

**Sore Throat!**

Don't delay; serious bronchial trouble or diphtheria may develop. The only safe way is to apply

**Painkiller**

a remedy you can depend upon. Wrap the throat with a cloth wet in it before retiring and it will be well in the morning.

There is only one Painkiller,  
"PERRY DAVIS."



**Keels and Soothes the Lungs and Bronchial Tubes. Cures COUGHS, COLDS, BRONCHITIS, HOARSENESS, etc., quicker than any remedy known. If you have that irritating Cough that keeps you awake at night, a dose of the Syrup will stop it at once.**

**USED FOR EIGHT YEARS.**

I have used DR. WOODS' NORWAY PINE SYRUP for every cold I have had for the past eight years, with wonderful success. I never see a friend with a cough or cold but that I recommend it.—M. M. Ellsworth, Jacksonville, N.B.

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there are other schools

BUT

you should go to the best

WHY

always regret because you did

NOT

attend that good school

THE MARITIME BUSINESS COLLEGE

Halifax, N.S.

KALPACH & SCHURMAN,

Chartered Accountants.

**Beware**

of the fact that

**White Wave**

disinfects your clothes  
and prevents disease

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**The Home****THE LADY WHO MUST EARN HER LIVING.**

The word "lady" is used advisedly and of set purpose here. I know that the beautiful old-world is rather out of favor in this hour, and I am quite familiar with the disdainful toss of the head that greets it, and the accent of the voice in "cook-lady," and the like, when a young woman of the period hears an old-fashioned person speak of ladies and of gentlemen. Nevertheless there are people who cling to old-time phrases and to old-time sentiment, and they still persist that while all ladies are women not all women are ladies, and they know what I mean when I speak of the "lady" who must earn her own living.

Her condition may or may not awaken pity. It sometimes happens that though this gentlewoman has never had exact training in any bread-winning art, she possesses tact, initiative and resource, so that she succeeds in discovering, inventing, or developing a situation in which she may earn enough for her own support and that of dear ones dependent upon her. There are usually the dear ones to be cared for; aged parents, or fragile invalids, or little children. A woman's earnings, almost never, go wholly for herself; they are generally spent for the pleasure and well-being and support of others.

But take the common case of a lady who in middle life by the death of a husband, or the failure of a bank, or some catastrophe not foreseen, is left to provide for her wants and who does not know what to do. Her knowledge of house wifery inclines her to seek a housekeeper's niche, but she cannot undertake hard work, and such places as she can undertake are few. She may wish to be a companion, as a rule a thankless task, or matron in an orphanage or a teacher of little children. The last vocation cannot be hers, for she has no diploma. A kindergarten or a college graduate is wanted for the nursery. Plain sewing or mending pays well if she can get it. Preserves and pickles and home-made bread and cake might be made and sold, if she had a little capital to start with. She might shop for country friends, or chaperone a party of girls to Europe, or act as house mother to a set of young women, paying their way, and keeping a home on the co-operative plan. But, as a rule, her choice of things to do is narrow, and her despair moves one's compassion.

The moral is, let every lady in her father's house, acquire and become complete mistress of some trade, profession or art, that at need, will support her.—Christian Intelligencer.

**BLEACHING.**

The springtime is the season usually chosen by housewives for bleaching, the new linen and muslin, as well as the older cloth that has become yellowed by being laid away or by careless washing. The old way of laying the cloth on the snow is one that requires very little work, and the result is always satisfactory. The whitening may be hastened by boiling in strong pearline suds first, and then, without rinsing or wringing it from the suds, spread it on the snow in bright sunshine. Turn it every day and wet it by sprinkling liberally with pearline suds. Tablecloths that have become stained respond readily to this treatment. Wearing apparel, bed sheets, pillow cases, and spreads that have become yellow or dingy from careless washing will be white enough to satisfy the most fastidious after a good bleaching on the snow.—R. E. M. in Religious Herald.

**RECIPES.****CREAM OF VEAL.**

Use the minced raw veal for this dish, with an equal quantity of bread soaked in boiling milk. Mix thoroughly. Season with salt, pepper and a little grated onion. Add the yolk of one egg, the whites of two, and enough cream to make a stiff batter. Butter a pudding mould and stick slices of hard-boiled egg on the bottom and sides. Pour

in the veal, steam for an hour or more, turn out on a deep platter and pour cream sauce around it.

**CROQUETTES.**

Chop cold cooked veal very fine. Season with salt, pepper, grated onion, paprika, and a little tomato catsup. Use a raw egg to bind. Shape into croquettes, dip in egg and crumbs, fry in deep fat and serve with green peas and French fried potatoes.

**VEAL FRICADELLES.**

Chop fine two pounds of lean raw veal and add to it half a cupful of raw minced ham. Mix a cupful of crumbs with a cupful of milk and cook to a smooth paste. Mix the paste with the veal and ham, season with salt, pepper, chopped parsley and the juice of half a lemon. Mix with it half a cupful of butter and a little grated onion. Shape the mixture into balls, dip them in beaten egg, and fry in melted butter till a good brown, taking care to preserve the shape. Make stock of beef extract and water and make a thin gravy, with a tablespoonful of butter and two of flour. When the gravy boils in the saucepan, drop in the balls and simmer for an hour or more as needed. When the balls are done, drain carefully, reduce the sauce and pour around them.

**MINCED ON TOAST.**

Chop the remains of cold cooked veal very fine, season to taste, warm in a cream sauce and spread on thin slices of buttered toast. Lay a slice of hard-boiled egg on top of each piece of toast. A good breakfast dish.

**LOAF.**

Cut a pound and a half of veal into small pieces. Put into a saucepan an onion with half a dozen cloves stuck into it, a sliced carrot, a bay leaf, pepper and salt, a stick of celery and a bunch of sweet herbs. Cook the veal very slowly until extremely tender, lift out, drain, and set aside. Strain the broth through a fine sieve and return to the fire. Reduce the quantity by rapid boiling until there is not more than a pint. Trim all fat from veal, chop it fine with a little parsley, mix with the reduced liquid, turn into a buttered mould, press tightly, and keep in a cool place until wanted. Veal loaf is usually served cold. Slices of tomato and hard-boiled egg, arranged alternately, with a few sprigs of parsley in between, is the customary garnish.

You must have noticed that he likes you." Well, yes; I suspected something when all the girls began to tell me how disagreeable he was.—Brooklyn 'Life'.

Pat was a bashful lover, and Biddy was coy, but not too coy. "Biddy," Pat began timidly, "did ye ever think of marryin'?" "Sure, now, th' subject has niver entered my thoughts," demurely replied Biddy. "It's sorry Oi am," said Pat, turning away. "Wan minute, Pat," called Biddy, softly. "Ye've set me a-thinkin',"—Ex.

**ADVICE TO MOTHERS.**

"Keep your little ones stomach and bowels right, and they will be healthy, happy and grow well." This is the deliberate opinion of a physician of worldwide reputation. One mother who followed this advice—Mrs. Albert Boisvert St. Claude, Que., proves the truth of it. She says:—"I have the greatest faith in Baby's own Tablets for young children, and I always keep them in the house. Both my little ones were troubled with constipation and sour stomach. I gave them the Tablets and they are now perfectly well. Once in a while I still give them a dose to prevent the trouble coming back." If all sensible mothers follows this advice there will be fewer cross, peevish, sickly babies in the land. These Tablets contain no opiate or harmful drug. Sold by medicine dealers everywhere or sent by mail at 25 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

**RECOMMENDED BY PHYSICIANS.****Pond's Extract**

Over fifty years a household remedy for Burns, Sprains, Wounds, Bruises, Coughs, Colds and all accidents liable to occur in every home.

**CAUTION**--There is only one Pond's Extract. Be sure you get the genuine, sold only in sealed bottles in buff wrappers.

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**W. J. Osborne,**

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**Don't Chide the Children.**

Don't scold the little ones if the bed is wet in the morning. It isn't the child's fault. It is suffering from a weakness of the kidneys and bladder, and weak kidneys need strengthening—that's all. You can't afford to risk delay. Neglect may entail a lifetime of suffering and misery.

**DOAN'S KIDNEY PILLS**

strengthen the kidneys and bladder, then all trouble is at an end.

Mrs. E. Kidner, a London, Ont., mother, living at 499 Gray St., says:

"My little daughter, six years old, has had weak kidneys since birth. Last February I got a box of Doan's Kidney Pills at Strong's drug store. Since taking them she has had no more kidney trouble of any kind. I gladly make this statement because of the benefit my child has received from this medicine."

**COWAN'S**

**Cocoa and Chocolate.**

They are the choicest of all.

Try them

**Eating Became a Dread.**

**HOW MANY PEOPLE ARE ALMOST AFRAID TO SIT DOWN TO THEIR MEALS?**

**YOU MAY BE ONE OF THEM. IF YOU ARE, THERE IS A CURE FOR YOU.**

**BURDOCK BLOOD BITTERS**

**CURES INDIGESTION, DYSPEPSIA, BILIOUSNESS, SOUR, WEAK AND ALL STOMACH TROUBLES.**

Mr. J. G. Clunis, Barney's River, N.S., tells of what this wonderful remedy has done for him.—It is with gratitude that I can testify to the wonderful curative powers of B.B.B. I was so badly troubled with indigestion that whatever I ate caused me so much torture that eating became a dread to me. I tried numerous physicians, but their medicines seemed to make me worse. I thought I would try B.B.B., so got a bottle, and after taking a few doses felt a lot better. By the time I had taken the last of two bottles I was as well as ever, and have had no return of the trouble since. I recommend your medicine to the highest degree. B.B.B. is for sale at all dealers.