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For sale in the growing and beautiful
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I have now for Sale several places right
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Some of them very desirable properties.
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farms, from \$1,500 to \$7,000. Correspond-
ence solicited and all information promptly
given. Apply to—

J. ANDREWS,
Real Estate Broker, Berwick, N. S.
March, 1901.

GAINED

9½ LBS.

BY USING MILBURN'S PILLS.

VICTORIA, B.C., March 8, 1901.
The T. Milburn Co., Limited,
Toronto, Ont.

Dear Sirs,—Some time ago my daughter,



aged 19 years, was troubled with bad headaches and loss of appetite. She was tired and listless most of the time, and was losing flesh.

Her system got badly run down, so hearing your Heart and Nerve Pills highly spoken of I procured a box, and by the time she had used them she had gained 9½ lbs. in weight and is now in perfect health.

Yours truly,
Mrs. P. H. CURTIS.

Send for Catalogue

Outlining courses of study which have qualified our students to take and to hold almost every clerical position in St. John worth having, not to mention their successes throughout the length and breadth of Canada and the United States.



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The Home

THE SUMMER DIET.

Mothera do not always remember that the health of their families depends as much upon the supplies of nutritious, suitable food which they receive into their systems as it does upon breathing pure air and taking proper exercise. It is possible for a family to be lavishly supplied with food which fails to give suitable nourishment. It cannot be too strongly reiterated that every individual to remain in health must consume a certain amount of what is known as proteid food. It matters little whether this food is obtained from cheese and eggs, as the European peasant obtains such necessary food, or from meat, as the American and the Englishman obtain the same substance. In countries where there is a scarcity of the proper food for supplying blood and muscle the body deteriorates and the race soon shows by its inferior development the result.

There is a popular notion that the body requires less food in summer than in winter. This is not strictly true. The body does not need less nutriment in hot weather than in cold weather, but it requires less fatty, rich food, and must get its nutriment from easily digested food. The digestive powers in hot weather are much weaker than they are in winter. This is one reason that diseases of the stomach and intestines are so much more frequent in summer than in winter. Children in summer should be supplied with abundance of milk and well cooked cereals. They should have meat prepared in some simple manner—boiled, roasted or cooked in a stew or hash—at least once a day. It is possible in hot weather to live in comparative health with less of the food elements supplied by meat than is necessary in winter, but science has proved that those people who do this have to burden the digestion with a large amount of food. Strong people are able to do this, but persons of delicate digestive powers suffer from so heavy a diet. It is desirable in summer for delicate persons to obtain the food necessary to health in the most concentrated form. They generally require some stimulating food, in the form of meat broth and hot milk. The fashion of serving iced soups and iced milk in summer is one to be condemned. Iced milk is difficult of digestion, and so is an iced soup. Eggs are an ideal article of summer food, and should be liberally used in the place of meat and in desserts.

All persons of delicate physique should begin the day with a cup of cocoa made with milk or a cup of café au lait, which is half milk and half coffee. Such persons will be better the whole day for such a beginning. A roll or a piece of buttered toast and perhaps a dish of hot cereal and milk is enough breakfast in summer for any one except men who are to work at some exhausting labor. In winter every one requires a richer and more nutritious breakfast if in health. Rich cornbreads, muffins and stews of meat then become necessary to healthy people.—Ex.

TOOTH POWDERS.

The most agreeable tooth powders in common use to-day are declared by those who know to have deleterious materials in them that injure the enamel of the teeth and induce early decay. Soapaceous dentines are excellent in themselves, unless used in excess. When used continually they turn the teeth yellow. Once a week is said to be often enough to use soap on the teeth to destroy the peculiar animalcules which invest teeth and are not destroyed by ordinary powders. Pure white castle soap, which is made of pure olive oil, can be certainly depended upon as a dentine.

It is the best and cheapest plan for a family to order their dentine by a prescription from a trustworthy druggist. They then know just what ingredients it contains. To make this dentine, purchase one-half an ounce of the best English prepared chalk and one drachm each of pulverized Florentine orris root, pulverized cuttlefish bone, pulverized borax and pure powdered

sugar. Mix all the ingredients thoroughly together into an even powder. Season the whole with four drops of wintergreen. Stir the powder repeatedly, put it into a large mouthed bottle and cork it tightly. This receipt was furnished to The Tribune by a well known dentist, who recommended it above all other dentines. If you wish to use a tooth wash in connection with this purchase an ounce or more of pure tincture of myrrh and put a few drops of it into a tumbler of cold water. When you have finished brushing your teeth rinse off the teeth and gums with this mixture. This will keep the breath fragrant and is very agreeable, though it must always be used in connection with some good pure powder, which is the best of all dentines for keeping the teeth in good condition. Dental floss, which is pure, soft silk thread, may be purchased by the spool to use when it is necessary to extract something that has lodged between the teeth. A harsher thread may injure the enamel.

HOUSEHOLD HINTS.

A pillow filled with hops instead of feathers makes a nice present for anyone who is troubled with sleeplessness, provided they do not object to the scent of hops, as the aroma helps to induce sleep. Put the hops into a plain white bag and then make two pillow cases of linen, with hemstitched, frilled borders, working, if you like, a design in flourishing thread above the hemstitched border, but no work on the part where the head will come, and you have a charming gift complete.

Lace cloaks are seen for evening wear and bewilderingly lovely are some of the long trailing things. Both black and white lace cloaks are seen, the black showing frequently, while linings and the cream guipures and Irish points contrasting charmingly with soft linings of pale blue, rose or green.

Badly Run Down

SYMPTOMS THAT MAY LEAD TO
SERIOUS RESULTS.

The Experience of Thomas Cada, of Essex County—Nerves Seemed Shattered, and He Felt Unfitted to Stand Hard Work.

From the Review, Windsor, Ont.

Mr. Thomas Cada, of Pike Creek, a small village in Essex county, is known to almost everyone in that section. He is a son of Mr. John Cada, mill owner, and a prominent politician in his locality. A representative of the Windsor Review, who had known that some time previously Mr. Cada was in poor health, recently met him looking anything but an invalid, and naturally asked what had restored him to health. "Dr. Williams' Pink Pills," promptly replied Mr. Cada. When asked if he would give the particulars for publication, Mr. Cada said: "Certainly, if you think it worth while; but there is nothing very wonderful about my case. I was simply badly run down; my nerves seemed to be all shattered, and I was unable to stand hard work. In fact work of any kind left me badly used up. There did not seem to be any organic trouble, it was just a case of being run down and worn out. I felt myself gradually getting worse, however, and I began taking medicine. I tried several advertised remedies, but they did not help me, indeed some of them did me more harm than good. Just then I read of a case much like mine cured by the use of Dr. Williams' Pink Pills, and I purchased a few boxes. Very soon I noticed a decided improvement in my condition and in the course of a few weeks I was feeling my old-time self. I can now eat heartily, do a good day's work with no unusual fatigue, and in fact feel thoroughly renewed in health and strength. Naturally I think Dr. Williams' Pink Pills a great medicine for those who are weak and ailing."

If you are feeling run down, and easily tired, you need a tonic to put you right—to make you feel bright, active and strong, and the only always reliable tonic is Dr. Williams' Pink Pills for Pale People. Give these pills a fair trial and you will find that their curative powers have not been over-praised. Sold by all dealers in medicine, or sent postpaid at 50 cents a box, or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

The Egg Harvest.

Now, when you keep in hand your egg-making, and lay most eggs while eggs are high if you feed them **SHERIDAN'S Condition Powder**

One pack, No. 1, large 2½ lbs. can \$1.00; No. 2, small 1½ lbs. can 50¢. All postpaid. Write for free sample book to read for eggs, and a complete list of poultry papers, from I. S. JOHNSON & CO., Boston, Mass.



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The original kidney specific for the cure of Backache, Diabetes, Bright's Disease and all Urinary Troubles.

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For the Handkerchief
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An Ottawa despatch says: In addition to the three reviews there will be royal salutes of twenty-one guns at Quebec, Montreal, Ottawa, Winnipeg, Vancouver, Victoria, Toronto, Hamilton, Kingston, St. John and Halifax. There will also be a Governor General's salute of nineteen guns at Quebec, Montreal, Ottawa, Winnipeg, Victoria, Toronto, Hamilton, Kingston, St. John and Halifax. The escorts are to be furnished at Quebec, Montreal, Ottawa, Winnipeg, Regina, Calgary, Vancouver, Victoria, Toronto, Niagara on the Lake, Hamilton, Kingston, Brockville, Sherbrook, St. John and Halifax. Altogether there will be thirty-seven royal salutes fired for the Duke and twenty-three for the Governor General.