

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Purgative, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

The Kind You Have Always Bought

In Use For Over 30 Years.

THE CENTRAL COMPANY, 17 BURNAY STREET, NEW YORK, U.S.A.

A Record Business Six Months FOR The Manufacturers' Life

Business First Six Months, 1906	\$5,329,499
“ “ “ “ “ “ 1905	4,724,554
Increase for six months	\$ 604,945

For rates and plans apply to THE E. R. MACHUM Co., LTD., Managers, Maritime Provinces, St. John, N. B.

Or O. P. GOUCHER General Agent, MIDDLETON, N.S. Middleton, N. S., July 1906.

DOMINION ATLANTIC RAILWAY

Steamship Lines
St. John via Digby
Boston via Yarmouth.

"Land of Evangeline" Route
On and after MARCH 1, 1907, the Steamship and Train Service on this Railway will be as follows (Sunday excepted):
Trains will arrive at Bridgetown:
Express from Halifax, ... 12.11 a. m.
Express from Yarmouth, ... 2.24 p. m.
Accom. from Richmond, ... 5.10 p. m.
Accom. from Annapolis, ... 7.20 a. m.

Midland Division.
Trains of the Midland Division leave Windsor daily, except Sundays, at 7.45 a. m. and 1.45 p. m. for Yarmouth, and at 4.45 a. m. and 10.45 a. m. for Annapolis, and at 1.45 p. m. for Halifax and Yarmouth.

Boston and Yarmouth Service
S. S. BOSTON.
By far the finest and fastest steamer plying out of Boston, leaves Yarmouth, N. S., Wednesday and Saturday immediately on arrival of express train from Halifax, arriving in Boston next morning. Returning leaves Long Wharf, Boston, Tuesday and Friday at 2 p. m.

ST. JOHN and DIGBY
ROYAL MAIL S.S. YARMOUTH
Monday, Wednesday, Thursday and Saturday.
Leaves St. John 7.45 a. m.
Arrives in Digby 10.45 a. p.
Leaves Digby same day after arrival express train from Halifax.
Trains and steamers are run on Atlantic Standard time.

P. GIFFKINS,
General Manager,
Kentville.

TOO INQUISITIVE.
"Dat's as fine a goose as I ever saw, Brudder Williams," he said to his host. "Where did you get such a fine one?"
"Well, now, Mistah Rawley," said the carver of the goose, with a sudden accession of dignity, "when you purchased a special fine specimen I never saw you when you got it; come to me, let's see it, mister anyway."

NEEDS A LITTLE MORE CURE
NEEDS A LITTLE MORE CURE
NEEDS A LITTLE MORE CURE

Household

SPENDING MONEY.

Every farmer's wife needs a special fund, however small, set aside for "spending-money." It ought to be absolutely under her own control and deliberately devoted to an occasional small indulgence—self indulgence, if you like. With it she is to gratify her own personal taste; in some small fashion to do exactly as she likes. This is a real safety-valve for the employed woman, the shop girl or factory worker. Even though it cannot be more than a dollar a month, she will find herself in better courage and condition if she insists on keeping a little loop-hole for a certain, for some thing over and above the dull routine of daily living. It is not enough to have bare food and clothes. The work of the farmer's wife is often more exacting, more continuous, and leaves smaller opportunity for any personal choice. The smaller things are always pressing. To keep any freshness of mind and body there must be a little chance for natural freedom in indulging personal tastes and likings. It is a shocking thing that there are plenty of faithful, industrious women, women who are truly self-supporting, though their husbands' hands, who never have in their who live a home-dollars to spend in gratifying a personal longing. Every woman has, or at least should have some personal taste and interest of her own which helps to differentiate her intimate personality. There is something for which she cares deeply, beyond the routine of her outward life, something that she would like to see, or to be or to do, or at least to learn about. The little fund may be the means of keeping this interest alive, and so help her to keep young and to find life worth living. The mere consciousness of possessing this resource would mean much to a great many women. It would act as a kind of insurance against that corroding discouragement and hopelessness which shows only too plainly in many a woman's face after long years of loneliness and hard work. If this personal taste and desire is something ideal, something that lifts the heart above the level of mere drudgery, so much the better. But drudgery, too, may be idealized, and the love of beauty, the love of the highest things, the love of art, may be in some very simple and practical direction that the little fund of spending money will seek its object. The one essential is that it should be in some way a means of self-expression. That makes it a real and direct form of living. It gives encouragement to the strengthening of those inner forces upon which all success depends. It is not too much to say that every woman is a little more her own self for having even a very small purse at her own command. Many a woman has at least some little unexpected desire, some eager wish, which those nearest her would be perhaps, the most surprised to know. Its gratification would not be in the least unreasonable; yet she has never even thought of it as possible. It has come to mean, to her, the hard limitation of her lot in life. In most of these cases even a little fund of spending money, a very small regular sum for which she is accountable to herself alone, would be enough to change the situation. She would have a special personal resource for happiness instead of a little private grief, a thorn in the flesh, if not an actual privation. If anybody deserves to be wholly dependent and irresponsible, it is only the child and the irresponsible; the child who cares for nothing but play, and the woman who cares for little but ease and self-adjustment. It certainly is not the woman who takes her fair share in the work of the world, and helps unflinchingly to build the family fortune and the prosperity of the community. Common justice should secure to her in a moderate degree the sense of possessing independence. Not all the husbands realize what a distinct gain this independence would immediately produce in the sum total of family happiness.

CHILD DUTIES.

One of the most important lessons for the child to learn is the spirit of obedience. By this is not meant the mere performance of the little tasks laid upon him, but the attitude he should bear to the work. Therefore, the parent should aim to inculcate the gladness to be prompt, accurate and willing which the spirit of obedience manifests. In order to establish this attitude, it is not necessary for even a child to be promptory or harsh, but it is essential to be firm and to be clear upon the expectations, emphasizing of each duty, however slight.

WAYS WITH STALE BREAD.

There are various ways by which stale bread can be utilized, among which are the following:
Apple Pudding—Slice tart apples, place in pudding dish in layers, alternately with layers of breadcrumbs. Sprinkle top layer of crumbs with sugar and bits of butter, and cinnamon or nutmeg if liked. Pour over a cup of hot water. Place in hot oven, bake covered at first, afterwards uncovered. Serve with liquid sauce. This is a favorite pudding with children.
Fried Bread—Cut thin slices of bread, dip in butter made as above, and fry in butter or drippings.
Mock Dressing—Make dressing as if for chicken or turkey, press into a loaf, bake until brown in oven, basting frequently with water and butter; or the dressing can be made into thin cakes like meat or fish cakes and fried the same way.
Toasted bread is a good substitute for crackers in the various soups.

Dear Mother

Your little ones are in constant care in Fall and Winter weather. They will catch cold. Do you know about Shiloh's Compound Cough, the Lung Tonic, and who is the only reliable remedy for all the ailments of the young in children. This is the only medicine which is guaranteed to cure in every case. It is the only medicine which is guaranteed to cure in every case. It is the only medicine which is guaranteed to cure in every case.



The skin rids the system of more urea than the kidneys?

Nearly one fifth of the waste products of the body is eliminated by the skin. Suppose there is some unsuspected, unseen skin trouble—the pores are closed—the skin is unable to rid the system of its share of the waste.

Then the blood carries this waste product to the kidneys—immediately they are overworked—they strain to throw off the extra load. What the kidneys can't possibly eliminate, the blood takes up again and deposits on the nerves.

Then come the dull aches in back, hips and head—the nerves unstrung and irritated—the urine charged with impurities and highly colored—and you fear you have "Kidney Trouble."

Nonsense. Your kidneys are overworked—not diseased. What you need is "FRUIT-A-TIVES" to act on the skin.

Fruit-a-tives

(or Fruit Liver Tablets)

open the clogged pores—start up healthy skin action—and let the skin perform its natural function. This instantly relieves the kidneys of overwork—the back-aches stop and the complexion is beautified. There is no excessive waste matter in the blood to bring dull headaches—the urine is cleared—the bowels are opened and regulated—and the kidneys strengthened.

"FRUIT-A-TIVES" act directly on the three great eliminating organs—Skin, Kidneys and Bowels—make them well and keep them well. That is why "FRUIT-A-TIVES" cure so many cases of apparent kidney disease that are really skin troubles.

"FRUIT-A-TIVES" are fruit juices—in which the natural medicinal action of fruit is many times increased by the secret process of making them. Valuable tonics and antiseptics are added and the whole made into tablets—the finest formula known to medicine.

Buy them—try them—and cure yourself at home. 50c a box—6 boxes for \$2.50. At all druggists or sent on receipt of price.

FRUIT-A-TIVES Limited, OTTAWA.

THE CHILD SHOULD BE SHOWN THAT SLIPPERY WORK IS AS MERELY A MANIFESTATION OF DISHONESTY, SINCE THE EMPLOYER PAYS FOR PERFECT WORK AND THE WORKER HAS PAID OFF AN INFERIOR QUALITY AT THE SAME PRICE.

He should also be judiciously praised for work well done, but nothing like lavish thanks should be used. In the majority of instances, mere recognition is sufficient, the high praise being reserved for exceptional cases where the work is particularly difficult or tedious.

It seems lamentable that few parents recognize the fact that the child has an individual standard, that he knows to a fraction the worth of the expression of praise or blame, and that he is quick to judge the person who expresses an opinion which he feels is exaggerated or the reverse.

Where the faculty of the child is recognized, the parent has in his hand a great power for good in the training of the child; where it is not, he may, and often will do harm.

An instance which came under my observation will afford an excellent illustration of the working out of this idea. The family of an official in a northern town consists of three sons, now grown up and doing well, one as a bank manager, another as a business man, and the third as a scientist.

When these boys were respectively ten, eight and six years of age the parents awoke to the necessity of assigning duties to each, not because of the development of the children's mind. At first, to be sure, the plan proved anything but economical because the boys forgot, were too tired, or didn't want to. But firmness was shown by the parents and positive excuses were not accepted. The work must be done or the child was made to feel that he had been remiss, not by scolding, but more by the appreciative remarks directed to the one who had been faithful.

It was not long before the boys were learning that "the reward of a thing well done is to have done it" and that the punishment of failure was not in what was said but in their own condemnation or judgment, in fact, they were taught to weigh their action accurately and set proper values upon them.

But the influence of this method was not confined to the boys in question; it extended to their friends. When first it was announced that the boys must do their little duties, the playmates hovered within easy jeering distance and indulged freely in wit of an incisive variety. But after a few weeks they found that unneeded wit is profitless, and they began to assist the workers so as to have their company longer. Work thus took its rightful place in the minds of all the playmates and recreation became so much the sweeter to each.

In the management of this plan, each child was supplied with a list of duties which were such within his capacity and would still leave him a reasonable time for play. As he ac-

QUESTIONS THAT WILL HELP SOME LESS FORTUNATE ONE OVER THE BAD PLACE IN LIFE'S JOURNEY.

She never permits herself to grow old, for by cultivating all the graces of heart, brain and body age does not come to her.

She believes that life has some serious work to do, that the serious work lies very close to the homely, every day duties and that kind words cost nothing—Pittsburg Dispatch.

CAUSE OF STOMACH TROUBLES.

When a man has trouble with his stomach you may know that he is eating more than he should or of some article of food or drink not suited to his age or occupation, or that his bowels are habitually constipated. Take Chamberlain's Stomach and Liver Tablets to regulate the bowels and improve the digestion and see if the trouble does not disappear. Ask for a free sample. Sold by W. A. Warren, Elm, B.

THE DOLL HABIT.

Love of dolls is natural and worldwide. A list of desired Christmas presents written by a teacher in a school for Indian girls on the Western frontier begins with the item: "A doll for every girl, or we shall have some broken hearts!" At the other extreme of child life, the daughters of the Tsar have their whole colony of dolls, from the muzhik to the soldier, and from the lady in waiting to the peasant girl.

The doll love is a perfectly natural manifestation of the maternal instinct. The girl baby is scarcely out of arms herself when she begins to want a baby in her arms. The wise mother supplies the desire promptly—and watches with tender sympathy the reflection in miniature of her own emotions.

The instinct of the little mother shows itself still further in the fact that the best-loved doll is not made-moiselle of the golden locks and the pink cheeks and the fashionable wardrobe. The favorite is poor Peggy, who has lost an arm, whose eyes are dull and fixed, and whose complexion is much the worse for wear. She is selected most often for an outing, and is exhibited with most pride to mama's callers.

Beneath this seemingly inexplicable taste lies another universal fact—for the beneficent influence of which in the perplexities of human life we are not half grateful enough. The little mother but foretells the crowning glory of the best of mothers—her whole-hearted devotion to the child in need. The sick boy, the plain, shy girl, the dull, the unsuccessful, and—thank God!—the sinful are the dearest treasures of the mother's heart. The little girl's doll is the prophecy of the mother's glorious loyalty for the child in trouble.

You remember the Flaxseed Tea that mother used to make.

It was a great thing for coughs, colds and irritation of the throat.

Simson's Flaxseed Emulsion

is the same remedy and has the same cough curing properties only it is very much more pleasant to take.

Large bottles 25c. All druggists. THE NATIONAL DRUG & CHEMICAL CO., LIMITED, HALIFAX.

THE NICE GIRL.

She has so much to do that she has no time for morbid thoughts. She awakens cheerful in the morning and closes her eyes thankfully at night.

She never thinks for a moment that she is not attractive or forgets to look as charming as possible. She is considerate of the happiness of others, and it is reflected back to her as from a looking glass.

She is her own sweet, unaffected womanly self. Therein lies the secret of her popularity, of her success. She is always willing to give up.

MINNIE'S LINDENB CUBBS

GARGLE FOR COWS