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COFFEE ESSENCE

makes delicious coffee in a moment. No trouble, no waste. In small and large bottles, from all Grocers.

GUARANTEED PURE. 100

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There is employment for the Maritime-trained all the time. Read calls of past few days:

Oxford, 2 young men; Truro, 2 young men; Shubenacadie, 2 young men; St. John, 1 young man; Sydney, 1 young man; Sydney, 1 young lady; Pictou, 1 young man; Windsor, 1 young lady; Halifax, 6 young men; Halifax, 8 young ladies.

Enter at once: individual instruction: here you get the benefit of the experience of 7 teachers: send today for Calendar to

KAULBACH & SCHURMAN,
Chartered Accountants.

MARITIME BUSINESS COLLEGE,
Halifax, N. S.

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

Joggins Coal

This FIRST CLASS COAL

can be purchased by the Cargo in ROUND RUN of MINE and SLACK sizes by communicating with P. W. McNAUGHTON, at 20 Orange St., St. John, or Joggins Mines, N. S. We guarantee the quality to be of the best for steam purposes.

CANADA COALS & Ry. Co., Ltd.
Joggins, N. S.

Try an investment of \$100.00 in a British Columbia Coal Company.

Write for prospectus.

A. W. BELFRY & CO.,
Rooms 40 and 41 Royal Ins. Building,
Montreal.

DR. WOOD'S



NORWAY PINE SYRUP

Stops the irritating cough, loosens the phlegm, soothes the inflamed tissues of the lungs and bronchial tubes, and produces a quick and permanent cure in all cases of Coughs, Colds, Bronchitis, Asthma, Hoarseness, Sore Throat and the first stages of Consumption.

Mrs. Norma Swanston, Cargill, Ont., writes: "I take great pleasure in recommending Dr. Wood's Norway Pine Syrup. I had a very bad cold, could not sleep at night for the coughing and bad pains in my chest and lungs. I only used half a bottle of Dr. Wood's Norway Pine Syrup and was perfectly well again."

Price 25 cents a bottle.

The Home

CLEANING WITH GASOLENE.

A correspondent of Good Housekeeping writes:

"A tailor gave me a few ideas on cleaning with gasolene so as not to leave that unsightly ring about a spot. Ever since I have been able to clean the worst soil from the most delicate of satins or silks. He said: "Use as a sponger some of the same material as that to be cleaned, and rub with the weave, lengthwise always. Rub till dry!" On a spot of ink in the front of my grey wool gown he told me to use a dampened match head and apply only to the inky spot to prevent spreading. What success I had is proven by the embellished front of that gown today."

BAKED PEACHES.

Pare any number of whole peaches and pack into a deep baking-dish. For each quart sprinkle over about one-half of a cupful of sugar—more if the peaches are a tart variety—dot over with one teaspoonful of butter, add one cupful of hot water, cover and bake until the peaches are very tender. Serve cold with a pitcher of cream.

HINTS ABOUT HAIRBRUSHES.

A specialist says that hairbrushes should be washed once a week, and if used on hair in which there is much dandruff twice a week is not too often. The brushes should be washed in cold, not hot, water to which cloudy ammonia has been added in the proportion of a scant tablespoonful to a quart of water. Care should be taken not to wet the backs of the brushes, and when washed and rinsed—a good way to rinse them properly is to use a shower spray on them—they should be put on edge in the air to dry. Dressing combs, too, should be frequently cleaned, a comb cleaner being used for the purpose.

SIMPLE METHODS FOR TREATING VARIOUS AILMENTS.

Honey is wholesome and nourishing.

Maple sugar is better than cane sugar, and maple syrup better than molasses.

The juice of pineapple cuts the membrane from the throat in diphtheria.

Sour oranges are said to be a good fruit in cases of rheumatism.

The anti-scorbutic properties of lemons are well understood, and they are extensively used in gout and rheumatism.

"Throw physic to the dogs," they won't touch it, and if you feel bilious eat lemons or drink the juice in hot or cold water, unless you prefer to fast a few days and so save an illness.

A Roman remedy for malaria is this: "Cut a lemon into a pint of water, peel and all, boil down to one-half. Take one teaspoonful before meals. Better than quinine."

Hot or cold lemonade, with or without sugar, is very grateful at any time, or if one is feverish or has a cold. Fasting, rest in bed, and lemons would work wonders in many a case of cold and grip.

Sugar, lemon juice and the white of an egg is a common remedy for hoarseness. Lemon juice and glycerine in small sips will relieve an irritated throat.

Cranberries are used internally and externally in cases of erysipelas.

Oranges and pineapples make fine drinks. Use saccharine in place of sugar for sweetening them.

The raspberry and blackberry have long been recognized for their medicinal qualities, says "Health Culture." In France huckleberry juice is used for drink in fevers. Indeed, there seems to be some medicinal quality ascribed to every herb, tree and fruit that the earth produces, and if people ate a little fruit for breakfast and nothing else the doctors' signs would diminish.—Ex.

TACT WITH CHILDREN.

When my little daughter was about three years old, I one morning requested her to bring a certain cup from the dining-

room into the nursery. From one of those impulses of contrariness that arise in all youthful hearts at times, she saw fit to refuse. Without saying a word, I left the room and went about other matters. Returning after a short interval, I said, very gravely and gently: "Do you know what I have? I have a little girl who does not love me." Instantly the child started up, dropping her playthings, and saying, Allie's going to get that cup," ran out and brought it in to me. Evidently her conscience had been active while she had been left alone, and, without any exterior influence being exerted, she had come around to the right fame of mind. Unquestionably this experience, tending to self-control, was more beneficial than if forcible pressure had been brought to bear upon her conduct; for before obstinacy had fairly sprouted it died away of its own accord.—Florence Hall Winterburn, in August Woman's Home Companion.

A good way to utilize old stockings and other knitted goods is to rip out the wool, which makes a splendid elastic stuffing for cushions, pillows, etc.

To Set the Color of Print Gowns.—Soak them in very hot brine, and let them remain until the water is cold; then take out and wash in the usual manner.

If a shoe has been accidentally scorched, it can be restored by covering the place at once with soft soap, and rubbing in. When cool, rub off the soap and rub the shoe with a little sweet oil.

To Clean Silver Ornaments.—Do you know that a teaspoonful of borax dissolved in a pint of water will make silver ornaments look like new if they are washed in it?

To Clean Chamols Leather.—Leather must always be washed in tepid water, made into lather previously by boiling soap in it; then dry them in the open air.

Pearls.—The piece of a root of the sah tree kept in a drawer or box with pearls is said to improve and retain their color.

To Clean Buckskin or Wash Leather Gloves.—Put a little ammonia into the wash basin with some cold water, and wash the hands in it with the gloves on. Dry them as much as possible on a towel and then hang out in the air to dry.

Feathers.—The feathers of fowls and ducks, if carefully kept when they are plucked, make beautiful pillows; they should be placed in paper bags, and baked in the oven, and then hung in an airy place until you have enough. They are then trimmed up with the scissors and are ready for use.—Ex.

THE MODERN MOTHER.

Has Ways of Caring for Baby That Our Grandmothers Never Knew.

Many almost sacred traditions of the nursery have been cast aside by the up-to-date mother. Even the once essential cradle is now seldom found in the house blessed by baby's presence. The modern baby is not fed every time he cries, but when the clock announces the proper time. The doctor approves of this and baby is better for it, but despite regular hours for feeding, nearly all the disorders of infants are caused by derangements of the stomach and bowels. Mothers' greatest problem is a treatment for these ills that will be gentle but effective, and, above all, safe. Mrs. J. W. Bailey, of Head Lake, Ont., writes from the fullness of experience when she says: "I have used Baby's Own Tablets for my six months' old baby who was troubled with indigestion. The results were beyond my expectations. Words cannot convey to those who have not tried them the worth of these Tablets. I will never again use any other preparation for the baby, as I am convinced there is nothing so good as Baby's Own Tablets."

These Tablets are a gentle laxative and comforting medicine for infants and children. They are pleasant to take and are guaranteed to contain no opiate. If your druggist does not keep Baby's Own Tablets send 25c to the Dr. Williams' Medicine Co., Brockville, Ont., or Schenectady, N. Y., and a full sized box will be mailed, post paid, to your address.



How are You?

Do you suffer from constipation? Does your liver need regulating? Is your digestion troublesome? Do you suffer from headache? If so, you should take

Abbey's Effervescent Salt

every day. This harmless tonic and system cleanser will regulate every organ and will remove all the unpleasant features that attend a sluggish liver. Your health and spirits will be so improved that your friends will scarcely know you. Pleasant to take—surely beneficial, but be sure that you get the genuine "Abbey's."

RECOMMENDED BY PHYSICIANS.

Pond's Extract

Over fifty years a household remedy for Burns, Sprains, Wounds, Bruises, Coughs, Colds and all accidents liable to occur in every home.

CAUTION—There is only one Pond's Extract. Be sure you get the genuine, sold only in sealed bottles in buff wrappers.



Lots

of comfort and a great saving of time to the housekeeper who uses

Woodill's German Baking Powder.

CANADIAN PACIFIC

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RETURN TO	RETURN TO
OCTOBER 9, 1902.	OCTOBER 24, 1902
Round Trip From	\$10.00
ST. JOHN	

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See nearest Ticket Agent for particulars, or write to

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