

Constipation, Headache, Billousness, Heartburn, Indigestion, Dizziness,

Indicate that your liver
is out of order. The
best medicine to rouse
the liver and cure all
these ills, is found in

Hood's Pills

25 cents. Sold by all medicine dealers.

RUN DOWN



BUILT ME UP.

WATERFORD, Digby Co.,
Nov., 1895.

C. GATES & CO.

Gentlemen—Two years ago I was run down, lost my appetite and became so weak that I could not work. Tried many medicines without receiving any benefit. I then got your LIFE OF MAN BITTERS and SYRUP which soon built me up so that I have remained well ever since.

Yours respectfully,
DELANEY H. GRAHAM.

Whiston & Frazee's COMMERCIAL COLLEGE, HALIFAX AND TRURO, N. S.

Our Course of Instruction is
thorough and up to date, and
graduates readily find employ-
ment. Send for circulars to:

S. E. WHISTON, Halifax,
or J. C. P. FRAZEE, Truro.

PUTTNER'S EMULSION

Excellent for babies,
nursing mothers, grow-
ing children, and all
who need nourish-
ing and strengthen-
ing treatment.

Always get PUTTNER'S, it
is the Original and BEST.

Coughs That Stick.

You don't seem to be able to
throw them off. All the ordinary
remedies you've tried don't touch
them. The cough remedy for you is
Dr. Wood's Norway Pine Syrup.
It loosens the phlegm, allays the
irritation, heals and soothes the in-
flamed lung tissue.

Mr. WM. FERRY, Blenheim, Ont.,
says: "I can recommend Dr. Wood's
Norway Pine Syrup as the very best
medicine for coughs and colds, sore
throat and weak lungs."

Dr. Wood's
Norway Pine
Syrup.

Never fails to Cure.



The Home

After Holiday Shopping.

There are a number of economic shop-
pers who leave their purchases every year
until after the holidays, to secure the
bargains which are supposed to be found at
this season. To a great measure their
trade is anticipated for them. She, in-
deed, must be a good judge of all she buys
who secures many bargains at this season.
The merchants of to-day are well acquaint-
ed with the whims and fancies of the
"bargain hunter," and are prepared to
meet the demands of the season. Stand-
ard goods are never cheaper at one season
of the year than another, though there are
in this class of goods continual fluctuations
in price which have nothing to do with the
season. The goods that vary in price
according to seasons are those that depend
on fashion for their sale. The hats, cloaks
and other made-up goods of the market
which are left over are now sold at a
very low price. There are not many of
these goods. The intelligent buyers of
stock are usually able to sell out the most
desirable of these goods, so that none
go on the bargain-counters. An immense
quantity of perfectly worthless material
is usually thrown on bargain-counters at
this season to catch the ignorant purchaser.
This purchaser would not even look at
the same goods if offered at the same price
over a regular counter without the alluring
title of "bargain" printed over it. The
old spirit which forever sought an Eldora-
do survives in these modern times in
the woman who expects to be presented
with valuable gifts in all her purchases,
and conceives the idea that she can secure
the most desirable goods of the merchant
for less than he paid for them if she
only waits for the season of bargains.

Healing Slumber.

The stern old methods of the Puritans
survive in many of our country households,
especially in regard to our ideas of slumber.
It is difficult to persuade some women
to take a necessary rest in the daytime, so
fixed have they become in the idea that a
nap in the daytime indicates indolence.
The heroic methods of the Puritan mothers
of New-England, who trained their child-
ren as they trained themselves, to follow
the path of early rising and secure thereby
"health and wealth," undoubtedly elimi-
nated many of the less robust children.
In these modern days, when human health
and happiness are not in such a degree
subordinated to a merciless idea of duty,
mothers are not so likely to insist, re-
gardless of anything else, that their child-
ren shall be early risers. It is no longer in
all families an inflexible rule for them
to appear at the earliest breakfast when
that breakfast is eaten, as it often is,
by candlelight. We are more apt now
to inquire into the physical condition
before we insist on the practice of early
rising as a panacea for all ills. Young
children, like all young creatures, should
certainly go to bed early. If they sleep
well they will be able to arise early and be
all the better for it. Weak, nervous child-
ren, however, do not always sleep well and
frequently feel languid and weary when
the hour for rising comes. Such children
are no more sluggish than the stout,
hearty boy who goes to bed with the birds
and is well able and ready to get up at sun-
rise. A strong child that lingers in sleep
should be aroused, but the feeble boy
or girl of languid appetite requires extra
sleep. Delicate children seem to get in
sleep somewhat the same power to build up
muscles that they do from food. It is
a matter of quite as much vital moment
that such children have all the sleep
they need as that they have good nourish-
ing food.

There are some methodical housekeepers
who insist that all their household shall
appear together at the morning meal be-
cause it takes more time and is provocative
of confusion and disorder to set a succession
of breakfast tables. It is certainly some
trouble to keep a breakfast table standing,
but where the health of any of the family
is in question it is trouble that should
be taken. If the business or the father
demands that he take his breakfast at any
exceptionally early hour that is no reason
why children who need sleep should be
aroused imperatively to breakfast with
him. It does not add materially to the

work to get this early breakfast and have it
a separate meal from the later breakfast at
which the children should appear when
they are rested and ready to arise.

It must not be understood that we would
advocate any indolent sluggishness. Too
much sleep is almost as bad as too little.
We only advise parents not to be too inflex-
ible in their rule for early rising, and
always to ascertain whether children have
had sufficient sleep before they arouse
them from their morning slumbers.—N. Y.
Tribune.

The Courtesy of Phillips Brooks.

The Church Union puts into print this
little incident in the life of Boston's great
preacher:

A lady was travelling from Providence to
Boston with her weak-minded father. Be-
fore they arrived he became possessed of a
fancy that he must get off the train while it
was still in motion; that some absolute
duty called him.

His daughter endeavored to quiet him,
but it was difficult to do it, and she was
just giving up in despair when she noticed
a very large man watching the proceedings
intently over the top of his newspaper.
As soon as he caught her eyes he rose
and crossed quickly to her.

"I beg your pardon," he said, "you are
in trouble. May I help you?"

She explained the situation to him.

"What is your father's name?" he asked.

She told him, and the large man, leaning
toward the troubled old man, addressed
him by name, shook hands cordially and
engaged him in conversation so interesting
and so cleverly arranged to keep his mind
occupied that he forgot his need to leave
the train, and did not think of it again un-
til they were in Boston. Here the stranger
put the lady and her charge in a carriage,
received her assurance that she felt per-
fectly safe, cordially shook her hand, and
was about to close the carriage door when
she remembered that she had felt so safe in
the keeping of this noble-looking man that
she had not even asked his name. Hastily
putting her hand against the door, she
said:

"Pardon me, but you have rendered
me such a service, may I not know whom I
am thanking?"

The big man smiled as he answered,
"Phillips Brooks," and turned away.—
New York Observer.

YOU NEED IT

If You Would Avoid
the Troubles and Dan-
gers That Stomach
Derangements Bring
on.

Paine's Celery Compound Ban-
ishes Every Difficulty and Re-
stores Perfect Health.

Stomach troubles are exceedingly com-
mon and varied in character. To day
thousands complain of stomach derange-
ments. Stomach difficulties are usually
manifested by poor appetite, foul tongue
and breath, putrid or bitter taste in
the mouth, a desire for acids; some have head
ache, sleepy feelings, constipation, inactive
bowels, and vomiting of food and bile.

Victims of stomach troubles manifest
low spirits, despondent mind, and have
fears of impending danger. It matters not
what the symptoms are; any of them in-
dicate low nerve force, and point to the fact
that the digestive system is out of gear and
the blood in an unhealthy condition.

In order to avoid the many dangers
of indigestion, dyspepsia and general stom-
ach derangements, Paine's Celery Compound
should be used when any of the
many unpleasant symptoms that lead to
trouble are experienced. A few doses of
nature's health restorer will quickly set
the digestive machinery of the body in
perfect running order, and good health
will be maintained.

If it be that you have long neglected the
troubles that have become deep seated and
chronic, do not despair. The faithful use
of Paine's Celery Compound for a few
weeks will, without fail, banish all your
sufferings; your appetite will become
natural, your rest and sleep will be refresh-
ing, and your food will enrich your blood,
making bone and muscle, and your health
will be as rugged as ever before.

Children should always
increase in weight. Not to
grow, not to increase in flesh,
belongs to old age.

Present and future health
demands that this increase
in weight should be steady
and never failing.

To delicate children,
Scott's Emulsion brings
richer blood and firmer
flesh. Better color comes
to the cheeks and stronger
muscles to the limbs. The
gain in weight is substantial;
it comes to stay.

50c. and \$1.00, all druggists.

SCOTT & BOWNE, Chemists, Toronto.

EARN A WATCH or a BICYCLE SELLING TEA

Young men and young ladies, can
with very little work, secure a
handsome and reliable Watch or
Bicycle, by selling my Teas,
which are better value than gen-
erally to be had from the trade.

Write for particulars.

D. G. Whidden
Tea Department
HALIFAX, N. S.

A Dunnville Jeweller's Wife

CURED OF PALPITATION OF THE
HEART AND SMOOTHING SPELLS
BY MILBURN'S HEART AND
NERVE PILLS.

Mrs. D. E. Lonsdale, Canal Street, Dunn-
ville, Ont., whose husband keeps a
jewellery store, and is one of the best



known and most progressive citizens of
Dunnville, Ont., gives the following de-
scription of her recent experience in the
use of Milburn's Heart and Nerve Pills:

"I took Milburn's Heart and Nerve
Pills for weak nerves, dizziness, palpi-
tation of the heart, smothering spells at
night and sleeplessness. Before I used
them I could not get restful sleep, and
my nerves were often so unstrung that I
would start in alarm at the least noise,
and easily worried."

"Last February I commenced taking
this valuable medicine, and it proved the
right remedy for my weak and shattered
nervous system. Milburn's Heart and
Nerve Pills restored my nerves to a
strong and healthy condition, gave regu-
lar and normal action of the heart."

"I sleep well now, and am better in
every way, and I recommend them
heartily to all who suffer as I did."

Milburn's Heart and Nerve Pills, 50c.
a box, or 3 for \$1.25, at all druggists.
T. MILBURN & Co., Toronto, Ont.

Laxative Pills cure Constipation, Sick
Headache, Biliousness, Dyspepsia. Every
pill guaranteed perfect, and to work with-
out a gripe or pain. Price 25c., all druggists.

BUY

Coleman's
Salt

THE BEST