

THE Maritime Business College,

HALIFAX, N. S.

That excellent training school in AC-
COUNTING, STENOGRAPHY and
TYPEWRITING, Re-opens

September 2, 1902.

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KAULBACH & SCHURMAN,
Chartered Accountants.

After Work or Exercise

POND'S EXTRACT

Soothes tired
muscles, re-
moves sore-
ness and stiff-
ness and gives the body a feeling of comfort and
strength.

Don't take the weak, watery witch hazel
preparations represented to be "the same
as" Pond's Extract, which easily sour and
generally contain "wood alcohol," a deadly
poison.

Fredericton Business College

Does Not Close

During the Summer Months. You may
enter at any time. TEACHERS should
take advantage of our Summer Session.

Year Book containing full particulars
sent free to any address on application.

—ADDRESS—

W. J. OSBORNE, Principal.
Fredericton, N. B.

Joggins Coal

This FIRST CLASS COAL

can be purchased by the Cargo in
ROUND RUN OF MINE and SLACK
sized 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.

The Whole Story in a letter:

Pain-Killer

(FRANK JAYNE)

From Capt. F. Love, Police Station No. 1,
Montreal: "We frequently use Frank
Jayne's Pain-Killer for pains in the stom-
ach, rheumatism, at pains, first bites, chil-
dren, cramps, and all ailments, which
help them in our position. I have no hesi-
tation in saying that Frank Jayne's is the
best remedy to have near at hand."

Used Internally and Externally.
Two Sizes, 25c. and 50c. bottles.

Wanted Everywhere

Bright young folks to sell Patriotic
Goods. Some ready, others now in pre-
paration in England.
Address to-day the

VARIETY MFG CO.

SHERIFF'S SALE.

There will be sold at Public Auction on
Saturday, the thirtieth day of August, A. D.
1902, at twelve o'clock, noon, at Chubb's
Corner (so called), in the City of Saint John,
in the Province of New Brunswick, all the
right, title and interest of William Chittick,
in and to all that lot, piece and parcel of land
described in the deed thereto of the said
William Chittick from one Edward Thomp-
son and wife as— "Situate in the Parish of
Musquash, on the westerly side of the Dipper
Harbor road, beginning at the big gravel
hole, thence west, north and east to the said
Dipper Harbor road, containing one acre, to-
gether with the buildings thereon." The
same having been levied on and seized by me
under our execution issued out of the Saint
John County Court against the said William
Chittick at the suit of James H. Gould.
Dated this twenty-second day of May, A. D.
1902.

ROBERT R. RITCHIE,
Sheriff of the City and County of St. John

The Home

ONIONS FOR THE NERVES.

Those who have experimented in the
medicinal qualities of foods concede that
onions have an immediate and soothing
effect on the nerves. So marked is this
result that some persons are made drowsy
for the remainder of the day after a noon-
time meal of which onions formed a gener-
ous part. The best way to prepare onions
is to boil them, for the frying process
involves too much absorption of grease,
and many persons who would be benefited
in health by frequently eating onions avoid
them because they cannot digest them
cooked in butter or lard. Among many
foreigners of the laboring classes it will be
noticed that some of the most robust bring
as a luncheon bread and raw onions.—
Cultivator.

TO RELIEVE CHOKING.

Raising the left arm as high as you can
will relieve choking much more rapidly
than by being thumped on the back. And
it is well that every one should know it,
for often a person gets choked while eating
when there is no one near to thump him.
Frequently at meals and when they are at
play children get choked while eating,
and the customary manner of relieving
them is to slap them sharply on the back.
The effect of this is to set the obstruction
free, so that it can be swallowed. The
same thing can be brought about by raising
the left hand of the child as high as pos-
sible, and the relief comes much more
rapidly. In happenings of this kind there
should be no alarm, for if a child see that
older persons or parents get excited he is
very liable to get so also. The best thing
is to tell the child to raise the left arm, and
immediately the difficulty passes down.—
United Presbyterian.

TO MAKE THE HOME COMFORT- ABLE IN SUMMER.

Heavy portieres and carpets should be
cleaned and packed away, and everything
suggesting heat should be put out of sight.
The floors should be stained or covered
with matting and a few choice rugs.
Heavily upholstered chairs may be stored
in some unused room, and the rattan or
cane furniture substituted. As glass is a
great radiator of heat, outside shutters or
awnings will be found worth many
times their cost. If red or yellow shades
have been used during the winter, they
should be taken down, carefully wiped,
rolled and tied into a compact bundle, and
put away until frost comes again. Dark
green shades should replace them, because
they make the room look cooler. The
house should be opened very early in the
morning to get the fresh air, and closed be-
fore the sun is high. In particularly warm
weather, sheets wrung out of cold water
and hung before slightly raised windows
will cool the atmosphere with astonishing
rapidity. Even in apartment houses there
are often balconies either at the front or
back of the house. These can be made
into charming out-door rooms, if an awn-
ing is put overhead and boxes fitted along
the sides, where vines and flowers may be
grown. The vines should be a thick
growing variety, which will afford both
beauty and shade—for instance, the morn-
ing-glory, the moon-flower, or the red
flowering bean.—Delineator for June.

THE ATHLETIC GIRL.

"Sport may be a health diversion or it
may be a physical curse." This is the
conclusion to which Mrs. Alec Tweedie
comes in her article in the London Mail
on athletics for women. One can hardly
say that Mrs. Tweedie is not acquainted
with the subject she discusses. She has
hunted the fox and the stag; she has rid-
den on horseback through Iceland, Moroc-
co and Mexico; she has skated, sledged,
snowshoed, and tobogganed in Scandinav-
ia; and she has followed the guns in
Scotland. There are few kinds of exercise
which she has not attempted. She knows
the whole series of sports, from hockey

to pingpong. "A finely developed woman
is a joy," she says, "but a tall, overgrown,
leggy, scraggy-armed female is an eye-
sore." "There is no doubt," says Mrs.
Tweedie, "that Americans can take much
less exercise than Britishers. The result
is that the overgrown girl is not so often
met with in the States as she is in England.
The American woman, however young, is
usually well developed, with an excellent
carriage and presence. She has a good
figure and great repose of movement." It
is in England that the "tall, lamp-post,
angular girls, with ugly gait," have grown
up to possess the earth. One may suspect,
however, that if Mrs. Tweedie looked
closely she would find few such girls even
on this side of the Atlantic. Over-exercise
has its victims in all Anglo-Saxon coun-
tries. The man who leaves college with
overdeveloped heart and lungs is by no
means an unfamiliar figure, and he has his
feminine counterpart. The severity of
American training is always a surprise to
English visitors. An American football
team submits to a regime which an Eng-
lish team would never think of adopting.
The case is the same in track athletics.—
Ex.

HOW TO MAKE SARDINE SALAD.

For the Sunday night supper there is no
more attractive dish than this salad made
of sardines, crisp lettuce leaves and mayon-
naise or boiled dressing. The fish should
be drained and treated to a few drops of
lemon juice and the lettuce crisped in ice
water. Line a shallow dish with the leaves
and on each place a sardine and a spoonful
of dressing. If there should be cold boiled
beets in the house, cut them in fancy
shapes and use them as a garnish or cut
small pickles into strings and place them
about the edge of the dish.—Ex.

HOW TO MAKE CRESS SALAD.

Put a spoonful of sugar into a bowl with
a teaspoonful of salt and a few young,
tender leaves of mint. Rub well together,
then add two tablespoonfuls of oil and one
of vinegar and mix thoroughly. Throw in
some well washed and dried watercress,
strew them with young nasturtium leaves
and add enough peppergrass to fill the
bowl. Toss altogether and turn out into a
large dish, border with nasturtium leaves
and blossoms, garnish with slices of hard
boiled eggs and serve immediately.—Ex.

Thomas Tasser, a writer of the sixteenth
century, said, "It's an ill wind turns no
good." "Better later than never." "Look
ere thou leep," and "The stone that is
rolling can gather no moss."

BABY'S OWN TABLETS

For Weak and Sickly Children During the
Hot Weather.

Thousands of children die during the
hot weather months, because summer
complaints and stomach troubles come
suddenly, and mothers do not have the
means at hand to promptly check and cure
them. In homes where Baby's Own Table-
ts are used these precious little lives can
be saved, and no home where there are
infants and young children should be
without them.

Baby's Own Tablets will promptly cure
all stomach and bowel troubles, and are a
great relief to teething children. The
Tablets are sold under a positive guarantee
that they contain neither opiate nor harm-
ful drug. Crushed to a powder they can
be given with absolute safety to a new
born baby. Mrs. R. Ferguson, 105 Mans-
field street, Montreal, says: "I have used
Baby's Own Tablets and have found them
the best medicine I have ever given my
children. My baby has always been small
and delicate and suffered so much last
summer with his teeth that I did not think
he would live. Then he was attacked with
dysentery, a fever skin and cough. As the
doctor's medicine did not help him, I sent
for Baby's Own Tablets and they did him a
wonderful amount of good, and he is now
getting on splendidly. I gladly give my
experience for the benefit of other
mothers." If your druggist does not keep
these Tablets they will be sent by mail
post paid at 25 cents a box by writing
direct to the Dr. Williams' Medicine Co.,
Brookline, O. A. or Schenectady, N. Y.

THE SINFUL PROTECTOR.

It was at a certain church meeting, and
the good bishop was calling for reports.
He had a rather stern, sharp manner which
sometimes jarred a little on the nerves of
the more timid. By-and-by he came to
Brother B., a lay delegate.

"Brother B., what is the spiritual con-
dition of your church?" demanded the
bishop, briskly.

"I consider it good," said the brother.
"What makes you think it is good?"
went on the bishop.

"Well, the people are religious. That's
what makes me think so."

"What do you call religious? Do they
have family prayer?"

"Some of them do and some do not."

"Do you mean to say that a man may be
a Christian, and not hold family prayer?"

"Yes sir; I think so."

"Do you hold family prayer?"

"Yes sir," returned the brother quietly.

"And yet you think a man may be a
Christian and not hold family prayer?"

"I have a brother who is a better man
than I am who does not hold family
prayer."

"What makes you think he is a better
man than you are?"

"Everybody says so, and I know he is."

"Why does not your brother, if he is
such a good man, hold family prayer?"
thundered the bishop.

"Because he has no family," meekly
answered the brother.—A. J. B. in Har-
per's.

TO SAVE TEMPER AND COLLARS.

"You button your collar the wrong
way," said the salesman, as he was selling
neckwear to a customer.

"How's that?"

"You have buttoned the right side last.
Now, when you go to take it off, you will
have to tug at the end of the collar and
crumple it, because you can't get proper
hold of it, but if you had the left end on
top, you could get it off easily, then loosen
the collar behind, and the right end could
be easily detached. That's why men have
so much trouble taking off well-laundered
collars. Remember to fasten the right
side first, and then the left, and you will
save your collars and your temper."

"I never supposed there was a right and
a wrong way of putting on collars."

"Try both ways and you will see."—
American Cultivator.


NOW, WHY DID THEY LAUGH?

Several ladies sat in their club a few
evenings ago, discussing the virtues of
their husbands.

"Mr. Bingleton," said one of them, re-
ferring to her life partner, "never drinks
and never swears—indeed, he has no bad
habits."

"Does he ever smoke?" some one asked.

"Yes. He likes a cigar just after he
has eaten a good meal. But I suppose, on
an average, he doesn't smoke more than
once a month."—Sel.



Kidney Disorders

Are no
respector
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
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In tone like Bronze Metal Bells
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