

**HEAD
BACK
LEGS**

ACHE

Ache all over. Throat sore, Eyes and Nose running, slight cough with chills; this is La Grippe

Painkiller

taken in hot water, sweetened, before going to bed, will break it up if taken in time.

There is only one Painkiller. "PERRY DAVIS"

Eating Became a Dread.

NOW MANY PEOPLE ARE ALMOST AFRAID TO SIT DOWN TO THEIR MEALS?

YOU MAY BE ONE OF THEM. IF YOU ARE, THERE IS A CURE FOR YOU.

BURDOCK BLOOD BITTERS

CURES INDIGESTION, DYSPEPSIA, BELIOUSNESS, SORE, WEAK AND ALL STOMACH TROUBLES.

Mr. J. G. Clunis, Barney's River, N.S., tells of what this wonderful remedy has done for him:—It is with gratitude that I can testify to the wonderful curative powers of B.B.B. I was so badly troubled with indigestion that whatever I ate caused me so much torture that eating became a dread to me. I tried numerous physicians, but their medicines seemed to make me worse. I thought I would try B.B.B., so got a bottle, and after taking a few doses felt a lot better. By the time I had taken the last of two bottles I was as well as ever, and have had no return of the trouble since. I recommend your medicine to the highest degree. B.B.B. is for sale at all dealers.

The winter term at the
Maritime Business College,
Halifax, N.S.,
will open January 4, 1904.

Cost of Tuition:
1 month \$10.00
3 months 27.00
6 months 50.00
Free Calendar on Application.
KAULBACH & SCHURMAN,
Chartered Accountants.

The Surest Remedy is

Allen's Lung Balsam

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

Large Bottles \$1.00. Medium Size 50c.
Small or Trial Size 25c.
Endorsed by all who have tried it.

CANADIAN PACIFIC PUBLICATIONS.

"The New Highway to the Orient."
"Westward to the Far East."
"Fishing and Shooting in Canada."
"Time Table with Notes."
"Around the World."
"Climates of Canada."
"Quebec—Summer and Winter."
"Montreal—The Canadian Metropolis."
"Houseboating on the Kootenay."
"Across Canada to Australia."
"Banff and the Lakes in the Clouds."
"The Yoho Valley and Great Glacier."
"The Challenge of the Rockies."
"Western Canada."
"British Columbia."
"Tourist Cars."

World's Fair, St. Louis, Apr. 30th to Dec. 1st, 1904.

Write for descriptive matter, rates, etc., to
C. B. FOSTER,

D. P. A., C. P. R., ST. JOHN, N. B.

The Horne

THE SCIENCE OF MEALS.

It would be safe to prophesy that every woman will at some time have to wrestle with the perplexing problems concerning the saucepan and the kettle, for no matter where her career takes her, she must be fed. Until recently, housekeepers planned their meals with a careless disregard to the chemical properties of foods and the combinations of meats and vegetables served at their tables were the more or less happy result of economy, convenience or custom. With them it was a question as to whether there were turnips or cabbages in the vegetable cellar and not a matter of nitrogen or fats which were needed to supplement the steak and potatoes. The girl of to day is being educated to study this question of starches, fats and sugars that each meal may contain the nutrition most needed by the family. Study of the chemical properties of foods is one feature of the cooking classes established in the last few years, and even mothers who can themselves cook realize that there are a great many things in connection with the art which they are not qualified to teach their daughters, because they have never learned themselves. One may be able to make an excellent loaf of bread, without knowing much about the constituents of the 'staff of life.' The girl of the cooking schools will not make the worse bread because she understands the science as well as the art of it.

DIET AND THE COMPLEXION.

The criticisms of an "English lady," on the personal appearance of Canadian girls, which caused some wild indignation on the part of the criticised and considerable comment from various quarters, may have at least some good effect in making girls stop to think if there may not be just a little truth in the assertion that their complexions, which "English lady" very frankly points out leave much to be desired, are the worse for too much sweets. How many girls stop to consider the important bearing which the manner in which they stand, sit or walk has upon the prettiness of their figures? Good wholesome, suitable food is an essential foundation to good looks, and the girl who makes a point of only eating nutritious, digestible food, in judicious quantities, will do much toward retaining her good health and improving her claims to beauty.

On the other hand, the girl who gratifies every taste, and indulges in such things as sweetmeats and pastry simply because she likes them, irrespective of whether they do her any harm, or not, cannot hope to gain in beauty. Then, again, if the figure is to be improved, care must be taken that the body is properly poised at all times. Twice the work can be accomplished with the minimum of fatigue if the body be held in harmonious poise in all occupations of life, whether sitting over a typewriter, a writing desk, sewing or a book. All bending of the body when leaning over work or sitting at a desk should come from the hips, not from the waist. It is the curving of the spine, and treating the waist as if a joint were there, which causes round and aching backs. To walk properly, too, with the head erect and shoulders squared, strengthens the body and gives tone to the nerves.

It is essential, too, that strict attention should be paid to the ventilation of the bedroom. It is little use in a girl learning to walk, sit, breathe and eat properly, if she sleeps in a close bedroom every night. She must breathe good, pure air while sleeping as well as during the daytime, and thus obtain real beauty sleep.—Witness.

BEHIND THE VEIL.

A writer who lives in Paris, and is quite an authority on fashion in dress, says that veils are supposed to be quite out of fashion. It is hard to imagine how the Parisian women who 'do' their faces up so frankly can afford to dispense with the softening influence of the veil. On the other hand, it is very difficult to wear a veil gracefully with the large picture hat that have recently been

in vogue. But the shade thrown by a large hat is an excellent substitute for the glamour lent by a veil. No one knew this better than the old English painters. One cannot imagine a Romney, a Sir Joshua Reynolds or a Gainsborough with a veil on. Nor can any one imagine anything more melting than the soft veil of shadow that Romney in particular knew how to throw over a fair face hidden away under a large hat. Veils are undoubtedly trying to the eyes and in many cases irritating to an injurious extent. A story is told of a celebrated oculist of the present day who invited a friend to walk out and see a fine mansion he had just built. As they came upon it the oculist turned to his friend and remarked, "That house was build with dotted veils." Plain gauze veils are not particularly injurious, and they serve the purpose of keeping the hat and the hair in compact and tidy shape.

GRILLED NUTS.

Boil two cupfuls of granulated sugar with a half cupful of water till it hairs. Add two cupfuls of blanched and dried almonds and filberts mixed, and stir till the sugar grains and clings to the nuts. When well coated and before they get into a mass, turn them out and separate any that have stuck together.—California Ladies' Magazine.

TOMATO AND BEEF SOUP.

Stew the contents of a two pound can of tomatoes for half an hour with a medium sized onion sliced, an outside stalk of celery diced, three sprigs of parsley, a dozen pepper corns, six cloves and bay leaf; press through a sieve using a wooden spoon to force the pulp through; return to the kettle with a pint of beef stock; season with salt and lay in a tureen two pimientos (olives stuffed with tiny red peppers) and two one inch square dice of thin fried bread for each plate. Another delicious tomato soup omits the beef stock, adds a thickening of one-tablespoonful of flour; dilutes with water to the constituency of thin cream, and lays two thin disks cut from an orange for each plate or cup in which it is to be served, in the tureen before pouring in the boiling soup. Leave on all the rind, but remove any seeds.

The latest wrinkle in roasting turkeys and chickens is to omit the dressing altogether, merely laying two stalks of celery in the cavity and sewing shut. It is said that this renders the flesh sweeter, as the dressing absorbs so much of the juices. Personally, I prefer delicious dressing, which is to me the best part of the bird.

A dark calico bag or case to cover the ironing board when not in use was one of the practical presents received by a young housekeeper last Christmas. It was something she had not thought of making for herself, but its usefulness was apparent at first sight. It is a nuisance to remove the ironing sheet every time the board is put aside, but unless this is done, or the board covered, the sheet becomes soiled and damaged.

AN OPEN LETTER TO MOTHERS.

"I cannot praise Baby's Own Tablets too highly," writes Mrs. James S. Beach, Campbell's Bay, Que. "From the time my baby was born he was troubled with pains in the stomach and bowels and a rash on his skin that made him restless day and night. I got nothing to help him until I gave him Baby's Own Tablets, and under their use the trouble soon disappeared, and all my friends are now praising my baby he looks so healthy and well. I give him an occasional Tablet, and they keep him well. I can heartily recommend the Tablets to any mother who has a young baby."

Thousands of other mothers praise this medicine just as warmly, and keep it on hand in case of emergency. The tablets cure all the minor ills of little ones; they act gently and speedily, and are absolutely safe. Sold by all druggists or sent post paid at 25 cents a box by writing The Dr. Williams' Medicine Co., Brookville, Ont.

The TOILET IS INCOMPLETE WITHOUT POND'S EXTRACT

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

Avoid dangerous, irritating Witch Hazel preparations represented to be "the same as" Pond's Extract, which easily sores and often contain "wood alcohol," a deadly poison.

This School Has Been the Making of Me"

Is what a young man who has just graduated from
**Fredericton
Business College,**
Remarked to the Principal, as he said good bye before leaving for Toronto to accept a position in that city. It can do the same for you. Send for catalogue.

W. J. Osborne,
Fredericton, N. B.

"The D.L." Emulsion

Trade-mark.

Prevents Emaciation
Increases the Weight
Builds up Solid Flesh
Sweet and Palatable as Cream
Does not Derange Digestion.

A POSITIVE CURE FOR
Nervous Exhaustion,
La Grippe, Anaemia,
General Debility and
Pulmonary Diseases.

Troubled with Kidney Trouble for Six Months.

Many Men and Women Are Troubled With Kidney Trouble, Some For Less Time, Some For Longer—No Need To Be Troubled For Any Length Of Time, If They Only Know Of The Cures Being Made By

DOAN'S KIDNEY PILLS.

Backache Is The First Sign Of Kidney Trouble—Then Come Complications Of A More Serious Nature.

DOAN'S KIDNEY PILLS

TAKEN AT THE FIRST SIGN OF BACKACHE WILL SAVE YOU YEARS OF MISERY. Mrs. William H. Banks, Torbrook Mines, N.S., tells the public about the great qualities of Doan's Kidney Pills in the following words:—I was troubled with kidney trouble for six months, and had such terrible pains across my kidneys all the time that I could hardly get around. After taking one box of Doan's Kidney Pills I began to feel better, and by the time I had taken three boxes I was completely cured.

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

BEWARE

Of the Fact that

White Wave

disinfects your clothes

and prevents disease