

## Tonight

If your liver is out of order, causing Biliousness, Sick Headache, Heart-burn, or Constipation, take a dose of

## Hood's Pills

On retiring, and tomorrow your digestive organs will be regulated and you will be bright, active and ready for any kind of work. This has been the experience of others; it will be yours. HOOD'S PILLS are sold by all medicine dealers. 25 cts.



FOR  
Impure Blood,  
Thick Water,  
Swellings,  
Fever, Cough,  
Lost Appetite, Etc.

USE THE RELIABLE

**GRANGER**

**Condition Powder**

THE PATENT COMPANY, Limited, Proprietors.

**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.

**Gates' Acadian Liniment,**  
the WORLD'S greatest  
**Pain Exterminator.**

Hall's Harbor, May 31, 1900.

O. GATES, SON & CO.,  
Middleton, N. B.

Gentlemen: About two years ago I was taken sick with La Grippe. My head pained excruciatingly. So terrible was the pain that when my wife wrung cloths from hot water and held them on my head I could not feel the heat. I obtained a bottle of your ACADIAN LINIMENT, used it on my head, and took some in hot water internally, according to directions. As soon as I drank it I felt better and it made a cure in a few days.

I afterwards advised a neighbor to use it and it cured him also. Mr. Joshua McDonald, of Easy Corner, spent \$35.00 before I saw him and persuaded him to try your Liniment. He, too, was cured and says that he will never be without GATES' ACADIAN LINIMENT in the house.

For man and beast, external or internal, I regard it as the best.  
Yours truly,  
ALEXANDER THOMPSON.

Insist on having GATES'—the BEST.  
Sold Everywhere at 25 Cents  
per Bottle.

## Don't Be Handicapped

all through life for want of a Business Education. A few months spent in attending

**FREDERICTON BUSINESS COLLEGE**

will be worth many times the cost.  
Don't wait till you feel the need of it. It may be TOO LATE.

Write for a Catalogue. Address  
W. J. OSBORNE, Principal,  
Fredericton, N. B.

## The Home

### Nuts for Children's Lunch.

A statement by a government expert concerning the food value of nuts is a boon to mothers who must provide children with lunches to take to school. According to this expert, one pound of nut kernels is equal in food value to one pound of wheat flour, and, generally speaking, nuts are not indigestible. If they appear so, it is because they are eaten irregularly between meals or topping a heavy meal when the stomach is not in proper condition to handle any hearty food. Used as a substitute for other food, they give no bad results under ordinary circumstances.

Furthermore, the housewife will reflect, nuts as food are valuable from the fact that they require no cooking. Also, they are easily carried and children like them—two points of importance to the conscientious mother, who putting up school lunches, finds commonly that her dietary theories require something like a steam boiler and a horse and wagon to complete the operation; then, when this health food is laboriously compounded and duly conveyed to little Johnny, forsooth! he loathes it, and slyly substitutes green cucumber pickles and cream puffs purchased at the lunch counter just around the corner from school.

All healthy children will eat nuts, especially peanuts, which, the government assures us, are so nutritious that one quart is equal in food value to a pound of rump steak. The money cost is five cents. The tired mother, therefore, who endeavors strenuously to keep up with duty as defined by modern science for the household, may start her boys and girls off to school with a generous bag of peanuts each morning and revel in the unaccustomed joy of knowing that thus in one particular has she fully satisfied the desires of human nature and the authority of expert opinion.—Harper's Bazar.

### Tact in the Sick-Room.

Sympathy must not be over-corded, nor fail to lend itself to that denial which is often a real kindness. The temptation to humor a sick friend or relative in every whim is often irresistible. But true tact, however, may generally find a way by which the patient seems to have every indulgence he desires, yet in truth have nothing but that which the one in charge desires to give him. While the will of the watcher must always be dominant, it should never be so obtrusively; the patient should be ruled so gently that he does not know he is being ruled. At times, of course, the patient will ask for something in such a way that he cannot be led from the subject or be made to think that, after all, he does not want that particular thing. Then a direct "no" must be given him, and a quiet, persistent refusal to meet unreasonable and harmful demands will not weaken, but rather make stronger, the tie between the invalid and the watcher. Strength and sweetness combined will work wonders in holding such a situation.—Merry R. Baldwin, in Woman's Home Companion.

### An Aid to Good Looks.

Oatmeal bags used as bath sponges are very refreshing and soothing, and may be highly recommended for giving a velvety softness and whiteness to the skin. Take two and a half ounces of oat-meal, ground very fine, a quarter of a pound of pure Castile soap in powder, and half a pound of powdered orris root. Cut some thin cheesecloth into bags about four inches square, sewing them with the machine, and taking care that no untied ends of thread be left where a break may let the contents ooze out. Mix the soap, oat-meal, and orris root thoroughly, and fill the bags loosely. Sew up the opening in each bag, and lay away to use as required. These bags are used as a sponge. When dipped in the warm bath water and rubbed on the skin, they make a thick, velvety lather, and impart a delicious clinging odor of violets for hours afterward.—American Cultivator.

### Some Causes of Dyspepsia.

The most common causes of dyspepsia in its various forms may be stated as follows: Eating unsuitable articles of food; eating food that is not properly prepared and thoroughly cooked; eating hastily; the use of too much fluid with meals; the use of alcoholic liquors, tea, coffee, and tobacco; the use of condiments, such as spices, pepper, Chili sauce, pickles; over-eating, eating too frequently and between meals; eating when the body is tired and exhausted; and eating late suppers. There may be, and probably are, other causes of dyspepsia and indigestion, but those mentioned are the most frequent.—Good Health.

### An Ounce of Prevention.

Do not wait for the first severe cold snap to freeze the water-pipes, and then join the small army besieging your plumber. Take time by the forelock; carefully examine the course of every pipe and see if there are any exposed portions where the frost can get in its work. If so, make them safe. Do the same with waste and exhaust pipes, whether above or below ground. See that outer doors fit perfectly; also the window-frames. Pure air is a good thing, but by all means have the supply under control.—United Presbyterian.

## A Racking Cough.

AFFLICTED THE SUFFERER FOR  
TWENTY YEARS.

Often Sat Up in Bed Coughing the Whole Night Long—Doctors Ultimately Told Him the Trouble was Developing Into Consumption—How Relief was Obtained.

From the Times, Pictou, Ont.

Nothing racks the body more than a severe cough. If it is allowed to run for any length of time, it is very hard to get rid of, and often leads to that most dreaded of all diseases—consumption. Such a sufferer was Mr. Thomas Jinks, of Prince Edward county. Mr. Jinks relates the following facts to a Pictou Times reporter: "I am sixty-seven years of age, and for the last twenty years I have had a bad cough. I was troubled with catarrh, which started in my head, but later spread to my stomach, leaving me dyspeptic. For two years I was troubled with pains in the stomach, and was not able to raise my arms above my head without experiencing severe pains about my short ribs and stomach. Then my kidneys began to trouble me and at times I could not get out of a chair without help. My limbs and feet were often so swollen that I was unable to lace my boots, but as soon as the swelling went down I was but a mere shadow. My wrists and arms were so shrunken that I could span them with ease. My cough racked my whole body. I have sat up in bed and coughed the whole night long. I tried several doctors without success. They finally told me I was in the first stages of consumption. In the spring of 1899, a little pamphlet was thrown in the hall door telling about Dr. Williams' Pink Pills, and I decided to try them. Before finishing the second box, I noted a change and after using them for a couple of months, I was completely cured and the cough had left me. At present my health is as good as I can wish for, and I can truly say through all my suffering, I never got any permanent relief until I took Dr. Williams' Pink Pills."

Mr. Jinks added that it was not in his own case alone that Dr. Williams' Pink Pills had proved of advantage in his family. His daughter, Miss Mildred, was in very poor health, and scarcely able to go around. In fact, her friends feared her trouble was developing into dropsy. She used five boxes of the pills and is now enjoying the very best of health.

Dr. Williams' Pink Pills cure such apparently hopeless cases as Mr. Jinks', because they make new, rich, red blood, and thus reach the root of the trouble. These pills are the only medicine offered the public that can show a record of such marvelous cures after doctors had failed. If you are at all unwell, this medicine will restore you to health, but be sure you get the genuine with the full name "Dr. Williams' Pink Pills for Pale People," on the wrapper around each box.

## Just a Cough

This is its story:

At first, a slight cough.

At last, a hemorrhage.

At first, easy to cure.

At last, extremely difficult.

## Ayer's Cherry Pectoral

quickly conquers your hacking cough. There is no doubt about the cure now.

For over half a century Ayer's Cherry Pectoral has been curing colds and coughs and preventing consumption.

Three sizes: 25c., 50c., \$1.00.

If your druggist cannot supply you, send no more dollar and we will express a large bottle to you all charges prepaid. Be sure you give the nearest express office. Address, J. C. Ayer & Co., Lowell, Mass.

## In the Clutch Of Consumption.



Don't neglect that persistent hacking cough till you find yourself in the clutch of Consumption. It's an easy matter to stop it now by taking

### DR. WOOD'S NORWAY PINE SYRUP.

This pleasant remedy heals and soothes the lungs and bronchial tubes, and cures lingering and chronic coughs when other remedies fail.

Mr. W. P. Cann, writing from Morpeth, Ont., says: "I honestly believe I would have died of consumption only for Dr. Wood's Norway Pine Syrup. I have used it for years and consider it has no equal for severe colds and throat troubles."

## Pyny-Balsam

A QUICK CURE FOR  
COUGHS AND COLDS

Very valuable Remedy in all  
affections of the

**THROAT or LUNGS**

Large Bottles, 25c.

DAVIS & LAWRENCE CO., Limited,  
Prop's of Perry Davis' Pain-Killer.

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