

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



Are just what every weak, nervous, run-down woman needs to make her strong and well.

They cure those feelings of smothering and sinking that come on at times, make the heart beat strong and regular, give sweet, refreshing sleep and banish headaches and nervousness. They infuse new life and energy into dispirited, health-shattered women who have come to think there is no cure for them.

They cure Nervousness, Sleeplessness, Nervous Prostration, Brain Fag, Faint and Dizzy Spells, Listlessness, After Effects of La Grippe and Fever, Anemia, General Debility and all troubles arising from a run-down system.

Price 50c. per box or 5 for \$1.25 all druggists or mailed by

THE T. MILBURN CO., LIMITED,
Toronto, Ont.

Save!

If "economy begins at home," then a woman had better discard the old-fashioned powder dyes and use Maypole Soap, which washes and dyes at one operation. "No mess, no trouble." Brilliant, fast colors—quick, easy to use. Best dealers sell it.

Maypole Soap

10c. for Colors. 15c. for Black.

Seven Calls

For office help in ONE DAY. This is evidence of the appreciation of the business public for MARITIME-TRAINED office assistants. If you anticipate a course of business training, send for the calendar of "The Good School."

KAULBACH & SCHURMAN,

Chartered Accountants,

MARITIME BUSINESS COLLEGE,

Halifax, N. S.

BEWARE

Of the Fact that

White Wave

disinfects your clothes and prevents disease

Evening

Classes

Will re-open for Winter Term WEDNESDAY, Sept. 30th. Hours: 7.30 to 9.30. Three nights per week—Monday, Wednesday, Friday. Terms on application.

S. KERR & SON.

Oddfellows' Hall.

The Home

WORTH KNOWING.

How to Keep Various Household Articles in Good Condition.

Oilcloth should never be washed with hot water, says the Boston Globe. Wipe it first with a cloth wrung out of cold water, turning the cloth and rinsing it as it gets dirty. Then polish with bees wax and turpentine and soft dusters. Oilcloth that is treated in this way once a week and rubbed well after sweeping with a soft cloth on other days always looks well.

Curtain rods that are very shabby can be renewed by painting with a coating of enamel of whatever color is the predominating note in the room.

Bamboo furniture should be scrubbed with cold water and salt. Don't make wetter than is absolutely necessary, and dry in open air as soon as possible.

To clean bronze brush out all the dust, then rub well with a flannel cloth slightly moistened with sweet oil. Use as little oil as possible. Polish with a soft duster and then with a chamois leather.

For knife handles that have become loose take equal parts of rosin and quicklime, well mix, half fill the hole, heat the handle end of the blade and insert it in the hole, when cold it will be perfectly firm again.

A cake of hard soap rubbed on the edges of drawers that won't run will induce them to pull in and out quite easily.

A paste made of plaster of paris and well beaten white of egg will mend valuable china, so that the joint is hardly visible. But it must be washed quite clean first.

Ink spots on polished wood should be touched with sweet spirits of nitre. Use a tiny camel's hair brush or feather to apply it, and rub the spot directly after with a cloth dipped in sweet oil.

HOW TO CURE RUSTY NAIL WOUNDS.

The Scientific American says that one of the very best remedies that can be applied to a wound made by a rusty nail, and which is almost infallible in its cure, is to take a quantity of peach leaves and beat them to a pulp and then apply them to the wound, and in a very short time an improvement will be noted in the wound. Several persons have tried this remedy when all others failed to give relief, and it was beneficial in its results.

HOW TO SWEEP.

There are in the doing of little things, even in housework, a right way and a wrong way—a good way and a bad way. Consider for a moment the item of sweeping with a broom. The next time you undertake it notice your broom. Do you find that you hold it, or move it rather, in front of you—the brush rather forward than the handle—each stroke raising the brush and with it a cloud of dust into the air and the space beyond? If so, try this way: Stand with the broom rather behind you, partly facing it—the brush farther back from the tip of the handle. Used in this way you will find that the dust rises no higher than the brush; that in fact, little rises, but is gradually moved to one central point, where it may be easily gathered into the dustpan. Swept in this way, even a dusty room may be pleasantly tidied without discomfort to any person who may be obliged to remain in it during the process.

HOW TO HANG THE HAMMOCK.

A hammock hung firmly according to the following directions will be safe and comfortable, says a Good Housekeeping correspondent: The rope that secures the head end should be twelve inches or less in length, while that at the foot should measure four and a half feet. Arranged in this way, the lower part only will swing free and the head be kept nearly stationary.

HOW TO RENOVATE FEATHERS.

For every five pounds of feathers use one half cupful of borax for about eight gallons of cold water. Put the borax and water in a boiler, immerse the feathers and weight down; boil for four hours, then drain out

the feathers, spreading out somewhat. When cool enough to handle squeeze dry as possible by handfuls, put into cases and fasten by one end to the clothesline in the shade. Sun should not shine on feathers for it starts the grease in the quills. Thoroughly pump and shake the pillows three or four times a day until dry, changing ends every time they are rebung. Three or four breezy, drying days will find them thoroughly dry and clean.

HOW TO MAKE PASTE FOR SCRAP-BOOKS.

Take half a teaspoonful of starch, same of flour, pour on a little boiling water, let it stand a minute, add more water, stir and cook it until it is thick enough to starch a shirt bosom. It spreads smooth, sticks well and will not mould or discolor paper. Starch alone will not make good paste.

HOW TO STOP ESCAPING GAS.

A gas escape can be stopped by rubbing a little soap on the pipe at the point where the leakage occurs. This will not prevent the necessity of a visit from the plumber, but will enable you to wait for his coming with calmness. If you find gas is escaping open the windows and let the gas in the room escape before you hunt for the damage in the pipe with a light. When plenty of fresh air has blown out the accumulated gas from the room then you may search for the escape, but never take a light into a room smelling of gas, for by doing so you risk an explosion.

RULES FOR BREATHING.

If one's health is impaired, or if he wants to preserve it, and increase his power to resist disease, he must, first of all, give attention to breathing. Even food and drink are second in importance to this, for one can live for days without nutrition save the air breathed, but if deprived of that, even for a few minutes, life ceases. Here are some of the first rules for acquiring a correct method of breathing, as given by a specialist who has made an exhaustive study of the subject:—

1. After retiring at night release body and mind from all tension, and take full and regular inhalations through your nostrils; hold the breath about one second; take all the time you can to exhale it; keep this up until you are weary or fall asleep.
2. When you wake in the morning repeat the exercise at least for five minutes; longer if time permits.
3. During the day take as many full respirations as possible, exercising care with the exhalations. While taking these exercises one should bear in mind the thought that he is inhaling new life and power. Success.

MERRY, HAPPY BABIES.

There is no greater treasure on earth than a healthy, happy, merry baby. Anything therefore that will keep the little one in this condition is a priceless boon to mothers. Mrs. Wm. Bull, Maple Creek, N. W. T., tells how she accomplished this end: she says:—"I am happy to say that Baby's Own Tablets have done my baby girl a world of good. She was badly troubled with constipation and very cross and peevish, but since using the Tablets she is all right. I give her the Tablets once or twice a week and she is now such a merry, happy little thing that there can be no doubt Baby's Own Tablets are just the thing for little ones."

Here is a lesson for other mothers who want a safe and certain medicine for the ailments from which their little ones suffer from time to time. These Tablets are sold under a guarantee to contain no opiate or harmful drug, and they are good for all children from the new born babe to the well grown child. Sold at 25 cents a box or sent by mail by writing direct to the Dr. Williams' Medicine Co., Brockville, Ont.

After Work or Exercise

POND'S EXTRACT

Soothes, refreshes, moves sore, new and stiff, and gives the body a feeling of comfort and strength.

Don't take the weak, watery, witch hazel preparations represented to be "the same as" Pond's Extract, which easily sour and generally contain "wood alcohol," a deadly poison.

To Housekeepers!

Woodill's

German Baking Powder.

DO YOU USE IT?

LETTERS ARE POURING IN

From all quarters, asking for Catalogue, and information relative to

Frederickton Business College

Have you written yet? If not, why not? Address,

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

Gates' Certain Check

is well known everywhere as the best thing obtainable for

Summer Complaint,

Diarrhoea, Dysentery, Cholera Morbus and similar diseases.

For Children or Adults.

Price 25 Cents

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MIDDLETON, N. S.

Kidney Disorders
Are no respecter of persons.

People in every walk of life are troubled. Have you a Backache? If you have it is the first sign that the kidneys are not working properly.

A neglected Backache leads to serious Kidney Trouble.

Check it in time by taking

DOAN'S KIDNEY PILLS

"THE GREAT KIDNEY SPECIFIC."

They cure all kinds of Kidney Troubles from Backache to Bright's Disease.

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Promptly relieved and cured by THE MIGHTY CURE