

WOMEN WILL TALK.

Can't Blame them for Telling each other about Milburn's Heart and Nerve Pills.



THE GREAT REMEDY FOR WEAK NERVOUS WOMEN.

It's only natural that when a woman finds a remedy which cures her of nervousness and weakness, relieves her pains and aches, puts color in her cheek and vitality in her whole system, she should be anxious to let her suffering sisters know of it.

Mrs. Hannah Holmes, St. James Street, St. John, N.B., relates her experience with this remedy as follows:—"For some years I have been troubled with fluttering of the heart and dizziness, accompanied by a smothering feeling which prevented me from resting. My appetite was poor and I was much run down and debilitated."

"Since I started using Milburn's Heart and Nerve Pills, the smothering feeling has gone, my heart beat is now regular, the fluttering has disappeared, and I have been wonderfully built up through the tonic effect of the pills. I now feel stronger and better than for many years, and cannot say too much in praise of the remedy which restored my long lost health."

The Whole Story in a Letter:

Pain-Killer

(PERRY DAVIS')

From Capt. F. Loye, Police Station No. 5, Montreal:—"We frequently use PERRY DAVIS' PAIN-KILLER for pains in the stomach, rheumatism, stiffness, frost bites, chilblains, cramps, and all afflictions which befall men in our position. I have no hesitation in saying that PAIN-KILLER is the best remedy to have near at hand."

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

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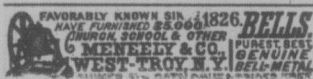
The name GATES' has been a warrant of par excellence in medicine.

GATES' LIFE OF MAN BITTERS has long since become the People's Medicine and every year has been curing hundreds of cases of run down constitutions, dropsy, liver complaint and other chronic diseases.

The name LIFE OF MAN has become a household term throughout these Provinces and to thousands the reality has proved as good as the name, for it has restored their wasted energy and given them new life and increased vitality. Thus it has earned the name of GREAT BLOOD PURIFIER, for it is only by purifying the blood that these diseases may be eradicated from the system.

If you are sick and run down insist on having GATES' and take no substitutes. Then you will have the best and may rely upon it for cure as thousands have done before you with satisfaction. If your dealer does not have it send direct to us.

C. GATES, SON & CO.,
Middleton, N. S.



We do not believe it!

Believe what? That there is any occasion for idle young men in these Provinces. If they are idle it is because they are incompetent to fill the requirements for lucrative positions. Despite the large attendance at this Institution, we are unable to supply all the business men who apply to us for trained assistants.

Free syllabus on application.

KAULBACH & SCHURMAN,
Maritime Business College,
Halifax, N. S.

The Home

CHICKEN TURNOVERS.

Mince one and a half cups of cold chicken with one-half cup of minced potatoes, either cold, boiled or raw. Season with salt and a dash of cayenne pepper. Make a crust of two cups of flour with four level teaspoonfuls of baking powder and half a level teaspoonful of salt. Sift the flour, salt and baking powder three times. Add two-thirds of a cupful of sweet milk. Stir carefully with a knife, roll out half an inch thick, cut with a large biscuit cutter, fill the centre with the chicken and potatoes, fold over and press the edges together. Bake 15 minutes in a hot oven. Serve with tomato sauce poured round, but not over them.—Ex.

TO MAKE FURS LOOK LIKE NEW.

When furs become worn or soiled at the neck they may be renovated by, gently rubbing with cotton batting saturated with gasoline which should not be used in a room that has artificial heat or light. Axle grease, tar, paint and pitch may be removed by rubbing first with oil or turpentine and then with ether. Dark furs may be cleaned with fine cedar or mahogany sawdust which has been heated in an oven. Alaska sable, seal, electric seal, fox, etc., should be beaten with a switch until free from dust, then laid with the fur side up, and the hot sawdust rubbed in. Be lavish with the sawdust and vigorous with the rubbing. After this place the garment upon feather pillows with the furry side down, and beat well until all traces of the sawdust have disappeared. Then hang out in a shady place. White furs may be cleaned in the same way, using white cornmeal instead of the sawdust, or if only slightly soiled, by rubbing well with magnesia in cakes. Wet furs should never be dried near the fire, but shaken and hung away in a cold room, then brushed.—September Ladies' Home Journal.

A SICK-ROOM HINT.

In a recent case of illness in which a trained nurse was employed, the pleasant air of the sick-room was noticeable. When comment was made, the nurse explained how it was managed. A few pieces of brown paper had been soaked in saltpetre-water and allowed to dry. When occasion required, a piece of this was laid in a tin pan kept for the purpose (the coal-scuttle would do as well), a handful of dried lavender flowers laid upon it, and a match applied. The aroma was particularly refreshing and agreeable. Another suggestion in the same line applies to the use of lavender in another form. A few drops of oil of lavender poured into a glass of very hot water will purify the air of a room almost instantly. This bit of knowledge is useful to the hostess whose dinner must be served in a small dining-room near the kitchen. If the mixture is made just before dinner is announced, by the time the company enters, the room will be filled with a faint, intangible, but thoroughly acceptable odor of freshness, and all disagreeable stuffiness removed.—Harper's Bazar.

CARE OF THE EYES.

The very best tonic for the eyes is cold water. Few understand that the eyes may be kept bright and sparkling by dashing cold water into them night and morning. The effect is magical. Give the eyes a bath once daily: Take a tea-cup of cold water, hold the cup close to the eye, and open and shut the eye in the water several times.

Sleep is a great beautifier of the eyes. If your eyes are tired and ache, rest them and sleep. When you have nothing to do close your eyes and wet them also. If your eyes burn, lay on them a cold compress of water and sleep. Nervous headache and pain in the eyes may be relieved by hot compresses, applied to the forehead

and eyes, and the back of the neck. Follow this treatment by a half-hour's rest or sleep.

Do not live in darkened rooms and expect your eyes to be strong. Looking much at the cheerful grate fire is injurious. When at work be sure you have as strong light from above and back of you, or from the left side. Do not read or work by a flickering, unsteady light. Eyestrain is sure to result.

Do not read while travelling in cars or moving vehicles. Never read lying down nor while convalescing from an illness.

Repose of the eye is frequently necessary by looking away from your work to a distant object, or shutting them for a moment. Do not work longer than two hours at any one thing, less time if the eyes become tired and sight blurred. If the eyes are weak do not work them by artificial light.

Attention must also be given to maintaining the general health. Weakness of the eyes and poor vision are often the consequences of depraved bodily conditions.—Health Culture.

USEFUL HINTS.

Charcoal is recommended for cleaning the inside of bottles in which milk has soured.

The cleaning of a horseradish grater puzzles some housewives. A whisk broom is the thing.

A little vinegar put into a frying pan and heated over the fire, removes the odor of fish or onions from the utensil.

When plates or dishes are burned after baking they can be easily cleaned by rubbing with a damp cloth dipped in salt.

When peeling apples drop them into cold water; it will prevent them from turning brown.

Some new silver fern dishes have branching arms forming candlesticks. The candle socket is far enough removed from the foliage to prevent injury to the latter from the light and heat, and holds pale green or white candles, unshaded.

If you will rub coconut oil into the scalp very freely about an hour before washing your hair and then use pure castile soap for the shampooing process it will prevent the hair from falling out and restore its lustre.—Ex.

TO INTEREST CHILDREN IN WORK.

Constant change in occupation is the law of the growing child, because the law of his growth demands it. The work of the home and its environs is admirably adapted to this necessary, constant change.

Let the children work with you. Share with them, and they with you, in all the occupations of the home. Talk, explain, sing, while at work, and there will be no lack of interest. It is only when the little ones are left to work alone or with other children, on tasks which they do not comprehend, that they become listless.

The healthy, happy child is naturally an enthusiast in anything which he undertakes. He likes work. His play is work—business and he would prefer to spend his energies in some way which will "help," if he only knows how to do it.

Of course, he must not be kept at one thing until the muscles and faculties employed become wearied. After he has kept his arms, hands, legs and feet moving in a certain way for a few minutes, he must change. He will change so as to bring other parts into play, unless he is arbitrarily prevented; and when that happens he loses interest, and becomes a dull, uninteresting "bother of a boy," judged by the ordinary onlooker, when, in fact, he is only tired out and suffering. Make the work light and pleasant, and do not let the children be counted out of the home-making and housekeeping.—New York Ledger.

It is announced that the McClary Manufacturing Company, London, Ont., has purchased Copp Bros.' foundry in Hamilton and intend shortly to begin the manufacture of stoves and ranges.

Shiloh's Consumption Cure

Cures Coughs and Colds at once. It has been doing this for half a century. It has saved hundreds of thousands of lives. It will save yours if you give it a chance. 25 cents a bottle. If after using it you are not satisfied with results, go to your druggist and get your money back. . . .

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ALLEN'S LUNG BALSAM

will positively cure deep-seated COUGHS, COLDS, CROUP.

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Few systems can assimilate pure Oil, but as combined with the D.P. it is pleasant and does the work. Will build you up; will add softness to the skin; will bring you back to health.

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"It's like mother's!"
Natural color
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