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Sheridan's Powder.

It causes perfect assimilation of the food elements needed to form eggs in the winter.

If you can't get the Powder send to us. One pack, 25 cts; five, \$1. Large can, \$1.50; six, \$8. Exp. paid. L. & JOHNSON & CO., Boston, Mass.

GATES' CERTAIN CHECK CURES

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

Sold Everywhere at

25 CENTS A BOTTLE.

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MIDDLETON, N. S.

NERVOUS INVALIDS

Find great benefit from using

Puttner's Emulsion

which contains the most effective Nerve Tonics and nutritives, combined in the most palatable form.



Always get
PUTTNER'S it is
THE BEST.

Didn't Dare Eat Meat.

What dyspeptics need is not artificial digestants but something that will put their stomach right so it will manufacture its own digestive ferments.

For twenty years now Burdock Blood Bitters has been permanently curing severe cases of dyspepsia and indigestion that other remedies were powerless to reach.

Mr. James G. Keirstead, Collins, Kings Co., N.B., says:

"I suffered with dyspepsia for years and tried everything I heard of, but got no relief until I took Burdock Blood Bitters. I only used three bottles and now I am well, and can eat meat, which I dared not touch before without being in great distress. I always recommend B.B.B. as being the best remedy for all stomach disorders and as a family medicine."



FREE Write with our elegant patent FOUNTAIN PEN and HOLDER—makes writing a pleasure. A great novelty. Illustrated ink with each pen to make one plain business writing card. Guaranteed pen-pail for only 12 cents. In shading five valuable booklets entitled: How to get Rich; How to become a Lightning Calculator; Miller's Job Book; Last Chance for Millionaires; How to get a Happy Marriage. Accept this special offer to-day. Satisfaction guaranteed or money promptly refunded. Catalog free with each order. EXCELLENCE BOOK CO., Toronto, Can. (Attention this paper.)

150 POPULAR BOOKS AND WORDS AND MUSIC COMPLEX, sent by bound in one volume. A great collection of musical gems, sentimental, patriotic and more. Price 10 cents. Postpaid. Agents wanted for our superior 10 cent sheet music and popular songs. Catalog and words for sample. HIGGINS MUSIC CO., Toronto, Can.

Short Skirts and Athletic Dress.

Fashion no longer deserves the oft repeated epithet of "fickle," but that of "frivolous" should be added to it. It is fast becoming the consensus of the opinions of women of refinement and taste in matters of dress, and is no longer governed by trade interests, as it once was. In fact, the women of this country dictate the fashion of the cloths that they wear with autocratic sway. They often sadly disappoint speculation in this matter by totally rejecting an entire importation of valuable goods which have failed to suit their desire.

In athletic dress the fashionable women of to-day have shown the greatest wisdom, and from the somewhat masculine, unwomanly costume suggested by English tailors and French habit makers, have evolved a costume at once graceful and exactly suited to the muscular exertion required in the various sports in which it is worn. It is not an ungainly dress, without support for the figure, such as the old-time dress reformers advocated. The sensible women of to-day do not abandon corsets, but they have changed the corset of old from a stiff, armorlike waist of whalebone into a graceful cincture such as the Greek woman wore to support her figure. Gradually the material of the corset has been improved, and a properly made corset is now a waist no hygienist can object to. Every sensible teacher of physical culture allows a waist of this kind in general wear. Only in special gymnastic exercises is this waist abandoned. Even the most radical "no corset" reformers use a "waist," and what is the difference between this waist and a corset? Nothing but quality. A "reformed whalebone waist" is simply a reformed corset. Let us keep the old fashioned name, if only to show how far the soft, perfectly fitted corset of the end of the nineteenth century is removed from the armorlike steel corset of the sixteenth century.

The reformed corset is but a part of the hygienic reform in the dress of the modern woman. No woman of taste desires to abandon for wear within doors the graceful, clinging dress of classic time, a season when the dress of woman was more artistic than it has ever been. Yet it is easy to see that the long dress is utterly unfit for athletic use. The long dress is now retained within doors, and for walking in the country, for long trips over morass and field, such as sensible girls on field study intend to indulge in, there are short skirts. These are worn on bicycles, on the tennis field, in boating and in all outdoor sports. Such a skirt is very desirable made of double faced material, a dark color on one side and a pretty plaid or check on the other. Sometimes the skirt is made so that it is reversible and can be worn on the checked or plaid as well as the plain side. It should be merely long enough to reach an inch below the top of the high laced boots that are a part of the dress.

Worn on the proper occasion, these short skirts are all that could be desired. They should not be worn in travelling except in touring over mountains or where such a dress is demanded. It is distinctly bad taste to wear these skirts on any occasion where such a skirt is not demanded. A promenade on city streets calls for the street dress of regulation length.

House costumes should be long. It is sensible for a woman at work about the house to wear a skirt that fully clears the ground, but such work does not demand as short a skirt as is needed in outdoor sports or country walks. In adopting athletic dress for any purpose do not attempt to adopt part of it without the remainder. Do not wear the skirt without the boots that go with it. It is as much out of place in the house as a long house dress with slippers or low shoes would be out of doors.

To Keep The Hands Soft.

Hands which easily become rough and red, as a "The Lady," may be greatly benefited by washing them two or three times a day in oatmeal water. Take some good fine oatmeal and boil it in water, for an hour, strain, and use the liquid for the hands. It should be made fresh every day in summer, and every other day in winter, as it soon becomes sour and smells unpleasant. For hands which are unusually red and course this treatment will hardly suffice. In such cases a few grains

The Home

of chloride of lime should be used to the warm and soft water used for washing. Soap containing chloride of lime may be prepared thus: White powdered Castile soap, one-half pound; dry chloride of lime, three-quarters of an ounce; mix and beat up in a mortar to a stiff mass, with rectified spirits of wine as much as necessary. Divide the mass into tablets, and envelop each closely with oilskin. You may scent this soap by adding to the mass two drachms of oil of verbena. Before using chloride soap or lotion, all rings or bracelets must be removed, or they will be tarnished. Cacao cream is frequently used for softening and whitening the hands. It is composed of cacao butter, oil of sweet almonds, and refined white wax in equal parts. Melt them together and stir until cool.

Boiled Beef

Cut the meat into thin shreds or small slices with a sharp knife; remove any gristle there may be, grease the inside of a fireproof mould with some butter, then arrange a layer, about a quarter of an inch thick, made as follows: Some grated milk roll, chopped shallots, parsley, mushrooms, salt and pepper to taste; into this stir a little milk or the yolk of an egg, thinned with milk, to make it lie evenly in the mould. For a small mould, for one or two persons, the whole yolk will not be required. Meantime warm the meat in a little butter or lard over the fire (if desired do the same with very finely sliced potatoes) and have ready a tea or breakfast cupful (according to requirements) of good broth or gravy, containing some of the onions and carrots which usually flavor such stock. Stir into this a couple of eggs; pour it into the mould with the meat, etc. Over the top put a layer of the mixture with which the mould is lined, and bake in the oven till a good color, or boil a cupful of rice (after having well washed it) first in a little water then in some good stock, till it is quite tender; then without straining off all the liquor, mix it in a basin with grated cheese, salt and cayenne to taste, a little piece of butter and the yolks of two eggs. Cut the meat in suitable even slices and spread the mixture thickly over them, after which dip them into or brush them over with the white of an egg, previously beaten up, then with a little melted butter, and finally sprinkle them on both sides with breadcrumbs and grated cheese. Bake them in a little tin in the oven, or fry them, if preferred. Serve with sardine sauce in a boat—Ex.

While Cucumbers are Plenty.

A good cucumber cream—the best thing possible for the complexion—may be made at home with little trouble. Wash and dry two large and three small cucumbers, and cut into pieces about two inches square. Put them into six ounces of sweet almond oil, in a double boiler the outer being filled with cold water. Heat to boiling point, then let simmer without boiling for about five hours. Strain, and to each six ounces of the strained liquid add one ounce of white wax and two ounces of lanoline. Put in saucenpan again and heat until thoroughly mixed, then remove from fire and beat with egg beater until cold. During the heating slowly add two teaspoonfuls of tincture of benzoin.

Officials of the Brooklyn Rapid Transit Co. say that some of the new conductors have fleeced the company heavily recently. Wholesale discharges have followed the discovery. It is said that \$50,000 represents the losses of the company. The plan of the conductors was pocketing fares not rung up.

Summer Colds

are noted for hanging on. They weaken your throat and lungs, and lead to serious trouble.

Don't trifle with them. Take Scott's Emulsion at once. It soothes, heals, and cures.

50c. and \$1. All druggists.

ADWY'S READY RELIEF

For headache (whether sick or nervous) toothache, neuralgia, rheumatism, lumbago, pains and weakness in the back, spine or kidneys, pains around the liver, pleurisy, swelling of the joints and pains of all kinds, the application of Adwys's Ready Relief will afford immediate ease, and its continued use for a few days effects a permanent cure.

A CURE FOR ALL SUMMER COMPLAINTS, DYSENTRY, DIARRHOEA, Cholera Morbus.

A half a teaspoonful of Ready Relief in a half tumbler of water, repeated as often as the discharges continue, and a flannel saturated with Ready Relief placed over the stomach or bowels, will afford immediate relief and soon effect a cure.

Internally—A half to a teaspoonful in half a tumbler of water will, in a few minutes, cure Cramps, Spasms, Sour Stomach, Nausea, Vomiting, Heartburn, Nervousness, Sleeplessness, Sick Headache, Flatulency, and all internal pains.

Malaria in its various forms Cured and Prevented.

There is not a remedial agent in the world that will cure fever and ague and all other malarious, bilious and other fevers, aided by Adwys's Pills, so quickly as Adwys's Ready Relief. Price 25 cents per bottle. Sold by all druggists.

Adwys's Pills

Always Reliable, Purely Vegetable

Perfectly tasteless, elegantly coated, purge, regulate, purify, cleanse and strengthen. Adwys's Pills for the cure of all disorders of the Stomach, Bowels, Kidneys, Bladder, Nervous Diseases, Dizziness, Vertigo, Costiveness, Piles.

SICK HEADACHE.

FEMALE COMPLAINTS,

BILIOUSNESS,

INDIGESTION,

DYSPEPSIA,

CONSTIPATION,

—AND—

All Disorders of the LIVER.

Observe the following symptoms, resulting from diseases of the digestive organs. Constipation, inward piles, fullness of blood in the head, acidity of the stomach, nausea, heartburn, distention of food, fullness of weight of the stomach, sour eructations, sinking or fluttering of the heart, choking or suffocating sensations when in a lying posture, dimness of vision, dots or webs before the sight, fever and dull pain in the head, deficiency of perspiration, yellowness of the skin and eyes, pain in the side, chest, limbs, and sudden flashes of heat, burning in the flesh.

A few doses of Adwys's Pills will free the system of all the above-named disorders. Price 25 cents a box. Sold by all druggists or sent by mail.

Send to DR. RADWAY & CO., 7 St. Helen St., Montreal, Can., for book of advice.

Cramps and Colic

Always relieved promptly by
Dr. Fowler's Ext. of Wild
Strawberry.

When you are seized with an attack of Cramps or doubled up with Colic, you want a remedy you are sure will give you relief and give it quickly, too.

You don't want an untried something that MAY help you. You want Dr. Fowler's Extract of Wild Strawberry, which every one knows will positively cure Cramps and Colic quickly. Just a dose or two and you have ease.



But now a word of proof to back up these assertions, and we have it from Mr. John Hawke, Coldwater, Ont., who writes: "Dr. Fowler's Extract of Wild Strawberry is a wonderful cure for Diarrhoea, Cramps and pains in the stomach. I was a great sufferer until I gave it a trial, but now I have perfect comfort."

CANADIAN TEACHERS WANTED

More vacancies than Teachers Positions guaranteed. Placed 263 Canadian teachers in U.S. last term.

UNION TEACHERS' AGENCIES, Washington, D. C.