

When Your Joints Are Stiff

and muscles sore from cold or rheumatism, when you slip and sprain a joint, strain your side or bruise yourself, Perry Davis' Painkiller will take out the soreness and fix you right in a jiffy. Always have it with you, and use it freely. **USE**

Painkiller

Girls.

Girls who haven't the money to spend for new clothes, ribbons, feathers, bows, etc., had better go right round to their druggist or grocer to-day and for so cheap buy any color in these fast, brilliant, fadeless home dyes. Maypole Soap. It washes and dyes at the same time.

Maypole Soap

Sold everywhere.
10c. for Colors.
15c. for Black.

MILBURN'S HEART AND NERVE PILLS FOR WEAK PEOPLE

Are a True Heart Tonic,

Nerve Food and Blood Enricher. They build up and renew all the worn out and wasted tissues of the body, and restore perfect health and vigor to the entire system. Nervousness, Sleeplessness, Nervous Prostration, Brain Fog, Lack of Vitality, After Effects of La Grippe, Anemia, Weak and Dizzy Spells, Loss of Memory, Palpitation of the Heart, Loss of Energy, Shortness of Breath, etc., can all be cured by using

Milburn's Heart and Nerve Pills.
Price 50c. a box or 3 for \$1.25. All dealers or THE T. MILBURN CO. LIMITED, Toronto, Ont.

WASTE-BASKET APPLICATIONS!

We know of a firm who advertised for help having put over sixty carelessly addressed unopened applications in the waste basket. We know of another, placing all those not from MARITIME-TRAINED candidates in their waste-basket. Enough said. Send for our free catalogue.

KAULBACH & SCHURMAN,

Chartered Accountants,

MARITIME BUSINESS COLLEGE,

Halifax, N. S.

A Cure For Rose Cold Hay Fever and ASTHMA

A prominent New York lawyer in an unsolicited testimonial says: "My son, Arthur, was cured 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 now 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."

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

HIMROD MFG CO.,
14-16 VESSEY ST., NEW YORK.
For sale by all Druggists.

The Home

BEAUTY'S BEGINNING.

The beginning of beauty is the bath. The woman who does not use soap, water and Turkish towel will struggle in vain with creams and lotions, though after the first named have done their work the latter will be invaluable to soften, smooth and whiten the skin. Not every woman is strong enough to take a tub bath every day, but a sponge bath with a little alcohol added to the water will be found strengthening. One of the best soaps for the face is a simple shaving soap costing only five cents a cake, but do not forget that it is just as important to remove every particle of soap from the skin ducts as it is to cleanse the pores from dirt. After a thorough rinsing, a good cold sponge will have a tonic effect. When exposed to harsh winds or the burning sun, rub cold cream or fresh cream on the face allowing it to remain ten minutes, then gently wash the face, and apply rice or talcum powder.—Biblical Recorder.

DRESSES FOR SCHOOL.

No little girl likes to go to school in a shabby, ill-fitting dress, and it is seldom necessary. Good patterns are cheap, and as for material, do not despair if you have partly worn dresses of an adult member of your family at your disposal. Some excellent results have been accomplished with seemingly hopeless beginnings. The ten year old daughter at our house needs a school dress, and not feeling able to buy new goods, we decided to use a light colored dress skirt for that purpose. This was done so satisfactorily that other mothers may be glad to hear about it.

The seams were ripped apart, the threads picked out, and the goods brushed and washed in warm soapy water. When perfectly clean, a package of navy blue diamond dye, which had been dissolved in warm soft water, was put in a porcelain kettle and enough boiling water poured in to cover the goods. The pieces were put in the dye and boiled half an hour, then thoroughly rinsed and hung on the line until half dry. After pressing on the wrong side the goods looked like new. The colors produced by these dyes do not fade and knowing how soon a school dress becomes soiled, we determined to make it in such a way that it could be washed as often as necessary.

The skirt was made plain and full, and as the goods were heavy it needed no lining. The waist is a blouse, having full sleeves and cuffs of cardinal red flannel trimmed with black braid. The large sailor collar was bordered with a band of red flannel with five rows of braid around it. The collar and cuffs were finished separately and attached to the waist in such a way that they could be removed when the dress is washed. It is handsome, yet so simply made that it will be little trouble to keep it clean.—Religious Herald.

OYSTERS BAKED IN A LOAF.

Bake a long thin loaf for the purpose or purchase a stale Vienna loaf. Cut a deep slice from the top, and with a spoon scrape out the soft part, leaving a wall all around. Fill this "box" with oysters, seasoning them with salt and pepper and a little tomato catsup; put plenty of pieces of butter on the top and replace the slice of crust. Place the filled loaf in a biscuit tin and pour over the loaf two spoonfuls of oyster liquor; put upon a grate in a brick oven and bake from twenty to twenty-five minutes, putting some of oyster liquor over the loaf from time to time. Serve very hot. Small Vienna rolls may be used in place of a loaf, serving one roll to each person.—Selected.

COOKING CAULIFLOWER.

Among the best of the fall vegetables now in market is cauliflower. When properly cooked this a delicate dish. As a rule cauliflower is cooked too much, and it should never be separated, but the last row of green leaves left on. Cut off the thick stalk as closely as possible. Remove the outside leaves and put the cauliflower, white side

down, in cold water for two hours before cooking. To cook cauliflower, au gratin: After soaking it in cold water, boil it gently for twenty minutes in enough salted water just to cover it; then put in whole, with the green leaves on, in a baking dish, white side up; put some butter over the top and sprinkle it well with fine bread crumbs; stand it in a quick oven and let it bake till quite brown over the surface; then serve.—New York Commercial Advertiser.

PLAIN APPLE CHARLOTTE.

Peel and quarter six large or ten moderate sized sweet apples. Greenings or King apples, then cut the quarters in two lengthwise; then put in a saucepan with two generous tablespoonfuls of butter and three quarters of a cupful of sugar, the grated rind of a lemon, or if preferred, a saltspoonful of powdered macis, as flavoring; cover the saucepan and let the apples stew gently till soft, but not broken, then add a half glass of currant or plum jelly and half a cupful of seed raisins. Cut a large stale loaf of white bread in slices a quarter of an inch thick then cut the slices into rounds with a cake cutter; butter one side of each slice and lay them on the bottom and round the sides of a large pudding dish with the buttered sides next the dish; put the rounds together each other. Pour the cooked apples into the dish; over them with a layer of the sliced bread, with the buttered sides next the apples. Bake in a medium hot oven for over thirty minutes then remove from the oven and stand the dish in a cool place. When quite cold turn the Charlotte on a dessert dish and serve it with whipped cream.—New York Commercial Advertiser.

RULES FOR THE BATHROOM.

1. Open the window, top and bottom.
2. Take out all soiled towels, washcloths and linens.
3. Take out the rug, and leave it in the air while a fresh skin.
4. Run hot water into the bath tub with a dash of an antiseptic or soda or plain soap and scrub well, walls, seats and bottom. Rinse well with hot and cold water and wipe dry.
5. Wash all sponges and hang in the air to dry.
6. Wash soap dishes, mugs, slab, faucets, bowl and closet with soapy water, and wipe dry.
7. Wring a household as dry as possible and lightly wipe over the closet seat and lid and all woodwork and walls, and last of all the floor.

It sounds like a long list, but it is short and quick work to do. Fifteen minutes means a fresh, bright looking room that can honestly call itself "clean" till the next day.—Pittsburgh Dispatch.

WHEN BABY CRIES.

When a baby cries almost continuously it is a certain sign that there is something the matter with its stomach or bowels, and the mother should at once give it a dose of Baby's Own Tablets, which sweeten the sore little stomach, promote digestion and gently relax the bowels. Mrs. Fred McArthur, Wabigoon, Ont., who has had experience writes: "When my little boy was six months old he began to cry and kept it up almost continually day and night for several weeks. I gave him medicine, but it did not seem to ease him a bit. I had not at this time used Baby's Own Tablets, but the pediatric fellow was suffering so much that I sent for a box. He obtained ease almost from the first day, and in a few days was quite well. Since then he has grown strong, healthy, and is a bright, laughing, good-natured baby. I hold the Tablets in the highest regard and cheerfully recommend them to all mothers."

This is the verdict of all mothers who have used the Tablets. They are good for children of all ages and always cure all their minor ailments. Sold by medicine dealers, or sent by mail at 25 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

FIRST AID TO THE INJURED POND'S EXTRACT

FOR BRUISES, 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 absorbed often contain "wood alcohol" an irritant externally and, taken internally, a poison.

O. J. McCully, M. D., M. R. C., S. Lennox

Practice limited to

Eye, Ear, Nose and Throat

Office of late Dr. J. H. Morris, Jr.

163 Germain St.

The Doctor's ORDERS:

Fresh Air
Good Food

The Emulsion

For all those threatened
with Consumption.

This School Has

Been the Making of Me"

Is what any young man who has just graduated from
Frederickton Business College,
Remarked to the Principal, as he said good bye before leaving for Toronto to a well paid position in that city. It can do the same for you. Send for catalogue.

W. J. Osborne,

Frederickton, N. B.

Burdock BLOOD BITTERS

CURES

Dyspepsia, Bolls, Pimples, Headaches, Constipation, Loss of Appetite, Salt Rheum, Erysipelas, Scrofula, and all troubles arising from the Stomach, Liver, Bowels or Blood.

Burdock BLOOD BITTERS

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BEWARE

Of the Fact that

White Wave

disinfects your clothes

and prevents disease.