



Lydia E. Pinkham's Vegetable Compound

is a positive cure for all those painful ailments of women. It will entirely cure the worst forms of Female Complaints, all Ovarian troubles, Inflammation and Ulceration, Falling and Displacements of the Womb and consequent Spinal Weakness, and is peculiarly adapted to the Change of Life. Every time it will cure

Backache.

It has cured more cases of Leucorrhoea than any other remedy the world has ever known. It is almost infallible in such cases. It dissolves and expels Tumors from the Uterus in an early stage of development. That

Bearing-down Feeling,

causing pain, weight and headache, is instantly relieved and permanently cured by its use. Under all circumstances it acts in harmony with the female system. It corrects

Irregularity,

Suppressed or Painful Menstruation, Weakness of the Stomach, Indigestion, Bloating, Flooding, Nervous Prostration, Headache, General Debility. Also

Dizziness, Faintness,

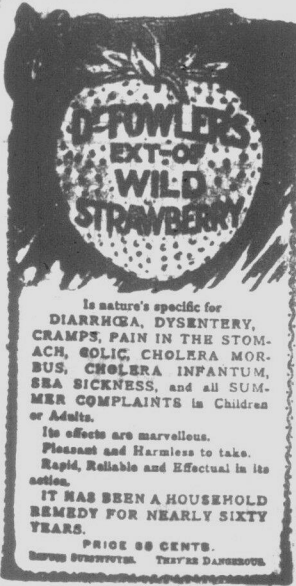
Extreme Lassitude, "don't-care" and "want-to-be-left-alone" feeling, excitability, irritability, nervousness, sleeplessness, flatulency, melancholy or the "blues," and backache. These are sure indications of Female Weakness, some derangement of the Uterus. For

Kidney Complaints

and Backache of either sex the Vegetable Compound is unequalled.

You can write Mrs. Pinkham about yourself in strictest confidence.

LYDIA E. PINKHAM MED. CO., Lynn, Mass.



ON WHICH SIDE OF THE DESK ARE YOU?

The man before the desk is paid WAGES for LABOR. The man behind the desk is paid SALARY for KNOWLEDGE.

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Chartered Accountants,

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Halifax and New Glasgow.

The Home

DANGER IN CHEAP CANDIES.

Cheap candies are not only often poisonous, but are badly adulterated with glucose, cornstarch, and white clay, writes Prof. Louis B. Allyn in Good Housekeeping. A sample recently purchased contained nearly five per cent of the latter substance. Glucose or starch sugar, is now produced in enormous quantities, both in this country and Germany, from corn or potato starch. It is used chiefly in table syrups, candies, as food for bees, in brewing and in adulterating honey.

The process of manufacture is interesting, and in short is as follows: The starch is boiled with diluted sulphuric acid from fifteen minutes to two hours, according to the apparatus used; the longer the action the greater the percentage of glucose produced. The excess of acid is removed by treating the solution with chalk, animal charcoal and by filtering. The filtered solution is evaporated to a syrupy consistency, and sent to the market under the name of 'glucose,' 'mixing syrup,' etc. When evaporated to dryness the solid product is known to commerce as 'grape sugar.' The main question is whether candy made from glucose is unwholesome. The answer is, it is not, provided such glucose has been freed from possible arsenical contamination through the sulphuric acid used, the lime removed and provided the reprehensible practice of bleaching with sulphurous acid has not been followed. Candy made from glucose may frequently be detected by its lack of sweetness and its extreme brittleness. Much of the stick candy is composed largely of glucose, to which a small quantity of cane sugar has been added to increase its sweetness. A great deal of palatable and harmless confectionary contains the better quality of glucose.

One can often find cheap gumdrops made from glucose or cornstarch held together by ordinary glue, the taste of the latter disguised by the flavor employed. The best gumdrops are made from cane sugar and gum arabic. A curious form of adulteration is met with in some of the inferior productions sold as 'licorice.' The essential ingredients in many cases are burned flour, glue, cornstarch, and caramel. This combination often becomes practically insoluble. It is an instructive experiment to try to dissolve some of the cheap 'licorice' in hot water. The results lead one to consider its effect on the delicate digestive organs of a child—Selected.

THE "SALT RUB."

Various sanitariums and private hospitals are using the 'salt rub,' and it is becoming so popular that some Turkish bath establishments are advertising it as a special attraction. It is just as good for well people as sick ones, is the most refreshing of all baths and rubs ever invented, only excepting a dip in the sea, and is matchless in its effect upon the skin and complexion. With all these virtues it is the simplest and most easily managed of all similar measures, and can be taken at home easily. Put a few pounds of coarse salt—the coarsest you can get, salt sea by preference—in an earthen jar, and pour enough water on it to produce a sort of slush, but not enough to dissolve the salt. This should then be taken up in handfuls and rubbed briskly over the entire person, but anyone in ordinary health can do it for herself and himself very satisfactorily. This being done, the next thing is a thoroughly douching of clear water, preferably cold, and a brisk rubbing with a dry towel. The effect of elation, freshness, and renewed life is immediately felt, and the satiny texture of the skin and increased clearness and brightness of the complexion swell the testimony in favor of the salt rub.—Exchange.

STAND UPRIGHT.

There are many things in the lives of woman which tend to develop a carriage of the body anything but upright. If a girl has any pride in being upright in body as well as in morals, she can, even if she has

an occupation that tends to make her crooked, do much herself to prevent it. In the first place, carefully cultivate the sense which tells her when she is standing straight and when she is not. By paying attention to this muscular sense it becomes in time very acute. By neglecting it the sense becomes dull—is paralyzed. Cultivate it daily or several times a day by assuming the upright attitude. Stand before the glass and see when you are straight, or get a friend to tell you, and then put yourself in this attitude whenever you stand or walk, or sit at any labor in which you are engaged. If you have only to walk across the room, do it in an upright attitude. If you have only to stand and converse with a friend in the street, on the road, at a party, get yourself so accustomed to the upright attitude that you will feel uncomfortable in any other. In time an upright habit will be established, and constant attention to it will not be required.—Dietetic Gazette.

CONTRIBUTIONS TO LONGEVITY.

Most writers, ancient and modern, agree on the following circumstances as favorable to longevity—

1. To be born of healthy long lived parents.
 2. To live in the temperate zones.
 3. To live in the country and much in the open air.
 4. To be accustomed to daily labor.
 5. To be temperate in eating and drinking.
- To which may be added these ten commandments of hygiene from a French medical review—
1. Rise early, retire early, fill your day with work.
 2. Water and bread maintain life, pure air and sunshine are necessary to health.
 3. Cleanliness prevents rust, the best cared for machine lasts the longest.
 4. Practice frugality and sobriety.
 5. Enough sleep repairs waste and strengthens; too much softens and enfeebles.
 6. To be sensibly dressed, with freedom of movement and sufficient warmth.
 7. A clean and cheerful house makes a happy home.
 8. The mind is refreshed and invigorated by distractions and amusements, but abuse of them leads to dissipation to vice.
 9. Cheerfulness makes love of life, and and love of life is half of health. Sadness and discouragement hasten old age.
 10. Do you gain your living by your intellect? Then do not allow your arms and legs to grow stiff. Do you earn your bread by your pickaxe? Do not forget to cultivate your mind.

An Ohio young woman read at her graduation an essay on Hawthorne. The young woman said, "At the age of thirty nine Hawthorne married and took his wife to the old manse." The day after the commencement one of the village maidens called on Miss E.—and remarked, wasn't it mean that Maud should say such a thing in her essay? "To what did you refer?" "Why, she said at the age of thirty nine Hawthorne married and took his wife to the old man's. Why didn't she say to his father-in-law's?"—Selected.

MINARD'S LINIMENT is the only liniment asked for at my store and the only one we keep for sale.

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HARLIN FULTON.

Pleasant Bay, C. B.

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CURES—Burns, scalds, bruises, cuts, sprains, wounds, lameness, soreness, neuralgia, rheumatism, sunburn, bites, stings.

STOPS—Nose bleed, toothache, earache, bleeding lungs, hemorrhages, and all pains.

Sold only in sealed bottles under buff wrapper.

ACCEPT NO SUBSTITUTE.



Have Restored Thousands of Canadian Women to Health and Strength.

There is no need for so many women to suffer pain and weakness, nervousness, sleeplessness, anemia, faint and dizzy spells and the numerous troubles which render the life of woman a round of sickness and suffering.

Young girls budding into womanhood, who suffer with pains and headaches, and whose faces are pale and the blood watery, will find Milburn's Heart and Nerve Pills help them greatly during this period.

Women at the change of life, who are nervous, subject to hot flashes, feeling of pins and needles, palpitation of the heart, etc., are aided over the trying time of their life by the use of this wonderful remedy.

It has a wonderful effect on a woman's system, makes pains and aches vanish, brings color to the pale cheek and sparkle to the eye.

They build up the system, renew lost vitality, improve the appetite, make rich, red blood and dispel that weak, tired, listless, no-ambition feeling.

50c. PER BOX, OR 3 FOR \$1.20

ALL DEALERS.

The T. Milburn Co., Limited, Toronto, Ont.



THAT'S THE SPOT!

Right in the small of the back. Do you ever get a pain there? If so, do you know what it means? It is a Backache.

A sure sign of Kidney Trouble. Don't neglect it. Stop it in time. If you don't, serious Kidney Troubles are sure to follow.

DOAN'S KIDNEY PILLS

cure Backache, Lame Back, Diabetes, Dropsy and all Kidney and Bladder Troubles.

Price 50c. a box or 3 for \$1.25, all dealers.

DOAN KIDNEY PILL CO., Toronto, Ont.

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and the large and increasing attendance proves that it is a good one. This first-class, well equipped school is open to you at all times of the year. Young men and women who look out for NUMBER ONE, will attend this school. Write for our catalogue to W. J. OSBORNE, Principal, Fredericton.

BIBLE

Abridged

Third

JULY

Lesson 11—John 13:1-17, 18-30, 31-36, 37-40, 41-43, 44-46, 47-50, 51-52, 53-58, 59-66, 67-72, 73-78, 79-84, 85-90, 91-96, 97-100, 101-104, 105-108, 109-112, 113-116, 117-120, 121-124, 125-128, 129-132, 133-136, 137-140, 141-144, 145-148, 149-152, 153-156, 157-160, 161-164, 165-168, 169-172, 173-176, 177-180, 181-184, 185-188, 189-192, 193-196, 197-200, 201-204, 205-208, 209-212, 213-216, 217-220, 221-224, 225-228, 229-232, 233-236, 237-240, 241-244, 245-248, 249-252, 253-256, 257-260, 261-264, 265-268, 269-272, 273-276, 277-280, 281-284, 285-288, 289-292, 293-296, 297-300, 301-304, 305-308, 309-312, 313-316, 317-320, 321-324, 325-328, 329-332, 333-336, 337-340, 341-344, 345-348, 349-352, 353-356, 357-360, 361-364, 365-368, 369-372, 373-376, 377-380, 381-384, 385-388, 389-392, 393-396, 397-400, 401-404, 405-408, 409-412, 413-416, 417-420, 421-424, 425-428, 429-432, 433-436, 437-440, 441-444, 445-448, 449-452, 453-456, 457-460, 461-464, 465-468, 469-472, 473-476, 477-480, 481-484, 485-488, 489-492, 493-496, 497-500, 501-504, 505-508, 509-512, 513-516, 517-520, 521-524, 525-528, 529-532, 533-536, 537-540, 541-544, 545-548, 549-552, 553-556, 557-560, 561-564, 565-568, 569-572, 573-576, 577-580, 581-584, 585-588, 589-592, 593-596, 597-600, 601-604, 605-608, 609-612, 613-616, 617-620, 621-624, 625-628, 629-632, 633-636, 637-640, 641-644, 645-648, 649-652, 653-656, 657-660, 661-664, 665-668, 669-672, 673-676, 677-680, 681-684, 685-688, 689-692, 693-696, 697-700, 701-704, 705-708, 709-712, 713-716, 717-720, 721-724, 725-728, 729-732, 733-736, 737-740, 741-744, 745-748, 749-752, 753-756, 757-760, 761-764, 765-768, 769-772, 773-776, 777-780, 781-784, 785-788, 789-792, 793-796, 797-800, 801-804, 805-808, 809-812, 813-816, 817-820, 821-824, 825-828, 829-832, 833-836, 837-840, 841-844, 845-848, 849-852, 853-856, 857-860, 861-864, 865-868, 869-872, 873-876, 877-880, 881-884, 885-888, 889-892, 893-896, 897-900, 901-904, 905-908, 909-912, 913-916, 917-920, 921-924, 925-928, 929-932, 933-936, 937-940, 941-944, 945-948, 949-952, 953-956, 957-960, 961-964, 965-968, 969-972, 973-976, 977-980, 981-984, 985-988, 989-992, 993-996, 997-1000.

God is our present help in time of trouble.

1. HEZEKIAH last lesson was answer in a great lesson has the to a dire person first importance well to consider aspects.

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