

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 employment. Send for circulars to:

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

PUTTNER'S EMULSION

Excellent for babies, nursing mothers, growing children, and all who need nourishing and strengthening 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 inflamed 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 shoppers 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, indeed, must be a good judge of all she buys who secures many bargains at this season. The merchants of to-day are well acquainted with the whims and fancies of the "bargain hunter," and are prepared to meet the demands of the season. Standard 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 Eldorado 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 children as they trained themselves, to follow the path of early rising and secure thereby "health and wealth," undoubtedly eliminated 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, regardless of anything else, that their children 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 children, however, do not always sleep well and frequently feel languid and weary when the hour for rising comes. Such children are no more sluggards than the stout, hearty boy who goes to bed with the birds and is well able and ready to get up at sunrise. 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 nourishing food.

There are some methodical housekeepers who insist that all their household shall appear together at the morning meal because 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 an 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 inflexible 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 Books.

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. Before 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 until they were in Boston. Here the stranger put the lady and her charge in a carriage, received her assurance that she felt perfectly 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 Dangers That Stomach Derangements Bring on.

Paine's Celery Compound Banishes Every Difficulty and Restores Perfect Health.

Stomach troubles are exceedingly common and varied in character. To day thousands complain of stomach derangements. 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 indicate low nerve force, and point in 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 stomach 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 refreshing, 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 generally 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 SMOTHERING SPELLS BY MILBURN'S HEART AND NERVE PILLS.

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



known and most progressive citizens of Dunnville, Ont., gives the following description 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, palpitation 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 regular 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.

Lax-Liver Pills cure Constipation, Sick Headache, Biliousness, Dyspepsia. Every pill guaranteed perfect, and to work without a gripe or pain. Price 25c., all druggists.

BUY Coleman's Salt THE BEST