

Sore Throat!

Don't delay: serious bronchial trouble or diphtheria may develop. The only safe way is to apply

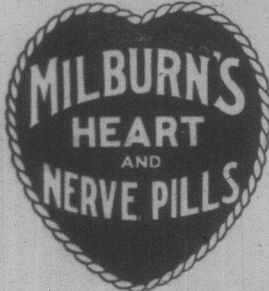
Painkiller

a remedy you can depend upon. Wrap the throat with a cloth wet in it before retiring, and it will be well in the morning.

There is only one Painkiller,
"PERRY DAVIS."

STRONG AND VIGOROUS.

Every Organ of the Body Toned
up and invigorated by



Mr. F. W. Meyers, King St. E., Berlin, Ont., says: "I suffered for five years with palpitation, shortness of breath, sleeplessness and pain in the heart, but one box of Milburn's Heart and Nerve Pills completely removed all these distressing symptoms. I have not suffered since taking them, and now sleep well and feel strong and vigorous."

Milburn's Heart and Nerve Pills cure all diseases arising from weak heart, worn out nerve tissues, or watery blood.

The winter term at the
Maritime Business College,
Halifax, N. S.,
will open January 4, 1904.

Cost of Tuition
4 months \$10.00
6 months 27.00
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Allen's Lung Balsam

The best Cough Medicine.
ABSOLUTE SAFETY
should be the first thought and must be rigorously insisted upon when buying medicine, for upon its safety depends one's life. ALLEN'S LUNG BALSAM contains no opium in any form and is safe, sure, and prompt in cases of Croup, Colds, deep-seated Coughs.
Try it now, and be convinced.

CANADIAN PACIFIC PUBLICATIONS.

"The New Highway to the Orient."
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"Band and the Lakes in the Clouds."
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"The Challenge of the Rockies."
"Western Canada."
"British Columbia."
"Tourist Cars."

OLD'S FAIR, ST. LOUIS, APR. 30TH TO DEC. 1ST, 1904.
Write for descriptive matter, rates, etc., to
C. B. FOSTER.
P. O. A., C. P. R., ST. JOHN, N. B.

The Home**DON'T WORRY.**

My advice to people who are inclined to worry is the same that the old man gave to his son who was about to be married—don't. So many of our days are spent in crossing bridges we never get to. Worrying is as much a habit as eating or drinking, while not nearly as pleasant, and one chronic worrier (if I may be allowed the word) in a family is fit to be tied.

This is not a "tale of tears," by any means on the contrary, there are some mighty peaceful places on the way through if we will only allow ourselves to see them. If we will only acquire the habit of looking pleasant, and can be of some use in the world. Have you ever noticed in a car full of people that face after face either has a worried or cross look as if they were "mad about it?" If just one face among them has a pleasant expression, what a relief! It's the "clear brook" and the "muddy streams" again. Nothing stamps the wrinkles in so indelibly as worrying, so, if for no other reason, we women can't afford to worry.—Good House-keeping.

THE VOCATION OF THE WIFE.

Now the occupation of being a wife, including presumptively, as it does, the occupation of being a mother, is one of comprehensive scope. Some women who seem not to have had very much education do very well at it, and some women who have been profusely educated make pretty bad work of it. It is a calling in which the health goes for more than accomplishments, that phrase of wisdom which we call "gumption" for more than learning, instinct for much and character for most of all. But you cannot over educate a girl for the occupation of being a wife. You may keep her too long at her books and out of what we call "society," you may teach her to value unduly things of minor importance; you may misdirect and miseducate her in various ways; but you can't educate her to think so wisely on so many subjects that she will be above that business.

Nobody is really so superior as to be too good to marry. Plenty of women are too good to marry this or that individual man; too many women, perhaps in these days are educated beyond the point of being satisfied with any man who is likely to want to marry them, but the woman who seems "too good for human nature's daily food" has been overeducated. The trouble with her is that she doesn't know enough. She is not overdeveloped, but stunted. Education is the development of ability, and a wife—and even more, a mother—can't have her abilities too much developed. Her place is a seat of power, and all knowledge that she can command will find a field for its employment.—Harper's Bazar.

THE CANDY HABIT.

The tobacco, the opium, the tea, the coffee, the alcohol habits are constantly being referred to; but it is seldom that the candy habit is spoken of. It is well known, of course, that a large number of American women consume portentous quantities of sweetmeats—that is, unless the fair sex are belied in this respect; but that men also indulge to an exorbitant extent in the toothsome candy is a fact which has not as yet been widely disseminated. However, when a journal of such unblemished repute for veracity as the New York Evening Post stands for sponsor for the statement, it can't be credited. The journal in question says, "That candy has become the basis of a bad habit, like tea, tobacco, alcohol, or ice water, has long been admitted by medical men. That its worst victims are not women, however, is not so well known, except to the owners of candy shops. The fact that one man bought and devoured 400 pounds of the richest chocolates in one summer, and that this gastronomic feat was not looked upon as anything unusual by the candy clerks, will give some idea of the slavery to which the habitual candy eaters are committed. The man who consumed confectionery by

the hundredweight is young, and sound in mind and body. He generally yields to temptation immediately after luncheon, although the craving sometimes becomes unendurable at an earlier hour. He estimated that the candy he has bought for personal consumption cost him \$250 last summer. He has been an unwilling victim for years, and has frequently sworn off, or attempted to. The last time was for three months, and when the self imposed embargo was raised he bought two pounds of mixed chocolates and ate them between lunch and dinner.—Medical Record.

APPLE JELLY FROM PARINGS.

To make apple jelly from apple parings take the parings, cover with water, then let them boil until the substance is out of them, and strain through a fine sieve, then place the liquid in a pan, boiled until reduced one half, add sugar enough to make a jelly; then add juice of lemon to one quart of jelly or without lemon if apples are tart. Put in jelly glasses. Very nice for jelly cakes. Don't waste your apple parings make them into jelly.—Ex.

SQUASH PIES.

For two squash pies allow three cups of stewed and sifted squash, two cupfuls of boiling milk, one cup of sugar, one level teaspoonful of salt, one half level teaspoonful of cinnamon, two eggs beaten slightly. If the squash is very dry a little more milk may be added. If the squash is watery put in a rounding tablespoonful of powdered cracker. Neither squash nor pumpkin pies should be made with many eggs, for they should retain the taste of the vegetable from which they are made and not taste like a custard pie.—Ex.

CHICKEN HEARTS.

Line heart shaped patty pans with rich puff paste, fill with cooked chicken which has been finely chopped and mixed with a little cream sauce, cover with puff paste, and bake till delicately browned in a quick oven. Reheat before serving.—Ex.

WALNUT SANDWICHES.

Chop walnut meats very fine, add one third as much mild grated cheese, and enough mayonnaise to make slightly moist. Spread between slices of white bread, and cut into dainty hearts, triangles, etc.—Ex.

THE VALUE OF CHARCOAL.

The People Know How Useful It is in Preserving Health and Beauty.

Nearly everybody knows that charcoal is the safest and most efficient disinfectant and purifier in nature, but few realize its value when taken into the human system for the same cleansing purpose.

Charcoal is a remedy that the more you take of it the better; it is not a drug at all, but simply absorbs the gases and impurities always present in the stomach and intestines and carries them out of the system.

Charcoal sweetens the breath after eating onions and other odorous vegetables.

Charcoal effectually clears and improves the complexion, it whitens the teeth and further acts as a natural and eminently safe cathartic.

It absorbs the injurious gases which collect in the stomach and bowels; it disinfects the mouth and throat from the poison of Catarrh.

All druggists sell charcoal in one form or another, but probably the best charcoal and most for the money is in Stuart's Absorbent Lozenges; they are composed of the finest powdered Willow charcoal and other harmless antiseptic in tablet form of large, pleasant tasting lozenges; the charcoal being mixed with honey.

The daily use of these lozenges will soon tell in a much improved condition of the general health, better complexion, sweeter breath and purer blood, and the beauty of it is, that no possible harm can result from its continued use, but on the contrary, great benefit.

A Buffalo physician in speaking of the benefits of charcoal, says: "I advise Stuart's Absorbent Lozenges to all patients suffering from gas in stomach and bowels, and to clear the complexion and purify the breath, mouth and throat; I also believe the liver is greatly benefitted by the daily use of them; they cost but twenty-five cents a box at drug stores, and although in one sense a patent preparation, yet I believe I get more and better charcoal in Stuart's Absorbent Lozenges than any of the ordinary charcoal tablets."

FIRST AID TO THE INJURED POND'S EXTRACT

FOR BURNS, SPRAINS, WOUNDS, BRUISES OR ANY SORT OF PAIN.

Used Internally and Externally.
CAUTION! Avoid the weak watery Witch Hazel preparations, represented to be "the same as" Pond's Extract, which usually contain "wood alcohol" an irritant externally and, taken internally, a poison.

This School Has**Been the Making of Me"**

Is what a young man who has just graduated from
Fredericton

Business College,

Remained to the Principal, as he said good-bye before leaving for Toronto to accept a position in that city. It can do the same for you. Send for catalogue.

W. J. Osborne,
Fredericton, N. B.

ARE YOU RUN DOWN?

"The D & L" Emulsion
Trade mark.

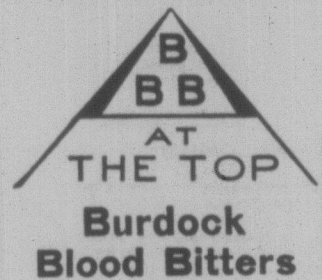
Puts new life into you.

Builds up Nerve and Muscle.

Adds pounds of solid flesh to your weight.

Positively cures Anemia, General Debility, Lung Troubles, including Consumption if taken in time.

Be sure you get "The D & L."



holds a position unrivalled by any other blood medicine as a cure for

DYSPEPSIA, BILIOUSNESS, CONSTIPATION, HEADACHE, SALT RHEUM, SCROFULA, HEARTBURN, SOUR STOMACH, DIZZINESS, DROPSY, RHEUMATISM, BOILS,

PIMPLES, RINGWORM, or any disease arising from a disordered state of the Stomach, Liver, Bowels or Blood. When you require a good blood medicine get

BURDOCK BLOOD BITTERS.

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Of the Fact that

White Wave

disinfects your clothes

and prevents disease.