

Every Mother
is called upon to cure
Cuts—Sprains—Bruises.

Painkiller

does it rapidly. Nothing like it
for children. A few drops in
hot sweetened water cures

**Cramps—Colic and
Summer Complaint.**
There's only one Painkiller, PERRY DAVIS'.

**Society
Visiting Cards
For 25c.**



We will send

To any address in Canada fifty finest
Thick Ivory Visiting Cards, printed in
the best possible manner, with name
in Steel plate script, ONLY 25c. and
3c. for postage.

These are the very best cards and are
never sold under 50c. to 75c. by other
firms.

PATERSON & CO.,

107 Germain Street,

St. John, N. B.

Wedding Invitations, Announcements,
a specialty.



THAT'S THE SPOT!

Right in the small of the back.
Do you ever get a pain there?
If so, do you know what it means?
It is a Backache.

A sure sign of Kidney Trouble.
Don't neglect it. Stop it in time.
If you don't, serious Kidney Troubles
are sure to follow.

DOAN'S KIDNEY PILLS

cure Backache, Lam Back, Diabetes,
Dropsy and all Kidney and Bladder
Troubles.

Price 50c. a box or 5 for \$1.25, all dealers.

DOAN KIDNEY PILL CO.
Toronto, Ont.

Style.

Style need not cost a woman more
than 10c. if she will only buy a cake
of that famous English Home Dye of
highest quality. Maypole Soap, which
washes and dyes at one operation.
Old clothes can easily be made new
again. Brilliant, fadeless colors.
"No mess, no trouble" with

Maypole Soap.

Sold everywhere.
10c. for Colors. 15c. for Black.

Seven Calls

for office help in ONE DAY. This is evi-
dence of the appreciation of the business
public for MARITIME TRAINED office as-
sistants. If you anticipate a course of busi-
ness training, send for the calendar of "The
Good School."

KAULBACH & SCHURMAN,

Chartered Accountants,

MARITIME BUSINESS COLLEGE,

Halifax, N. S.

The Home

DON'TS FOR THE EYES.

Don't use the eyes before breakfast.
Don't read in a reclining attitude, or in
bed.

Don't use the eyes when they are tired or
weak from illness.

Don't bathe eyes that are inflamed with
cold water. Use warm water.

Don't wear a veil with black dots or one
woven with double threads.

Don't open the eyes under water when
bathing, especially in salt water.

Don't neglect to bathe the eyes occasion-
ally in salt water. A weak solution is best.

Don't look too steadily from a car window
at objects that are constantly flying past
you.

Don't sleep opposite a window, or where
a strong light will strike the eyes on waken-
ing.

Don't work longer than two hours with-
out closing the eyes and resting for five min-
utes.

Don't expose the eyes at any time to a
strong light such as sunlight or gas or lamp
light.

Don't sit facing a strong light. If possible
let the light fall on the work or book from
over the shoulder.

Don't have colored shades on the lamp.
Use white or ground glass. If you must
have a colored shade, let it be green.

Don't rub the eyes by outward motion but
toward the nose, which rounds the ball and
preserves the normal shape.

Don't fail to consult an oculist if you find
that your eyesight is growing dim, or hesi-
tate to wear glasses if you need them.

Don't try to get cinders out of your eye
by rubbing. Dip a tiny camel's hair brush
in oil and draw gently across the eyeball.

Don't fail to wash the eyes every night be-
fore retiring, so as to remove any dust that
may have gathered on the lids during the
day.—St. Louis Globe Democrat.

IMPORTANT CAUSES OF INDIGESTION

It has been learned by observations on ani-
mals that the emptying of the stomach is
not accomplished at once, but gradually.
Constrictions begin about the middle of the
stomach, and move toward the outlet,
forcing the food that way. The outlet re-
mains tightly closed, opening at somewhat
regular intervals, on the passage of the food
which has become softened; but the presence
of any hard lumps delays the opening of the
outlet, so the stomach keeps churning and
re-churning the entire contents in order to
break up that lump, which should have been
broken up before it entered the stomach.
Finally the stomach contents are emptied in
to the intestine, lumps and all, but much
later than if there had been no lumps. The
lumps now proceed with their mischief by
irritating the intestinal mucous membrane
and also by furnishing a place for the growth
of germs, protected from the digestive juices
so the decomposition is favored. These are
some of the reasons why foods should be
thoroughly masticated. It is an old story,
but those who know it best are just as likely
to violate it as the ignorant. We live too
fast, we eat too fast, and consequently we die
too fast. The man who has no time to
masticate his food will take time to die
whether he wants to or not. In order to in-
sure thorough mastication of food, liquids
should be discarded at meal-time; and soft
pastry foods, if eaten at all, should be eaten
in connection with zwieback, crackers, or
some other food which will compel masti-
cation.

If breaking up of the lumps were the only
object attained by mastication, it might be
proper to have all food in a pulpy state;
but as the presence of saliva in contact with
all parts of the food is an important factor
in digestion, it is better to have some of the
food in such a condition that it cannot well
be swallowed until well insalivated. When
such food, zwieback for instance, is eaten
with pulpy food, the whole mass is unsali-
vated.

For those having slow starch digestion, it
is better to eat all, or nearly all, food in a
state requiring insalivation in order to be

swallowed. This will insure a large amount
of saliva in contact with the food. The
best foods for the purpose are zwieback,
granose biscuits, granose flakes and health
crackers.

Many people have difficulty with green
corn or canned corn. The trouble is with
the hulls, which should be removed by
means of a colander, as they are unfit for
entrance into a delicate stomach.

Those who have difficulty with apples and
watermelon can usually avoid it by swallow-
ing only the juice. It is the pulp, which, as
a rule, causes the mischief.

The digestive disturbance sometimes caus-
ed by eating raw banana may usually be
avoided by baking the banana.

Often the disturbance supposed to be due
to the eating of some fruit or vegetable, is
caused by a wrong combination. It is not
well for those having feeble digestive pow-
ers to eat fruit and vegetables at the same
time.—Pacific Health Journal.

THE SCIENCE OF BOILING.

One hundred years ago Count Rumford
pointed out that in Munich, where his ex-
periments in cookery were made, water boil-
ed at two hundred and nine and one-half
degrees, on account of its elevation, while in
London it boiled at two hundred and twelve
degrees. This means, according to Bridget,
that boiling water is hotter in London when
it boils. She thinks to boil a thing the only
way is to boil it hard; the more the water
spouts from her double boiler or splashes in
her kettle, the more the food is being cooked.
To make the water bubble more fire is need-
ed—more fuel is consumed. If you can in
any way succeed in the assimilation by
Bridget of some common sense in cookery
your coal or gas bills will be smaller. Per-
haps you might prove to her by experiment.
Place a piece of meat in each of two boilers
—equal quantity of water and same weight
of meat. After the water in each has be-
come boiling hot, place one boiler over a
small flame, and the other over a red hot
fire. The latter will of course boil
vehemently enough to please Bridget, and
the other will keep at a condition where the
surface is only spasmodically rippled. She
will be surprised that both meats will be
thoroughly cooked at the same time, while
the latter will be much better cooked. Let
it be remembered that violently boiling
water is no hotter than water boiling hot—
Deshler in Good Housekeeping.

Baked Pears.—Core medium sized pears
and fill the cavities with a mixture of cherry
or red currant jelly and chopped almonds.
Place in a deep baking dish, pour in one cup
of hot water in which one half of a cup of
sugar has been dissolved, and bake slowly
until tender. Baste frequently with the
syrup, and served with sweetened cream.—
Good Housekeeping.

A LETTER TO MOTHERS.

Mrs. Jas. E. Harley, Worthington, Ont.,
gives permission to publish the following
letter for the benefit of other mothers who have
young children in their homes. She says:—
"I have many reasons to be grateful to
Baby's Own Tablets, and to recommend them
to other mothers. Our little girl is
now about fourteen months old, and she has
taken the Tablets at intervals since she was
two months old, and I cannot speak too
highly of them. Since I came here, about a
year ago, every mother who has small
children has asked me what I gave our
baby to keep her in such even health and I
have replied 'absolutely nothing but Baby's
Own Tablets.' Now nearly every child here
gets the Tablets when a medicine is needed,
and the old-fashioned crude medicines, such
as castor oil and soothing preparations,
which mothers formerly gave their little
ones, are discarded. Our family doctor also
strongly praises the Tablets, and says they
are a wonderful medicine for children. Accept
my thanks for all the good your
Tablets have done my little one and I hope
other mothers will profit by my experience."

Baby's Own Tablets can be given with
absolute safety to the youngest, feeblest
child, and they are guaranteed to cure all
the minor ailments of little ones. Sold by
all medicine dealers or mailed at 25 cents a
box by writing the Dr. Williams Medicine
Co., Brockville, Ont.

RECOMMENDED BY PHYSICIANS.

Pond's Extract

Over fifty years a household remedy
for Burns, Sprains, Wounds, Bruises,
Coughs, Colds and all accidents in-
ble 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.**



To Housekeepers!

Woodill's

German Baking Powder.

DO YOU USE IT?

**LETTERS ARE
POURING IN**

From all quarters, asking for Cata-
logue, and information relative to—

**Fredericton
Business
College**

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

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

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BLOOD
BITTERS**

Is a purely vegetable System
Renovator, Blood Purifier and
Tonic.

A medicine that acts directly at
the same time on the Stomach,
Liver, Bowels and Blood.

It cures Dyspepsia, Biliousness,
Constipation, Pimples, Boils, Head-
ache, Salt Rheum, Running Sores,
Indigestion, Erysipelas, Cancer,
Shingles, Ringworm or any disease
arising from an impoverished or
impure condition of the blood.

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is that which a man follows when
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