

**EXPOSURE**

to the cold and wet is the first step to **Pneumonia**. Take a dose of **PERRY DAVIS'**

**Painkiller**

and the danger can be averted. It has no equal as a preventive and cure for **Colds, Sore Throat, Quinsy and Rheumatism**. Always keep it handy.

**Free!**

Here and there you'll find a dealer who does not sell that English Home Dye of highest quality, Maypole Soap, but such cases are rare. A woman can't get Maypole let her write to the Canadian Depot, 8 Place Royale, Montreal, and receive by return mail a free book on successful home dyeing. We'll also tell you where you can get

**Maypole Soap**

10c. for Colors. 15c. for Black.



Heals and Soothes the Lungs and Bronchial Tubes. Cures **COUGHS, COLDS, BRONCHITIS, HOARSENESS**, etc., quicker than any remedy known. If you have that irritating Cough that keeps you awake at night, a dose of the Syrup will stop it at once.

**USED FOR EIGHT YEARS.**

I have used **DR. WOODS' NORWAY PINE SYRUP** for every cold I have had for the past eight years, with wonderful success. I never see a friend with a cough or cold but that I recommend it.—**M. M. Ellsworth, Jacksonville, N.B.**

PRICE 25 CENTS.

**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: "HIMROD'S ANTHRA CURE cured me 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 in ONE WEEK 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 today and try it. It will not disappoint you.

**HIMROD MFG CO.,**

14-16 Vesey St., NEW YORK.

For sale by all Druggists.

## The Home

**TO IRON SHIRTS.**

"Shirts ironed to fit," read a sign in a laundry window, and a man who, an exchange says, was curious enough as to what that meant to go in and ask, learned this:—

"There are two ways of ironing a shirt, one the slap-dash way, the other the careful, painstaking way that results in bringing the shirt back into its original lines, so that it will be put on and hang as it was intended to.

"This means, in the ironing of a starched shirt, that it is ironed, as to the bosom, in such a manner that the two parts of the front will meet and match perfectly so that in the case of a button shirt they will button truly, and the bosom lie flat and smooth and trim, without waves or wrinkles; and so that in the case of a shirt without buttons, the stud holes will match truly, permitting the studs to be placed easily and leaving the bosom, when the studs have been placed, to lie smooth and trim as in the case described of the button shirt.

"It means, ironing the shoulder pieces of the shirt as they should be ironed, and getting the collar band true all around, and meeting properly in front, and standing at the proper and comfortable angle to the body of the shirt, so that it will be easy on the neck. In means in short, the ironing of the shirt as it should be ironed, so that it will be convenient and easy for the wearer, and so that it will be at its best as to appearance. It means ironing a shirt so that it will fit.

"Oh, yes, there is art in the ironing of a shirt."

**ALL ABOUT LAMPS.**

A housewife who has to use lamps a great deal, desires to know what will keep the wicks from smoking. If the wick is soaked in vinegar before it is put into the lamp, and thoroughly dried it will not smoke. The bowl of the lamp should be kept full of oil, but when the lamp is not in use, the wick should be turned down low, to keep the oil from oozing out upon the burner. The common kerosene lamp which is used in almost every household will give a bright, clear light, and will be source of comfort to the family if properly kept. Never use inferior burners. They are cheaper at first, but they soon get out of fix, so that the wicks cannot be turned up or down, and do not give a good light. A clean lamp gives no disagreeable odor when burning.

Lamp chimneys are not liable to break upon exposure to the change of temperature if they are put in a pan of cold water and allowed to heat gradually until the water is boiling hot. When you wish to clean the flues, wash them in a suds made by dissolving pearline in hot water, rinse in clean, warm water, and wipe dry with a towel free from lint; polish with old newspapers. See that the flues fit closely. Lamps should always be filled by daylight; and always put in a new wick before the old one is burned out.—Kentuckienne.

**WASHING GLASSWARE.**

Glassware should be washed in hot soap suds and well rinsed in clear water, then wiped with a fine linen towel. In washing cut glass lay three or four thicknesses of a towel on the bottom of the pan, which will make a soft support for the glass and render it less liable to be broken than when it comes in contact with the hard substance. Use a brush to remove any particles of dust from the deep cutting. A little bluing added to the water in which the glass is rinsed will enhance the brilliancy of the crystal.

**WORTH REMEMBERING.**

1. Avoid so far as possible drinking any water which has been contaminated by lead pipes or lead lined tanks.
2. Avoid drinking water which has been run through galvanized iron pipes.
3. Avoid using anything acidic which has been kept in a tin can.
4. When grippe or other epidemics are

prevailing wear a little crude sulphur in your boots or shoes.

**CRANBERRY AND RAISIN PIE.**

Chop finely together two cups of cranberries and one cup of raisins; add two cups of sugar, one cup of water, and a little flour sprinkled over the berries. Bake in two crusts in a deep pie tin.

**ENGLISH MUFFINS.**

Dissolve one yeast cake in one pint of warm water and add one teaspoonful of salt. Stir in sufficient sifted bread flour to make a thick drop batter; add one tablespoonful of melted butter and beat hard for at least three minutes. Cover and set in a warm place until light; then, having the griddle moderately hot, lay on it well greased rings, and drop in enough batter to half fill them. Do not turn until almost cooked through, then slip off the rings and brown on the other side.

A cooking teacher advises against washing or soaking sliced potatoes before frying them. Soaking takes the starch out, but makes the potatoes tough. The same authority tells us how to make baskets of fried potatoes in which to serve fried fish. Slice the potatoes into straws, dry them thoroughly, and line a small wire strainer with the straws. They should be well packed. Put over them a second wire strainer, a size smaller than the first. This will hold them in place when they are plunged into the smoking fat. Fry for five or six minutes, lift out the kettle and drain. Pass a small knife around the edges between the potatoes and the strainer, when the baskets will come out easily. Roll the fish in crumbs or flour, dip them in beaten egg, and again roll in bread crumbs or flour, and fry in deep fat. Serve the fish in the baskets, which place on dainty napkins. Garnish with fried potatoes and lemon.

Avoid soaking the breakfast salt mackerel too long. It is often made into a flabby tasteless rag by the soaking process. Brush it lightly with olive oil before broiling, and it will present a handsomer appearance and be more juicy to the taste. Sprinkle with lemon juice just before sending it to the table, and always serve water cresses with it.

## IT IS A JOY TO BE CURED.

**Painful Piles Become Painless at Once and are Cured in Short Time.**

It almost pays to have the piles so great is the feeling of relief when Pyramid Pile Cure is applied. They are in the form of suppositories and reach the effected parts at once and the pain ceases and a mild feeling of ease and comfort takes its place. The healing process begins immediately and continues as long as the cure is administered until the sufferer is perfectly and completely well.

How much more sensible is this method than the barbarous torture inflicted by the knife and instruments? How much more satisfactory to be able to administer a simple effective remedy in the privacy of the home than to submit to the humiliation of an examination and operation in the physician's chair!

Pyramid Pile Cure cures piles to stay cured. Thousands and thousands of sufferers the country over have found this out through the testimony of their friends and others, and the sale of this remedy is increasing enormously every week and month. It is certainly a glorious thing to be able to make great numbers of people happy and nothing will cause happiness so much or do it so quickly as relief from pain and the cure of a dreadful disease. The proprietors of Pyramid Pile Cure, therefore, have a great feeling of gratification and happiness themselves when the letters from former sufferers come pouring in on them telling of the wonderful cures and rejoicing and giving thanks for their deliverance from this terrible disease.

Pyramid Pile Cure is for sale by all druggists at 50 cents a package or will be sent at once in plain wrapper on receipt of price by Pyramid Drug Co., Marshall, Mich.

Write for free booklet on the nature, treatment and cure of piles.

## The TOILET IS INCOMPLETE WITHOUT POND'S EXTRACT

RELIEVES CHAFING, ITCHING OR IRRITATION. COOLS, COMFORTS AND HEALS THE SKIN, AFTER SHAVING.

Avoid dangerous, irritating Witch Hazel preparations represented to be "the same as" Pond's Extract, which easily sores and often contain "wood alcohol," a deadly poison.

**O. J. McCully, M. D., M. R. C., S. London**

Practice limited to

**Eye, Ear, Nose and Throat**

Office of late Dr. J. H. Morrison.

163 Germain St.



Trade-mark.

Prevents Emaciation  
Increases the Weight  
Builds up Solid Flesh  
Sweet and Palatable as Cream  
Does not Derange Digestion.

A POSITIVE CURE FOR  
Nervous Exhaustion,  
La Grippe, Anæmia,  
General Debility and  
Pulmonary Disease.

## This School Has Been the Making of Me"

Is what a young man who has just graduated from **Fredericton Business College**, remarked to the Principal, as he said good-bye before leaving for Toronto to accept a position in that city. It can do the same for you. Send for catalogue.

**W. J. Osborne,**  
Fredericton, N. B.

## Don't Chide the Children.



Don't scold the little ones if the bed is wet in the morning. It isn't the child's fault. It is suffering from a weakness of the kidneys and bladder, and weak kidneys need strengthening—that's all. You can't afford to risk delay. Neglect may entail a lifetime of suffering and misery.

## DOAN'S KIDNEY PILLS

strengthen the kidneys and bladder, then all trouble is at an end.

Mrs. E. Kidner, a London, Ont., mother, living at 499 Gray St., says:

"My little daughter, six years old, has had weak kidneys since birth. Last February I got a box of Doan's Kidney Pills at Strong's drug store. Since taking them she has had no more kidney trouble of any kind. I gladly make this statement because of the benefit my child has received from this medicine."

## BEWARE

Of the Fact that

## White Wave

disinfects your clothes  
and prevents disease.