

**EXPOSURE**

to the cold and wet is the first step to **Pneumonia**. Take a dose of **PERRY DAVIS'**

**Painkiller**

and the danger can be averted. It has no equal as a preventive and cure for **Colds, Sore Throat, Quinsy and Rheumatism**. Always keep it handy.

## Don't Chide the Children.



Don't scold the little ones if the bed is wet in the morning. It isn't the child's fault. It is suffering from a weakness of the kidneys and bladder, and weak kidneys need strengthening—that's all. You can't afford to risk delay. Neglect may entail a lifetime of suffering and misery.

### DOAN'S KIDNEY PILLS

strengthen the kidneys and bladder, then all trouble is at an end.

Mrs. E. Kidner, a London, Ont., mother, living at 499 Gray St., says: "My little daughter, six years old, has had weak kidneys since birth. Last February I got a box of Doan's Kidney Pills at Strong's drug store. Since taking them she has had no more kidney trouble of any kind. I gladly make this statement because of the benefit my child has received from this medicine."

YES

there are other schools

BUT

you should go to the best

WHY

always regret because you did

NOT

attend that good school

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Halifax, N. S.

KAULBACH &amp; SCHURMAN,

Chartered Accountants.

**ALLEN'S LUNG BALSAM**

Cures Deep-seated Colds Coughs Croup Bronchitis LARGE BOTTLES \$1.99 MEDIUM 50¢ TRIAL SIZE 25¢

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## The Home

### WHAT APPLES WILL DO FOR YOU.

A new plan for retaining the charm of youth has been evolved. It requires a continual dieting, but one so easily followed that few inconveniences of most systems are present. Eat uncooked apples constantly, although, of course, in moderation, and drink distilled water only, and, according to the new theory, years will be added to your life while the evidence of age will be long in coming.

Professor Bluefern is the sponsor of the new theory, and his argument is based on the supposition that as age advances the deposits of mineral matter in the system increase, and that ageing is little more than a gradual process of ossification.

Phosphoric acid contains the least amount of earth salts, and for that reason is probably the nearest approach to the elixir of life known to the scientific world.

If you want to live long, to retain your youth at the same time, and to increase your brain tissue, eat plenty of apples (don't peel them) drink only distilled water, and eat as little bread as possible. A diluted solution of phosphoric acid is also recommended by the professor to those who care to take pains to follow the diet which he has outlined.—Sel.

### SYSTEM IN THE WORLD.

There is an old saying that "Woman's work is never done," but if housework is systematized there is a fair chance for even the busy housewife to find some time which she may call her own. One great trouble in homes of moderate means is that the meals are made banquets, and therefore the housewife who must do her own work spends a good portion of her time in preparing elaborate dishes while the family would really be better off with simpler fare. Thus the nest egg of independence is consumed meanwhile the home maker is kept weary inventing and concocting each day some new dish never finding an hour of leisure in which to improve her mind or to seek some desirable recreation.

A housekeeper who has tried the plan of simplifying her work gives the following advice: Let the housekeeper settle upon the policy she wishes to adopt and then adhere to it modify it only where something seems better to offer or circumstances change, dealing rather with rather broad measures than petty details. Let her study all sorts of methods and conveniences by which the work in her home may be lightened often supplying the articles on the list of "the must haves" and not crossing them out to be put on the list of the "can do withouts."

In studying how to make home all that the word should imply, we must not forget that in the true home the housewife, and not the house is of primary importance. Wealth though it can purchase luxury, cannot buy comfort. The rich as well as the very poor are often without real homes. When the spirit of domestic disorder or unthrift enters the door, all the good angels fly out of the window; so when the genius of good management comes within household comfort follows soon after erects her shrine and distributes daily blessings to every member of the family.—Detroit News Tribune.

### A REACTION.

A reaction against the ceaseless golf cycling and also the out-door doings which have been the setting in in English society and as a substitute the women of the great world have taken to embroidery and enamel work. Mrs. Percy Windham, mother of the Chief Secretary for Ireland, and Princess Louise of Schelwig Hossein are experts at enameling and the beautiful Countess of Lytton excels at needlework.—N. Y. Tribune.

### HOW TO BE LOVED IN OLD AGE.

How seldom you see a lovable old woman whose age is as beautiful as was the bloom of her youth! And when you do, you wonder how it has happened? Well this is how: She learns how to forget disagreeable things.

She did not give way to her nerves, and inflict them on her friends.

She mastered the art of saying pleasant things.

She did not expect too much from her friends.

She made whatever work she had to do congenial.

She did not lose sight of her illusions and would not think all the world wicked and unkind.

She helped the miserable, and sympathized with the sorrowful.

She never forgot that kind words and a smile costs little and are treasures to the discouraged.

She did unto others as she would be done by, and her reward is love and consideration in her old age, and she has learned the secret of a long and happy life.—Goodsense.

### RECIPES.

#### DROPPED FISH-CAKES.

One cup salt cod picked very fine, one half cup of milk, one teaspoonful of butter, two teaspoonfuls of flour, one egg, pepper to taste. Make white sauce of the flour, butter and milk, stir the fish into this, add the egg, beaten light, season and drop by the spoonful into boiling fat as is done with fritters.

#### HERRING A LA MODE.

This is the time when small herring are so plentiful and cheap I have just learned of a way of serving that does away with the bones, which spoil the sweet fish for so many. Split them down the entrail side clear to the tail, cut off head, remove entrails, then taking hold of the backbone pull it out. If the fish is fresh it comes out tail and all very easily without tearing the fish. Wash dip in Indian meal and roll up, skewering it firm with a toothpick. Fry brown in boiling fat. These little rolls look very nice especially when served with thin slices of lemon.

#### SALMON TURBOT.

Take two cans of salmon, remove skin and bones pour off the oil and pick the meat into small bits. Make a white sauce (or roux) of two tablespoonfuls of butter, one tablespoonful of flour and one pint, (full measure) of milk; season with salt and pepper, and pour over the fish meat; fill into ramekins, cover with breadcrumbs moistened in melted butter, and bake ten or twelve minutes standing the ramekins in a dripping pan half full of boiling water. Serve immediately. Any boiled fish may be used instead of salmon.

#### C. C. RICHARDS & CO.

Dear Sirs,—For some years I have had only partial use of my arm, caused by a sudden strain. I have used every remedy without effect, until I got a sample bottle of MINARD'S LINIMENT. The benefit I received from it caused me to continue its use, and now I am happy to say my arm is completely restored.

Glamis, Ont.

R. W. HARRISON.

#### TOUCHING GRATITUDE.

There is a good story told of a Scotch golfer. He was playing when he noticed the ragged condition of his caddie. Rather touched by this, he gave the boy something to get some food with, and promised him a suit of old clothes. Later, hearing about a dependent mother, he dispatched a load of coal and a round of beef. The lad was very grateful indeed for all this kindness, and, with his eyes brimming with tears, he tried to say something befitting the occasion.

"Please, sir," he began, and then he halted. "Oh, that's all right my boy," said the benefactor, cheerily; say nothing, be a good lad, that's all."

Then the caddie could no longer restrain himself. The kindly thought which lay at the bottom of his heart broke through.

"Please, sir," he cried, "I'm sorry you're such a bad payer."

**INDIGESTION CONQUERED BY K. D. C.**

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RELIEVES CHAFING, ITCHING OR IRRITATION. COOLS, COMFORTS AND HEALS THE SKIN, AFTER SHAVING.

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Extensively used in Hospitals The most palatable Emulsion made

Very easy to digest

Gives strength to the body

Increases the weight largely

The best Remedy for

General Debility,

La Grippe, Anaemia,

Consumption.



Heals and Soothes the Lungs and Bronchial Tubes. Cures COUGHS, COLDS, BRONCHITIS, HOARSENESS, etc., quicker than any remedy known. If you have that irritating Cough that keeps you awake at night, a dose of the Syrup will stop it at once.

### USED FOR EIGHT YEARS.

I have used DR. WOODS' NORWAY PINE SYRUP for every cold I have had for the past eight years, with wonderful success. I never see a friend with a cough or cold but that I recommend it.—M. M. Ellsworth, Jacksonville, N.B.

PRICE 25 CENTS.

## Beware of the fact that

## White Wave

disinfects your clothes and prevents disease