

OUR ENEMY STOLE IN

An enemy stole into your house one day last week and touched you lightly in passing. As you thought little of the matter at the time, for the enemy was only a vagrant current of air. But now you are beginning to learn what mischief the little intruder did, for your back is stiff and painful. Your head aches, and at times you feel dizzy.

What has happened? Simply this: the cold has settled on your kidneys. They are overcharged with blood and inflamed. Instead of passing the waste matter out of the body they are damming it up in the blood. Every minute, yes, every heart beat adds to the poison in you. Normal action of the kidneys will purify the blood. Nothing else will.

WATER'S Safe Cure

is the friend in need. It will reduce the inflammation, so that the grip on the tissues of the blood-vessels is relaxed, and the uric acid is sent on its way out of the body.

Thus You Overcome Your Enemy

WHISTON & FRAZEE'S,
THE LARGEST,
OLDEST,
AND BEST COMMERCIAL COLLEGE
IN NOVA SCOTIA,
has a staff of seven skilled instructors.
A diploma from this College gives the
best chance for a good situation.
Students can join the College at any
time. Send for catalogue to
S. E. WHISTON, PRINCIPAL,
95 Barrington St., Halifax, N. S.

PUTTNER'S Is the best of
EMULSION all the
preparations of
Cod Liver Oil. It
is pure palatable
and effectual.
Readily taken
by children.
Always get PUTTNER'S
It is the Original and Best.

HOTEL CENTRAL,
WOLFVILLE, N. S.
J. W. SHLFRIDGE, PROPRIETOR.
Situated in the central part of this beautiful
town. Repaired and newly refitted with all modern
improvements.
Guests conveyed to and from Station free of
charge.
Excellent Livery Stable (owned by W. J. Bal-
com) in connection.
First-class accommodation. Terms very
moderate.

What a Man Eats

How important that the
He Constituents of our Food
should be Pure.

Bad Pastry brings Indiges-
tion and its ills.

Avoid these by using—

WOODILL'S German
Baking Powder.

The Home.

Mother's Growing Old.

Her steps are slow and weary;
Her hands unsteady now,
And paler still, and deeper,
The lines upon her brow;
Her meek blue eyes have faded;
Her hair has lost its gold;
Her once firm voice now falters—
My mother's growing old.

My thoughts flow back to childhood:
When fondled on her knee,
I poured out all my sorrow's,
Or lisped my songs of glee;
But now upon me leaning;
So wearily and cold,
With trembling lips she murmurs—
"Dear child I'm growing old."

I think of all her counsils;
So precious to my youth;
How faithfully she taught me,
God's sacred words of truth;
How tenderly she led me;
To Jesus' blessed fold,
Where she will soon be welcomed,
No longer bowed and old.

Oh, mother fond and faithful;
Thou truest earthly friend,
May I be near to soothe thee,
Till all thy struggles end;
And while with sad hearts yearning,
Thy form my arms enfold,
I pray in peace to meet thee,
Where saints no more grow old.

—Selected.

Bashfulness.

Writing on this subject in the House-
hold, Clara S. Everts says: "Mothers of
children who are bashful deplore the fact
and the awkwardness that is its outgrowth,
yet most of them would deny that bashful-
ness is often an acquired fault as it is a
natural one.

"Bashfulness is the result of self-con-
sciousness. Bashful persons whether they
realize it or not, are constantly thinking of
themselves, their appearance, manner or
actions, and how they are regarded by oth-
ers.

"The great majority of children are not
naturally self-conscious; but it is taught
them as they grow, 'here a little and there
a little.'

"Who of us has not reproved a child
somewhat similar to the following:

"Why did you do so and so before Mrs.
Smith? What will she think of you? Can
I never teach you that you are not to do
such and such things when any one is
here? I was so mortified. I hardly knew
what to do. Will you ever learn that you
must not talk in that way before com-
pany?"

"The thought that people are—as we are
led to suppose—watching and commenting
on their actions makes them ill at ease,
consequently awkward.

"We are, as a rule, too lax in the train-
ing of our children. We fail to notice the
little defects in manner; the lapses in
speech or action when alone, and rarely
think of them only as the presence of those
before whom we are anxious to make a
good impression make these things, which
are, in reality, of daily occurrence, appear
to us in their true light.

"Children should be early and carefully
taught that certain words and acts are of
themselves wrong; no reference ever being
made as to the presence of others, or any-
thing of that kind.

"A child's mind should be kept as free
as possible from the thought, 'What will
people think or say. They will then
develop naturally and freely, possessed of
an easy, pleasant manner, unmarred by
self-consciousness, and its unpleasant out-
growth—bashfulness.

What Boy's Should Learn.

There are a great many things boys, as
boys, should learn. And if they learn
these lessons so well as never to forget
them during life, they will prove of great
help to them oftentimes when they need
help.

Among other things boys should learn
may be named:

1. Not to tease boys and girls smaller
than themselves.

2. Not to take the easiest chair in the
room, put it in the pleasantest place, and
forget to offer it to mother when she comes
in to sit down.

3. To treat mother as politely as if she
were a strange lady who did not spend her
life in their service.

4. To be as kind and helpful to sisters as
they expect their sisters to be to them.

5. To make their friends among good
boys.

6. To take pride in being a gentleman at
home.

7. To take mother into their confidence
if they do anything wrong; and, above all,
never to lie about anything they have done.

8. To make up their minds not to learn
to smoke, gamble, or drink, remembering
these things are terrible drawbacks to good
men, and necessities to bad ones.—Green's
Fruit Grower.

The cold process of making condensed
milk is something new in the milk business.
The ordinary method of making condensed
milk is by heating the milk and evaporat-
ing most of the water. It is now proposed
to freeze the milk, and thus precipitate
the solids, stirring and freezing it until the
solids and the water of the milk mix like
snow, and then separate them by centri-
fugal force. It is claimed that milk con-
densed in this manner can, by the addition,
of water, return to its normal condition,
so that no one can tell that it has ever
been condensed.

The ever-ready alternative from heavy
meats, and perhaps the most useful thing
the housewife finds to vary her daily bills
of fare, is the acceptable chicken. It is
excellent broiled, roasted or fried, and fur-
nishes the foundation for a multiplicity of
dainty dishes.

To cut up a chicken for frying or for a
fricassee, sever the neck from the body,
take off the wings, and then the legs; cut
the body in two and then lengthwise
through the sides. A small fowl does not
require more cutting; a larger one should
have the second joints and drumsticks
separated and the breast may be cut across,
leaving the wishbone in one part. The
neck of the chicken may be cooked with a
fricassee, but is not served.

Sally Lunn.—Warm one pint of milk and
add to it two tablespoons of melted butter,
then stir in three well-beaten eggs, one tea-
spoonful of sugar, a pinch of salt and flour
to make a stiff batter. Beat until perfectly
smooth, then add one quarter of a cake of
yeast, dissolve in two tablespoonfuls of
warm water. Pour into a round, scalloped
mould with a tube in the centre to admit
the heat. Let it rise in a warm, not hot,
place the last thing before retiring. In
the morning bake in a moderate oven until
thoroughly cooked. Serve whole and
smoking hot.

Fast Losing Ground.

Dealers and druggists who handle and
sell common package dyes for home dyeing
are finding out that they are fast losing
ground as business men.

Once a woman is deceived she never
returns to the merchant that caused her
loss of time and money.

The dealers who give their customers
Diamond Dyes when dyes are asked for are
the successful and trusted business men in
every part of Canada.

Diamond Dyes are perfect in color and
dyeing power; the only dyes that can
warrant satisfaction. Every buyer should
see that the name "Diamond" appears on
each package handed to them by a dealer.

Dr. Borden, Minister of Militia, is greatly
improved in health. He is now in New
York.

Agents Wanted at Once!

FOR
The Diamond Jubilee Edition
OF

**THE LIFE OF HER MOST GRACIOUS
MAJESTY, ENTITLED:**

**"Victoria Sixty Years
a Queen."**

This attractive volume is charmingly
written. It covers the whole field of the
Queen's life, socially and otherwise, em-
bracing all the leading events in Her
Majesty's reign, and forming an impartial
narrative of the times of this memorable
period of British history. It is profusely
illustrated with portraits and other superior
engravings. Sold only by subscription, at
popular prices. Large discounts to Agents.
Act quickly. Write at once for terms and
full particulars. Address,

R. A. H. MORROW,
59 Garden Street,
ST. JOHN, N. B.

GATES' SUPRESEDES ALL PILLS
INVIGORATING
THE BEST CATHARTIC SYRUP.

Lagrippe Conquered.

DARTMOUTH, Sept. 24th, 1886.
Messrs. G. GATES & Co., Middleton, N. S.

This is to certify that while living at Bel-
mont, in Colchester County, about 17 years ago,
I took a very heavy cold and had severe cough
and an attack of Bronchitis, which reduced me
very much—was very bad for a month, friends
feared my going into decline. I procured some
of your Bitters and Syrup, which I took and
soon began to improve, and kept on gaining
till I fully recovered. Five years ago I was
seized with an attack of La Grippe, which re-
duced me so much that I could scarcely walk
without falling over. I then took eighteen
bottles of your Bitters and Syrup, which built
me up and made me thoroughly well. We
continue to use your medicine and never think
of being without them in the house.

I am willing to make oath to the truthfulness
of the above statement.

Yours very sincerely,
HENRY AROHIBALD.

Sold Everywhere at 50 Cts. per Bottle.

MONT. McDONALD,
BARRISTER, Etc.

Princess St. St. John, N. B.

Printing

BECAUSE you are not located in
St. John is no reason why we should
not do your PRINTING. We are do-
ing work for people all over the
Maritime Provinces. Everybody is
pleased with our work. We honest-
ly believe that no other printer can
do better for you than we can. We
want an order from you—no matter
how small—just to get acquainted
and let you see what we can do.

Address

PATERSON & CO.

MASONIC TEMPLE,

St. John, N. B.

Among the contributors to the Ap-
number of McClure's will be Will H. Low,
Robert Louis Stevenson, the Hon. Hen-
Cabot Lodge, Hamlin Garland, Rudyard
Kipling, Octave Thanet, Cy Warman, and
Ian MacLaren. A remarkably fine number
is promised, with a special Raster cover.

Adapted

Lesson III.

GENTILES

Then hath
granted repentance
I. THE CHURCH

19. THEY W
ABROAD—See A
THE PERSECUT
STEPHEN was t
persecutions—to
the truth. The
direction, carry
they went. God
work out a sure
his loved ones
should be able t
faith, and say,
can do unto me.
country extendi
can coast, north
hundred and tw
varied at differen
haps fifteen or
Sidon were its m
days of Rome's s
mercantile enter
Phoenicia had be
ince of Syria. C
the northeast pa
sixty miles west
forty miles long
wide. It was wid
tivity. The birth
och stood on t
Orontes, three hun
salem, and thirty
It was one of the
most licentious cit

20. SOME OF THE
disciples. MEN O
—Hebrews by race
because of constan
affected by broad
prevailed in Palesti
of Egypt in north
THE GREEK—Be
Greeks also." Gre
meant, but heathen
Most of the prim
vate Christians w
which produced suc
was a propagandist
and do likewise.
called to be minist
telling the glad sto
souls to Jesus.

21. THE HAND
"name" stands for
stands for power, of
symbol. WAS writ
labor for God may
and aid. A GREAT
The meaning of the
great number of tho
unto the Lord. The
intellectually convin
moral courage to act
and devote their live

II. THE CHURCH ORG.

22. TIDINGS OF
was a terrible thing
Christian Jews, th
should enlist in the
Messiah without first
ed; and doubtless
word to the Christia
salem. If the migh
rated Jews from Gent
under the gospel, wh
a Jew? This questio
cursed at length in
CHURCH WHICH WAS
singularly enough, m
and more intensely
church in other place
BARNABAS—"Two r
difference are observ
tion of Barnabas to A
sion of Peter and Joh
apostles sent Peter
church in Jerusalem,
bas. 2. Those who w
were original apostles,
nabas, a man of note
brethren, but not o
ties, who was sent to A
this time most of the ap
salem. By sending B
in Jerusalem showed
tion of the Christian ch
to preserve unity amo
draw all believers tog
gued against Christia
a number of small sect
Gentile Christians were
of the same community
23. WHEN HE CAME
briefly recorded under