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has cured more cases of sickness than any other medicine. It's the best remedy in the world for

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A prominent New York lawyer in an unsolicited testimonial says: "HIMROD'S ASTHMA CURE cured me when all other remedies failed. Physicians' prescriptions did not even relieve. For years I have been a sufferer of Rose Cold with all of its annoying symptoms, such as constant sneezing and itching watery eyes. Himrod's Asthma Cure is a sure cure. I have used it for years and it has totally eradicated a Rose Cold of years standing. No words can express my appreciation of its effectiveness."

The late (Dr.) Oliver Wendell Holmes in his book "One Hundred Days in Europe" says: "I have used all remedies—Himrod's Cure is the best. It never failed."

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Are just what every weak, nervous, run-down woman needs to make her strong and well.

They cure those feelings of smothering and sinking that come on at times, make the heart beat strong and regular, give sweet, refreshing sleep and banish headaches and nervousness. They infuse new life and energy into dispirited, health-shattered women who have come to think there is no cure for them.

They cure Nervousness, Sleeplessness, Nervous Prostration, Brain Lag, Faint and Dizzy Spells, Listlessness, After Effects of La Grippe and Fever, Anemia, General Debility and all troubles arising from a run-down system.

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Toronto, Ont.

NATURAL WONDERS.

Why is a river the greatest freak of nature?

"Didn't know it was. Why is it?"
"A river has a head but no feet. Its mouth is where its feet ought to be."

"Pretty good. A mountain is somewhat freakish, also. We have seen the foot of a mountain but we have never heard of a mountain head."

"That so. Still, it must have a head for it has ears."

"Has ears? How's that?"
"Certainly. Did you never see a mountaineer? Kansas City Journal."

I was Cured of Rheumatic Gout by
MINARD'S LINIMENT.

ANDREW KING.

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I was Cured of Acute Brouchitis by
MINARD'S LINIMENT.

LEO C. CREWE READ.

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C. S. BILLING.

Markham, Ont.

BEFORE YOU ARE FOURTEEN.

The War Cry names ten "Arts" which every girl can learn before she is fourteen years old. Look at them and see if you don't think they are within your reach:

1. Shut the door, and shut it softly.
2. Keep your own room in tasteful order.
3. Have a set time for rising in the morning, and keep it.
4. Learn to make bread as well as cakes.
5. Never let a button stay off twenty-four hours.
6. Always know where your things are.
7. Never let a day pass without doing something to make somebody comfortable and happy.
8. Never go about with your shoes unfastened.
9. Speak clearly enough for every body to understand.
10. Never fidget or hum so as to disturb others.

Prof. John B. Smith, professor of etymology at Rutgers College, writes in the current Harper's Weekly of the habits of mosquitoes and the means that should be taken to exterminate them. A forgotten bucket of water in one's cellar will serve to develop thousands, or even a tin can in which water remains continuously for more than a week may serve as a source of supply; and pools of stagnant water are prolific breeding-places. "To make any campaign entirely effective," says Professor Smith, "all breeding-places must be dealt with, and for this purpose there is no more effective destructive agency than kerosene oil of low grade." The surface of the water should be coated with the oil, and if the applications are repeated at short intervals the method is absolutely effective. A better remedy, however, is to destroy the breeding-places altogether by grading the depressions that fill with the rain. "Water barrels and imperfectly closed cisterns may be kept quite safe by placing in them a little fish of almost any species."

HOW TO STAND STRAIGHT.

One of the most admirable points in military discipline, says an exchange, is the erectness of figure given by the drill exercises. A "soldierly" bearing is proverbially a fine one. The following rules, if strictly carried out, will give the civilian the benefit of a carriage. Try them and see.

Make it a rule to keep the back of the neck close to the back of the collar. Roll the shoulders backward and downward. Try to squeeze the shoulder blades together many times a day. Stand erect at short intervals during the day—"head up, chin in, chest out, shoulders back."

Walk or stand with the hands clasped behind the head and the elbows wide apart. Walk about, or even run up-stairs, with from ten to fifty pounds on the top of your head. Try to look at the top of your high-cut vest or your necktie. Practice the arm movements of the breast stroke swimming while standing or walking. Hold the arms behind the back. Carry a cane or umbrella behind the small of the back or behind the neck.

Put the hands on the hips, with elbows back and fingers forward. Walk with the thumbs in the armholes of the vest. While walking swing the arms, and shoulders strongly backward. Stand now and then during the day with all the posterior parts of the body so far as possible, touching a vertical wall. Look upward as you walk on the sunny side of the street.—Morning Star.

ROUND ABOUT THE HOUSE.

Small pickles and olives chopped very fine, are excellent seasoning for salad dressing.

Add a few tablespoonsful of hot water instead of milk to thin eggs in an omelet; you will find that the water makes it much more tender.

Keep the mint in water until wanted and do not make the sauce until the meat it is to

accompany is on the platter ready for service. It is best cut with a pair of sharp scissors. Hold a dozen stalks of even length in the hand, and cut in very short bits, clipping through all with one stroke. By using fresh lime juice instead of vinegar and a dash of cayenne, the sauce will be much improved.

Bread used for basket luncheons should not be less than a day old, for the sake of thin and even cutting. The crust should be trimmed off neatly, the butter should be put on evenly, not in dabs. To prepare nuts for sandwiches first chop very fine, then pound to a paste, salt well and mix well with butter, and spread; or mix finely chopped nuts with just enough mayonnaise or cream salad dressing to slightly moisten.

Cucumbers should be prepared for the table with care. Pare until not a bit of green remains, as a bitter principle lies next the skin, soak in cold water for some time before being sent to the table. Drained and served with cracked ice they make a very appetizing addition to the meals. For salad, cut in little cubes, and with sliced tomatoes, serve on lettuce leaves with mayonnaise dressing. Or serve with small young onions, instead of tomatoes.

A trained nurse vouches for this simple way of dropping medicine without a dropper. Tip the bottle up until the cork has been moistened. Reverse it again and let the fluid go down. Take the cork out, and in so doing run the cork along the rim of the bottle. Pour from the slide opposite the label. This will keep the label looking clean and fresh. The glass can be washed off from time to time, but a drop will spoil your label beyond remedy.—Good Housekeeping.

Housekeepers will find it a great convenience and saving of the edges of their rugs to have a frame for the purpose over which to throw the rugs to be beaten. It is merely two strong, upright posts eight or ten feet high, set firmly in the ground, wide enough apart to accommodate the largest rug, and a cross-piece joining them, over which rugs may be hung for beating. Such a frame is equally useful for airing bedding. I found one in the yard of my first residence in California, and thought it almost worth crossing the Rocky mountains for. Probably we value it more here than where they have grass plots. Yet I am sure the frame is an improvement on the grass plot.—Good Housekeeping.

Literary Notes.

Seldom does one find a more delightful combination of reminiscence and character-study than in the article entitled "An Ulster Squire of the Reign of George III," which THE LIVING AGE of August 29 reprints from THE MONTHLY REVIEW. The writer, Margaret Caulfield, was the niece of the sturdy old squire whom she describes, and the affection with which, in old age, she recalls her childhood in his house, adds a mellow charm to her shrewd comment on the domestic manners of those bygone days.

HEALTHY HAPPY BABIES.

Every mother most earnestly desires to see her little ones hearty, rosy and full of life. The hot weather, however, is a time of danger to all little ones, and at the very first symptom of uneasiness or illness, Baby's Own Tablets should be given. It is easier to prevent illness than to cure it, and an occasional dose of Baby's Own Tablets will keep little one healthy and happy. If sickness does come, there is no other medicine will so quickly cure the minor ills of babyhood and childhood—and you have a guarantee it contains no opiate or poisonous stuff. Mrs. John Nall, Petersburg, Ont., says:—"I have used Baby's Own Tablets and find them a superior remedy for troubles of the stomach and bowels. From my own experience, I can highly recommend the Tablets to other mothers."

Mothers should always keep these tablets in the house, ready for any emergency. Sold by medicine dealers or sent postpaid at 25 cents a box, by writing the Dr. Williams' Medicine Co., Brookville, Ont.

FIRST AID TO THE INJURED POND'S EXTRACT

FOR BURNS, SPRAINS, WOUNDS, BRUISES OR ANY SORT OF PAIN.

Used Internally and Externally.

CAUTION: Avoid the weak watery Witch Hazel preparations, represented to be "the same as" Pond's Extract, which easily sour and often contain "good alcohol" an irritant externally and, taken internally, a poison.

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The following courses are taught—Academic, Music (Vocal and Instrumental), Art, Physical Culture, Elocution, Domestic Science.

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(Late Principal, Upper Canada C. Toronto).
MRS. GEORGE DICKSON, Lady Principal.

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