

Catarrh and Consumption

I have spent nearly 30 years in the treatment of the above named troubles and believe I have effected more permanent cures than any specialist in the history of medicine. As I must soon retire from active life, I will, from this time on, send the means of treatment and cure as used in my practice. Free and post-paid to every reader of this paper who suffers from these loathsome, dangerous and disgusting diseases. My treatment will positively give prompt relief and cure in the worst cases. This is a sincere offer which anyone is free to accept. Address, PROFESSOR J. A. LAWRENCE, 114 West 3rd St., New York.

CONSTIPATION INDIGESTION TORPID LIVER

These are the great curses which afflict three-quarters of the present generation. Sufferers from either one or all of them must always feel miserable, and sooner or later become chronic invalids, useless to themselves and a burden and nuisance to friends and family. There is one sure, safe and absolute cure which you can test without any expense. Our remedy is Egyptian Regulator Tea, a trial package of which we will send you free and prepaid on request. Unless you find our claims are true, we must be the losers by this liberal act. Shall we send you the trial package, and lead you to perfect health and happiness? Address, THE EGYPTIAN DRUG CO., New York.

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Pain-Killer

For
Cuts
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Cramps
Diarrhoea
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Complaints

It is a sure, safe and quick remedy.

There's only one PAIN-KILLER
PERRY DAVIS.
Two sizes, 25c. and 50c.

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of the diseases that afflict humanity are caused by the accumulation of impurities in the blood.

The greatest of all blood purifiers is

BURDOCK BLOOD BITTERS.

It cleanses the system from the crown of the head to the soles of the feet.

If you are troubled with Boils, Pimples, Dyspepsia, Indigestion, Constipation, Biliousness, Headaches, Scrofula, Eczema or any trouble arising from disordered Stomach, Liver, Bowels or Blood, give Burdock Blood Bitters a trial. We guarantee it to cure or money refunded.

The **OLL** *Emulsion*
(Trade Mark.) of Cod Liver Oil

Will GIVE YOU AN APPETITE!
TONE YOUR NERVES!
MAKE YOU STRONG!
MAKE YOU WELL!

Dr. Burgess, Med. Sup't. of the Prot. Hospital for Insane, Montreal, prescribes it constantly and gives no permission to use his name.
Mess. Clark, Sup't. Grace Hospital, Toronto, writes they have also used it with the best results.
50c. and \$1.00 Bottles.
DAVIS & LAWRENCE CO., Limited.

* The Home *

MORE HUNGER AND LESS RHEUMATISM.

A well-known physician, writing in the Medical Record, declares that the most prolific cause of rheumatism is indigestion. "If only such food," he says, "as can be easily digested were put in the stomach, there would be little heard of rheumatism." It follows, as a matter of course, that one of the most effective methods of treatment for rheumatism is through the dietary. "The longer I can stand hunger, the less rheumatism I have," says the writer; "but in many cases the remedy is worse than the disease. In other cases, however, a perpetual hungry condition is the lesser evil. I have taken this cure partially, but never have been quite able to do so fully. It is not a popular treatment. In acute attacks, active elimination by brisk cathartics, and restricted diet, along with decided constitutional sedation, shorten an attack two-thirds."—*Leslie's Weekly*.

READING FOR GIRLS.

It is absolutely indispensable that the modern girl, in whatever position she finds herself, whether that of one of the world's workers or that of the girl of leisure, should give every day a portion of her time to reading. In this way only can she keep abreast of the times, sharing its best thoughts, understanding its important movements, and learning her own attitude toward the world and the duty which she owes to it. She must read her daily paper carefully, selecting with discretion and conscience the one which she will read regularly. She wants to read one whose editorial opinions are recognized and quoted, whose attitude is fair, and which treats large questions with tolerance and honesty. If she lives at a distance from the large centres where these daily papers are published, she may subscribe for a weekly or semi-weekly edition of such a paper, in which she will find all the best features of the daily editions, it being, in fact, a sort of abridged edition of the dailies in point of news, with the reviews, the best editorials, the criticisms of art, music, the drama and all the choicest correspondence from abroad and centres at home. This paper, well read, with a good standard magazine, and a review which will be both entertaining and instructive, with a few well-chosen books, may constitute her intellectual bill of fare, and will prove as much as she can digest without becoming a mental dyspeptic.—*Salie Joy White, in Woman's Home Companion*.

DEATH IN DISH-TOWELS.

Dish-towels are an important item in most families. One may have cheap and woolly hand-towels, very ordinary sheets and pillow cases, and many other things of inferior quality, but the good housekeeper knows, to her sorrow, what cheap dish-towels mean. Their use entails almost double the labor required if one has those of poor quality. The lint and dust from cheap goods cover the china and glass, and lodge in every nook and corner of her belongings. Round-thread Russia crash is far and away and always the best dish-towel that one can use. It absorbs water almost instantly, and can be used a long time before becoming unavailable because too wet. Who has not worried over the ordinary checkered glass towel in common use, rubbing and twisting and patting, trying to make it absorb the water from the dishes, while it is yet new? This sort of goods acquires value when it begins to grow old. Russia crash is in perfect condition after the second or third time of using. Dish-towels should be thoroughly boiled whenever they are washed. Scalding does not answer the purpose. The intense heat of boiling is absolutely necessary if one would have health and cleanliness in the kitchen. A merely scalded dish-towel is unfit for the use of any woman. It takes more than just hot water to remove the disease germs

and impurities that may lodge in these domestic necessities. Because a dish-cloth looks clean it does not in any sense follow that it is clean. Many a family has had its number reduced by death because of the persistent refusal of the maids to boil the dish-towels as they should be done and remove the incipient cause of disease.—*The United Presbyterian*.

A SICK-ROOM HINT.

In a recent case of illness in which a trained nurse was employed the pleasant air of the sick-room was noticeable. When comment was made, the nurse explained how it was managed. A few pieces of brown paper had been soaked in saltpetre-water and allowed to dry. When occasion required, a piece of this was laid in a tin pan kept for the purpose (a coal-scuttle would do as well,) a handful of dried lavender flowers laid upon it, and a match applied. The aroma was particularly refreshing and agreeable. Another suggestion in the same line applies to the use of lavender in another form. A few drops of oil of lavender poured into a glass of very hot water will purify the air of a room almost instantly. This bit of knowledge is useful to the hostess whose dinner must be served in a small dining-room near the kitchen. If the mixture is made just before dinner is announced, by the time the company enters the room will be filled with a faint, intangible, but thoroughly acceptable odor of freshness, and all disagreeable stuffiness removed.—*Harper's Bazar*.

A person whose work is chiefly mental requires as food, according to an expert, much less carbon than another. Beef, mutton, poultry and game are recommended. Sugar or starch in excess should not be eaten. Rice is a better form of starch than potatoes. For breakfast a little sub-acid fruit, a cereal, if it is liked, a soft-boiled egg, and a cup of coffee made in the French way and taken without sugar or cream, or at least without cream. At noon a bowl of cream soup, with some pieces of pulled bread, and at six, when the day's work is over, a good, simple dinner—a soup, broiled steak or chop or a roast, and two vegetables, one starchy, the other a green vegetable, a salad with French dressing, and a little cheese, and a wafer or a few nuts, and a seeded raisin or two. The breakfast may be varied with a chop or a little piece of broiled fresh fish instead of an egg.—*Commonwealth*.

A MOTHER'S ADVICE.

She Tells How Little Ones Can be Kept Well, Contented and Happy.

When baby is cross and irritable you may rest assured he is not well, even if you are unable to see any symptoms of his illness other than fretfulness. It is not natural for a baby to be cross and he is not so without reason. He has no other way of telling his troubles than by crossness and crying. When baby is cross give him Baby's Own Tablets, and they will soon make him good-natured and happy, because they will cool his hot little mouth, ease his sour little stomach and help his obstinate little teeth through painlessly. These Tablets are just what every mother needs for her little ones—and for her older children too.

Mrs. Clarence McKay, Roseway, N. S., says:—"I find Baby's Own Tablets the best medicine I have ever used for my little ones. When my baby was four months old he was very much troubled with indigestion. He would vomit his food as soon as he took it, no matter what I gave him and he seemed to be always hungry and kept thin and delicate. He also suffered from constipation. After giving him the Tablets a few days the vomiting ceased and his bowels became regular, and I must say that since I began the use of the Tablets I have had less trouble with this baby than I had with any of the rest of my children." Every mother should keep Baby's Own Tablets in the house at all times—there is no telling when an emergency may arise.

These Tablets are a certain cure for all the minor ailments of little ones such as constipation, indigestion, colic, diarrhoea, sour stomach, and simple fever. They break up colds, prevent croup, and allay the irritation accompanying the cutting of teeth. They are sold under a guarantee to contain no opiate or other harmful drug, and dissolved in water may be given with absolute safety to the youngest infant. Sold by all druggists at 25 cents a box, or sent post paid on receipt of price by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

Your Faith

will be as strong as ours if you try

Shiloh's Consumption Cure

and ours is so strong we guarantee a cure or refund money, and we send you free trial bottle if you write for it. SHILOH'S costs 25 cents, and will cure Consumption, Pneumonia, Bronchitis and all Lung Troubles. Will cure a Cough or Cold in a day, and thus prevent serious results. It has been doing these things for 50 years.

S. C. WELLS & Co., Toronto, Can.

Karl's Clover Root Tea cures Indigestion

The Surest Remedy is Allen's Lung Balsam

It never fails to cure a SIMPLE COLD, HEAVY COUGH, and all BRONCHIAL TROUBLES.

Large Bottles \$1.00. Medium Size 50c.
Small or Trial Size 25c.

Endorsed by all who have tried it.

Women's Ailments.



Women are coming to understand that the Backaches, Headaches, Tired, Feelings and weak Spells from which they suffer are due to wrong action of the kidneys.

DOAN'S Kidney Pills

are the most reliable remedy for any form of kidney complaints. They drive away pains and aches, make women healthy and happy—able to enjoy life to the fullest.

Mrs. C. H. Gillespie, 204 Britain Street, St. John, N.B., says:

"I had severe kidney trouble for which I doctored with a number of the best physicians in St. John, but received little relief. Hearing of Doan's Kidney Pills, I began their use. Before taking them I could not stoop to tie my shoes, and at times suffered such torture that I could not turn over in bed without assistance. Doan's Kidney Pills have rescued me from this terrible condition, and removed every pain and ache."

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