

IN STRICT CONFIDENCE.

Women Obtain Mrs. Pinkham's Advice and Help.

She Has Guided Thousands to Health.—How Lydia E. Pinkham's Vegetable Compound Cured Mrs. Fred Seydel.



It is a great satisfaction for a woman to feel that she can write to another telling her the most private and confidential details about her illness, and know that her letter will be seen by a woman only, a woman full of sympathy for her sick sisters, and, above all, a woman who has had more experience in treating female ills than any living person.

Over one hundred thousand cases of female diseases come before Mrs. Pinkham every year, some personally, others by mail, and this has been going on for twenty years, day after day. Surely women are wise in seeking advice from a woman of such experience, especially when it is absolutely free.

Mrs. Pinkham never violates the confidence of women, and every testimonial letter published is done so with the written consent or request of the writer, in order that other sick women may be benefited as they have been.

Mrs. Fred Seydel, of 412 North 54th Street, West Philadelphia, Pa., writes:

Dear Mrs. Pinkham: "Over a year ago I wrote you a letter asking advice, as I had female ills and could not carry a child to maturity. I received your kind letter of instructions and followed your advice. I am not only a well woman in consequence, but have a beautiful baby girl. I wish every suffering woman in the land would write you for advice, as you have done so much for me."

Just as surely as Mrs. Seydel was cured, will Lydia E. Pinkham's Vegetable Compound cure every woman suffering from any form of female ills.

No other medicine in all the world has such a record of cures of female troubles as has Lydia E. Pinkham's Vegetable Compound. Therefore no prudent woman will accept any substitute which a druggist may offer.

If you are sick, write Mrs. Pinkham, Lynn Mass., for special advice. It is free and always helpful.

ON WHICH SIDE OF THE DESK ARE YOU?

The man before the desk is paid WAGE for LABOR. The man behind the desk is paid SALARY for KNOWLEDGE.

WHERE ARE YOU?

Our courses qualify for an increase in salary. Send for further information to

KAULBACH & SCHURMAN,

Chartered Accountants.

MARITIME BUSINESS COLLEGE

Halifax and New Glasgow.

**Burdock
BLOOD
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CURES

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

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 several 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."

HINTS TO HOUSEKEEPERS.

A brilliant polish may be given to brass door fixtures, ornaments, etc., by washing them in alum and lye. Make a solution by boiling an ounce of alum in a pint of lye, and wash the articles in it.

A writer in a current magazine gives some useful suggestions for porch and roof garden furniture. Among other things, she recommends that cushions be covered on one side with oilcloth. At night the oilcloth side should be turned uppermost, so if it should rain they will suffer no harm. Moss is used for stuffing the pillows, since dampness is fatal to feathers or down.

Instead of throwing bits of toilet soap away, place them in a jar as they accumulate. Make bags of fine cheesecloth four by six inches in size, and fill them with a few bits of soap, oatmeal, or bran, and a teaspoonful or so of powderedorris root. Fasten the bags at the top and use them for washcloths.

Silver, if left lying near gutta percha, gets tarnished very quickly. If put in a pantry where gas is used, it should always be kept well wrapped up in chamois leather.

Tired feet should be well bathed in warm water to which a little sea-salt has been added. Dry thoroughly, and rub with a little lemon juice. It is wonderful how this treatment soothes them.

ECONOMY IN THE USE OF ICE.

A piece of ice weighing ten pounds put daily into the ice box or refrigerator is of little or no use. Put in one hundred pounds of ice once or twice a week, and your refrigerator will always be cool. Being thoroughly chilled the ice will not melt so rapidly. The doors must be kept closed, and the refrigerator must neither be scrubbed nor scalded. Many housewives, with a false idea of cleanliness, scrub out and scald the refrigerators once a week. Under such circumstances the refrigerator becomes heated, and as soon as the ice is put in it it melts rapidly without throwing down the proper amount of cold air, and it really takes twenty-four hours to bring the refrigerator back to the point of refrigeration. If anything is spilled wipe it up at once with cold water. A teaspoonful of sweet spirits of nitre in two quarts of cold water may be used now and then on the bottom and the sides of the refrigerator.—*Ladies' Home Journal.*

A little salt sprinkled on a smoky fire, will clear it. The same on a lamp prepared for broiling will give the flame a much desired.

A GIRL'S UP-BRINGING.

I would have a girl brought up to use her limbs and muscles in cheerful pastime and vigorous work, quickening her pulse with effort, sending the warm blood in wholesome currents to her finger tips and in fresh color to her glowing cheeks, writes Henry Van Dyke in 'Harper's Bazar.' All that the long, deep breathing of the open air, and the refreshing embrace of pure water, and the hearty enjoyment of sweet and simple food, and the putting forth of strength in lively sports (best out-of-doors), and the facing of storm and sunshine, and the carrying of her own pack, and the mastering of exercise—all that this can do for her some special skill and craft in bodily to enhance her beauty and develop her natural grace of movement, and confirm her vital vigor, shall be hers. She is not to be educated for the doll-house, but for life; and she will need a sound body to enjoy it and to meet its demands. "The girl shall be free to grow strong and fair, according to her womanly perfection; clear-eyed, deep-lunged, firm-limbed, light-footed, steady-handed, tranquil-nerved."

The day when Theodore D'Aubigne, poet and historian, thought it wise to warn his daughters that the study of

literature was reserved for princesses and not suitable nor convenient for young women of the middle rank, has long since passed by. That a girl's mind should be developed and disciplined, first in the faculties of observation and comparison, then in the powers of reflection and reasoning, and then in that finer wisdom which applies the rules learned to the problems which are not in books, and build up and adorn the inner life, is now admitted by all who have outgrown the Turkish conception of womanhood. How far she should go in the pursuit of learning depends simply upon the natural capacity of her mind, and the amount of money which is at hand to spend upon her education without waste, and the adjustment of her personal culture to the practical demands of her life. Within these limits the time and care that are given to her mental development are wisely bestowed. For surely, if she learns to perceive accurately, to speak and write gracefully, and to read with intelligence and imaginative insight, she will be a richer and nobler companion, friend, wife, mother and guide. But let her not go beyond the mark of her own power to assimilate and use her knowledge, nor suffer herself to be overfed with studies into the semblance of a learned prig. It is a thousand pities to waste a woman for the sake of making a female pedant.

SIGNALS OF DISTRESS.

Time was, long ago, when the doctor said: "Headache? Here's a fine powder to stop a headache;" time is now, when the doctor says: "Headache? Let's see what causes it," and puts glasses on eyes or forbids candy to the stomach. He cures the cause which flies headache as signal of distress. Slowly we are learning to apply this principle of investigation to moral illnesses. Sara is habitually impatient; is it sufficient to silence her tongue and leave resentment in her mind? There must be a cause; perhaps she has caught the habit from a playmate; perhaps she confuses sharpness with quick wit. The cause must be found and treated with the deft, sure touch that moral surgery requires. Carl is incited to bully his younger brother by the consciousness of his growing mental and bodily power; he needs to learn the pleasure of protecting and aiding the weak. Little Kitty lies, from no malicious impulse, but because her sense of accuracy is undeveloped. When Jack plays truant from school, if nothing is radically wrong with school or teacher, there is some personal reason why the lad does not fit in. It may be eyes, ears, heavy brain, or just lack of interest in his studies. Neither a scolding nor a whipping will help these. It is futile to pull down the danger signal and give no thought to the cause that flies it.—*Congregationalist.*

Towne—Do you believe in dreams?

Browne—I used to, but I don't any more.

Towne—Not as superstitious as you were, eh?

Browne—O, it wasn't a question of superstition. I was in love with one once and she jilted me.—*Philadelphia Press.*

Rossway, Jan. 28, 1901.

C. C. RICHARDS & CO.

Dear Sirs,—This fall I got thrown on a fence and hurt my chest very bad so I could not work and it hurt me to breathe. I tried all kinds of Liniments and they did me no good.

One bottle of MINARD'S LINIMENT warmed on flannels and applied on my breast cured me completely.

C. H. COSSEBOOM.

Rossway, Digby Co., N. S.

When Accidents Occur

be prompt to apply Pond's Extract—the old family doctor; its soothing, healing powers are marvelous. Cures burns, scalds, cuts, bruises; relieves all pain. 40 years it has been the one family remedy in every emergency. Imitations are weak, watery, worthless; Pond's Extract is pure, powerful, priceless.

Hold only in sealed bottles under half wrapper.

ACCEPT NO SUBSTITUTE.

Diarrhoea, Dysentery, Stomach Cramps and all Summer Complaints



Don't experiment with new and untried remedies, but procure that which has stood the test of time. Dr. Fowler's has stood the test for 60 years, and has never failed to give satisfaction. It is rapid, reliable and effectual in its action and does not leave the bowels constipated. REFUSE ALL SUBSTITUTES. THEY'RE DANGEROUS.

Mrs. BRONSON LUKS, Aymer, Que., writes: "I have used Dr. Fowler's Extract of Wild Strawberry for Diarrhoea for several years past and I find it is the only medicine which brings relief in so short a time."

STRONG AND VIGOROUS.
Every Organ of the Body Toned up and invigorated by



Mr. F. W. Meyers, King St. E., Berlin, Ont., says: "I suffered for five years with palpitation, shortness of breath, sleeplessness and pain in the heart, but one box of Milburn's Heart and Nerve Pills completely removed all these distressing symptoms. I have not suffered since taking them, and now sleep well and feel strong and vigorous." "Milburn's Heart and Nerve Pills cure all diseases arising from weak heart, worn out nerve tissues, or watery blood."

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d the large and increasing attendance over that it is a good one. This first-class, well equipped school is open to you at all times of the year. Young men and women who look out for NUMBER ONE, will attend this school. Write for our catalogue to W. J. OSBORNE, Principal, Fredericton.

BIBLE

Abridged from

Third

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The Lord hath
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