

The safest and surest cure known for BILIOUSNESS and SICK HEADACHES and for Constipation, all Liver and Bowel Complaints, is

Parson's Pills

ONE PILL IS A DOSE

They make new, rich blood, prevent and cure Skin Eruptions and Blemishes. Enclosed in glass vials. Postpaid—25 cents a bottle; \$1.00 for six.

L.S. JOHNSON & COMPANY, Boston, Mass.

FOR
Impure Blood,
Thick Water,
Swellings,
Fever, Cough,
Lost Appetite, Etc.

AND THE RELIABLE

GRANGER

Condition Powder

In the Clutch Of Consumption.



Don't neglect that persistent hacking cough till you find yourself in the clutch of Consumption. It's an easy matter to stop it now by taking

DR. WOOD'S NORWAY PINE SYRUP.

This pleasant remedy heals and soothes the lungs and bronchial tubes, and cures lingering and chronic coughs when other remedies fail.

Mr. W. P. Cann, writing from Morpeth, Ont., says: "I honestly believe I would have died of consumption only for Dr. Wood's Norway Pine Syrup. I have used it for years and consider it has no equal for severe colds and throat troubles."

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

Hall's Harbor, May 31, 1900.
C. 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 wrung 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 Cay Corner, spent \$25.00 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.

1884.

1901.

Of Good Quality.
Contains Nothing Injurious,
WAS THE REPORT ON

Woodill's German,

BY MAYNARD BOWMAN,
PUBLIC ANALYST,
October 7, 1884.

And it continues to hold the same good reputation.

The Home

A Girl's Hair.

The care of a girl's hair during her childhood has much to do with its later beauty. In one of the current novels written by an Englishwoman, the beautiful hair of the heroine was referred to as never having been coarsened or deadened by scissors or heat. The old idea that if a girl's head is kept shingled until the age of ten or twelve, her hair will be the better for it, is not now entertained. With the exception of an occasional clipping or singeing of the ends, where a tendency to split is noticeable, the growth of the hair should not be interfered with. It is unwise to trust the daily combing of a little girl's hair to the nurse, certainly not without frequent overlooking. Hasty combing by an impatient or hurried caretaker injures the hair by breaking it. It should be carefully brushed out, the hair being separated into strands if it shows a tendency to mat. If the comb, at the end of the operation, has gathered a considerable amount of knots and snarls and long hairs the method has not been proper. It is possible to brush out a tangle of locks and scarcely lose a hair, but it takes care and patience. It is also unwise to wash the hair too often, as it makes it dry and brittle. Profuse perspiration is bad for the hair, for which reason light and well-ventilated hats should be selected. While luxuriant hair or the reverse is largely a matter of heredity and physical temperament, it is also true that proper care of hair will do much to enhance a naturally good growth or improve a poor one.—Ex.

Hints for Housekeepers.

Here are yet more "little foxes" which enjoy the unenviable distinction of spoiling household vines:

Cinders and unburnt coal thrown out in the refuse, when, if cleared from the ashes, wet, and put upon a lively fire, they will make it burn brighter and last longer than fresh coal.

Tea or coffee lying loose in the package, losing strength and flavor, when it should as soon as purchased be put in tight cans and boxes.

Vinegar and molasses jugs left uncorked.

Kerosene cans loosely corked, so that the oil evaporates.

Spice boxes half covered or open.
Good brooms used for scrubbing, or left brush-downward instead of being hung up. The splints allowed to become dry and brittle from neglect to soak the brush weekly in hot water.

Stoves stored in the summer in an out-building or damp place; pipes left to rust and tarnish unprotected by a coat of kerosene or linseed oil.

Throwing garments taken off at night carelessly over chairs without being brushed or freed from dust.

Pinning on the bindings of dress skirts; hanging up skirts without loops.

Bonnets laid away after wearing without being brushed.

Wraps put away with dust imprisoned in their folds.

Sheets worn thin without being turned. Woollens moth-eaten.

Dried fruit neglected until it becomes worm infested.

Pickles left out of the vinegar to soften and spoil.

The friction caused by neglecting to oil the egg-beater, the wringer or sewing machine.

Not taking the stitch in time that saves nine.—From The Christian Commonwealth.

Hints on Respiration.

Respiratory exercises are very necessary to develop the muscles of the chest, back and shoulders, and to promote the deep breathing which is so essential as a preventive and curative agent in all wasting diseases. The exercises should always be taken in a room with open windows, and after removing all clothing that may re-

strict the necessary motions. They should not be taken when you are fatigued; nor for an hour after a meal, and should be discontinued as soon as you begin to feel tired. Before practicing any exercise it is necessary to assume the correct position, with shoulders held back and down, chest expanded, abdomen slightly retracted and head erect. This position should be maintained, whether sitting, standing or walking. At first it will be found difficult, but by correcting the faulty position whenever it is discovered, you will gradually become accustomed to the correct position. The following exercises, practiced from three to six times daily for from three to five minutes at a time, will be sufficient for a beginning: Having assumed the correct position, raise the fully extended arms slowly from the sides until the hands almost meet above the head, inhaling at the same time. The chest should be fully expanded in this way, and after holding the breath for a few seconds, exhale as the arms are lowered to the sides. When the descending arms touch the sides, as much as possible of the air should be expressed from the lungs by forcibly compressing the sides with the arms. Raise the arms to a horizontal in front of the chest, and with the palms of the hands outward, keeping the arms horizontal, extend them backwards as much as possible, describing an arc of a circle, and inhaling for a few seconds, and then exhale as arms are lowered to the sides. Slowly counting seven will give about the correct length of time for inhalation and exhalation.—Woman's Physical Development.

At a mass meeting of citizens of Montreal on Monday it was decided to erect a handsome memorial in commemoration of the Canadian soldiers who went to South Africa, and to Lord Strathcona's services in equipping the Strathcona Horse. A fund of \$100,000 will be raised.

A GIRL'S PERIL.

A BRIEF STORY OF INTEREST TO ALL YOUNG WOMEN.

Pallor, Headaches, Dizziness and a Feeling of Constant Languor Overcome—Hope for Similar Sufferers.

There are thousands of young girls throughout Canada who owe their good health, if not life itself, to the timely use of Dr. Williams' Pink Pills for Pale People. Among these is Miss Maud Patterson, whose home is in the vicinity of Strathroy, Ont. To a reporter who interviewed her Miss Patterson said: "Several years ago I began to suffer from headaches, was easily tired out, and could see that my health was not what it had been. At first I did not think there was anything serious the matter, and thought the trouble would pass away. In this, however, I was mistaken, for as time went on I became weaker. The headaches attacked me more frequently, my appetite failed. If I stooped I would grow so dizzy that I would almost fall over. I became very pale, and always felt tired and worn out. I was advised to try Dr. Williams' Pink Pills, and I have reason to rejoice that I followed the advice, and as I continued their use, it seemed as though day by day they were imparting new life to me. My appetite improved, the headaches disappeared, the pallor left my face, the dizziness that bothered me so much also disappeared, and I felt altogether like a different person. I feel that I owe my renewed health entirely to Dr. Williams' Pink Pills, and as I know that there are many girls who suffer as I did I would urge them to lose no time in giving this medicine a fair trial."

The case of Miss Patterson certainly carries with it a lesson to others who may be pale, languid, easily tired, or subject to headaches, or the other distressing symptoms that mark the outward progress of anaemia. In cases of this kind Dr. Williams' Pink Pills will give more certain and speedy results than any other medicine. They act promptly and directly, making new, rich red blood, and strengthen the nerves, and correct all the irregularities incident to this critical period.

Sold by all dealers or sent post paid at 50 cents a box, or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

Your Story

"Every morning I have a bad taste in my mouth; my tongue is coated; my head aches and I often feel dizzy. I have no appetite for breakfast, and what food I eat distresses me. I have a heavy feeling in my stomach. I am getting so weak that sometimes I tremble, and my nerves are all unstrung. I am getting pale and thin. I am as tired in the morning as at night."

What is the trouble? Impure blood.

What is the remedy?

Ayer's Sarsaparilla

Take one of Ayer's Pills each night. You cannot be cured while troubled with constipation. Price 25c. a box.

Write the doctor freely all the particulars in your case. You will receive a prompt reply. Address, Dr. J. C. Ayer, Lowell, Mass.

It Hurt To Eat.

The pain, nausea and distress that Dyspeptics suffer after every meal can all be permanently removed by Burdock Blood Bitters.

It tones up and restores the stomach to normal condition so that it digests food without causing discomfort.

Here's proof positive:

Miss Maggie Splude, Dalhousie, N.B., wrote the following: "I have been a sufferer from Liver Complaint and Dyspepsia for the past two years and felt very miserable. I could not take much food as it hurt me to eat. My friends said, 'Why don't you try B.B.B.' I did so, using two bottles, which made such a complete cure that I can now eat anything I like without it causing me discomfort."

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