

One Dose

Tell the story. When your head aches, and you feel bilious, constipated, and out of tune, with your stomach sour and no appetite, just buy a package of

Hood's Pills

And take a dose, from 1 to 5 pills. You will be surprised at how easily they will do their work, cure your headache and biliousness, loosen the liver and make you feel happy again. 25 cents. Sold by all medicine dealers.

RUN DOWN

GATES' SUPERSEDES ALL PILLS
INVIGORATING
THE BEST CATHARTIC SYRUP.

BUILT ME UP.

WATERFORD, Digby Co.,
Nov., 1895.

C. GATES & CO.

Gentlemen—Two years ago I was run down, lost my appetite and became so weak that I could not work. Tried many medicines without receiving any benefit. I then got your LIFE OF MAN BITTERS and SYRUP which soon built me up so that I have remained well ever since.

Yours respectfully,
DELANEY H. GRAHAM.

Whiston & Frazee's
COMMERCIAL COLLEGE,

HALIFAX and TRURO, N. S.

Our Course of Instruction is thorough and up to date, and graduates readily find employment. Send for circulars to

S. R. WHISTON, Halifax,
or J. C. P. FRAZER, Truro.

PUTTNER'S EMULSION

Has special virtue in healing diseased Lungs and restoring flesh and strength to those reduced by wasting disease.

Always get PUTTNER'S, it is the Original and BEST.

A HAMILTON LADY

Finds Laxa-Liver Pills a perfect cure for Sick Headache.

Fully ninety per cent. of the women of this country suffer from sick headache. Liver disorder and constipation are at the bottom of the trouble.

Laxa-Liver Pills cure the headache by correcting the cause.

And they do their work easily and perfectly without any gripe, pain or sickening.

But the Hamilton lady we referred to—Her name is Mrs. John Tomlinson. Her address is 107 Steven St. North.

This is what she says:

"Being troubled with severe headaches, I was advised by a friend to try Laxa-Liver Pills. I only required to use half a bottle when the headache vanished and I have not been troubled with it since."

Laxa-Liver Pills 25c., all druggists.

Dr. Wood's Norway Pine Syrup is the simplest, safest, quickest cure for all coughs and colds of children or adults. Price 25c.

The Home**The Home Maker.**

The world is sadly in need of more home-makers. A very common cause of domestic disarrangement is a lack of discretion in the house-mother's estimate of her own strength. She plans to do in one day the duties of three, hence night finds the household in disorder, and the wife and mother tired, cross, and nervous to such a degree that she must be let alone. To overdo is a needless tax on the mental as well as the physical state. If the probability of interruptions were considered in estimating a day's work, one might be better prepared to contend with the annoyances that attend them. Try and hold an equable temper, and to smile at hindrances and embarrassments and make the best of every cross. Oh! but isn't it hard to do? Yes, but I have seen it accomplished, and that, too, by persons whose dispositions were not perfect. More courage is necessary for the exercise of patience and composure, than what may seem to be greater virtues, but the effect of overcoming trials is important to the human character.

What a charm an even disposition sheds around and about a home. One feels it the moment the threshold is crossed. But it is almost impossible to be well balanced and keep an equilibrium, unless one is feeling well,—hence study to care for bodily health. If one has to look after the homely duties of every-day life—prepare the meals, wash the dishes, sweep, and do the thousand and the duties that most of the busy house mothers have to do, it should be a study to make such work as pleasant as possible. A friend of mine said she grew rebellious because of having to cook, that she grew irritable and unhappy over it—it was the after cleaning of the cooking vessels that was most distasteful to her. She determined to take herself in hand and subdue the ugly spirit, as she termed it. She studied over the problem trying to make the work less irksome by adopting means to enable her to do it more quickly, and also to save her hands, and not come in contact so often with the greasy iron vessels. She made mops with long handles, and bought her a half dozen linen crash towels, and made a soap which cuts the grease, and also purifies and cleans quickly taking about half the usual time. The soap is made thus. Dissolve three ounces of borax in two quarts of warm water, add two bars of good white soap shaved fine, and stir all together in a jar until it is melted. When cool it will form a jelly. A tablespoonful of this will make a strong lather in a gallon of water, and will be good for cleaning any iron or porcelain-lined vessels. It is also excellent for washing windows and general house cleaning. She persevered in trying to overcome the dislike to cooking and cleaning, and by making the work attractive and easier saved time to devote to more pleasant pursuits. The home-maker must study to be with her family all she can. She must study to overcome petty dislikes and to learn the lesson of sweet submission to the inevitable.—Vick's Monthly.

How Grandpa Boiled the Eggs.

"It is half-past eleven," said grandpa, "and the mason will not have the chimney fixed before three o'clock."

"Then I suppose we must get along with a cold lunch," said grandpa.

"Well," said grandpa, after a moment, "perhaps I can boil some eggs. I will try it."

"But isn't it too windy to make a fire out of doors?" said grandpa.

"I shall not need a fire," said grandpa.

"That sounds like a joke," said Edith.

"No joke at all," said grandpa. "Come out and see. Bring the eggs," he added, "and a can with a tight cover."

When, a few minutes after, grandpa had Edith went out in the back yard, grandpa was putting some fresh lime into an old pail.

He took the can of eggs they brought, and filled it nearly full of cold water. Then fitting the lid on carefully, he set it

in a hollow place he made in the lime. Edith watched him curiously.

"Will the lime burn?" she asked. "shall I bring the matches?"

"You forget," said grandpa. "I was not to use any fire. We'll start it with cold water."

"Now I know you are joking," said Edith.

"Wait a moment," said grandpa, "and you'll see."

He poured in the water and put a board over the pail.

"Oh!" cried Edith, when, in a very short time it began to bubble and steam as if a hot fire were burning under the pail, and, "Oh!" she cried, a deal louder, when a white, creamy mass came pouring over the top and down the sides of the pail.

It did not last long. In six minutes the bubbling had almost stopped, so grandpa took a long iron dipper and gently lifted out the can, all coated with lime.

He rinsed it off, then opened it, and took out the nice white eggs, and, when they broke them at lunch, they found them cooked just exactly right.—Delia Hart Stone, in Youth's Companion.

The Cruelty of Fashion.

The slaughter of the innocents still goes on in the immolation of birds at the ordering of a senseless fashion. Few ladies know what suffering they have caused those little feathery songsters just to gratify a custom. Read the following form the Wide Awake, and think of it the next time your head, decorated with, it may be, the wings and head of a bird, is bowed in prayer.

A pastor writes that "when he was in Florence a lady came to him and said: 'Do come with me and hear those birds sing, oh, such mournful notes!' There was a room full of birds in very small cages, and these were all blind; they had had their eyes put out. In the night the owners take them outside the city, and hang the cages in trees. The tree limbs are then smeared with tar. These birds keep up their pitiful singing, and other birds are attracted to the cages, and their feet get stuck in the tar, and then they are caught and their eyes are put out. And these birds are killed and sent to America for ladies to wear on their bonnets! If God notes the fall of a sparrow the above ought to be of interest to many."

Racing with a Stump.

I read the other day that some years ago a Captain Blackman was sailing a vessel on Lake Erie. On a certain occasion he was in Dunkirk harbor, wishing to clear for Cleveland. The wind had been blowing stiff and steady from the west for several days, and it was very rough outside. But the captain thought he could make headway against the heavy sea, so he tacked out, turned the point and disappeared from view. After he had been gone a few hours he came sailing back, and when he was asked why he had returned, he answered, "I've been out there racing with a stump on the shore for two hours, and the stump beat me, so I thought I'd better come back."

Why is it that nearly all aged persons are thin?

And yet, when you think of it, what could you expect?

Three score years of wear and tear are enough to make the digestion weak. Yet the body must be fed.

In Scott's Emulsion, the work is all done; that is, the oil in it is digested, all ready to be taken into the blood. The body rests, while the oil feeds and nourishes, and the hypophosphites makes the nerves steady and strong.

and Dr. J. C. B. Scott, all druggists.
SCOTT & BOWNE, Chemists, Toronto.

B.B.B. Makes Rich Red Blood.

The Best Remedy for Spring Weather Weakness.

The Blood is the very essence of life. As it courses through the system it carries with it, if pure and rich, nutrition to every cell in the body. If impure, it spreads disease. If thin and watery, it fails to nourish, hence we have weakness, debility and decay.

It is the wonderful power B.B.B. has in purifying impure blood, making thin, watery blood rich and red, that is at the bottom of its marvellous success in curing disease.

Those who are pale, thin, weak, troubled with blotches, pimples or eruptions of any kind should take B.B.B.

It makes the pale cheek rosy, the skin clear and smooth, and infuses new energy into weak, worn, run down, shattered constitutions.

Skin. "I beg to state I have used Clear. Burdock Blood Bitters for impure blood, pimples on the face, &c., and derived great benefit from it. My skin is now very clear and free from all eruptions. I only used four bottles of the B.B.B. and can strongly recommend it to any person suffering from impurities in the blood or eruptions of the skin."

Mrs. C. R. HALL, Spence's Bridge, B.C.

Every Spring. "I have taken B.B.B. every spring now for some years, to purify my blood and keep my system in good order, and can honestly say that I do not know of its equal anywhere." Mrs. AGGIE BARNES, Lunenburg, N.S.

Largest Foundry on Earth making
CHURCH BELLS & CHIMES
Purest copper and tin only. Terms, etc., free.
MOSEMAN'S FOUNDRY, Baltimore, Md.

Some Of Our Students

ARE ALREADY ENGAGED and will begin work as soon as their studies are completed. Others, some of them very bright and capable, will be ready for work shortly. Merchants and professional men desiring intelligent and well-qualified bookkeepers, stenographers and typewriters (male or female) will do well to correspond with us or call upon us. Catalogues of Business and Shorthand Courses mailed to any address.

S. KERR & SON.

Oddfellows' Hall, Union Street.

Notice of Sale.

To the Heirs, Executors, Administrators and Assigns of George Wiggins and Cyrus M. Wiggins, late of the Parish of Waterborough, in the County of Queens, and Province of New Brunswick, and to all others whom it doth or may concern.

Take notice that there will be sold by Public Auction at Chubb's Corner (so called) in the City of St. John in the City and County of St. John, and Province aforesaid on Monday the third day of April next, at twelve o'clock noon "All that tract or lot of land situate, lying and being in Queens County known and distinguished by the No. 50 and being on the North Western side of the Washademoak River, and bounded as follows, to wit: Beginning at a marked Poplar tree standing on or near the North Western bank or shore of the said River about 52 chains measured along the course of the brook below the first rapids; thence North 45 degrees, West 148 chains, thence South 17 degrees, West 17 chains; thence South 45 degrees, East until it meets the North Western bank of the said River Washademoak; thence along the said bank until it meets the first mentioned bounds." Together with the buildings and improvements thereon and the privileges and appurtenances thereto belonging.

The above sale will be made under and by virtue of a power of sale contained in an indenture of Mortgage made by the said George Wiggins and Cyrus M. Wiggins of the one part, and one, Winslow Broad of the other part, dated the twenty-fifth day of August, A.D. 1885, and duly registered in the office of the Registrar of Deeds in and for Queens County in Book "Q" No. 2 of Records, pages 20, 20, 20 and 21. Which said Mortgage was duly assigned by the said Winslow Broad to the undersigned Janet Rankine Broad by an indenture of Assignment dated the fourteenth day of June, A.D. 1886, and duly registered in the office of the Registrar of Deeds in and for Queens County in Book "P" No. 3 of Records, pages 90 and 91. Default having been made in payment of the money secured by said Indenture of Mortgage. Terms of sale "Cash."

Dated the eighteenth day of February, A.D. 1890.

JANET RANKINE BROAD, Assignee of Mortgage.
MORT McDONALD, Solicitor to Assignee of Mortgage.