

THE UPPER CITY.

In all the hurry and worry, Wherever our busy lives go, There's a rest we may take in the har-

mountains of care and "hard times" for her in the future. Make her a self-helpful woman, and she will know how to help others, and you will have laid the surest foundation for her future happiness and well-being.

THE FARM.

It is better to make every acre in the old farm produce twice as big crops than to double the acreage and not increase the output per acre. The temptation is all the time to try to cover too much ground.

THE HOME.

Knowledge Brings Happiness.

The other evening I heard a young lady say: "I never saw, I do not do my own stockings. I purposely do not buy needles lest I have them handy I shall use them." Now a stranger would have thought that a very senseless remark, and have accredited the young woman with the very smallest amount of brain, but I knew her to be a well-educated, bright, helpful, self-supporting girl.

For FERTILIZING HOES.—An authority asserts that a regular supply of salt and a continuous supply of ashes and charcoal is of the greatest importance for fattening hogs. At all times hogs should have salt and charcoal, but the need is increased when they are put on full feed.

A few years ago a child died in a farmhouse not many miles from New York of diphtheria in its most malignant form. About a year previous the baby, fourteen months old, died of marasmus.

By this time the physician advised the family to move to some other house, as they had an occasional sickness and deaths since they moved into this one. The father, nearly prostrated with grief and long watching, promptly acted on this advice, satisfied that his family was a victim of mysterious and calamitous providences.

The father of this family is a man of more than ordinary intelligence, but he did not know that a filthy cellar would kill his children.

A lady in whose presence this subject was discussed, the wife of an itinerant Methodist preacher, remarked: "Two of my children died of unwholesome cellars. In the parsonage where Hattie died the cellar had been used for the year before we lived there as a sink-drain."

Now, mothers, if you want your girls to be good housekeepers, make them pleasant for them. Don't nag. Don't say, "I never saw such a careless room, or such an untidy girl," but show her that you take an interest in her room, and help her to make it pretty, and she will soon learn to care for and keep it neat.

Is the Use of Tobacco Necessary? Tobacco is not a necessity. What if there are some wretched persons who are so in bondage to the weed that they must use it or go mad? Such cases are rare, and they do not affect the proposition. Exceptions prove the rule.

There are few girls in whom a love of housewifery is not implanted. It may want fostering and bringing out; that is the mother's lookout. My young friend of whom I spoke in the beginning of this article can no longer say she "never sews."

It seems to me the very same of unkindness for a mother to let her daughter grow up thoughtless and inexperienced—ignorant of the very things which in a short time she must struggle to know in one hour a day spent in home duties of various sorts, a girl could, before she is fifteen, acquire a thorough knowledge of all the work that goes to make the domestic machinery run smoothly.

You want her to have a good time now and live free from care? Oh, thoughtless mother! You are laying up

the highest degree dangerous; fatal poisonings have more than once occurred in consequence." The Quarterly Journal of Science, quoted and evidently endorsing the Popular Science Monthly some years ago, says that "Tobacco belongs to the narcotic and exciting substances that have no food value. Its stimulating adds no vital force, but abstracts or takes it away."

Of course we have heard a hundred times over of the many sanitary reasons which some tobacco-users are wont to give in excuse of their habit. Even down to the boy who smoked to cure his corns!

A Good Temperance Story. We fear the hotel clerks who would do as this one did, are not in the majority. The witty thoughtfulness of the act here described, entitles the doer to be called more than "a gentlemanly."

Presently in came a clerk with a silver pitcher of water, and as he filled each goblet, with quiet dignity and not a smile on his countenance, he remarked: "Gentlemen, I have done the best I could to obey your order, and here is the purest fluid to be found in the United States."

All looked on in dumb amazement, so unexpected and so ludicrous was their position. But they were equal to the occasion. Not a word was said till each had his glass before him, filled with the sparkling fluid.

Clearly Shown. HOW YOU CAN HAVE A SEVERE NERVOUS SYSTEM. PAINE'S CEREAL COMPOUND IS SHOWN BY LIVING EXAMPLES, AND IT IS PROVEN TO BE NATURE'S TRUE INVIGORATOR.

The most skeptical should be convinced by the following brief extracts from letters recently received by us, that Paine's Cerebral Compound is an unalloyed means of cure in all diseases which are caused by weakened nerves.

Mr. A. Sabiston, the well-known lithographer of Montreal, writes that in the summer of 1888, he had to work very hard, and was troubled with insomnia (sleeplessness) in consequence of the same.

Mr. D. S. Davidson, also of Montreal, suffered with nervous dyspepsia, pain in his back, and sleeplessness for years. If he took any solid food, it caused great distress. Three months he lay on his back. He tried several doctors, but got no relief.

Mr. G. W. Mingsy, who is a proprietor of a drug store in Parkdale, in Ontario, writes that he had tried every other medicine, and was unable to get any relief from his nervous system.

CATARRH AND GOLD IN HEAD HOW CURED. NASAL BALM. A certain and speedy cure for Cold in the Head and Catarrh in all its stages.

C. E. Barnham & Sons. HAVE A COMPLETE STOCK OF PARLORSUITES. From \$35 upwards. BEDROOM SETS. In Ash, Cherry, Walnut and Oak, at very Low Prices.

KENDALL'S SPAVIN CURE. THE MOST SUCCESSFUL REMEDY EVER DISCOVERED. It is certain in its effects and does not blister. Read proof below.

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THE ODELL TYPE WRITER. \$15 will buy the ODELL TYPE WRITER. Warranted to do as good work as any \$20 machine.

Bronchitis Cured. After spending ten Winters South, was cured by Scott's Emulsion.

The Winter after the great fire in Chicago I contracted Bronchitis affections and since then have been obliged to spend nearly every Winter south. Last November was advised to try Scott's Emulsion of God Liver Oil with Hypophosphites and to my surprise was relieved at once, and by continuing its use three months was entirely cured, gained flesh and strength and was able to stand even the Blizzard and attend to business every day.

GATES' LIFE OF MAN BITTERS IS THE BEST. LARGEST ECONOMY, Sept. 25, 1888. C. GATES, SON & Co.—Dear Sir: I was troubled for a long time with a very bad feeling like a craving at my stomach, and had no appetite. Used Root, Iron and Wine, but it made no change. Got a bottle of your Life of Man Bitters, and it helped me at once. I can recommend it to any one similarly troubled.—Very truly, MCKINLAY CORBITT.

The Representative MUSIC HOUSE. W. H. JOHNSON. 121 and 123 Hollis St., Halifax, N. S. PIANOS and ORGANS BY THE GREATEST MAKERS. Don't fail to write or call for prices, and we'll see you money and be sure of a first-class instrument. CASH OR EASY TERMS.

HALL'S BOOK STORE, Fredericton. BAPTIST HYMNALS, SABBATH SCHOOL LIBRARIES, PAPER, CARDS, GOSPEL HYMNS. Head Quarters for School Books, Sheet Music and Music Books.

NOTICE. PARTIES who intend to furnish Private Homes or Hotels this season, should not fail to write for samples of CARPETS, OILCLOTHS, and LINOLEUMS. No Expense! The Lowest Prices Quoted! The Newest Designs to select from!

WHAT IS JOHNSTON'S FLUID BEEF GOOD FOR? First—As a STRENGTH-GIVING Food for INVALIDS and CONVALESCENTS. Second—As a NUTRITIOUS BEVERAGE. Third—For making RICH GRAVY and STRONG SOUPS. Fourth—To spread on Thin Slices of Bread for SANDWICHES. Fifth—Whenever a Food is needed that will Nourish, invigorate, and build up the Constitution.

YARMOUTH WOOLLEN MILL. TWEEDS, HOMESPUNS, FLANNELS, YARNS, &c. They will give you satisfaction both in appearance and wear, being manufactured of all Pure Wool Stock.

2 TRIPS PER WEEK 2 FROM ST. JOHN, N. B., By the Superior Side-Wheel Steamers of the INTERNATIONAL S. S. CO. TO BOSTON.

COMING MONDAY, Nov. 18th, and will call at St. John, N. B., and will leave St. John for Boston, via Eastport and Portland, every MONDAY and THURSDAY morning at 7:30, Eastern Standard Time.

INTERCOLONIAL RAILWAY. 280. Winter Arrangement. 290. ON AND AFTER MONDAY, 18th NOVEMBER, the Intercolonial Railway will run Daily (Sunday excepted) as follows:

WINTER ARRANGEMENT. 280. Winter Arrangement. 290. ON AND AFTER MONDAY, 18th NOVEMBER, the Intercolonial Railway will run Daily (Sunday excepted) as follows:

DR. DANIELS' Veterinary Colic Cure. Has never been known to fail in a single instance. OUR WARRANT:—Five to ten cents worth will in from 10 to 20 minutes cure any case of Colic, or we will refund the money.

RHEUMATISM CURED. PORT GREVILLE, Sept. 25, 1888. C. GATES, SON & Co.—Gentle: Last summer I had a bad attack of rheumatism in the hip, caused by cold and exposure. I used a bottle of your Syrup and one of your Aescular Liniment, and it cured me, so that I have not had a return of it since, though often exposed to wet.

A. F. RANDOLPH & SON. Wholesale and Retail Druggists, 49 King Street, St. John, N. B. FASHIONABLE FURS. We have now in stock: MUFFS AND HOAS: Black Bear, Silver and Grey Lynx, Natural and Black Haccoon, Blue, Red and Black Fox; Grey and Australian Opposum, Kowall, Black Wolf, Brown, Grey and Black Japanese Bear, etc., etc.