Much in Little TERRETE The Home of

GATES' CERTAIN CHECK

CURES

DIARRHOHA
DYSENTERY
CHOLERA
CHOLERA MORBUS
CRAMPS and PAINS
and all SUMMER COMPLAINTS.
Children or Adults.

Sold Everywhere at

25 CENTS A BOTTLE.

C. GATES, SON & CO.

MIDDLETON, N. S.

As to Epilepsy and Fits.

sig's Fit Cure for Epilepsy and kindred ations is the only successful remedy, and we used by the best physicians and sals in Europe and America. It is conjugate to the sale of the sale o

ONLY A COUGH

But it may be a sign of some serious malady fastening itself upon the vital parts.

Puttner's Emulsion

will dislodge it and restore the irritated and inflamed tissue to healthy action.

Always get PUTTNER'S, it is the Original and BEST.

JUST A BAD



DOAN'S KIDNEY PILLS

Price see, a box, 2 for \$1 25, all druggists.

Unite Christmas Gifts.

Graceful fittle gifts, which are not beyond the means of the giver, are very often more acceptable remembrances of the blessed season than more ostentations ones. Systematic women prepare gifts for the boliday season at odd moments through the year, and long before Christmas comes they have a choice array of attractive articles of their own handlwork stored away. Almost every one is especially skilled in some handicraft, and can make ome acceptable gift with her own hands. Such gifts are usually more certain to be acceptable, perhaps, than costly articles selected from the holiday stock of a shop.

The array of calendars, mirrors, toilet boxes, collar and cuff boxes in the shops suggests articles enough on which the talents of any one skilful with the brush may be exercised. One of the most beautiful sets of glove and handkerchief boxes the writer ever saw was of soft white wood shellacked and rubbed down and simply painted into sprays of apple blossons and leaves. The fact that added to its value as as its beauty was that it was painted by a famous woman, whose one work of "Uncle Tom's Cabin" did more than any other book to liberate the American slave. Such boxes may be appropriately painted with fall leaves or green ferns or pale yellow and white fading ferns or wild yellow and white fading ferns or wild Bowers. Writing sets are pretty covered with odd scraps of old tapestry put to-gether in a hit-and-miss patchwork and decorated with an appropriate motto. Photograph cases, sachets for bureau drawers, handkerchief or glove or cravat sachets and a multitude of other atticles could be named that are easily made at home which are sure to give pleasure unless the recipient is fortunate enough to be already stocked with such articles.
Wild flowers, it should be remembered,
make more original and attractive designs
than the garden flowers which have been used over and over in decorative painting and for embroidery There are many little gifts a young girl or a child can make daintily. The old-fashioned long cushion made of strips of bright braid fringed made of strips of bright braid fringed out at the ends and joined at sides with "cat-stitching" in color, and needle-cases from bits of old brocade are some of these. Chair cushions and the long array of simple headrests, which are easy to make and fill with sweet clover heads, milk weed silk, balsam, spruce buds, or whatever was chosen and dried last summer for the purpose, are others. Safety-pin books, with covers made of band-painted or embroidered denim, or of linen, silk or chamois-skin, are useful gifts and resilly made. The lesses are of white merino or finnel, and button-holed on the edge with white sewing silk. The habit of remembering others is a blessed one for a young person to form,—N. Y. Tribune

The Drinking of Tea.

The tea habit is something to condema This does not mean that there is any harm in tea taken in moderation and under proper conditions. On the contrary, tea, when used properly at the meals, is an agreeable stimulus to the digestion, and has been an undoubted blessing to man-kind. It should not, however, be taken between meals or on an empty stomach.
Ween it is a part of the meal it raises
the temperature of the stomach and preparee it in the same way hot broth does for the reception of less digestible food. Persons troubled with insomnia should not ould not at all Always steep tea of any kind; do not boil any tea, not even Golong, though our grandmothers always boiled black tea and only steeped green tea. English Breakfast tea was a later Importation, and was not known in those

It is a great mistake to depend upon tea in place of food. Physicians say that lea aggravates dyspeptia and that many dyspeptics are cused by not using it. Persons of sedentary habits should avoid tea if they are troubled with constipation. drinkers should take plenty of exercise in the open air.

The daintiest fritters that can be made as light as if stirred with liquefied air are prepared as follows: Put a cupful of new milk over the fire to boil. Add two rounded tablespoonfuls of butter, and when the milk boils stir in quickly one liberal cup-ful of pastry flour which was measured before it was sifted. This batter should be soft, yet not sticky. It must leave a smooth impression when the finger is pressed on it or the spoon. Let it cool a little after stirring in the flour and add three eggs, one at a time. Mix the first egg in very thoroughly before adding the next one, and when all are added put in a saltspoonful of vanilla. Drop the batter teaspoonful by teaspoonful into boiling-hot butter and let the fritters become a delicate brown. As they are mere shells of paste, when fried they cook very quickly. Drain them thoroughly-lifting them out of the hot fat onto coarse brown paper, if it is procurable. Nothing absorbs fat so well, but it is scarce. Maniva is becoming so cheapthat it is used by butchers and bakers as well as by drygoods stores, and the coarse brown paper will soon be a rarity.

Burning a Night Lamp.

It is a matter of doubt, certainly, wheththe night lamp is not a menace health. It certainly is not a menace to health. It certainly is not good for the eyes to allow its rays to fall on the closed eyelids all night. It should be well shaded When turned down any oil lamp generates gas, and thus poisons the air. A night lamp, even burning at full force, certainly exhausts the air, unless there is abundant ventilation. It is more natural, and for that reason it must be more wholesome, for that reason it must be more-wholesome, for all persons to sleep in the dark. Use a night lamp only when it is necessary, in case of sickness. Accustom children to sleep in the dark. This is easily done if the habit is begun in infancy. No child who has been put to bed systematically every night without a light cries for one, and he is the healthier and better for never having one.

There is no machine by which butter and sugar can be more rapidly beaten to a cream than by hand, but the work may be more rapidly accomplished by taking the following precautions: Pour boiling water into an earthen bowl. Keep it in long enough to warm the bowl on the inside, but not long enough to make it hot to the but not soin enough to make it not to the touch on the outside. Best the butter vigorously, and then add the sugar and beat the mixture to a cream. It will only take a few moments.—For Mrs. S. E. D.

ng the possible new rural industries that have attracted the attention of the agricultural class is that of fibre production, though the growth of certain kinds of fibres in past time has been a source of income to the country. Already there is a widespread interest in the subject throughout the West and South, and farmers are not only seeking information regarding the particular practice involved in the cultivation of flax, ramie and other fibres, cost of production market, etc., but many are asking where the proper seed can be secored with which make a start, -(Popular Science

Monthly,

We believe MINARD'S LINIMENT the best.

Matthias Foley, Oil City, Ont.
Joseph Snow, Norway, Me.
Chas, Whouten, Mulgrave, N. S.
Rev. R. O. Armstrong, Mulgrave, N. S.
Pierre Iradry, Sr., Pokemouche, N. B.
Tho nas Wasson, Sheffield, N. B.

If your children are well but not robust, they need Scott's Emulsion of Cod-liver Oil.

We are constantly in receipt of reports from parents who give their children the emulsion every fall for a month or two. It keeps them well and strong all winter. It prevents their taking cold.

Your doctor will confirm

The oil combined with the hypophosphites is a splendid food tonic.

Poultry, Butter

Eggs, Apples AND ALL KINDS OF

Country Produce HANDLED TO ADVANTAGE

> RELIABLE LIP-TO-DATE

Commission Merchant

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HALIFAX, N. S. ACTION OF THE PROPERTY OF THE

A BRITISH SOLDIER

Tells how Milburn's Heart and Nerve Pills Conquer Disease.

Like the conquering armies of Brit which are marching to victory in equarter of the globe, Milburn's Hi



and Nerve Pills are everywhere triumphing oversickness, weakness and suffering.

Mr. David Walsh, of Carleton Place.
Ont. a man who has served with disjunction and credit in the British army, and is now an employee of the C. P.
Railway, says, "While in the army I get broken down, and my nervous system, was completely shattered.

"I was much troubled with liver complaint, loss of appetite, etc. My rest became broken and was disturbed by vivid dreams. This had been going on for 14 years, although I took a great many remedies to escape from the troubles which afflicted me.

"However, I got no relief until I started to take Milburn's Heart and Nerve Pills, which I used together with Laxa-Liver Pills, and now after having used a few boxes, I am better than I have been for years. My aervess are estored to full force and vigor, I eat and sleep well, and my entire system has been toned and strengthened.

"Milburn's Heart and Nerve Pills, co.

"Milburn's Heart and Nerve Pills, co.

"Milburn's Heart and Nerve Pills, co.

"Laxa-Liver Pills," says John Dassety.

"Laxa-Liver Pilia," says John Dohert 35 North Street, St. John, N.B., "cured s of Constipation and distress after eatin Their action is natural and officitive."

BIBLE

GOLDE

Abridged from I

December 21,

CHRIST THE on I. January I. Study John 1:1-34

In him was life; light of men, John I

EXPLA SUBJECT: OUR PER DREMER. HIS I

I. HIS ETERNALL AND AS GOD BEFOR WORLD — VS. 1,2. WAS THE WORD TO the first word obeginning of things already was, Heprinciple, the brigin. Was the Word, is at all ade as the expression of in order to make it best term for us to double meaning "speech," the inmidea, expressed in Christ, the Word (intermediate agen communicates his his heart, his wil "the mediator be AND THE WORD Greek preposition originally denotes the with "as "Not merely as being union and conactive notion of in 2. The SAME. was also with God unity. WAS IN "Plation was not Christ, "Ask the out its beams. As were without its never without its never

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