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To any address in Canada fifty finest Thick Ivory Visiting Cards, printed in the best possible manner, with name in steel plate script, ONLY 25c. and 2c. for postage. When two or more pkgs. are ordered we will pay postage. These are the very best cards and are never sold under 50 to 75c. by other firms.

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Wedding Invitations, Announcements  
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## Professional Men.



It's the constant strain and worry under which the professional man labors, the irregularity of habits and loss of rest that makes him peculiarly susceptible to kidney troubles. First it's backache, then urinary difficulties, then—unless it's attended to—Bright's Disease and—death.

## DOAN'S KIDNEY PILLS

Strengthen and invigorate the kidneys—never fail to give quick relief and cure the most obstinate cases.

Rev. M. P. Campbell, pastor of the Baptist Church, Essex, Ont., says: "From my personal use of Doan's Kidney Pills, which I got at Sharon's drug store, I can say they are a most excellent remedy for kidney troubles, and I recommend them to sufferers from such complaints."

## Gates' Acadian Liniment, the WORLD'S greatest Pain Exterminator.

Hall's Harbor, May 21, 1900.  
G. GATES, SON & CO.,  
Middleton, N. S.

Gentlemen: About two years ago I was taken sick with La Grippe. My head pained excruciatingly. So terrible was the pain that when my wife craved cloths from hot water and held them on my head I could not feel the heat. I obtained a bottle of your ACADIAN LINIMENT, used it on my head, and took some in hot water internally, according to directions. As soon as I drank it I felt better and it made a cure in a few days.

I afterwards advised a neighbor to use it and it cured him also. Mr. Joshua McDonald, of Gray Corner, spent 25¢ of his before I saw him and persuaded him to try your Liniment. He, too, was cured and says that he will never be without GATES' ACADIAN LINIMENT in the house.

For man and beast, external or internal, I regard it as the best. Yours truly,  
ALEXANDER THOMPSON.

Insist on having GATES'—the BEST.

Sold Everywhere at 25 Cents  
per Bottle.



From Journal of Education, Nova Scotia.

## SHORTHAND

"The Education Department does not at present propose to issue certificates for proficiency in this subject. The certificate issued by the Business Education Association of Canada on the Sir Isaac Pitman System will be accepted."

The only College in the Province having authority to issue this certificate is the  
MARITIME BUSINESS COLLEGE,  
Halifax, N. S.  
Kaulbach & Schurman, Proprietors.

## The Home

### A Remedy for Nervous Hurry.

A busy housewife often feels in the morning that she has before her more work than can be crowded into the day, and loses heart at the prospect. It may not be a longer day nor more strength that is needed, but careful planning. In this a memorandum helps. If one sits down quietly and makes out a list of all the things which must be done, time will be saved in the end. As each duty is put down in black and white it falls into its right place; the planner sees what is important and what can be postponed—she gets the right perspective. The fear of forgetting something is gone. The nervous tension is relaxed, and the hindering worry disappears. Then what satisfaction in checking off each item as it is accomplished! It is not well to become a slave to the memorandum habit, for memory becoming used to a crutch will refuse to go alone, but in systematizing work and saving nervous hurry the memorandum is invaluable.—Congregationalist.

### Poultices.

The application of heat is often extremely useful in the relief of pain and of inflammation, or in hastening the maturing of a boil or felon. The most usual way of making such an application is by means of poultices. These retain the heat much longer than hot baths, and have an advantage over a hot water bag when moist heat is required.

The making of poultices is an art which can be learned only by practice and, unfortunately for many poor sufferers, few persons ever master the art.

A good poultice must be perfectly smooth, moist, but not dripping, as light as possible, and as hot as it can be made without burning the patient.

A poultice of flaxseed is, perhaps, the most common, but poultices may be made of ground slippery elm, corn-meal, bread, starch, or any other material that will make a smooth paste with hot water and will not dry too rapidly and become caked and hard.

In making a flaxseed poultice, the flaxseed meal, the bowl and the spoon for stirring, should be previously warmed, and everything should be ready to the hand before a start is made. Boiling water is poured into the bowl and then the meal is added gradually with constant stirring. This is better than adding the water to the meal, for then it is very difficult to prevent lumping.

As soon as the paste is of the proper consistency—two parts of meal to five of water being about the right proportion—it should be spread an inch or so thick upon a piece of muslin, leaving an uncovered margin of two inches. Then on the face of the poultice is placed a piece of flannel of the same size as the muslin. The edges are now quickly turned over and fastened with safety pins, or basted, and the poultice is ready.

The flannel side goes against the skin, a layer of cotton is placed over the poultice, and the whole is covered with rubber tissue or oil silk.

The advantage of having the flannel next the skin is that the poultice may be applied very hot without burning.

If it is necessary to repeat the poultice often, it is well to make bags of the right size, sewn on three sides with two-inch flaps on the end, which can be readily pinned after the bag is filled.

A poultice, to be of any use, should be changed as soon as it grows cold, which is usually by the end of two hours.

If applied to a commencing boil, it should be only a little larger than the inflamed part.

Generally it makes little difference what material is used, the virtue being in the heat and moisture; but sometimes flaxseed irritates a very tender skin, and then starch or bread should be substituted.—Youth's Companion.

### Cranberry Potpie.

Butter a porcelain stewpan or kettle. Put in a pint of berries sprinkled with a pint of sugar. Make a pint of biscuit

dough, shape into a large ring and lay on the fruit in the kettle. Then pour another pint of berries into and around the cup of dough, adding another cup of sugar. Pour one pint of boiling water into the centre, cover closely and stew steadily for 20 minutes. When done, turn from the kettle on to a platter. Serve with cream and sugar.

### Maryland Mush.

Sprinkle gradually three-fourths pint of Indian (corn) meal into one quart of boiling water previously salted with a large teaspoonful of salt; allow it to boil half an hour. Drain one pint of oysters of their liquor and stir them into the mush; allow ten minutes longer, then pour the mixture into a square mold or a baking powder can which has been wet in cold water. Cut in neat slices in the morning and fry.

### Raised Corn Bread.

Scald two cupfuls of cornmeal with one cup of boiling water and let it stand for ten minutes. Add one cup of cold water, half a cup of molasses, two cupfuls of graham flour, half a cupful of yeast, half a teaspoonful of salt and half a teaspoonful of soda. Beat thoroughly, pour into buttered pans and stand in a warm place over night. In the morning bake in rather slow oven.

### Hickory Nut Cake.

One and one-half cupfuls of sugar, one-half cupful of butter, three-quarters of a cupful of sweet milk, two cupfuls of flour, one-half cupful of chopped nuts, one teaspoonful of cream of tartar, one-half teaspoonful of soda, the beaten whites of four eggs and one teaspoonful of vanilla.

### Mutton à la Venison.

Have a leg of mutton larded with salt pork and season with pepper, sweet basil and sweet marjoram. While roasting baste frequently with plenty of butter. About an hour before serving spread with currant jelly and brown in the oven.

## A FATHER'S STORY.

HE TELLS HOW HIS SON REGAINED  
HEALTH AND STRENGTH.

Had His Spine Injured, and for Two Years Was Unable to do Any Work, and For Most of the Time Was Confined to the House.

Mr. M. D'Extremont, a well known farmer living at West Pubnico, N. S., writes:—"I believe it is only right that I should let you know the benefit your medicine—Dr. Williams' Pink Pills have been to my son, Constant, sixteen years of age. For several years he was almost a constant invalid, the result of an injury to his spine while working with his brothers on the farm. He grew weak and listless, had no appetite, and for two years was unable to work and was for the most of the time confined to the house, and for a part of the time to his bed. He suffered considerably from pains in the back; his legs were weak; and he had frequent head aches. At different times he was attended by two doctors, but got no benefit from the treatment. Then I procured an electric belt for him, but it was simply money wasted as it did not do him a particle of good. One day while my son was reading a newspaper he came across an article telling of a cure in a somewhat similar case through the use of Dr. Williams' Pink Pills, and he then decided to give them a trial. After the second box was taken there was a marked improvement in his condition. He continued the use of the pills until he had taken eight boxes, and they have restored him to health. His appetite has returned; the pain has left his back; he has gained flesh; is able to ride a bicycle, enjoy his life and is able to do a day's work as well as any one of his age. This letter is given gladly so that others may learn the merits of Dr. Williams' Pink Pills, and find a cure if ailing."

Dr. Williams' Pink Pills cure such cases as the one noted above because they create new, rich, red blood, thus strengthening weak and shattered nerves. They do not purge and weaken like other medicines, but strengthen from the first dose to the last. Sold by all dealers in medicine or sent post paid at 50 cents a box or six boxes for \$2.50 by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

## Wanted.

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PUBLIC ANALYST,  
October 7, 1884.

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