

## Save your Horse

BY USING

### FELLOWS' LEEMING'S ESSENCE.

IT CURES.

Spavins, Ringbones,  
Curbs, Splints, Sprains,  
Bruises, Shins, Swellings  
and Stiff Joints on Horses.

Recommended by prominent Horsemen  
throughout the country.

PRICE FIFTY CENTS.

T. B. BARKER &amp; SONS, LTD.

ST. JOHN, N. B., Sole Props.

### When Your Joints Are Stiff

and muscles sore from cold or rheumatism, when you slip and sprain a joint, strain your side or bruise yourself, Perry Davis' Painkiller will take out the soreness and fix you right in a jiffy. Always have it with you, and use it freely. USE

## Painkiller



Keels 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. WOOD'S 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.

### CONSIDER

Why it is that three students of other schools doing similar work, have applied to us to secure their employment. It is simply this: They find that maritime qualification is the standard in most offices.

### MORAL:

Attend our school and get a good training.

KAULBACH &amp; SCHURMAN,

Chartered Accountants.

MARITIME BUSINESS COLLEGE.

Halifax, N. S.

## Beware

of the fact that

## White Wave

disinfects your clothes

and prevents disease

## INDIGESTION CONQUERED BY K.D.C.

IT CURES THE STOMACH  
AND BOWEL DYSPEPSIA  
AND ALL THE DISORDERS  
OF THE DIGESTIVE SYSTEM

## The Home

### CITY VS. COUNTRY HOMES.

The suburbanite and his bundles are a prolific source of amusement to the city dweller. He who walks secure on brick pavements and is contented with a 2 by 4 patch of smoky sky looks with amusement at the commuter, who runs feverishly night and morning for the train and goes yawning from the theater on the mid-night crawler.

Nevertheless it is more and more a fact that the Americans are becoming country lovers. The flower garden, however small, the song of the wild birds, the sunset seen over vistas of harvest fields, the clean washed air from a broad sky expanse, all are coming to be keenly appreciated by the American business man or woman.

And when married folks with a small family look around for a home, the wise ones choose the country home. And as the years roll by they will not regret their choice.

It will be their own turn to exult as they view the pale, nervous and enervated city children, compared to the robust and rosy specimens reared in the country.

It is hard enough for the young mother to rear her children at the best of times. But how much more difficult in the city, when the air is impure, the milk is contaminated, and the summer heat and the winter cold concentrate in full force.

Better have a home, no matter how humble, in the country, where the children can run all day out of doors, with the boundless blue sky over them and the green grass under their active feet. Here will bone and brawn thrive and sound bodies help sound minds in building up a soul, fit to battle with the world and wrest a victory.—Zion's Advocate.

### HOUSEHOLD SUGGESTIONS.

A hard wood floor may be kept in excellent condition if the following rules are adhered to: never put a drop of oil on the floors and when soiled, rub them thoroughly with a dry cloth wet in turpentine. When dry apply a preparation of wax and when that is finished and dry, polish them with a brush or cloth made for the purpose until the surface is clear and shining.

Children's frocks and pinafores may be rendered non-inflammable by dipping them into a solution of alum after they have been washed.

Turpentine added to starch in the proportion of a teaspoonful to each quart adds whiteness and gloss to the ironed article.

Shoe strings will not come untied if they are waxed slightly before being put into the shoes.

There is no food value in Saratoga chips.

A tiny pinch of carbonate of Soda or salt put into the milk when it first comes, will help in preventing it from becoming sour.

A dainty nut water is made from a recipe which is said to be an old navy favorite, because the wafers kept well and were always fresh and ready for use during a long voyage. They are called "Marguerites," and are simply thin crackers which are thinly spread of a mixture made of one cupful of finely chopped nuts—pecans, English walnuts and almonds—added to the well beaten white of one egg, to which enough sugar has been added to make a thick icing. After this has been spread on the crackers they are browned slightly in the oven.—Christian Herald

### DO MOTHERS REALIZE

A potent cause of friction between mothers and daughters, and one that is largely responsible for driving girls into matrimony inconsiderately, and that makes them yearn for careers, is the inability of mothers to realize that their daughters are grown and have the rights of grown people. There is apparently, no other thing so impossible as for parents to see that their adult children resent being treated like babies. This is particularly true as regards mothers. Sometimes a father rises to the height of granting his son liberty to do as he pleases, but as long as a girl remains at home her mother

considers she has a perfect right to dictate to her about her clothes, what she shall eat, and think, and believe, and how she shall breathe. I have known old maids of about forty-five who have never been permitted even to pick out a pocket handkerchief for themselves, and I once heard a bride ejaculate the day she was married, "Thank God, I'll never have to wear another pink dress!"—a uniform she had worn consistently ever since she was a baby because her mother happened to admire pink.—Picayune.

### SWEETBREADS.

Sweetbreads had no value formerly, and were often thrown away as worthless, but with increasing demand for them, they have become correspondingly expensive, and are now a luxury. Besides the fact that they are delicate in flavor, easily prepared and may be presented in many dainty and delicious forms, they are invaluable as an addition to the dietary of the sick or convalescent, on account of their easy digestibility. They are at their best during the spring and summer, when they are also most plentiful and cheap. Although we speak of sweetbreads as a pair, in reality there is but one sweetbread, consisting of two parts connected with a short membrane. The round compact part is called the heart sweetbread, from its position. The other, or elongated part, which from its position below the throat, is called the throat sweetbread, is not as delicate, being neither so fat nor so firm. Therefore, when sweetbread is found separated in market avoid buying two of the throat sweetbreads.

### TOMATOES AND LETTUCE SALAD.

Peel four large Tomatoes. The easiest way is to pour boiling water over them and skin them as they wrinkle; but if you do this you must strain off all the water afterward and let them stand on the ice till they are firm again. Wash the lettuce and gently pat it dry with a clean cloth. Slice the tomatoes thin and pour off all the juice; arrange a few nice lettuce leaves on each plate and lay four slices of tomato on them and pour dressing over all. Or, arrange the lettuce and tomatoes in a salad bowl and pour the dressing over.

### FRUIT SALAD.

Wash white grapes and cut in halves; take out the seeds; mix with as much orange or grape fruit pulp and lay on lettuce. Let it get very cold before adding the dressing. Bits of pineapple and a very little banana may be added to this also.

### IRREGULARITY IN THE PUNISHMENT.

There are two boys who manage to be rather unruly in school, and their teacher was so exasperated one day that she ordered them to remain after hours and write their names 1,000 times. She watched them plunge into the task. Some fifteen minutes later one of them grew uneasy and began watching his companion in disgrace. Suddenly the first one burst out with a roar of despair and between his sobs, said to the teacher: "Tain't fair, m'm. His name's Bush and mine's Schluttermeyer!"

"There's one thing I can say about my daughter, said Mr. Cumrox. 'She has a fine disposition.'"

"Have you known her to meet any severe tests?"

"Yes, the way she sits and listens to herself play the piano shows that she must have extraordinary patience."—Washington Star.

### HESITATED AND DIDN'T LOSE.

"Never was glad for this impediment in my speech but once," said the man from the country.

"When was that?"

"Fe-fell fellow asked me h-h-how much I would take for a-a-horse, and while I-I-I was trying to tell him f-forty pounds he offered me fifty."—Tit-Bits.

Relieve those Inflamed Eyes!

### Pond's Extract

Reduced one-half with pure soft water, applied frequently with dropper or eye cup, the congestion will be removed and the pain and inflammation instantly relieved.

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

### Are You Looking

For a school where for A SMALL EXPENDITURE you can equip yourself to EARN A GOOD SALARY?

Fredericton Business College.

No vacations. You may enter at any time. Address,

W. J. OSBORNE,

Principal, Fredericton, N. B.

## DOAN'S KIDNEY PILLS

Are a sure and permanent cure for all Kidney and Bladder Troubles.

### BACKACHE

Is the first sign of Kidney Trouble.

Don't neglect it! Check it in time!

Serious trouble will follow if you don't.

Cure your Backache by taking

DOAN'S KIDNEY PILLS.

### COWAN'S

Cocoa and Chocolate.

They are the choicest of all.

Try them

WOULD HAVE TO STOP HER WORK AND SIT DOWN.



HOW MANY WOMEN HAVE TO DO THIS FROM DAY TO DAY?

MILBURN'S HEART AND NERVE PILLS are a blessing to women in this condition. They cure Nervousness, Sleeplessness, Palpitation of the Heart, Faint and Dizzy Spells, Weakness, Listlessness, and all troubles peculiar to the female sex.

Mrs. James Taylor, Salisbury, N.B., in recommending them says: "About eight months ago I was very badly run down, was troubled greatly with palpitation of the heart and would get so dizzy I would have to leave my work and sit down. I seemed to be getting worse all the time, until a friend advised me to try MILBURN'S HEART AND NERVE PILLS. I can truthfully say that they do all you claim for them, and I can recommend them to all run-down women."

Price 50c. per box, or 3 boxes for \$1.25; all dealers, or The Milburn Co., Limited, Toronto, Ont.