

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

Maypole Soap Washes and Dyes.

Successful home dyeing is a pleasure with Maypole Soap because "no mess, no trouble" as with the old-fashioned powder dyes. Quick, easy, safe, sure and the colors it yields are absolutely fadeless. Brilliant beyond compare.

Sold everywhere.
10c. for Colors. 15c. for Black.

Burdock BLOOD BITTERS

CURES

Dyspepsia, Bolls, Pimples, Headaches, Constipation, Loss of Appetite, Salt Rheum, Erysipelas, Scrofula, and all troubles arising from the Stomach, Liver, Bowels or Blood.

Burdock BLOOD BITTERS

Burdock BLOOD BITTERS

Mrs. A. Lethbridge, of Ballyduff, Ont., writes: "I believe I would have been in my grave long ago had it not been for Burdock Blood Bitters. I was run down to such an extent that I could scarcely move about the house. I was subject to severe headaches, backaches and dizziness; my appetite was gone and I was unable to do my housework. After using two bottles of B. B. B. I found my health fully restored. I warmly recommend it to all tired and worn-out women."

BEWARE

Of the Fact that

White Wave

disinfects your clothes and prevents disease.

A Cure For Rose Cold Hay Fever and ASTHMA

A prominent New York lawyer in an unsolicited testimonial says: "HIMROD'S ASTHMA 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 has now been 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 VESKY ST., NEW YORK.
For sale by all Druggists.

The Home

HOME MADE STOCKS.

There are to be found in the shops all sorts of pretty little designs for collars to be made at home by clever needleworkers. Such a variety of stocks are to be had ready to wear that the most exacting taste can be satisfied; but women who spend carefully find that many of them can be made up at much less expense; therefore these materials, consisting of folds of silk or linen, needlework stitches in herring-bone cross, briar and feather-stitch bands of drawn work, or medallions of lace can all be utilized and put together with success and profit. White takes the lead largely in color, then white and black, after which pale blue and red are favorites.

To add to the vogue of linen for costumes our cousins across the water have been giving "linen balls" where the most beautiful varieties of that fabric were worn, decorated with lace and trimmings in the most lavish manner.

FURNISHING THE HOME.

In suggestions for furnishing the home, Miss Davis of Wellesley, gives as essential principles, use, simplicity and beauty. These are certain broad principles which should govern the choice of every article of furniture brought into the house.

"So many factors enter into the furnishings of a house that the highest beauty can hardly be expected in the ordinary household," she says, "but harmony and individuality are possible to any one who take sufficient thought. Disciples in these days are referred to William Morris perhaps more than to any other apostle in the art of furnishing. We are more or less familiar with the stock quotation, 'Have nothing in your house which you do not know to be useful or believe to be beautiful.' To live up to this motto is not perhaps so difficult for the new home maker as she might at the outset think.

All furniture is based, presumably on needs, and its value is in direct proportion to the way in which it meets these needs. Chairs should be bought primarily to sit upon, secondly or fifthly to look at; pitchers to pour well; tables, to stand steadily; otherwise these articles are not useful nor artistically beautiful. Everything should have its functional purpose. Chairs should fit the spine; one would have to be deformed to be comfortable in some of the modern shapes. In place of buying a chair for its ornamental value it would be better to choose an inexpensive vase, or a plant, for decoration.

"As in choosing, so in furnishing your home, be individual. The house, in itself, may be guarded as simply a body. Furnishing gives, or should breathe into it, a soul. And this soul should reflect the individuality and personality of the mistress of the home. The placing of a rug, the character of a sofa pillow, the pictures, dishes, table linen, all should speak to us of individual taste and personality, a guest ought not to receive the impression that the room has been turned out by a professional furnisher. In the latter instance there would probably be no jarring note, no chronological error, no modern thing in a Louis Quatorz room, no Chinese vase in a Japanese room; but there would be lost that personal touch which should connect the room with its hostess."

A PHYSICAL CULTURE MIRACLE

I firmly believe that the degree of physical perfection one acquires depends on exactly how much perseverance and will power one uses, writes Constance Sydney in Good Housekeeping. There is nothing worth having which is not worth working for. Exercise is monotonous work, but if people only realized how important physical development really is, and brought up the young generation to consider their daily exercise as essential as brushing their teeth or the morning bath, the world would be a healthier and happier place.

RULES FOR BREATHING.

If one's health is impaired, or if he wants to preserve it, and increase his power to resist disease, he must, first of all, give attention to breathing. Even food and drink are second in importance to this, for one can live for days without nutrition save the air breathed, but if deprived of that, even for a few minutes, life ceases. Here are some of the first rules for a correct method of breathing, as given by a specialist who has made an exhaustive study of the subject:—

1. After retiring at night release the body and mind from all tension, and take full and regular inhalations through your nostrils; hold the breath about one second; take all the time you can to exhale it; keep this up until you are weary or fall asleep.
2. When you wake in the morning repeat the exercise at least for five minutes; longer if time permits.
3. During the day take as many full respirations as possible, exercising care with the exhalations. While taking these exercises one should bear in mind the thought that he is inhaling new life and power—Success.

CHILDREN'S TEETH.

These little teeth should be kept clean and filled just as carefully as permanent teeth. One of the most obvious reasons is to spare a child any unnecessary pain. One sleepless night spent in the care of a suffering child with the toothache is more than enough to convince a mother. Filling the tiny cavities that a dentist finds in such teeth does not give a child pain. The bit of soft filling stops the decay, and the tooth is thus kept in position in the jaw until thrust out by nature. A child's first tooth should not be pulled until it fairly drops out at the touch. If it is taken from the jaw before the permanent tooth is formed, the jaw shrinks. When the permanent tooth appears, being larger than its predecessor, it does not find the proper room which the growth of the jaw would otherwise give, and the results are those ugly, overlapping so disfiguring, so painful, and so costly a remedy. A large, well-curved jaw is the first preparation for handsome teeth but the size of the jaw is not within the scope of parental care. The best that can be done is not to decrease its size by untimely removal of the teeth. The new tooth absorbs a part of the material for its own use from the small roots of the first one. Any one who has looked at the entire absence of roots on a first, shell-like tooth which drops out by nature's push will recognize this, and readily understand that to have pulled the tooth too soon would have robbed the new tooth of its needed material and made it just as much less strong and healthy. Watch the child's teeth and have them regularly inspected by a competent dentist.—Harper's Bazar.

"I tell you," cried the author, "I'm going to rise in this world."

The editor eyed him doubtfully for five seconds, and then asked: "Balloon or elevator?"

WIND COLIC.

"In my opinion," writes Mrs. Philip Collins, of Martindale, Que., "there is no medicine can equal Baby's Own Tablets. Before I began the use of the Tablets my baby cried all the time with wind colic and got little or no sleep, and I was nearly worn out myself. Soon after giving baby the Tablets the trouble disappeared, and sound natural sleep returned. I have also proved the Tablets a cure for hives, and a great relief when baby is teething. I would not feel that my children were safe if I did not have a box of the Tablets in the house."

All mothers who have used Baby's Own Tablets speak just as highly of them as does Mrs. Collins. The Tablets cure all the little ills from which infants and young children suffer, and the mother has a solemn assurance that this medicine contains neither opiate nor any harmful drug. Sold by all medicine dealers or sent by mail at 25c a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

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 Which Hazel preparations represented to be "the same as" Pond's Extract which easily sour and generally contain "wood alcohol," a deadly poison.

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

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For all those threatened with Consumption.

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Is what a young man who has just graduated from Frederickton Business College. Remarkable 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,

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Too many good positions to fill and no enough proficient young men to fill them. Still the industries must go on. It is too bad business men have to import clerical help. We train some hundreds each year. What more can we do? Qualify you for better salary.

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Are a combination of the active principles of the most valuable vegetable remedies for diseases and disorders of the Liver, Stomach and Bowels.

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CURE FOR BILIOUSNESS

Dyspepsia, Sour Stomach, Water Brash, Liver Complaint, Sallow or Muddy Complexion.

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Sweeten the breath and clear away all waste and poisonous matter from the system. Price 25c. a bottle or 5 for \$1.00. All dealers or THE T. MILBURN CO. Limited, Toronto, Ont.