

Every Mother
is called upon to cure
Cuts—Sprains—Bruises.

Painkiller
does it rapidly. Nothing like it
for children. A few drops in
hot sweetened water cures
**Cramps—Colic and
Summer Complaint.**
There's only one Painkiller, PERRY DAVIS.

ASTHMA

Of all diseases that afflict humanity, none is so distressing and trying as Asthma.

If you are a discouraged Asthmatic and have tried many remedies without result, let us send you a generous free sample of Himrod's Asthma Cure and prove to you the wonderful efficacy of this remedy. Used as an inhalation, it instantly relieves the oppressive sense of impending suffocation enabling the patient to breathe freely at once and by a soothing medication of the bronchial passages, quickly lessens the severity and frequency of attacks until a cure is attained. Asthmatics are generally dyspeptic and should avoid internal remedies liable to impair the digestion. For over a quarter of a century Himrod's Cure has been prescribed by eminent physicians throughout the world. It is a remedy in which you can place entire confidence. If your case is a chronic one, or, only of a few months standing, send for a free sample at once and try it. It will not disappoint you.

HIMROD MFG CO.,
14-16 VESSEY ST., NEW YORK.

Your druggist may not carry Himrod's Asthma Cure in stock. A conscientious druggist will get it for you if you ask him and will not try to sell you a substitute "just as good." A fair warning, hold on having Himrod's.

Kidney Disorders
Are no respecter of persons.

People in every walk of life are troubled. Have you a Backache? If you have it is the first sign that the kidneys are not working properly.

A neglected Backache leads to serious Kidney Trouble.

Check it in time by taking
DOAN'S KIDNEY PILLS
"THE GREAT KIDNEY SPECIFIC."
They cure all kinds of Kidney Troubles from Backache to Bright's Disease.

50c. a box or 3 for \$1.25
all dealers or
THE DOAN KIDNEY PILL CO.,
Toronto, Ont.

**COWAN'S
PERFECTION
Cocoa.**
It makes children healthy
and strong.

Joggins Coal

This **FIRST CLASS COAL** can be purchased by the Cargo in **ROUND RUN** of MINE and **SLACK** sizes by communicating with **P. 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.

COLLEGE GIRLS AND THE HOME.

I would urge a college training upon each girl, if only for the sake of the home she now has and the home that may yet be her own. Think, for a moment, what she may bring back to the home from which she goes out to college, to share with the parents who in their youth had no such chance as they have given her! They may not care for her Latin and Greek, perhaps, but they always care for the general interest and knowledge that while it does not rob them of their daughter gives them a companion and friend.

Think what the college girl, who has kept the love of home alive and warm in her heart, may be to the younger brothers and sisters, whose admiration for her makes them as wax in her shaping hand! There are no measurements to tell how infinitely more she can do in the life of her elder brother, because of the training that lets her look out on life from his point of view, knowing what he knows, able to move with him along lines of thought where companionship are wise and best.

By and by, when she enters the home of her heart's choice, what a power she has of sharing a still dearer life, in whose innocent recesses she ought to be at home! What a treasure she may bring, not of mere facts out of mere books, but of trained faculties, developed judgment, power of adapting means to ends—all gifts to be applied to the home problem, so complex and so changing as to tax her resources at the best. She may be all that is possible as a woman, yet there is not too much of her for the varied demands of wifehood, and motherhood and the home.

For its dear duties, her mental training cannot be too thorough, or her heart preparation too tender and warm. If, now and then, she wearies of the smaller nursery tasks, and feels she has little use for college training let her remember that it has fitted her to be, by and by, the close companion and the most intimate friend of the boy in the cradle, when he, too, passes out into life through the portals of college days.—Mary Lowe Dickinson, in Success.

HOW TO HAVE A FINE COMPLEXION

"My dear, don't you know that the foundation stone of beauty is laid in the stomach. It is. And hot water either plain or with lemon or salt, is the chief preservative of a healthy digestion."

"It's medicine," pouted Melissa. But she took up her cup, poured half the contents of her pitcher into it, salted it, and began to sip the mixture.

"Take it—a pint of it—before breakfast every day in the year, and the chances are that you'll need no other medicine," declared Hortense, finishing her cup.

She watched her cousin drink the pint to the last drop, then she assumed her sibylline manner, and said: "Melissa, you have the making of a first-rate cream-and-peachy complexion, but you're inclined to that most prosaic complaint on the list—biliousness. Aren't you?"

Melissa blushed, "Yes, I dare say that I am. How do you know?"

"Dull skin," said the beauty expert, sententiously. "Well, hot water an hour before breakfast every day, with occasional dose of the same remedy midway between meals two or three times a month, will cure biliousness. And your eyes and skin will show it at once. It's a cheap remedy, my dear."—Woman's Home Companion.

HOME-MADE EXTRACTS.

Lemon extracts is made by grating off the yellow rind of a lemon, using great care to reject every bit of the white, which is very bitter.

Put the grated rind into a bottle, and cover it with alcohol. Cork tightly and set away for three weeks, when it will be found ready for use. To make the extract extra strong, drain the alcohol from the rind after three weeks, and pour it over freshly grated peel, rejecting the first rind and use like any lemon extract. Instead of clear alcohol, one can use equal parts of alcohol and simple syrup, using it the recipe the same as the alcohol.

The Home

If one doesn't care to make the extract in this way, it is still possible to make a substitute for the store article, which will give good results at little expense. Purchase of a druggist five cents' worth of oil of lemon, and use it by the single drop, in recipes where a teaspoon of lemon extract is called for, or dilute the oil at once by adding simple syrup until it seems as weak as ordinary lemon extract.

Orange extract is made by soaking orange peel in enough alcohol to cover it, and then adding the strained juice of one large orange. The use of orange and lemon flavoring in the same cake makes a pleasing change.

Vanilla extract is more expensive to make than the others, but it is also much more difficult to purchase vanilla flavoring. A very little of the made flavoring will flavor a pudding, cake or a freezer of cream, and when it is once used one sees the advantage of making it at home.

Purchase of a druggist one-fourth of an ounce of vanilla beans, one-half ounce of tonka beans, and one-half pint of alcohol; boil and cool one-half pint of clear water, and put it, with other ingredients, into a bottle; cork tightly, and set away for two weeks. Then add one-fourth of a pint of water, boiled and cooled, and one-fourth of a pint of alcohol; set away a week longer, strain, bottle, and it is ready for use. Use only a little at first, until by using it one finds out just how much should be used.—Religious Herald.

Gingerbread Sandwiches.—Mix together two cupfuls of molasses, one large tablespoonful of butter, one of ginger, and one of salt, one cupful of sweet milk, one teaspoonful of soda, and four and a half cupfuls of sifted flour. Bake in a round loaf pan if possible, so that the ginger bread may be cut in round slices without waste. Cut the slices as thin as possible without breaking. Spread with cream that has been whipped almost to butter. Cover with a layer of ripe strawberries cut in halves, sweetened, and sprinkle with a little lemon juice, then press gently over another slice of the cake. This is quite a new way of serving strawberries and a very pleasing one.

Iced strawberries.—Select fine, ripe strawberries, wash carefully and hull. Cook one cupful of granulated sugar with two tablespoonfuls of water until it will "hair." Then beat it into the white of an egg, which has been whipped to a stiff froth. Stick a hot pin in each berry, and dip it carefully in the icing. Then lay on an oiled platter to harden. Two tablespoonfuls of finely chopped English walnut meats may be added to the icing and a few drops of lemon flavoring. These make a most delicious dessert, but should be eaten while fresh.

BABY'S VITALITY.

The vitality of infants and young children is at its lowest point during the hot weather. More children die in summer than at any other season. This is because the little ones suffer more from bowel troubles, are nervous, weak, sleepless and irritable. Prompt action often saves a valuable little life, and troubles of this kind can be promptly met and cured by giving the little ones Baby's Own Tablets, which should be kept in every home ready for emergencies. These Tablets speedily relieve, and promptly cure all stomach, bowel and other hot weather ailments, and give sound refreshing sleep. Mrs. P. Ferguson, 105 Mansfield street, Montreal, says: "My baby was attacked with dysentery and was hot and feverish. I gave him Baby's Own Tablets and they promptly cured him. Before this he had been rather delicate, but since using the Tablets he has been better and stronger in every way."

These Tablets can be given with an absolute certainty that they will do good to all children from a new born upwards. They contain no opiate or poisonous "soothing" stuff. Sold by medicine dealers or mailed at 25 cents a box by writing direct to Dr. Williams Medicine Co., Brookville, Ont.

The TOILET
IS INCOMPLETE WITHOUT
POND'S EXTRACT

RELIEVES CHAFING, ITCHING OR IRRITATION. COOLS, COMFORTS AND HEALS THE SKIN, AFTER SHAVING.

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

St. Margaret's College, Toronto.
High-Class Residential and Day School for Girls. Thoroughly Equipped in Every Department.

The class-rooms were built specially for the work; large grounds for recreation and games; only teachers of the highest Academic and Professional standing are employed, and their names and qualifications are given in the prospectus; the musical course is the same as that prescribed for the musical examinations of the University of Toronto; there is a large Music Hall and eighteen second-hand piano practice rooms.

The following courses are taught:—Academic, Music (Vocal and Instrumental), Art, Physical Culture, Elocution, Domestic Science.

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