

When Your Joints Are Stiff

and muscles sore from cold or rheumatism, when you slip and sprain a joint, strain your side or bruise yourself, Perry Davis' Painkiller will take out the soreness and fix you right in a jiffy. Always have it with you, and use it freely. **USE**

Painkiller

MILBURN'S

LAXATIVE PILLS

Are a combination of the active principles of the most valuable vegetable remedies for diseases and disorders of the Liver, Stomach and Bowels.

CURE CONSTIPATION

Bile Headache, Jaundice, Heartburn, Catarrh of the Stomach, Diarrhoea, Blisters and Pimples.

CURE BILIOUSNESS

Dyspepsia, Sour Stomach, Water Brash, Liver Complaint, Biliary or Muddy Complexion.

CLEAN COATED TONGUE

Sweeten the breath and clear away all waste and poisonous matter from the system. Price 25c. a bottle or 5 for \$1.00. All dealers & The T. Milburn Co., Limited, Toronto, Ont.

The
Maritime Business College,
Halifax, N. S.

Admits students at any time during the term without examination. It is the only institution in the Maritime Provinces owned and conducted by Chartered Accountants. This is a guarantee of good work. Send for free Syllabus at once to proprietors.

KAULBACH & SCHURMAN.

ALLEN'S LUNG BALSAM

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

A 25c. Bottle for a Simple Cold.
A 50c. Bottle for a Heavy Cold.
A \$1.00 Bottle for a Deep-seated Cough.
Sold by all Druggists.

CANADIAN PACIFIC PUBLICATIONS.

"The New Highway to the Orient."
"Westward to the Far East."
"Fishing and Shooting in Canada."
"Time Table with Notes."
"Around the World."
"Climates of Canada."
"Quebec—Summer and Winter."
"Montreal—The Canadian Metropolis."
"Houseboating on the Kootenay."
"Across Canada to Australia."
"Banff and the Lakes in the Clouds."
"The Yoho Valley and Great Glacier."
"The Challenge of the Rockies."
"Western Canada."
"British Columbia."
"Tourist Cars."

WORLD'S FAIR, ST. LOUIS, APR. 30TH TO DEC. 1ST, 1904.

Write for descriptive matter, rates, etc., to

C. B. FOSTER.

P. O. A. C. P. R., ST. JOHN, N. B.

The Home

WATER IN DISEASE.

It would seem that everybody ought to know the value of a remedy so easily obtained as water. Yet though there is no remedy of such general application—and none so easily obtained as water, nine persons in ten will pass by it in an emergency to seek for something of less efficacy. There are but few cases of illness where water should not occupy the highest place as a remedial agent. A strip of flannel or a napkin folded lengthwise and dipped in hot water and wrung out and then applied around the neck of a child that has the croup will usually bring relief in minutes. A towel, folded several times, dipped in hot water, wrung out and then applied over the seat of the pain in toothache or neuralgia will generally afford prompt relief. This treatment in colic works like magic. We have known cases that have resisted other treatment for hours yield in ten minutes to this. There is nothing that will so promptly cut short a congestion of the lungs, sore throat or rheumatism as hot water when applied promptly and thoroughly. Pieces of cotton baton dipped in hot water and kept applied to old sores and new cuts, bruises and sprains is the treatment now generally adopted in hospitals. Sprained ankles have been cured in an hour by showering it with hot water, poured from a height of three feet. Tepid water acts promptly as an emetic, and hot water taken freely half an hour before bedtime is the best of cathartics in case of constipation, while it has a most soothing effect on the stomach and bowels.

In this connection it is interesting to know that a distinguished children's doctor believes, from his practice, that infants, generally, whether brought up at the breast or artificially, are not supplied with sufficient water, the fluid portion of their food being quickly taken up and leaving the solid too thick to be easily digested. In warm, dry weather healthy babies will take water every hour with advantage, and their frequent fretfulness and rise of temper are often due to their not having it. A free supply of water and restricting the frequency of nursing have been found at the nursery to be a most effectual check in cases of incipient fever, a diminished rate of the number of gastric and intestinal complaints being attributed to this cause.—Woman's Magazine.

CHILD CULTURE

The world is gradually becoming aware of a few practical facts that it has persistently ignored. One of these is that there is such a thing as individuality in childhood. This idea is being carried out in a few experimental schools, notably that of Dr. John Dewey, of Chicago, which aims to prepare children for college in 12 years, beginning with the kindergarten. The course of study is as unique as it is practical. When taking the subject of textiles the raw material is brought in, and the children are shown how to wash the wool, card, spin and weave it. In somewhat the same spirit a new department has been attempted in France. At the age of 15 French girls begin a course on morals, developed from practical talks on conduct and moral philosophy to psychology. Such objects as the family, society, one's country, and personal duties are discussed. These subjects cover a realm of suggestions which in America the teachers leave to the parents, who frequently ignore them. It is, therefore, interesting to note these lessons as being taught to girls of 15. Acting on the words of Madame Necker, that "woman is intended to perfect life, to animate, beautify, and sanctify it," these girls are taught that woman is the centre of the family, the soul of the household, and that on all superior men the influence of an intelligent mother is apparent.—Woman's Home Companion.

AN INEXPENSIVE WAY IN WHICH TO FURNISH A GIRL'S ROOM.

I furnished my daughter's room very prettily at small cost. I had an iron bed, two chairs, and an old table. I bought twenty yards of India linen at three and one-half

cents a yard. For the two windows I made single window curtains with deep ruffles. This required seven yards. I also made a cover for the bed, with a six-inch ruffle all around, using ten yards. I draped the table, first making a foundation cover of five cent lining, which may be obtained in any color. I used blue. I purchased a square mirror for one dollar. This was not large but good. I procured a box three feet long, eighteen inches high and eighteen inches wide for ten cents. This I covered with three yards of denim, which cost fifteen cents a yard, making a very nice shirt waist box and window seat. I lined this box with five cent lining. I bought two and one-half yards of chintz—delft blue predominating—and made cushions for the chairs, which I had enamelled white at the cost of fifty cents. I fastened two iron brackets to the wall, and placed a board twelve inches wide on these, making a nice book shelf. The floor of the room I covered with a delft blue denim, which cost fifteen cents a yard. The wall I decorated with prints have tones, and two water color pictures. The mirror was suspended from a hook immediately above the table, making a dressing table.—Woman's Home Companion.

CHICKEN TERRAPIN.

Cut up the remains of cold chicken into small pieces, being careful not to get any skin in the dish. Put into a skillet or chafing dish one half pint of cream or rich milk. Mix together one tablespoonful of flour, and one of butter, and when the cream comes to a boil stir this in. Season with a small teaspoon of salt and a dash of pepper. Have ready two hard boiled eggs, chopped fine, mix with the chicken and stir into the thickened cream. Let the mixture come to a boil and serve. This is a delightful way to use up "odds and ends" of chicken.

BEEF CANNELON.

Two pounds of the round of beef, the rind of half a lemon, three sprigs of parsley, one teaspoonful of pepper, one eighth of a nutmeg, two tablespoonfuls of melted butter, one raw egg and half a teaspoonful of onion juice. Chop meat, parsley, and lemon rind very fine. Add other ingredients and mix thoroughly. Shape into a roll about three inches in diameter and six in length. Roll in buttered paper, tie securely and bake thirty minutes, basting with butter and water. When cooked place in a hot dish, gently unroll from the paper and serve with Flemish sauce, tomato or mushroom sauce or any other you may prefer. There will be enough left to serve cold for the following day's luncheon.

THE VALUE OF CHARCOAL.

Few People Know How Useful it is in Preserving Health and Beauty.

Nearly everybody knows that charcoal is the safest and most efficient disinfectant and purifier in nature, but few realize its value when taken into the human system for the same cleansing purpose.

Charcoal is a remedy that the more you take of it the better; it is not a drug at all, but simply absorbs the gases and impurities always present in the stomach and intestines and carries them out of the system.

Charcoal sweetens the breath after eating onions and other odorous vegetables.

Charcoal effectually clears and improves the complexion, it whitens the teeth and further acts as a natural and eminently safe cathartic.

It absorbs the injurious gases which collect in the stomach and bowels; it disinfects the mouth and throat from the poison of Catarrh.

All druggists sell charcoal in one form or another, but probably the best charcoal and most for the money is in Stuart's Absorbent Lozenges; they are composed of the finest powdered Willow charcoal and other harmless antiseptic tablet form of large, pleasant tasting lozenges, the charcoal being mixed with honey.

The daily use of these lozenges will soon tell in a much improved condition of the general health, better complexion, sweeter breath and purer blood, and the beauty of it is, that no possible harm can result from its continued use, but on the contrary, great benefit.

A Buffalo physician in speaking of the benefits of charcoal, says: "I advise Stuart's Absorbent Lozenges to all patients suffering from gas in stomach and bowels, and to clear the complexion and purify the breath, mouth and throat; I also believe the liver is greatly benefited by the daily use of them; they cost but twenty-five cents a box at drug stores, and although in one sense a patent preparation, yet I believe I get more and better charcoal in Stuart's Absorbent Lozenges than in any of the ordinary charcoal tablets."

Relieve those Inflamed Eyes!

Pond's Extract

Reduced one-half with pure soft water, applied frequently with dropper or eye cup, the congestion will be removed and the pain and inflammation instantly relieved.

CAUTION! Avoid dangerous, irritating Witch Hazel preparations represented to be "the same as" Pond's Extract which easily sour and generally contain "wood alcohol," a deadly poison.

WHY ARE— THE GRADUATES OF

Frederickton Business College

Better trained than those of most other schools? BECAUSE, unlike most business college men, the principal had had nearly TEN years practical office experience before going into business college work.

Send for free catalogue. Address,

W. J. Osborne,
Frederickton, N. B.

The Doctor's ORDERS:

**Fresh Air
Good Food**

The **OLL** *Emulsion*

For all those threatened with Consumption.

MILBURN'S HEART AND NERVE PILLS
FOR WEAK PEOPLE

Are a True Heart Tonic,

Nerve Food and Blood Enricher. They build up and renew all the worn out and wasted tissues of the body, and restore perfect health and vigor to the entire system. Nervousness, Sleeplessness, Nervous Prostration, Brain Fag, Lack of Vitality, After Effects of La Grippe, Anemia, Weak and Dizzy Spells, Loss of Memory, Palpitation of the Heart, Loss of Energy, Shortness of Breath, etc., can all be cured by using

Milburn's Heart and Nerve Pills.

Price 50c. a box or 3 for \$1.25. All dealers or The T. Milburn Co., Limited, Toronto, Ont.

BEWARE

Of the Fact that

White Wave

disinfects your clothes

and prevents decay.