

## 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  
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ST. JOHN, N. B., Sole Props.

### Sore Throat!

Don't delay; serious bronchial  
trouble or diphtheria may develop.  
The only safe way is to apply

### Painkiller

A remedy you can depend upon.  
Wrap the throat with a cloth wet  
in it before retiring, and it will be  
well in the morning.

There is only one Painkiller,  
"PERRY DAVIS."

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You will secure the best training  
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has no superior in the Dominion. Enter  
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### MILBURN'S HEART AND NERVE PILLS FOR WEAK PEOPLE

These pills cure all diseases and dis-  
orders arising from weak heart, worn out  
nerves or watery blood, such as Palpitation,  
Skip Beats, Throbbing, Smothering,  
Dizziness, Weak or Faint Spells, Anæmia,  
Nervousness, Sleeplessness, Brain Fog,  
General Debility and Lack of Vitality.

They are a true heart tonic, nerve food  
and blood enricher, building up and  
renewing all the worn out and wasted  
tissues of the body and restoring perfect  
health. Price 50c. a box, or 3 for \$1.25,  
at all druggists.

## Beware of the fact that

### White Waue

disinfects your clothes  
and prevents diseases

INDIGESTION  
CONQUERED BY K.D.C.

## The Home

### THE INTERESTED WOMAN.

A valuable thought is that enunciated  
by the author who tells us: "I've never known  
an interested woman who was uninteresting.  
I've had some girl friends look me in the eye  
as I talked to them so that when I went  
away I felt as if a giant had taken me by  
the hand!"

An interested woman! She is indeed a  
pearl of great price. If we dispassionately  
sit down to analyze the charm attaching to  
some dear friend of pleasant acquaintance,  
shall we not find it in this, that she is inter-  
ested? There is that unmistakable look in  
the eyes, never seen in those of a self-con-  
centrated person; the look that projects itself  
through reserve, and compels confidence. We  
know at once that her mind is open to im-  
pressions, and that her attention is all ours.  
She never agonizes her friends by losing the  
thread of the subject on which they discourse  
nor by suddenly interrupting them with a  
remark entirely alien, nor by saying some-  
thing so insane as to prove that she has not  
heeded, or, at all events, has not compre-  
hended what was being said.

Looked at from the standpoint of the social  
diplomat, there is no better policy than that  
of cultivating ready interest in the concerns  
of those around us, in current events, in the  
affairs of the world at large.

Besides, there is good to be done, inspira-  
tion to be communicated. Who has not  
felt the depression of meeting that blank  
gaze which denotes a mind entirely engrossed  
or the corresponding stimulus of a kind and  
comprehending look? The pursuits of women  
conduce to narrowness of interests in many  
cases, but every woman should remember  
that the simple faculty of being interested—  
not seeming merely—is to possess a charm  
superior to that of beauty.—Public Ledger.

### GATHER SUNSHINE.

Some persons are like the human heart,  
inasmuch as they sprinkle rest and kindness  
and heart's ease all through their daily tasks.  
They weave a bright thread of thankful hap-  
piness through the web and wool of life's  
pattern. They are never too busy to say a  
kind word or to do a gentle deed. They may  
be compelled to sigh betimes, but amid their  
sighs are smiles that drive away the cares.  
They find sunbeams scattered in the trail of  
every cloud. They gather flowers where  
others see nothing but weeds. They pluck  
little sprigs of rest where others find only  
thorns of distress. Like the human heart,  
they make much of the little opportunities  
presented to them. They rest that they may  
have strength for others, they gather sunshine  
with which to dissipate the shadows about  
them. The grandest conception of life is to  
esteem it an opportunity for making others  
happy. He who is most true to this higher  
self is truest to the race. The lamp that  
shines brightest gives the most light to all  
about it.—Good Cheer.

### RECIPES.

#### STRAWBERRY COCKTAIL.

This delightful beverage can be served at  
the beginning of luncheon or partaken of  
during the courses. Mash to a mass a quart  
of the berries, to which add the juice of one  
lemon, one orange, and six cupfuls of water.  
Also two cupfuls of sugar, and let stand for  
a couple of hours. Stir until the sugar is en-  
tirely dissolved, then strain through a jelly  
bag. Stand on ice to become chilled. At  
serving time pour in tall glasses, into every  
glass put three or more strawberries sliced.

#### FROSTED STRAWBERRIES.

These are charming to the eye as well as  
to the palate. Dip fine, ripe, big berries one  
at a time in slightly beaten white of an egg,  
afterward roll in powdered sugar and arrange  
on a plate to dry.

#### STRAWBERRY DUMPLING.

Make a very light biscuit dough and roll  
out to half an inch in thickness; cut in circles  
the size of saucers, heap fresh berries in the

centre of each. Moisten the edges and fold  
over the berries, pinching firmly together at  
the top. Arrange on a buttered tin, put in  
steamer and let remain twenty-five minutes.  
Serve with hard sauce made like this, beat  
to a cream two cupfuls of pulverized sugar  
half a cupful of butter, add two cupfuls of  
strawberries that have been thoroughly  
mashed, and stir the whole until a smooth  
mass.

#### STRAWBERRY TAPIOCA.

Wash half a cupful of tapioca in cold  
water, then soak in a pint of water over  
night with a mite of salt. In the morning  
turn into a saucepan and simmer until wholly  
dissolved, adding water to make the consis-  
tency of starch. Cook two cupfuls of straw-  
berries with a heaped cupful of sugar. After-  
ward cover the bottom of a pudding dish  
with hot tapioca and alternate with the  
berry sauce. Set in the oven for fifteen  
minutes, remove, and as soon as cool, place  
in the ice-chest. Serve with sweetened cream.

#### STEAMED STRAWBERRY ROLY-POLY

Take one pint of flour, one teaspoonful o  
sugar, one-and-a-half of baking powder,  
some salt, sift three times, mix with a heap-  
ing tablespoonful of butter, a small cupful of  
milk. Turn on moulding board and roll an  
inch thick, spread with berries and fold over  
so the fruit will not run out, carefully pinch  
the ends and dip a cloth in boiling water,  
leaving room to swell. Steam one hour and  
a half. Serve with sauce given for dump-  
lings.

#### STRAWBERRY MERINGUE PIE.

A delicious dessert is made by lining small  
tartlet tins with good puff paste and baked,  
filled with raw rice to keep in shape. As  
soon as sufficiently browned, strawberries  
that have been combined with sugar should  
be generously sprinkled on the bottom of  
each tart, then fill'd with a deep meringue  
composed of the white of four eggs, whipped  
stiff, with three tablespoonfuls of powdered  
sugar. Bake until the meringue is a brown  
tint. Serve while fresh but not hot.

#### VEGETABLES INSTEAD OF MEAT.

Mrs. Rorer gives the following suggestions  
regarding vegetables as a substitute for  
meat: "Meats contain nitrogen valuable for  
tissue building. If we change from a meat  
to a vegetable diet, vegetables rich in nitro-  
gen must be substituted. Standing at the  
head of this list of foods are peas, beans and  
lentils—the leguminous seeds difficult of  
digestion unless carefully and simply cooked.  
Any recipe or method calling for a second  
cooking add to their digestibility, providing  
fat has not been mixed with them.

#### GO SLOW.

The tempter by which right taste is form-  
ed is characteristically patient. It dwells  
upon what is submitted to it. It does not  
trample upon it lest it should be pearls, even  
though it looks like husks. It is a good  
ground, soft penetrable, retentive; it does not  
send up thorns of unkind thought to choke  
the weak seed: it is hungry and thirsty too  
and drinks all the dew that falls on it. It is  
an honest and good heart that show no too  
ready springing before the sun be up, but  
fails not afterwards.—Ruskin

I was Cured of Bronchitis and Asthma by  
MINARD'S LINIMENT.

MRS. A. LIVINGSTON.

Lot 5, P. E. I.

I was Cured with a severe attack of Rheu-  
matism by MINARD'S LINIMENT.

Mahone Bay.

JOHN MADER.

I was Cured of a severely sprained leg by  
MINARD'S LINIMENT.

JOSHUA WYNACHT.

Bridgewater.

## The TOILET IS INCOMPLETE WITHOUT POND'S EXTRACT

RELIEVES CHAFING, ITCHING OR IRRITA-  
TION. 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  
contains "wood alcohol," a deadly poison.

### Employment for Graduates.

We have no occasion to worry over that.  
What is our greatest concern is to get suffi-  
cient competent graduates for the positions  
we are asked to fill.

#### A CALL PER DAY

What we average. If you desire to qualify  
send for the calendar of the

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Halifax, N. S.

KAULBACH & SCHURMAN,  
Chartered Accountants.

## A BAD CASE

OF

## KIDNEY TROUBLE

CURED BY

## DOAN'S KIDNEY PILLS.

Kidney Troubles, no matter of what  
kind or what stage of the disease, can  
be quickly and permanently cured by the  
use of these wonderful pills. Mr. Joseph  
Leland, Alma, N.W.T., recommends them  
to all kidney trouble sufferers, when he  
says: "I was troubled with dull head-  
aches, had frightful dreams, terrible  
pains in my legs and a frequent desire to  
urinate. Noticing DOAN'S KIDNEY  
PILLS recommended for just such annoy-  
ances as mine, it occurred to me to give  
them a trial, so I procured a box of  
them, and was very much surprised at  
the effectual cure they made. I take a  
great deal of pleasure in recommending  
them to all kidney trouble sufferers.

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

### COWAN'S

### Cocoa and Chocolate.

They are the choicest of all.

Try them

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Sprains, Strains, Cuts, Wounds, Ulcers,  
Open Sores, Bruises, Stiff Joints, Bites and  
Stings of Insects, Coughs, Colds, Contracted  
Cords, Rheumatism, Neuralgia, Bronchitis,  
Croup, Sore Throat, Quinsy, Whooping  
Cough and all Painful Swellings.

A LARGE BOTTLE, 25c.