

INTERESTING LETTER

WRITTEN BY A NOTABLE WOMAN

Mrs. Sarah Kellogg of Denver, Color
Bearer of the Woman's Relief Corps,
Sends Thanks to Mrs. Pinkham.



Mrs. Sarah Kellogg

The following letter was written by Mrs. Kellogg, of 1638 Lincoln Ave., Denver, Colo., to Mrs. Pinkham, Lynn, Mass.:
Dear Mrs. Pinkham:—
"For five years I was troubled with a tumor, which kept growing, causing me intense agony and great mental depression. I was unable to attend to my house work, and life became a burden to me. I was confined for days to my bed, lost my appetite, my courage and all hope. I could not bear to think of an operation, and in my distress I tried every remedy which I thought would be of any use to me, and reading of the value of Lydia E. Pinkham's Vegetable Compound to sick women decided to give it a trial. I felt so discouraged that I had little hope of recovery, and when I began to feel better, after the second week, thought it only meant temporary relief, but to my great surprise I found that I kept gaining, while the tumor lessened in size.
"The Compound continued to build up my general health and the tumor seemed to be absorbed, until, in seven months, the tumor was entirely gone and I a well woman. I am so thankful for my recovery that I ask you to publish my letter in newspapers, so other women may know of the wonderful curative powers of Lydia E. Pinkham's Vegetable Compound."

When women are troubled with irregular or painful menstruation, weakness, leucorrhoea, displacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, backache, flatulence, general debility, indigestion and nervous prostration, they should remember there is one tried and true remedy. Lydia E. Pinkham's Vegetable Compound at once removes such trouble.

No other medicine in the world has received such widespread and unqualified endorsement. No other medicine has such a record of cures of female troubles. Refuse to buy any other medicine.

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.

Health is too valuable to risk in experiments with unknown and untried medicines or methods of treatment. Remember that it is Lydia E. Pinkham's Vegetable Compound that is curing women, and don't allow any druggist to sell you anything else in its place.

ON WHICH SIDE OF THE DESK ARE YOU?

The man before the desk is paid WAGES for LABOR. The man behind the desk is paid SALARY for KNOWLEDGE.

WHERE ARE YOU?

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CONSTIPATION

Sick Headache, Biliousness, Dyspepsia, Coated Tongue, Foul Breath, Heart Burn, Water Brash, or any Disease of the Stomach, Liver or Bowels.

Laxa-Liver Pills are purely vegetable; neither gripe, weaken nor sicken, are easy to take and prompt to act.

The Home

SUMMER HATS.

A little later on, when the summer that will monopolize the attention of the girl of the moment, very fetching hats will be seen made of broderie anglaise. These hats will have the brim of the fashionable eyelet embroidery, and the crown will be a mass of flowers. They will be worn in the Charlotte Corday shape, and also in a shape with a broad brim which rolls up at the left side.—April Woman's Home Companion.

OPPORTUNITY.

"What is its name?" asked a visitor when shown a statue with its face concealed and wings on its feet.

"Opportunity," replied the sculptor.

"Why is its face hidden?"

"Because men seldom recognize it."

"Why it has wings on its feet?"

"Because it is soon gone, and once gone, cannot be overtaken."—Ex.

RULES FOR KEEPING SERVANTS.

Here are a few rules given by a woman who enjoys a reputation for never having trouble with her numerous servants and retaining them in her service for years:

She pays good wages; that is, she pays as liberally as she can afford; and is always punctual in payment.

She allows her servants a reasonable share of all the dainties served the family and is liberal in the matter of their food, maintaining that good work cannot be done on an empty stomach.

She rarely criticizes, but when reproof is needed gives it with firmness and without fear, but kindly.

Praise is always given when due; she thinks it well to acknowledge good service to encourage.

She allows each reasonable time for outings and to attend church. And she does not require service when a girl is taking her afternoon off.

She allows her maids time to keep their clothes in order and requires them to be neat, cleanly and orderly about their sleeping apartments.

She is never familiar; only evinces a kindly interest in the general welfare without becoming in any way involved in the family affairs of any one of her servants.

If a matter goes wrong, she takes time to investigate before reproving and never scolds or rebukes when angry.

If necessary to dismiss a servant, she never does when in temper, but waits until she can control herself, so as to command respect.

She will not allow her maids to gossip about her neighbors' affairs, nor to make remarks about one member of the family to another.

She will not allow her children to be rude or insolent to the servants, nor will she allow too great familiarity.

And her servants remain with her decades and are devoted to her.—Brooklyn 'Eagle.'

COOKED FRUITS.

Every housekeeper knows that the early spring is a time in which the appetite must be coaxed. After the long winter, the system craves a change of diet long before new vegetables or fresh fruit can appear upon the farm. This makes it an occasion for the best use of those various dried and canned fruits which we all keep in stock, to some extent, to fall back upon in case of need. The fruit and nut diet, which is now extravagantly overpraised in some quarters may yield a little help in this direction. In matters of diet, as in most deputed subjects, wisdom inclines to the middle ground.

A Fruit Potpie.—Is one of the new departures in this line, though, like most culinary novelties, it is not altogether unlike some of the combinations found in old cook books. Cranberries make a good potpie, and they have been usually good and moderate in price this year. But a great variety of fruits may be pressed into service. The usual potpie crust is a fine biscuit dough. Each cook who can make soda biscuits in which she

takes pride will prefer to use her own rule for this dough. The essential is that it should be light and dry and melting in tenderness when served. A cranberry potpie may take a quart of berries and enough crust for a dozen small biscuits. Have an agate or porcelain-lined kettle lightly buttered. Pick over and wash the fruit, and put half of it in the kettle. Make the dough into a large ring, and lay it upon the fruit, pouring the second pint of cranberries into and around this ring. Sprinkle over the fruit a cupful of sugar, and pour on gently enough boiling water to almost cover. Cover closely, and cook steadily for about 25 minutes. Slip on to a large platter, and serve hot or cold with sugar and cream.—Ex.

ASPARAGUS WAYS

Toast with Eggs.—Use only the tender part of the asparagus, and cook it until done in slightly salted boiling water. Drain arrange on nicely browned toast which has been slightly moistened with a little of the asparagus water, and season to taste. Break an egg carefully over each piece, and set the platter in a hot oven until the eggs are set. Then serve at once.

Soup.—Wash a large bunch of asparagus, and cut off the tops. Cover the stalks with cold water, and cook five minutes; then drain. Then cover with three pints of soup stock and add a third of the reserved tips. Cook until the asparagus is soft enough to press through a sieve or colander, and leave only the fibre behind. Then return the soup and pulp to the fire, season to taste and bring it to a boil. Drop in the reserved tips, which have been cooked in another saucepan until tender. Heat one cupful of rich milk or cream in a double boiler, and thicken with two level tablespoonfuls of flour and two of butter rubbed smoothly together. Stir this into the soup, cook a minute longer, and serve with croutons.

In cases.—Make little boxes of hot baking powder biscuit. Spread inside and out with melted butter, and fill the hollows with cooked asparagus moistened with cream sauce. Put in a hot oven for two minutes, then serve at once.

Iced.—Use only the tips and the tenderest parts of the asparagus for this. Boil or steam very carefully, so as to have the asparagus tender, but firm. While still warm, moisten with a simple French dressing, and when cold pack in ice and salt, and freeze. This is delicious on a hot day.—Mary Foster Snider.

Twenty persons were injured, six of them so seriously that they were sent to hospitals, and more than a hundred persons narrowly escape death or serious injury on Monday, when a swiftly moving train crashed into two others on the high elevated structure on the Third Avenue line at 133rd street and Alexander Avenue, New York. Only the best of good fortune prevented a terrible tragedy.

Though no details of the assassination of Prince Nakhidze, governor of Badu, Caucasus, at Baku Wednesday, have been received, the impression is that the outrage was the work of the Armenian revolutionary committee in revenge for the attack taken by the prince during the racial war between Armenians and Tartars in February last and is not attributable to Russian terrorists.

MESSRS. C. C. RICHARDS & CO.

Gents.—I have used your MINARD'S LIMENT in my family and also in my stables for years and consider it the best medicine obtainable.

Yours truly,

ALFRED ROCHAV,

Proprietor Roxton Pond Hotel and

Livery Stables.

Roxton Pond, July 4, 1901.

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Dr. Fowler's has stood the test for 60 years, and has never failed to give satisfaction. It is rapid, reliable and effectual in its action and does not leave the bowels constipated. REFUSE ALL SUBSTITUTES. THEY'RE DANGEROUS.

Mrs. BRONSON LUKK, Aymer, Que., writes: "I have used Dr. Fowler's Extract of Wild Strawberry for Diarrhoea for several years past and I find it is the only medicine which brings relief in so short a time."

STRONG AND VIGOROUS.

Every Organ of the Body Toned up and invigorated by



Mr. F. W. Meyers, King St. E., Berlin, Ont., says: "I suffered for five years with palpitation, shortness of breath, sleeplessness and pain in the heart, but one box of Milburn's Heart and Nerve Pills completely removed all these distressing symptoms. I have not suffered since taking them, and now sleep well and feel strong and vigorous."

Milburn's Heart and Nerve Pills cure all diseases arising from weak heart, worn out nerve tissues, or watery blood.

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