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Spavins, Ringbones, Carbs, Splints, Spavins, Bruises, Swellings and Stiff Joints on Horses. Recommended by prominent Horsemen throughout the country.

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Has been steadily on the increase. The number registering this term is away in advance of all previous years.

This is the best testimonial we can place before the public. Send for Free Catalogue. Address.

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Fredericton, New Brunswick. J1

Do You Realize That a Neglected Cough May Result in Consumption.

If you have a Cold, Cough, Hoarseness, Bronchitis, or any affection of the Throat and Lungs, what you want is a harmless and certain remedy that will cure you at once.

There is nothing so healing, soothing, and invigorating to the lungs as the balsamic properties of the pine tree.

DR. WOOD'S NORWAY PINE SYRUP

Contains the potent healing virtues of the pine, with other absorbent, expectorant and soothing medicines of recognized worth.

Dr. Wood's Norway Pine Syrup checks the irritating cough, soothes and heals the inflamed Lungs and Bronchial Tubes, loosens the phlegm, and gives a prompt sense of relief from that choked-up, stuffed feeling.

Price 25 cents per bottle.
Be sure and ask for Dr. Wood's.

Beware
of the fact that
White 'Uave
disinfects your clothes
and prevents disease.

FASHION AND HEALTH.

About a century ago there flourished in this country a gentleman with a large family of daughters with whom he was accustomed to correspond almost daily while they were away at school. His letters contained so much wise advice that they were later collected for publication. From the viewpoint of our twentieth century wisdom some of the parental admonitions are rather amusing, says Robert Webster Jones in the December [Housekeeper]. For instance this: "My dear daughter—Though good health is one of the greatest blessings of life, one should never boast of its possession. We so naturally associate the idea of feminine softness and delicacy with a corresponding delicacy of constitution, that when a woman speaks of her great strength, her extraordinary appetite, her ability to bear excessive fatigue, we recoil at the description in a way she is little aware of."

Since fashion rules us all, men and women alike, how delightful to think that nowadays it is fashionable to be healthy! In Beau Brummel's day, the mincing dandy, who found all exertions "such a bore," held the centre of the stage. The hero, the heroine also, posed most of the time as an interesting invalid. He was always going to Bath or one of the German spas to "take the water." She was supposed to subsist entirely upon dainty tid bits that would have hardly kept a canary bird alive, and a predilection for anything so substantial as beefsteak and onions would have been thought disgraceful. The athletic man and girl are the centers of popular admiration today. For once, fashion and common sense have joined hands. Let us hope that the union will be a permanent one.—Argus.

CANDY RABBITS.

Among the Christmas sweets, even a chocolate mouse can not rival the cunning marshmallow rabbit, while the making of the latter affords "a good time" to the older children beforehand.

A box of marshmallows, a few of the smallest pink candies, a sheet of moderately stiff paper, and one sheet of pink paper such as stationers use to wrap parcels, a little gum arabic or white of egg, a needleful of white thread, and all the materials needed for constructing a large family of these engaging animals.

First gum the two sheets of paper smoothly together, and while they are drying, use the fingers to shape the marshmallows a little, and by "pinching" give each one a short up-turned tail.

Then cut the paper into half-inch squares—two for each rabbit—round them off with the scissors, and roll them into tiny cornucopias, with the pink lining inside. These, of course, are the ears, and by making a small slit with the point of a pen knife, and touching the end of the "horn" with gum arabic, they are easily fixed in place. Two more slits, lower down permit you to press Bunny's pink candy eyes into position, and the thread, which should be doubled several times, gives him the whiskers that are his crowning glory.

Considerable ingenuity can be exercised by little fingers, in varying the expression and attitudes of these short lived pets.—Little Men and Women.

CELERY IN PEPPER.

Celery Baked in Pepper Cases.—Cook in boiling salted water, chop very fine and drain, celery to the amount of a pint. Scald six green peppers, rub off the skins, cut off the stems and remove the seeds. Make a rich Italian sauce as follows: Fry one tablespoonful of chopped shallots in one tablespoonful of salad oil until yellow. Add a sprig of parsley, a tablespoonful of chopped mushrooms, and fry five minutes; dredge with a tablespoonful of cornstarch; mix well and add one cupful of brown stock. When smooth add two tablespoonfuls of mushroom catsup and the celery pulp. Fill the pepper shells, place close together, in a bak-

ing-dish containing an inch of hot water and a generous lump of butter and bake for half an hour.

BRAISED GOOSE.

Braised goose is one of the fine old English dishes rare enough to pass for an novelty. For this mode of cooking a flat-bottomed porcelain-lined kettle is the most desirable. First stuff the goose in any favorite manner and lay it in the kettle with some shavings of bacon or fat salt pork, and brown carefully. Remove and put in the kettle with a scant quart of boiling water, an onion, a few sprigs of parsley, some stalks of celery cut in inch pieces, two or three cloves and half a dozen pepper corns or a pod of red pepper, a bay leaf and two carrots in slices. On this bed lay the goose, cover closely, and keep it simmering and steaming for three hours. Some cooks place the kettle in a slow oven. The rich gravy that forms may be reduced to a glaze (boiling down over a quick fire), and the goose glazed and finished in the oven. It makes a very handsome and delicious dish. Apple croquettes made with rice are very nice to serve with it. Pour enough stewed apples hot over sufficient boiled rice to make it as soft as can be handled. Roll into croquettes, crumb and fry as usual.

A turkey, duck or capon may be braised in the same manner, and the flavoring of the bed varied to suit individual preferences. It is by no means a bad way to cook a fat old hen, and the result with slow, long cooking leaves nothing to be desired, either in tenderness or succulent flavor.

What Sulphur Does.

FOR THE HUMAN BODY IN HEALTH AND DISEASE.

The mention of sulphur will recall to many of us the early days when our mothers and grandmothers gave us our daily dose of sulphur and molasses every spring and fall.

It was the universal spring and fall "blood purifier," tonic and cure-all, and mind you this old fashioned remedy was not without merit.

The idea was good, but the remedy was crude and unpalatable, and a large quantity had to be taken to get any effect.

Nowadays we get all the beneficial effects of sulphur in a palatable, concentrated form, so that a single grain is far more effective than a teaspoonful of the crude sulphur.

In recent years, research and experiment have proven that the best sulphur for medicinal use is that obtained from Calcium (Calcium Sulphide) and sold in drug stores under the name of Stuart's Calcium Wafers. They are small chocolate coated pellets, and contain the active medicinal principle of sulphur in a highly concentrated, effective form.

Few people are aware of the value of this form of sulphur in restoring and maintaining bodily vigor and health; sulphur acts directly on the liver, and excretory organs and purifies the kidneys and enriches the blood by the prompt elimination of waste material.

Our grandmothers knew this when they dosed us with sulphur and molasses every spring and fall, but the crudity and impurity of ordinary flowers of sulphur were often worse than the disease, and cannot compare with the modern concentrated preparations of sulphur, of which Stuart's Calcium Wafers is undoubtedly the best and most widely used.

They are the natural antidote for liver and kidney troubles and cure constipation and purify the blood in a way that often surprises patient and physician alike.

Dr. R. M. Wilkins while experimenting with sulphur remedies soon found that the sulphur from Calcium was superior to any other form. He says: "For liver, kidney and blood troubles, especially when resulting from constipation or malaria, I have been surprised at the results obtained from Stuart's Calcium Wafers. In patients suffering from boils and pimples and even deep-seated carbuncles, I have repeatedly seen them dry up and disappear in four or five days, leaving the skin clear and smooth. Although Stuart's Calcium Wafers is a proprietary article, and sold by druggists, and for that reason tabooed by many physicians, yet I know of nothing so safe and reliable for constipation, liver and kidney troubles and especially in all forms of skin disease as this remedy."

Many rate people who are tired of pills, cathartics and so-called blood "purifiers," will find in Stuart's Calcium Wafers, a far safer more palatable and effective preparation.

When Accidents Occur

be prompt to apply Pond's Extract—the old family doctor; its soothing, healing powers are marvellous. Cures burns, scalds, cuts, bruises, relieves all pains. 25 years it has been the one family remedy for every emergency. Imitations are weak, watery, worthless; Pond's Extract is pure, powerful, priceless.

Sold only in sealed bottles under this wrapper.
ACCEPT NO SUBSTITUTE.

Many Women Suffer Untold Agony From Kidney Trouble.

Very often they think it is from so-called "female disease." There is less female trouble than they think. Women suffer from backache, sleeplessness, nervousness, irritability, and a dragging-down feeling in the loins. So do men, and they do not have "female trouble." Why, then, blame all your trouble to female disease? With healthy kidneys, few women will ever have "female disorders." The kidneys are so closely connected with all the internal organs, that when the kidneys go wrong, everything goes wrong. Much distress would be saved if women would only take

DOAN'S KIDNEY PILLS

at stated intervals.

Miss Nellie Clark, Lambeth, Ont., tells of her cure in the following words:—"I suffered for about two years with kidney trouble. I ached all over, especially in the small of my back; not being able to sleep well, no appetite, menstruation irregular, nervous irritability, and brick-dust deposit in urine, were some of my symptoms. I took Doan's Kidney Pills. The pain in my back gradually left me, my appetite returned, I sleep well, and am effectually cured. I can highly recommend Doan's Kidney Pills to all sufferers from kidney trouble."

Price 50 cents per box, or 3 for \$1.25. All dealers, or DOAN KIDNEY PILLS CO., TORONTO, ONT.

HAD TO GIVE UP ALTOGETHER AND GO TO BED.

DOCTORS DID HER NO GOOD.

By the time Miss L. L. Hanson, Waterside, N. B., had taken Three Boxes of MILBURN'S HEART AND NERVE PILLS She Was Completely Cured.

She writes us as follows:—"Gentlemen:—I feel it my duty to express to you the benefit I have derived from Milburn's Heart and Nerve Pills. A year ago last spring I began to have heart failure. At first I would have to stop working, and lie down for a while. I then got so bad that I had to give up altogether and go to bed. I had several doctors to attend me, but they did me no good. I got no relief until urged by a friend to try Milburn's Heart and Nerve Pills. I sent to the store for a box, and by the time I had taken three-quarters of it I began to get relief, and by the time I had taken three boxes I was completely cured. I feel very grateful to your medicine for what it has done for me.—Miss L. L. Hanson, Waterside, N. B."

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5th
JANUARY,
1905.

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1 month - \$10.
3 months - 27.
6 months - 50.
Students admitted any time.
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