SPELLS CURED.
Mrs. L. Dorey, Hemford, N.S., writes us as follows:—"I was troubled with dizziness, weak spells and fluttering of the heart. I procured a box of Milburn's Heart and Nerve Pills, and they did me so much good that I got two more boxes, and after finishing them I was completely cured. I must say that I cannot recommend them too highly."

SPECULATION Vs. INVESTMENT.
If you pay hard earned money for tuition in some schools, you may well speculate as to the returns you will get:
BUT
money paid to us to MARITIME-TRAIN you is a wise investment, and brings sure returns.
KAULBACH & SCHURMAN,
Chartered Accountants.
MARITIME BUSINESS COLLEGE,
Halifax, N.S.

Suffered For A Number of Years From Dyspepsia.
That is what Mrs. Mary Parks, Cooper, Ont., says, and there are thousands of others who can say the same thing.
BURDOCK BLOOD BITTERS
cured her, and will cure anyone and everyone troubled with Dyspepsia. Mrs. Parks writes as follows:—"I suffered for a number of years from Dyspepsia, and tried many remedies, but without any relief until, on the advice of a friend, I started to use Burdock Blood Bitters. After using one bottle I was pleased to find that I was relieved of the dreadful pains I suffered. I give all praise to B.B.B. for the benefit I have received, and I hope all sufferers from Dyspepsia will try this wonderful remedy. If they do I am sure that they will have the same experience that I have had."
THE T. MILBURN CO., LIMITED,
Toronto, Ont.