

## Nursing Mothers, Convalescents

And those in a weak or delicate condition, are urged to try Park's Perfect Emulsion of Cod Liver Oil. This preparation is perfectly emulsified, and contains in proportionate quantities Pure Cod Liver Oil, the Hypophosphites of Lime and Soda and Guaiacol. It is an excellent general tonic, with a specific beneficial action on the nervous system and the digestive organs. It tones up the system, makes sound, healthy flesh, and enables weak and delicate people to

## BECOME STRONG

It is prepared in such a manner as to entirely disguise the taste of the oil, and can be taken with perfect convenience by all. Its action under all conditions is prompt and favorable to correcting disorders and bringing about a speedy and permanent cure.

Price 50c. per bottle, of all Druggists.

MANUFACTURED BY  
**HATTIE & MYLIUS,**  
HALIFAX, N. S.

## Ralston Breakfast Food

You all know this article, and how highly it is recommended by physicians. We... have a stock of it just in from the... factory, guaranteed fresh and best condition. . . . You will find our price as low as other peoples, and we always deliver orders promptly . . . as desired. . . .

**W. J. HOPGOOD,**  
Spring Garden  
Road.

## ON THE VALUE OF AN ARTISTIC OFFICE.

(Continued from page 6.)

It is a commendable thing for men to take a pride in their homes and strive to keep them comfortable and well furnished—provided of course they do not carry it to an extreme. Yet how many men annually spend large sums of money in buying furnishings for their homes that are seldom enjoyed because placed in rooms that are seldom used. A drawing room frequently receives an acquisition in a costly piece of furniture that does not possess value for utility and has not much value for other purposes because there is so little in it in proportion to the sum expended. The same money put into more substantial furniture for the living apartments of the house would give more satisfaction. But it is probably not so used, simply because it is not needed for that purpose. The same thing obtains with respect to spare bedrooms. These are seldom used, their decorations are not enjoyed by the family, and cheaper decorations would appeal just as strongly to those who have occasion at infrequent and short intervals to occupy them. Why should not the money be expended on those rooms frequented by the family so that the good influence of a nice environment might be greater? The reason is that there are no more decorations really needed in the living rooms. We do not wish to discourage the spending of money to decorate and beautify homes, but supposing that this money were taken to be spent in improving the office of the man of the house, we venture to say that in most cases it *could* be expended. He would not be an average man if his office could not be improved.

But apart from this we doubt if there are many business men in Nova Scotia who cannot afford to spend some money each year in improving their offices without having to spend less on their homes. In the first place it is only necessary to make a good start. One who fits his office properly once for all only requires to expend a little every year and a slightly extra sum at longer periods to keep up the dignity of the place. A fair start is essential, and to have a fair start requires the spending of no great sum of money. Why should a man refrain from spending two or three hundred or more dollars on a permanent thing? It will be a possession as long as he lives. And if it is cheerful and comfortable it will exert a good influence on him all his days, and, we venture to say, make him more successful.

Someone will say as he reads this that many thousands of dollars have been made in a dingy office. That may be true, but they might as well (and far better) have

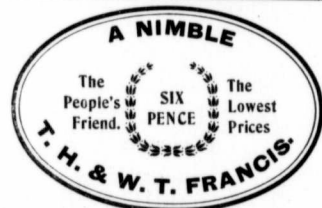
## Information to Commercial Men

who want to be up-to-date and get a good share of the trade. You can save "Time, Money and Energy" when doing Halifax by hiring a rig to see your customers. Remember it is good to have hills for sanitary purposes, but you don't consider it in that light, when climbing up and down all day in search of trade, and see the other fellows pass you by and secure the order you are after, because you are just behind the time. Call on

**ROBINSON,**

when in Halifax; he will fit you out with a good rig at commercial rates.

**TELEPHONE 50.**



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