

COWAN'S PERFECTION Cocoa.

It makes children healthy and strong.

Where Did He Go?

A young man travelled over 260 miles; paid his own travelling expenses; obtained information from several schools; inspected one; refused free tuition and other enticement inducements; "Because," said he, "I can afford time for only one course of business training, and that must be the best obtainable."

He is now studying at the
MARITIME BUSINESS COLLEGE,
Halifax, N. S.
KAULBACH & SCHURMAN,
Chartered Accountants.

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 sour and generally contain "wood alcohol," a deadly poison.

MILBURN'S HEART AND NERVE PILLS FOR WEAK PEOPLE

They regulate the action of the heart and invigorate the nerves. They build up the run down system as no other remedy will do.

They cure Nervousness, Sleeplessness, Brain Fag, Palpitation of the Heart, After Effects of La Grippe, Pains or Dizziness, Spasms, Anemia, General Debility and all troubles caused by the system being run down.

They have cured others. They will cure you. 50c. per box or \$ for \$1.25. All dealers or The T. Milburn Co., Limited, Toronto, Ont.

ALLEN'S LUNG BALSAM

will positively cure deep-seated
COUGHS,
COLDS,
CROUP.

A 25c. Bottle for a Simple Cold.
A 50c. Bottle for a Heavy Cold.
A \$1.00 Bottle for a Deep-seated Cough.
Sold by all Druggists.

Joggins Coal

This FIRST CLASS COAL

can be purchased by the Cargo in ROUND RUN OF MINE and SLACK sizes by communicating with F. W. McNAUGHTON, at 20 Orange St., St. John, or Joggins Mines, N. S. We guarantee the quality to be of the best for steam purposes.

CANADA COALS & Ry. Co., Ltd.
Joggins, N. S.

**INDICESTION
CONQUERED BY K.D.C.**
IT RESTORES THE STOMACH
TO HEALTHY ACTION AND TONES WHOLE SYSTEM

The Home

THE CARE OF LINEN.

Care should be taken when putting away napkins and tablecloths that they be arranged in sets. In this manner they are always ready for use, and it will be found a much more economical way for all household linen, especially towels and napkins, if they are used in rotation. Frequently for convenience sake, only the upper pieces are taken off, thus leaving the bottom of the pile untouched for months. By using them in turn there will not be the need of replenishing as when only a few are in constant use. In the laundering of tablecloths, put about a dozen tablespoonfuls of cooked starch in a pail of the blueing water. This will give the desired stiffness and gloss to the cloth without the effect of being starched. Napkins do not require starch but should be well dampened and ironed until perfectly dry, as all linen must be. Iron napkins singly on both sides then fold and press again. Tablecloths should be folded once for convenience and ironed two or three times on each side then rolled or folded until the desired size for the space occupied in the linen closet. Never launder table linen when stained, until an attempt has been made to remove the spots, as it is almost impossible to efface any discoloration after the cloth has been submerged in soapy water.—Mary H. James in The Pilgrim for October.

A FATHER'S EXAMPLE.

Often, but not too often, do we hear of the abiding influence of the mother's life and example in the lives of the boys who go from home into the busy world; but too seldom is the inestimable value of the father's influence extolled. With inexpressible gratitude for all that mother represents, the father is the boy's ideal of a man, and stands as the head of the household and the unit of society. A noble father, upright, honorable, conscientious in all the relations of life toward wife and mother and children in the home, in business and social engagements of unswerving integrity, just and self-controlled, honored in all the community in which he dwells, is a silent, but irresistible power in deciding the character of his sons. Never can they forget that they are the children of such a father. While the love of mother will keep them tender, the example of father will make them noble.—Charles C. Earle, in The Standard.

SOME POINTS ON MANICURING.

When the nails are fragile a little wax and alum rubbed upon them will strengthen them. If brittle a little almond oil or cold cream will be found beneficial.

To remove white spots from the nails use a mixture of refined pitch and a little myrrh upon them at night, wiping it off the next morning with olive oil.

When about to manicure the hands dip the fingers into warm soapy water and hold them there for a minute or two in order to soften the nails and the scarf skin about them.

The scarf skin should be gently pushed back from the nails before they are polished. It should never, unless absolutely necessary, be cut with the scissors.

Aganals, improperly called hang-nails, may be prevented by proper attention to the scarf skin which surround the nails.

For manicuring only a pair of curved nail scissors, a nail-file, an orange stick, a chamois polisher, a bottle of vaseline, and a box of rose salve or nail powder are necessary.—Mary E. Walker, M. D., in the Ladies' Home Journal.

A COUNTRY BOY'S OPPORTUNITIES.

In the country, boys dream of the city and its great opportunities. They see, in their minds, enormous stores, vast libraries and reading rooms, great opportunities for self-improvement; excellent day schools and evening schools, Young Men's Christian Associations, evening universities, and other institutions where seekers after knowledge may satisfy their long-

ings. In other words, to the country boy, the great city is a sea of opportunities.

On the other hand, the city-bred boy, who has breathed this air of opportunity from childhood, who has passed libraries and reading rooms so many times that their familiarity and commonness have taken the edge off his mental appetite for their contents, longs for the free air and wider space of the country.

If a country boy is made of the right stuff, instead of dreaming of great opportunity in the city, and longing for access to better libraries and larger schools, he will try to redeem himself from the meagerness and narrowing influences of his surroundings. Every book will be to him a precious luxury, an opportunity to open a little wider the door of his narrow life. If he is determined to get on in the world, the things that seem to hold him back will be converted into stepping stones to higher levels. Like Lincoln, Garfield, Grant, Greeley, Burritt and the long list of our country's great men who had to struggle against far greater odds, without the advantage of the country boy of today he will prove himself greater than his limitations.—Success.

Veal Pates—Cut into cubes pieces of the veal left from the veal stew to fill a cup. Make a cupful of cream sauce, season with a little onion, celery salt and mace; heat the veal in this sauce, and fill pate shells, which can be purchased from a bakery for thirty-six cents a dozen.

KIDNEY TROUBLE.

A DISEASE THAT OFTEN TERMINATES FATALLY.

Mr. L. Lussier, of Sorel, Tells How He Overcame the Trouble After Repeated Failures.

There is no trouble more dangerous to life than disease of the kidneys, for the reason that before any special symptoms have made themselves manifest, the disease has usually assumed a formidable character. The symptoms that first manifest themselves are usually weakness in the small of the back, pains in the region of the loins. The urine is sometimes highly colored, while in other cases it is extremely pale, frequently depositing a sediment. As the trouble progresses these symptoms grow more severe, and frequently terminate in dropsy, Bright's disease or diabetes. Dr. Williams' Pink Pills are a specific for all kidney troubles, and have cured many cases after all other medicines have failed. Mr. M. Lussier, a well known navigator of Sorel, Que., gives his experience for the benefit of other sufferers. He says: "For several years I suffered very much from kidney trouble. The symptoms usually made themselves manifest by severe pains in the back and kidneys, and sometimes they would be so bad that I would be confined to my bed for several days at a time. I tried a number of different medicines recommended for the trouble, but got no relief, and finally became so discouraged that I thought a cure was impossible and stopped taking medicine. Shortly after this I read in our local paper of a case of kidney trouble cured by the use of Dr. Williams' Pink Pills, and this induced me to try this medicine. I soon felt that these pills were not like the other medicines I had been taking, for in the course of a few weeks I began to experience great relief. I continued taking the pills for a couple of months, by which time all symptoms of the trouble had disappeared, and I have not since had the slightest return of the disease. These pills also strengthened me in other ways and I believe them to be the best of all medicines."

Dr. Williams' Pink Pills enrich and nourish the blood and strengthen the nerves. It is thus that they cure such troubles as dyspepsia, kidney ailments, rheumatism, partial paralysis, heart troubles, St. Vitus' dance and the ailments that make the lives of so many women a source of misery. Do not take any pills without the full name, "Dr. Williams' Pink Pills for Pale People," on the wrapper around the box. Sold by all medicine dealers or sent postpaid at 50 cents a box or six boxes for \$2.50 by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

Poison—

In the Blood brings Humors and Boils, Salt Rheum, Eczema and Scrofula,

WEAVER'S SYRUP

Will cure them permanently by purifying the

Blood.

Davis & Lawrence Co., Ltd.,
Montreal Proprietors, New York.

Do You Use a Liniment?

Then of course you want the best? The best liniment, other things being equal, is the strongest, and

GATES' ACADIAN LINIMENT

is certainly the strongest in use. The moral is obvious,

GET GATES'.

A bottle kept constantly on hand will save many a pain and ache. It will prove indispensable in case of accident.

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of comfort and a great saving of time to the housekeeper who uses

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