

FERROVIM

TRADE MARK

A Tonic Wine, pleasant to take.
Gives strength
Makes new blood
Builds up the system
Throws off all weakness

A boon to those recovering from wasting fevers and long illness.

Sold by all medicine dealers.

Davis & Lawrence Co., Ltd. Montreal.

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.

USE

WEAVER'S SYRUP

It purifies the Blood and cures

Boils,
Humors,
Salt Rheum

Davis & Lawrence Co., Ltd., Montreal.

LEARN TO DO FROM ONE WHO HAS DO.

—THE PRINCIPAL OF—
Fredericton Business College

Spent nearly TEN years as a book-keeper and office man in various mercantile 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.

Fredericton, New Brunswick.

Would

ere be any demand for
45 Successive Years

for any article unless it had superior merit

Woodill's German Baking Powder.

claim this as 45 RECOMMENDATIONS to all who use BAKING POWDER.

Ask your Grocer for it.

Beware of the fact that

'White Wave'

disinfects your clothes

disinfects your clothes

The Home

REALIZING MARRIAGE IDEALS.

Dr. Madison C. Peters.

"Christ began his miracles at a wedding and not at a funeral. He came to glorify the common life of men and bring out the glory there was in every relation. If Christ directed his steps to Galilee to show his interest in marriage, the reminiscence of paradise, and there reconsecrated it, surely every true minister has a divine warrant to preach on this theme.

"Love purified by religion, is the very life of marriage. But prayers in the home won't make up for everything. Some of the most pious people are the most peculiar, and require of you the most grace to get along with. Let love rule. Love is never stubborn. Love will make each blame self, and not the other, when things go wrong. It transforms blemishes into imaginary virtues.

The most dangerous infernal machine in a home is the last word. Every dispute between man and wife forces good humor out of its channel, undermines affection, and gradually destroys that cordiality which is the soul of matrimonial harmony.

"Politeness is not to be used only in our intercourse with strangers, but is intended for home consumption. Carry over into the wedded life the same delicate thoughtfulness, gentleness of manner, courtesy of speech, warmth of affection, and incessant sacrifice that characterized your wooing days.

"Your wife has a sacred right to some expression of appreciation of her unselfish devotion to your interests. You may be full of loyal devotion to her, though, for want of comprehension of a nature more sensitive than your own, never assure her of your appreciation.

"Let your husband feel that you think him good, and it will be a strong stimulus to his being so. As long as they think he possesses the character, he will take some pains to deserve it; but when you make him feel he has lost the name, he will soon abandon the reality.

"Never speak to anyone outside of one another's faults. Keep your own secrets. Pay attention to little things. Estrangements are rarely the work of one day or caused by one offence. They are growths.

It is the little rift within the lute

That by and by will make the music mute.

"Make home everything. Men running day by day against this lightning-footed twentieth century, weary and heavy laden with the toils in the world's workshops and, harassed by the care and competition of trade and the dull rounds of professional life, yearn for the repose of home. There let warm greetings come from appreciative hearts, fond glances from bright eyes, the little arrangements for their comfort that silently tell them of thoughtful love, and forces them before they know it, into an easy chair and make them spend the evening at home, because they can't get away."

HEALTH HINTS.

Never lean with your back upon anything that is cold.

Never take warm drinks and then immediately go out into the cold.

Keep the back especially between the shoulder blades, well covered; also the chest well protected. In sleep in a cold room establish the habit of breathing through the nose, and never with the mouth open.

Never go to bed with cold or damp feet.

Never omit regular bathing, for unless the skin is in active condition, the cold will close the pores and favor congestion or other diseases.

After exercise of any kind never ride in an open carriage or near the window of a train for a moment; it is dangerous to health and even life.

When hoarse speak as little as possible until the hoarseness is recovered from, else the voice may be permanently lost or difficulties of the throat be produced.

Merely warm the back by the fire, and never continue keeping the back exposed to heat after it has become comfortably warm. To do otherwise is debilitating.

When going from a warm atmosphere into a cooler one, keep the mouth closed so that the air may be warmed by its passage through the nose ere it reaches the lungs.

CONTENTMENT.

Most people's lives are such a continua rush they seldom have time to do anything well. Even their houses have to keep up appearances beyond their income and so their lives, instead of being natural and healthy, are forced very often beyond their strength.

Try and look on your homes, however, small, as your kingdoms, and order them on natural, simple lines and never allow anything to be ostentatious either in yourself or your children, and bring them up to realize that real, true simplicity through life will carry us nearer to what Providence meant us to be than anything else.

One more little suggestion: Good temper is invariably a sign of good health, and if you find yourself tired, cross and inclined to make all duties a labor, take a stitch in time and a rest even if it is a difficulty, as it will probably save your own health, your children's respect, and your husband's love, as such is human nature that, though we may be forgiven once or twice, continued ill-temper estranges us from those we love more than anything else, and after a time even those who love us must get tired of bearing the same excuse, that we are weary and overdone.—Health Culture.

DRINK WATER EVERY DAY.

Diet specialist and physicians prescribing for nervous indigestion are particular to insist that their patients shall take a certain amount of water every day. Hot water taken morning and night is an effective remedy for indigestion, and the practice of taking a glass of water, either hot or cold, just before retiring, will do away with the feeling of languor and weakness many people experience on rising in the morning. The creation is due to a large secretion of the waste products, and water assists in removing these products, leaving the tissues in good condition for the work of the day. According to an authority on dietetics, hot water stimulates the liver and cold water the stomach.

THE VALUE OF CHARCOAL.

Few People Know How Useful it is in Preserving Health and Beauty.

Nearly everybody knows that charcoal is the safest and most efficient disinfection and purifier in nature, but few realize its value when taken into the human system for the same cleansing purpose.

Charcoal is a remedy that the more you take of it the better; it is not a drug at all, but simply absorbs the gases and impurities always present in the stomach and intestines and carries them out of the system.

Charcoal sweetens the breath after smoking, drinking, or after eating onions or other odorous vegetables.

Charcoal effectually clears and improves the complexion, it whitens the teeth and further acts as a natural and eminently safe cathartic.

It absorbs the injurious gases which collect in the stomach and bowels, it disinfects the mouth and throat of the poison of catarrh.

All druggists sell charcoal in one form or another, but probably the best charcoal and the most for the money is in Stuart's Charcoal Lozengers; they are composed of the finest powdered Willow charcoal, and other harmless antiseptics in tablet form or rather in the form of large, pleasant tasting lozengers, the charcoal being mixed with honey.

The daily use of these lozengers will soon tell in a much improved condition of the general health, better complexion, sweeter breath and purer blood, and the beauty of it is, that no possible harm can result from their continued use, but on the contrary, great benefit.

A Buffalo physician in speaking of the benefits of charcoal, says: "I advise Stuart's Charcoal Lozengers to all patients suffering from gas in stomach and bowels, and to clear the complexion and purify the breath, mouth and throat; I also believe the liver is greatly benefited by the daily use of them: they cost but twenty-five cents a box at drug stores, and although in some sense a patent preparation, yet I believe I get more and better charcoal in Stuart's Charcoal Lozengers than in any of the ordinary charcoal tablets."

How to Cure A Burn

Apply Pond's Extract—the old family doctor—it will relieve the inflammation immediately. Cures burns, bruises, cuts, sprains; relieves all pain as if by magic. For over 60 years Pond's Extract has been the "first aid" in cases of accident—the reliable family remedy. Imitations are weak, watery, worthless. Pond's Extract is pure, powerful, priceless.

Sold only in sealed bottles under buff wrapper.

ACCEPT NO SUBSTITUTE.



Make Weak Hearts Strong. Make Shaky Nerves Firm.

They are a Sure Cure for

Nervousness, Sleeplessness, Loss of Energy, Brain Fog, After Effects of La Grippe, Palpitation of the Heart, Anæmia, General Debility and all troubles arising from a run down system.

They regulate the heart's action and invigorate the nerves.

This is what they have done for others! They will do the same for you.

GREAT RELIEF.

I have taken Milburn's Heart and Nerve Pills for palpitation of the heart and shattered nerves, and for both troubles have found great relief.—Mrs. W. Ackert, Ingersoll, Ont.

FEELS SPLENDID NOW.

Before taking Milburn's Heart and Nerve Pills I was all run down, could not sleep at night and was terribly troubled with my heart. Since taking them I feel splendid. I sleep well at night and my heart does not trouble me at all. They have done me a world of good.—Jas. D. McLeod, Hartsville, P.E.I.

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.

Allegheny General Hospital.

The new ALLEGHENY GENERAL HOSPITAL desires young women of education and refinement as pupils in its training school.

It offers exceptional advantages for the education of nurses, is a general hospital of 375 beds.

The buildings and equipment are models of convenience.

For particulars write to the Superintendent of Nurses.

ALLEGHENY GENERAL HOSPITAL,
Allegheny, P. A.

Real Estate For Sale in Kings Co, N. S.

A beautiful residence in the town of Berwick, one acre, 50 Apple and Pear Trees all in bearing. Fine shade trees and nice lawn in front. Good location in centre of town, also handy to R. Station. 3 acres, 100 tree in bearing good for 75 bush. First class house and barn. A number of farms. Small medium and large all with good orchards. Correspondence promptly attended to.

Apply to J. ANDREWS,

Real Estate Broker,

Berwick, N. S.