

PAINFUL PERIODS

CANADIAN WOMEN FIND RELIEF

The Case of Ellen Walby Is One of Thousands of Cures Made by Lydia E. Pinkham's Vegetable Compound.

How many women realize that menstruation is the balance wheel of a woman's life, and while no woman is entirely free from periodical suffering, it is not the plan of nature that women should suffer so severely?



Ellen Walby

Thousands of Canadian women, however, have found relief from all monthly suffering by taking Lydia E. Pinkham's Vegetable Compound, as it is the most thorough female regulator known to medical science. It cures the condition which causes so much discomfort and robs menstruation of its terrors.

Ellen Walby, of Wellington Hotel, Ottawa, Ont., writes:

Dear Mrs. Pinkham:—“Your Vegetable Compound was recommended to me to take for the intense suffering which I endured every month and with which I had been a sufferer for many years getting no relief from the many prescriptions which were prescribed, until, finally becoming discouraged with doctors and their medicines I determined to try Lydia E. Pinkham's Vegetable Compound, and I am glad that I did, for within a short time I began to mend and in an incredible short space of time the flow was regular, natural and without pain. This seems too good to be true and I am indeed a grateful and happy woman.”

Women who are troubled with painful or irregular menstruation, should take prompt action to ward off serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, Lynn, Mass., for further free advice. Thousands have been cured by so doing.

FOR SALE

FARM AT LOWER SELMAH. A great bargain 100 acres, Hay, Tillage, orchards, 60 trees, all in bearing. Cut 30 tons hay could be made cut 50 tons, has wintered 18 head of cattle, 6 horses and 12 sheep. House 18x33, Ell 24x16, Barn 60x30, wagon and tool house 42x26 one of the best mud privilege on the Cobeguid bay—sufficient to keep up the farm for all time, has a fine wood lot and pasture. Price: \$14,000.00. Address A. A. Ford, Berwick and Hants County, Real Estate Agent.

A. A. FORD, Manager.

WHAT SCHOOL

Shall I Attend?

That is the question which will be considered by many within the next few months. If all the advantages to be gained by attending.

FREDERICTON BUSINESS COLLEGE.

were fully known it would not be difficult to decide.

Send at once for catalogue, Address

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

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Ins. Co. of North America.

JARVIS & WHITTAKER,

General Agents.

74 Prince William Street St. John, N. B.

The Home

FRESH FRUIT PIES.

The following receipt for pie crust will give excellent results, and will provide just enough dough for one crust, with none left over to gather mold, as frequently happens in the warm season: Take three tablespoonfuls of sifted flour, a little salt and one tablespoonful of lard, chopped with flour. Add a little water at a time until it will stick together, and roll out.

Blackberry.—The berries should be fresh and carefully picked over. Sweeten to taste. A small cupful of sugar to each quart of fruit is usually enough. Line a pie plate with good puff paste, turn in the berries, and dredge with a tablespoonful of flour. Bake with an upper crust in a moderate oven.

Green Currant.—Stem well-grown green currants, put in a dish, and cover with sugar, allowing a cupful of sugar to each pint of currants. Pour over a little boiling water, and let stand until the sugar is dissolved. Line the plate with paste, fill with the currants, sprinkle a little flour around the edge and over the top. Cover with a top crust and bake in a rather hot oven.

Ripe Currant.—Beat one egg, add a cupful of sugar; when well mixed, pour it over a cupful of ripe currants which have been carefully picked from the stems. Bake with two crusts. A handful of red raspberries adds to the flavor of the pie.

Fruit.—Bake a rich undercrust for lemon pie. Fill it with sweetened berries or very ripe fruit, such as peaches, sliced thin. Cover with whipped cream, sweetened and flavored to taste.

Grape and Elderberry.—Pick one-third pint of grapes and two-thirds pint of elderberries; mix with two rounded tablespoonfuls of sugar. Line the plate with paste; sprinkle with flour; fill with the grapes and berries; sweeten more, if desired; sprinkle the edge with flour, and cover with a top crust.

Huckleberry.—Clean carefully one quart of berries; line a plate with paste; turn in the berries, with a cupful of sugar and one-half cupful of water; dredge with flour, and sprinkle over a very little salt and one-half of a grated nutmeg. Cover the pie with a top crust, and bake in a quick oven.

Peach.—Peel, stone and quarter or dice good ripe peaches. Line the plate with crust and arrange the fruit in it. Sweet well and add a little water. Sift over a teaspoonful of flour. Bake with an upper crust, and serve with sugar and rich cream.

Apple.—Select tart apples; pare, quarter and cut them in thin slices. Line the plate with good puff paste; on this pile the apples, allowing plenty of filling, sweeten with two or three tablespoonfuls of sugar, according to the tartness of the fruit, and put on the top crust. Bake in a hot oven from twenty minutes to half an hour. A little grated nutmeg or ground cinnamon may be added for a change. Or the apples may be pared and cut into halves and placed on the paste with round side down. Mix a piece of butter the size of an egg with two tablespoonfuls of sifted flour, add two cupfuls of sugar and half a cupful of water. Stir smooth, flavor with grated nutmeg, pour over the apples, and bake. When the apples are cooked, pile on the whites of two eggs beaten to a stiff froth with two tablespoonfuls of sugar. Set in a hot oven until nicely browned.

WOMEN WHO SHOULD NEVER MARRY.

The woman who proudly declares that she cannot hem a pocket-handkerchief, never made up a bed in her life, and adds with a simper that she has “been in society ever since she was fifteen.”

The woman who would rather nurse a pugdog than a baby.

The woman who thinks that men are angels.

The woman who would rather die than wear a hat two seasons old.

The woman who thinks that the cook and nurse can keep house.

The woman who expects a declaration of love three times a day.

A woman who buys ornaments for the drawing room and borrows kitchen utensils from her neighbors; and who thinks table decorations are of more importance than good food.

The woman who wants things just because “other women” have them.

A good woman is a wondrous creature, cleaving to the right and good in all change; lovely in her youthful comeliness, lovely all her life long in comeliness of heart.—Alfred Tennyson.

A BEAUTIFUL CUSTOM.

In the mountains of Tyrol it is the custom of the women and children to come out out when it is the close of day and sing. Their husbands, fathers, and brothers answer them from the hills on their way homeward. On the shores of the Adriatic such a custom prevails. There the wives of the fishermen come down about sunset and sing a melody. After singing the first stanza they listen awhile for an answering melody from off the water, and continue to sing and listen until the well-known voices come borne on the waters, telling that the loved one is almost home. How sweet to the weary fishermen, as the shadows gather around him, must be the songs of the loved ones at home that sing to cheer him, and how they must strengthen and tighten the links that bind together these dwellers by the sea.—Exchange.

You may think, in looking upon the world that the great difference between people is that some have many things to enjoy and others very few; when you know them better you will find that a greater difference is that some have great power to enjoy and others very little.—Rhonda Williams.

“LOOK PLEASANT.”

That was the sign in large letters that adorned the kitchen wall of a bright little housekeeper. When the nervous worry lest the steak get too brown while she was mashing the potatoes threatened to crease her forehead, she looked up at the friendly sign and smiled. One can really work from the outside as well as the inside in getting the kinks straightened out of fretted nerves. Smooth the face and before you know it the worries will smooth out too.

“Yes, suh,” said Col. Bluegrass, “he showed me a decant that once belonged to Washington, and he was very proud of it. Queer folk that.”

“Queer? Why isn't that something to be proud of?”

“But, mah dear, suh, thar wasn't a drop o' liquor in it, suh.”—Catholic Standard.

Not in our stars, but in ourselves, not in the world, but in the man, the trouble lies. Not in your world, but in you. If you are free in Christ, your world shall leap to help you.

C. C. RICHARDS & CO.

Dear Sirs,—I had a Bleeding Tumor on my face for a long time and tried a number of remedies without any good results, and, I was advised to try MINARD'S LINIMENT, and after using several bottles it made a complete cure, and it healed all up and disappeared altogether.

DAVID HENDERSON.

Belleisle Station, Kings Co., N. B., Sept. 17, 1904.



DO YOU KNOW
THAT BACKACHE
IS THE FIRST
SYMPTOM OF
KIDNEY TROUBLE.

It is! and you cannot be too careful about it.

A little backache let run will finally cause serious kidney trouble. Stop it in time.

TAKE DOAN'S KIDNEY PILLS.

They cure where all others fail. As a specific for Backaches and Kidney Troubles they have no equal. Here is what

MR. GEO. H. SOMERVILLE,

of Stewarton, N.B., writes: “I was so troubled with a sore back I could not get out of bed in the mornings for over a year. I got a box of Doan's Kidney Pills and before I had them half taken I could see I was deriving some benefit from them, and before I had taken them all my back was O.K. and I have not been troubled since.”

THE AUTUMN TERM commences on TUESDAY, 5th SEPTEMBER AT

MARITIME BUSINESS COLLEGES.

Send for particulars to

KAULBACH & SCHURMAN

Chartered Accountants.

Halifax, N. S.

Sure Cure for SUMMER COMPLAINT

Newcastle, N. B.

Nov. 13, 1904.

Messrs. C. Gates Son & Co.

Dear Sirs:—I have been thinking for some time that I should let you know what your CERTAIN CHECK has done for my son. He had such a bad case of Cholera that he was reduced to a skeleton. We tried doctors, drugs and every other remedy but without avail. Finally we procured your CERTAIN CHECK and we believe it saved our boy's life, as it cured him after everything else had failed.

Your Life of Man Bitten and Invigorating Syrup also cured me of liver trouble. I consider that your medicines are all as recommended.

Yours truly,

W. L. CURTIS.

Get your CERTAIN CHECK never fails and is sold everywhere at 25 cents per bottle.

Manufactured by

C. GATES, SON & Co.

Midleton, N. S.



LET THE BABY SLEEP
USE
WILSON'S
FLY PADS