

## Biliousness

Is caused by torpid liver, which prevents digestion and permits food to ferment and putrify in the stomach. Then follow dizziness, headache,

## Hood's Pills

Insomnia, nervousness, and, if not relieved, bilious fever or blood poisoning. Hood's Pills stimulate the stomach, rouse the liver, cure headache, dizziness, constipation, etc. 25 cents. Sold by all druggists. The only pills to take with Hood's Sarsaparilla.

## GATES' CERTAIN CHECK CURES

DIARRHOEA  
DYSENTERY  
CHOLERA  
CHOLERA MORBUS  
CRAMPS AND PAINS  
and all SUMMER COMPLAINTS.  
Children or Adults.

Sold Everywhere at

25 CENTS A BOTTLE.

C. GATES, SON & CO.

MIDDLETON, N. S.

## 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. E. WHISTON, Halifax,  
or J. C. P. FRAZEE, Truro.

## ONLY A COUGH

But it may be a sign of some serious malady fastening itself upon the vital parts.

### Puttner's Emulsion

will dislodge it and restore the irritated and inflamed tissue to healthy action.

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

## HARD TO STOOP.

Backache and Kidney trouble make a Halifax lady's life miserable.

DOAN'S KIDNEY PILLS CURED HER.

It would be well if every lady in Canada understood that pain in the back and backache were nothing more nor less than a cry of the disordered kidneys for help. Hundreds of ladies have found Doan's Kidney Pills a blessing, giving them relief from all their suffering and sickness.

Among those who prize them highly is Mrs. Stephen Stanley, 8 Cornwallis St., Halifax, N.S. She says that she was troubled with a weakness and pain across the small of her back, which was so intense at times that she could hardly stoop.

Hearing of Doan's Kidney Pills she got a box, and is thankful to say that they completely removed the pains from her back and gave tone and vigor to her entire system. Mrs. Stanley also added that her husband had suffered from kidney derangement, but one box of Doan's Kidney Pills completely cured him.

No one afflicted with Backache, Lame Back, Rheumatism, Bright's Disease, Diabetes, Dropsy, Gravel, or any kidney or urinary trouble need despair. Doan's Kidney Pills cure every kind, cure when every other remedy fails. Price per box, 50 cents, at all druggists. The Doan Kidney Pills Co., Toronto, Ont.

### Mother Education.

BY FLORENCE CHURCHILL GERRISH.

I should like to have a chat with mothers of boys who have been a year or two in their teens. If you have taught them to respect your authority, have you their confidence, and have shown them that they have no kinder friend than you, your task from now on will be a much easier one.

But you must now begin to realize that the "leading strings" must be loosened, particularly if, at the age of fifteen, your boy has attained the stature of a man. Do you think for a moment I mean that your task is completed and your boy's "mother" education is finished? Indeed, no! Your hardest work is now beginning.

On account of his height, your boy is thought older than he really is. Boys of seventeen and eighteen begin to notice him, ask him to join their little clubs for debate, etc. His character is still unformed; he is easily influenced by his surroundings and by his associates. Now is the time to make your influence felt; to watch him carefully without his noticing it; to invite to your home these same boys whom you fear may draw him from you. If you find them to be such companions as you would have chosen for him, then you can trust him with them. If they do not prove to be such, you have a hard task before you.

You must be more than ever watchful of him; plan pleasures for him that do not include these new friends; interest yourself in his school work, and above all know where he is going when he wishes to go out in the evening. If you have taught him that street-corner loafing will bring him no good, he will be more ready to tell you of his plans. Perhaps he may be intending to spend his evening with these very boys whose influence you fear. He tells you so frankly, but you will fail of your purpose if you sternly forbid his going. It would be better to let him carry out his plan, but do not fail to be on hand when he comes home. By using a little tact, you can gain from him the tenor of the conversation of those with whom he has been, perhaps not all at once, but little by little. Now is the time that the influence of a refined home will tell. He would realize that stories he would be ashamed to tell his mother will not be of any benefit to him, and he will not hear them with the same interest another time.

You have put in a little wedge, but your work is only begun. As the years go by, you must be continually on the alert until you feel that your boy's character is formed, and he is a man to act and think for himself.

Readily at eighteen he goes to college. Then he starts out into the world alone. Whether he is well-armed, ready and strong to resist temptation, or weak and yielding, depends greatly on the influence he has been under during the years that are past. You, with all your mother's love, cannot help him now, but the time has come for you to be put, as it were, to the test for the work that you have been conscientiously doing ever since your boy was old enough to know right from wrong will now bear fruit.

Then should we mothers be most earnestly impressed with the fact that our time with our boys is short, and we must begin and work hard, being willing to make many sacrifices for their sakes, knowing our reward will surely come in the love of a good man given to his mother when he is old enough to appreciate all that word "mother" means.

Let your boy's earliest recollections be, then, not of his kind old nurse but of you, in his nursery, a healer of his childish ills, as you were a mender of his toys. The faith that makes him bring to you broken tin and iron playthings, feeling sure they can be as easily mended by you as the china and wooden ones, will cause him to come to you as a man with his troubles, knowing where he will always find loving sympathy, if not real help—The Household.

### Barefoot Children.

It was no unusual thing this summer

## The Home

to meet the "barefoot" boy at every turn among the smart set. Master Millionaire has discarded shoes and stockings for the hot weather and trudged through country grass and over seashore sand in the full blissfulness of barefootedness.

This is an encroachment on the custom which has prevailed in the south for many years. There the children of the best families run unshod all through the summer. Far from making their feet large and unshapely as some have supposed, this freedom from footwear allows a natural development and prevents troubles of the feet. One tall and graceful southern woman, who never knew a summer in shoes until she was half-grown, wears now a double A, a size which any one might envy, for few feet are narrow enough to carry it.

The healthfulness of this new fad is undoubted. The principles of air baths are contained in it, all the foundations of physical culture are its foot-holds. A radical physician has lately declared that infants ought not to be burdened with any clothing at all for a time, so that their little bodies could absorb all the oxygen possible. The barefooted child in summer is a grown-up edition of his scheme. The novelty of it attracts children at once, the freedom of it holds them, and its healthfulness recommends it as a delightful experiment.—Philadelphia Press.

### A Girl's Story of Lincoln.

I thought I would send you an anecdote concerning President Lincoln that I have never seen printed. Years ago, when my papa was a little boy, and Abraham Lincoln was a poor young man practicing law in Woodford County, during court week in Metamora, grandpa brought him home to supper. It was a cold, stormy Monday night, and grandma hurried around getting supper, and thought she would have something extra, so she opened a jar of peaches. When they sat down to eat grandma dished the peaches out three to a person. It seemed to take Abraham Lincoln a long time to finish a peach, and he did not finish it either. So as soon as he had finished his supper and gone into another room grandma went to his dish to see why it was he hadn't eaten, and there she found she had given him the little muslin sack with the peach kernels and spices in it instead of a peach. Grandma hurried into the other room to apologize to Mr. Lincoln, and he said to her: "That is all right, Mrs. Perry; my mother used the same thing, and it was so good that I wanted to get all the juice out of it."—Franklin Perry, in Chicago Tribune.

### Sheldon's Newspaper.

The Rev. Chas. M. Sheldon's books, now so universally read, make it plain that that writer's hopes of the regeneration of the world lie in getting individuals more and more to do their daily tasks on Christian principles, no matter what the sacrifice involved. In the best known of his books, "In His Steps," he clearly looks to the newspaper, carried on upon Christian principles, as largely the hope of the "coming kingdom." In looking about him for a newspaper upon his model, he seems to have hit on the Montreal Witness, to which he addressed a letter, part of which we quote:—

"I have read the Witness with much interest. I cannot say that I know of any other daily paper in the United States that is conducted on such high Christian principles. I wish I did for if ever we needed such a paper in our country we need it now."

Let me express to you my appreciation of the Christian heroism and consideration which make a paper like the Witness a possibility. I have always believed it possible for a Christian daily to succeed. You have proved that it can. So much of the ideal newspaper in "In His Steps" is therefore real.

I pray that you may continue to be blessed in your work. I do not know a more glorious opportunity for building up the kingdom on earth than by means of Christian journalism. I take the greatest pleasure in sending the copies of the Witness to newspaper friends of mine for inspection.

Very cordially yours,

CHARLES M. SHELDON,  
Topeka, Kansas.

If you are ill you need a doctor in whom you have confidence.

If you need a remedy you want one that has been tested for years; not an obscure, untried thing that is urged upon you, or on which you save a few cents—that is no consideration as against health.

For wasting in children or adults, Scott's Emulsion of Cod-liver Oil with Hypophosphites has been the recognized remedy for twenty-five years.

50c. and \$1.00, all druggists.  
SCOTT & BOWNE, Chemists, Toronto.

## RINGS

JEWELS, JEWELLERY.

### GIFTS FOR BRIDES

Pudding Dishes, Fruit Dishes, Pitchers, Trays, Cakes, Baskets, Bon Bon Dishes, Butter Coolers, Castors, Clocks, etc., etc.

### WATCHES

Gold, Gold-filled and Silver.

### SPOONS, FORKS, KNIVES.

Write for particulars if you want anything in the Jewellery line.

### M. S. BROWN & CO.

Wholesale and Retail Jewellers,  
HALIFAX,  
N. S.

## PUT YOUR FINGER ON YOUR PULSE.

If it is Weak or Irregular don't Hesitate to Start the use of Milburn's Heart and Nerve Pills at once.

With a strong, steady, regular pulse we may expect vigorous health.



With a weak, irregular, intermittent pulse we can tell at once the vitality is low—that Dizzy and Faint Spells, Smothering and Sinking Sensations and similar conditions are bound to ensue.

By their action in strengthening the heart, toning the nerves and enriching the blood, Milburn's Heart and Nerve Pills relieve and cure all those distressing conditions just enumerated.

Mrs. B. Croft, residing on Waterloo Street, St. John, N.B., says:

"For some time past I have suffered from pallor, weakness and nervous prostration, I had palpitation and irregular beating of the heart so severe as to cause me great alarm. I was treated by physicians, but got no permanent relief."

"I am glad to say that from Milburn's Heart and Nerve Pills I derived the first real benefit that I ever got from any medicine. My appetite is improved, my entire system toned up, and I can do no less than cheerfully recommend these pills to all requiring a reliable heart and nerve tonic."

Mrs. Mary E. Hicks, South Bay, Ont., says: "Laxative Pills cured her of Sick Headache, from which she had suffered for a year."

There is more than a foot of snow at Andover.

## BIBLE

Abridged from

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Lesson XII, Dec.

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