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Bruises, Slips, Swellings
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Fredericton, New Brunswick

The King of Terrors Is Consumption.

And Consumption is caused by neglecting to cure the dangerous Coughs and Colds.

The balsamic odor of the newly cut pine heals and invigorates the lungs, and even consumptives improve and revive amid the perfume of the pines. This fact has long been known to physicians, but the essential healing principle of the pine has never before been separated and refined as it is in

DR. WOOD'S NORWAY PINE SYRUP.

It combines the life-giving lung-healing virtue of the Norway Pine with other absorbent, expectorant and soothing Herbs and Balsams. It cures Coughs, Colds, Hoarseness, Bronchitis, and all affections of the bronchial tubes and air passages. Mrs. M. B. Little, Eagle Head, N.S., writes:—I have used Dr. Wood's Norway Pine Syrup for coughs and think it is a fine remedy, the best we have ever used. A number of people here have great faith in it as it cures every time.

Price 25 cents per bottle.

Beware of the fact that

White Wave

disinfects your socks

and pre

The Home

MARBLE-ROLLING CONTEST.

A long line should be drawn on the floor with chalk or indicated by a scene on the carpet or matting should be selected. Nine feet from this the competitors should be arranged, and each person in turn should roll his marble so as it will stay as near the crack or line as possible. If one marble hit another, those two persons should roll again.

When each person has rolled the person whose marble is nearest the crack should be given first place, the person who is next second place, and so on, the points being as before, five, four, three, two, and one. In case of doubt as to any two marbles, it will be necessary to measure the two distances with great accuracy. This can be done easily by laying down a piece of paper and marking on it the distance of the marble from the mark, and then comparing this with the other marble in question.

NUT BRITTLE.

Put two large cups of granulated sugar over a slow fire in a perfectly smooth skillet or iron saucepan; stir constantly until the sugar dissolves and cooks a delicate brown color. Do not have too hot a fire, and keep stirring, the sugar will lump at first but will soon dissolve. Have ready a shallow buttered tin with the surface covered with chopped walnuts or halves of pecan nuts or peanuts. Pour the syrup very quickly over the nuts, mark out in squares with a knife and when cold break apart.

MAPLE FUDGE.

Take three cups brown sugar, two of maple. Place over the fire and stir constantly while it boils until it gums when dropped in cold water. Add one cup of milk, half a cup water, butter size of an egg to the sugar and boil all together. When ready to remove from the fire add a cup of hickory nuts or English walnut meats and stir until it begins to sugar. Immediately spread in at tins and when slightly cool mark out.

COCOANUT DROPS.

To one grated coconut, add half its weight in sugar and the white of one egg, cut to a stiff froth; mix thoroughly and drop on buttered paper or tin sheets. Bake fifteen minutes.

FRUIT GLACE.

Two cups of granulated sugar, one cup of hot water. Boil slowly half an hour, without stirring, then carefully dip the point of the spoon in the syrup, then into cold water. If the thread is brittle the syrup is ready; pour into a bowl and place over hot water. Dip white grapes, English walnuts, (halved), cherries, orange quarters thoroughly dried, into this, separately, and drop on to oil or waxed paper to cool. Dip carefully so as not to stir up the syrup.

KISSES.

One egg, one cup sugar, one cup of butter one-half cup milk, one teaspoon cream of tartar, one half of soda, flour enough to make a stiff dough, drop on tins and sprinkle over with powdered sugar. Bake in a quick oven.

COMPETITIVE PEANUT HUNT.

The peanuts should be carefully hidden, not more than one, two or three in a place, all over the room. They may be under the corners of the rugs, behind pictures, lying between the sheets of a newspaper, underneath the table, any unexpected place will form a good spot.

The contestants should be placed together in the centre of the rooms. At the word "Go," they should hunt for the peanuts as rapidly as possible. At the end of five minutes by the clock, each person should bring to the secretary all that he has found. The person getting the largest number secures first place.

PARLOR QUOITS.

This game can be bought or made at home. The quoits may be made of either rope or light wood and covered with bright

cloth. One or more upright sticks of different heights set firmly in a board serves as posts and the players taking sides try to put the rings on the posts, pitching them from about fifteen feet away. Each ring put on counts for the side of the player pitching it and the score is marked on paper.

BEAN BAGS.

The old game of bean bags is still a favorite with the boys young and old, and is also easily made at home, being simply a large board in which is cut holes of different sizes. A dozen bags of stout cotton each holding about a cup of beans, are provided, and the players taking sides try to put the bags through the holes, the smaller holes counting higher in every case. The value of each hole should be marked clearly on the board and the score kept on paper.

A LIFE MOTIVE.

What is your motive in life? Every life finds its chief inspiration somewhere. Perhaps it is to succeed? But what do you mean by success? Is it to gather together dollar after dollar; to stand in a conspicuous place in the social circle; to achieve some great result in invention, in commercial life, in art, in letters, in politics, in the professions; to develop the mind so that all the learning of the ancients will be your possession; to indulge in the pleasures of the world; or, is it so to live, that by the unhindered utterance of the highest instincts and impulses of your heart, you shall make some permanent contribution toward the uplifting of men? The interpretation of life depends altogether upon the motive that inspires it. As men and women who purpose in our hearts to serve God, we should place ourselves under the mystic spell of the highest motives, and then enter upon the execution of these motives with courage and joy, and in the strength of God.

Be strong!

We are not here to play, to dream, to drift, We have hard work to do and loads to lift, Shun not the struggle—face it: 'tis God's gift.

—Epworth Herald.

ARCH ENEMY OF MANKIND.

WHO IT IS AND HOW TO ESCAPE HIS CLUTCHES. SAVE YOURSELF TODAY.

The arch-enemy of human life is not Satan, but Pneumonia.

Consumption may number its thousands, but Pneumonia its tens of thousands; and, besides, it's much quicker in doing its deadly work. A person may catch cold, get Pneumonia and die in two or three days.

The only safeguard is Stuart's Catarrh Tablets.

They will, if taken in time, prevent Pneumonia from developing.

But, of course, if you wait too late, from a really bad attack nothing can save you.

That's why we lay so much stress on the fact that a common cold is such a dangerous thing to neglect.

You never know what may come of it.

And nowadays, when we have at hand, in Stuart's Catarrh Tablets, such a safe, certain and perfect cure for a cold, there is no excuse whatever for letting it run along.

Stuart's Catarrh Tablets act directly upon the mucous membranes of the body, the inflammation of which is generally called "Catarrh," which inflammation is nearly always caused, in the first place, by a cold.

As soon as you begin to sneeze, and your eyes and nose begin to run, fly for relief to Stuart's Catarrh Tablets. They will not fail you.

Cases of chronic, long-standing catarrhal trouble, accompanied by discharge from nose and throat, coughing, hawking, spitting, offensive breath, indigestion, irritation of the stomach or bowels, are also easily cured by Stuart's Catarrh Tablets.

In cases of long standing, however, a cure cannot be expected in a day, as it will take some time to build up the weakened, inflamed and flabby membranes to their original tonic state of health.

It will take time, but perseverance will win the day—if assisted by Stuart's Catarrh Tablets.

It is important, however, to remember to use Stuart's.

No other tablets, or any other medicine, will give you the real, positive, permanent curative results that Stuart's will.

Try them.

All druggists sell them at 50 cents a box.

Get the Doctor Quick!

When accidents happen in the home quickly get the bottle of Pond's Extract—the old family doctor. Always ready—always sure, at any time, day or night. A bottle on the medicine shelf is like having a doctor in the house. When pain racks the body it relieves and cures. Imitations are weak, watery, worthless! Pond's Extract is pure, powerful, priceless.

Sold only in sealed bottles under safe wrapper.

ACCEPT NO SUBSTITUTE.

Treated by Three Doctors

for a

Severe Attack of Dyspepsia,

Got No Relief From Medicines, But Found It At Last In

Burdock Blood Bitters.

Mrs. Frank Hutt, Morrisburg, Ont., was one of those troubled with this most common of stomach troubles. She writes:—"After being treated by three doctors, and using many advertised medicines, for a severe attack of Dyspepsia, and receiving no benefit, I gave up all hope of ever being cured. Hearing Burdock Blood Bitters so highly spoken of, I decided to get a bottle, and give it a trial. Before I had taken it I began to feel better, and by the time I had taken the second one I was completely cured. I cannot recommend Burdock Blood Bitters too highly, and would advise all sufferers from dyspepsia to give it a trial."

KIDNEY DISEASE.

Diseases of the Kidneys are numerous, from the fact that these organs act as filters to the blood, and form one of the great channels for the removal of impurities from the system, which, if allowed to remain, give rise to the various kidney affections, such as Dropsy, Diabetes, and Bright's Disease.

The following are some of the symptoms of kidney disease:—Backache, sideache, swelling of the feet and ankles, frequent thirst, puffiness under the eyes, floating specks before the eyes, and all disorders of the urinary system, such as frequent, thick, cloudy, scanty, or highly colored urine.

DOAN'S KIDNEY PILLS

are exactly what the name suggests.

They are not a cure-all, but are a specific for kidney troubles only.

Price 50 cents per box, or 8 for \$1.25. All dealers, or

THE DOAN KIDNEY PILLS CO.,
Toronto, Ont.

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"Other-trained wait for positions."

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