HEAR ACHE Ache all over. Throat sore, Eyes Ache all over. Throat sole, Byes and Nose running, slight cough with chills; this is La Grippe ainkiller taken in hot water, sweetened, be fore going to bed, will break it up if taken in time There is only one Painkiller."PERRY DAVIS" **Bating Became a Dread**.

10 776

BOW MANY PEOPLE ARE ALMOST AFRAID TO SIT DOWN TO THEIR MEALS ? YOU MAY BE ONE OF THEM. IF YOU ARE, THERE IS A CURE FOR YOU.

BURDOCK BLOOD BITTERS

CURES INDIGESTION, DYSPEPSIA, BILIOUSNESS, SOUR, WEAK AND ALL STOMACH TROUBLES.

ALL STOMACH TROUBLES. Mr. J. G. Clunis, Barney's River, N.S., tells of what this wonderful rem-ady has done for him .--H is with grati-tude that I can testify to the wonderful surative powers of B.B.B. I was so hadly troubled with indigestion that whatever I ate caused me so much torture that sating became a dread to me. I tried numerous physicians, but their medicines seemed to make me worse. I thought I would try B.B.B. so got a bottle, and after taking a few doses felt a lot better. By the time I had taken the last of two bottles I was as well as ever, and have had no return of the trouble since. I recommend your medicine to the highest degree. B.B.B. is for sale at all dealers.

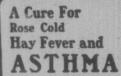
The winter term at the

Maritime Business College, Halifax, N.S.,

will open January 4, 1904.

r month	\$ 10.00
a months	27.00
6 months	50.00
Free Calendar on Application.	
KAULBACH & SCHURMAN,	
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The Surest Remedy is Allen's Lung Balsam It never fails to cure a SIMPLE COLD, HEAVY COLD, and all BRONCHLAL TROU-BLES. BLES. Large Bolties \$1.00. Medium Size 60c. Small or Triat Size 25c. Endorsed by all who have tried it.



A prominent New York lawyer in munsolicied testimonial says : "An-other remedies fail-d. Physicians pre-trained the second second second law the been a sufferer of Rose forms, such as constant sheering and the remedies fail-d. Physicians pre-towns, such as constant sheering and the second second second sheering and the second second second sheering the second second second sheering and the second s

Send for a generous free sample to day and try it. It will not disappoin you.

HIMROD M'F'O CO.,

14-16 VESEY ST ... NEW YOR For sale by all Druggist

MESSENGER AND VIS TOR.

* The Home *

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 exer-cises. A "soldierly" bearing is proverbially a fine one. The following rules, if strictly carried out will give the civilian the benefit of such 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 lackward and downward Try to squeeze the shoulder blades together manytim is a cay. Stand curt at intervals during the day-"head up, ch'n in, chest out, shoulders back."

Walk around with the hands claspsed be hind the head and the elbows wide apart. Walk about, or even run upstairs, with from ten to forty pounds on the top of your head. 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. When walking, swing the arms and shoulders strongly backward. Stand now and then during the day with the posterior part of she body, so far as possible, tou hing a vertical wall. Lock upward as you walk on the sunny side of the street.

HYGIENE FOR HEALTHY FACES. Since the study of cutaneous affections has been made by a medical? specialty the dermatologists find themselves in constant dispute with hygienists concerning the employment of warm water or cold water for bathing the face, so much so that it has ren ained au open question even for shaving. In my opinion, it is best to continue the practice that one has been following since childhood. In any case, so much is certain-that cold water may produce accidents, most of which one can avoid by using warm water. For one thing, microbes and para-sites thrieve better in cold water than in Furthermore, few things irritate the warm. tender skin of wom n more than the acute difference between the temperature of very cold water and very warm dressing rooms With full blooded persons cold water turns the face red, and the cold calling for counter effect. of fr ction tempts underskinned women to use soothing soaps, which in turn, dissolve the tatty substances and leave the skin exhausted and orier than ever

Second only in importance to the question of water is that soap. Only persons with fat skin should use chemically pure soaps, and these with moderation; as for women with dry skins, they should abstain from the use of soap altogether, replacing it with either frish cream or milk or cold cold cream freshly prepared.-Woman's Home Companion.

A REMEDY AT LAST.

Do you think this bousehold tyrant com sidered this matter seriously ? Not at all. Here was her chosen profession, her work in life. Here wages were enough to provide her with all she required at a time when many men were starving for want of work. Her room was luxurious-better than the average cierk could obtain in a boarding house. No rules were given her regarding her idle hours or how she entertained h-rself in the kitchen at night, and burned gas and fire and gave her guests cookies at our expense. She was absolutely her own mistress, if not in name, for it did not appear to give her the slightest concern whether the employer liked what she did or not. In fact, she resented any suggestion or request as an absurd interference

The palpable remedy for the present cock evil, as I have said elsewhere, is a housekeepers' trust- a big one, making a chain of cities-making it positively necessary when a servant wishes to obtain a position that she bear a card from the head office of trust certifying that her character is entirely

commendable-as testified by her employer, a member of trust—and that her accomplishment as a chief de cuisine is of the class set forth on the card. It seems to me that in time the young women thus seeking employment would strife hard to obtain as high a "commission" 'as possible from the trust. More distinctly would this prove a great advantage to both mistress and servant. Good Housekeeping.

HOW TO IRON COLLARS.

Supposing that the collars have been washed and starched in hot starch in the usual way, now see that they are bone dry this is important. Dissolve half a tea spoonful of borax in a very little water. Moisten a slightly heaped tablespoonful of starch with cold water. See that there are lumps. Stir in the dissolved boras, keeping back any pitchings there may be and add enough cold water to make the whole one pinf.

Dip your collars in this, rubbing each that it may be thoroughly saturated. Squeeze as dry as possible, s read flat on a dry towel in single layers, and roll the whole tightly UD. Starch late in the evening, and they will be ready to iron next morning.

Scour your flatirons before using by rub bing on a board on which some bathbrick has been scraped, then wipe with a soft cloth. They must be hot, but not enough to scorch Pull a collar into shape, lay flat on the table and iron on the wrong side until about half dry. If the iron sticks, it is either too hot or too cold, or the collar is too damp. Turr over, pull iuto shape, and iron on the right side until quite dry. If you pulled it properly into shape, there should not be a single crease.

A polishing board is one covered with one thickness of muslin only. Lay the collar on this, wring a clean piece of muslin out of cold water, rub lightly over the right side of coid water, rub lightly over the right side of the collar, and iron again, pressing hard until it is quite dry and glossy. A proper polishing iron is much better for than an ordinary one. If you let collars get too dry, sponge them lightly with cold water on the right side be-fore be ginni ig to iron.—Philadelphia Ledger,

FREE TO EVERYONE

Read and Learn How You May **Procure** it

Procure it The question of why one man succeeds and another fails, is a problem that has puzzled philosophers for centuries. One man attains riches and position, while his neighbor who started with seemingly the same, and better opportunities, exists in poverty and obscurity. No man can win success who is suffering from an irritating and nerve racking disease and the man who has the qualities of success within him, would be quick to recognize this fact and seize the best remedy to eradicate the trouble.

would be quick to recognize this fact and scize the best remedy to eradicate the rouble. A person allicted with a serious case of hemorrhoids or piles is handicapped in the race for power and advancement. It is impossible to concentrate the mental inergies when this decadful trouble is sap-ping the vital forces. To show how easily vitis success destroying trouble can be over-come, we publish the following letter from a prominent Indiana man. When I received the former letter and oure I was in a critical condition. Ulcers to the number of seven had formed on the number of seven had formed on the number of seven had formed in a large time of the rectum culmanting in stual. I affered the most exeruciating pain, could get no rest day or night. After reading the booklet I sent to my druggist but he hap-pend to be out of Pyramid Pile Cure just at that time. However, I obtained a part of a box from my brother in-law and began their use. Five pyramids completely cure me. I procured a box later, but have had ning to see that the cure was permanent, be-fore writing you jof aits success. I believe pyramid Pile Cure to be the greatest and best pile cure on the market, and ask you to plase accept of my grateful thanks for this invaluable remedy. I take great pleasure in rowined in refereance of any sufferer along this line. You may use my name if you wish for reference to anyone alflicted with this disease." J. O. Littell, Arthur, Ind. Wor obtain a free sample of this won-deful remedy, also the booklet described above by writing your mane and addres plainly on a postal card and mailing it to the Pyramid line Complexit.







disinjects your clothes

and prevents disease.

December 9, 1903.