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

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Are You Idle?

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.

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MARITIME BUSINESS COLLEGE,
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You May Need

Pain-Killer

For
Cuts
Burns
Bruises

Cramps
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All Bowel
Complaints

It is a sure, safe and quick remedy.

There's only one PAIN-KILLER.
PERRY DAVIS'.
Two sizes, 25c. and 50c.'

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.
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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.

Invigorating!

WHAT IS?
GATES' SYRUP.

WHY?

Because it tones up the system, imparts fresh energy, restores the fastidious appetite to heartiness, and is unequalled as a GENTLE physic.

That is why you should take a dose every other night.

The effect is remarkable in restoring buoyant spirits and robust good health

—SOLD EVERYWHERE BY—

C. Gates, Son & Co.,
MIDDLETON, N. S.

The Home

HOW TO WASH FINE LACES.

I do not suppose there are many places where culture and refinement have held sway longer than in our dear Richmond, Va., and there are many old heirlooms in the way of fine laces. I have had several very earnest inquires of late, as to the care of them—if they could be cleaned successfully, etc. The reason so many lose their fine laces or have their cobwebby laces fall into holes is because they do not know how to care for them. It is ruinous to fold fine laces, and the best way to keep them fresh is to drop them carefully into a satin-lined box and allow them to remain just as they fall until next used. Laces that are seldom worn should be kept upon strips of dark blue paper, the two being rolled together. This keeps the lace firm, without creasing it, and preserves its freshness. To clean laces that are slightly soiled, sprinkle some magnesia upon a smooth sheet of wrapping paper; lay the lace upon it; then sprinkle more magnesia over it; cover with another sheet of paper, and place a book or weight over it and let it remain there several days. Then take the lace up and shake the powder all out. When it is necessary to wash laces, make a warm suds of rain-water and pearlina, and sew the lace upon strips of muslin and wrap it tightly around a smooth glass bottle and drop it in the suds. Roll it around and pat it until clean; then rinse and dry in the sun. It will look like new.

—Religious Herald.

CHILI SAUCE.

Twelve large ripe tomatoes, four onions, four peppers, three cups vinegar, one cup sugar, four scant tablespoons of salt, one-half tablespoon of ground pepper, one tablespoon each of ground cinnamon and cloves; boil all together for one and a half hours; place in small pint jars while hot.

TOMATO KILLY.

One peck green tomatoes, eight onions, six peppers, chopped together; boil three minutes in one quart of water, one pint of vinegar, then strain (and throw away this liquid after straining.)

Mix two quarts vinegar, two cups of sugar, one cup mixed mustard, one tablespoon cloves, two tablespoons of cinnamon, two tablespoons salt. Let this mixture come to a boil and pour over the tomatoes, etc., while hot.

RUSSIAN PICKLE.

Two gallons of chopped cabbage, one gallon of green tomatoes, one ounce of celery seed and one ounce pepper, one-quarter pound of white mustard seed, four large tablespoons of salt, one-and-one-quarter pounds brown sugar, one gallon of vinegar. Boil all together till tender, then, while hot, add one-half ounce of tumeric. Bottle in pint jars.

PICKLE SAUCE.

One quart of vinegar, one quarter pound mustard, two tablespoons butter. Boil the vinegar. Mix the mustard and butter to a paste, then with a little cold vinegar; then add to the boiled vinegar after it cools a little.

APPLE JELLY

makes a pretty dessert or tea dish at this or any time of the year. Pare and slice the apples, put them in a saucepan, with sufficient water to cover them; boil gently until very tender, then strain through a jelly-bag. To every pint of clear liquid, add a pound of loaf sugar. Boil for about ten minutes, and as soon as it begins to "jell," pour it into your mould. This ought to give a sparkling and beautiful jelly. A little fresh lemon peel may be boiled with the apples if desired.

APPLE PUDDING.

Take a ten-cent earthen milk-pan, fill it quite full of apples prepared as for pie,

add a teacupful of boiling water; place over and on the apples a piece of light bread dough a full inch thick. Cover with another pan or basin not exactly airtight. Set the pan on the stove where the steam from the apples will cook the dough and make it raise very light and nice in about one and one-quarter hours. Turn out on a large dish; the apples, of course, will be on top. Slice off through all, and serve with sugar and cream. Rx.

THE SUMMER GIRL'S COMPLEXION.

"A good complexion is not to be had for the asking," says Priscilla Wakefield, in August Delineator, in an answer to a girl who complains that all complexions do not take kindly to the sun's rays. "The first requisite for a clear skin are fresh air, exercise, regular bathing, careful diet, and plenty of sleep. Eat fruit and vegetables drink milk, and take a generous quantity of water between meals and before retiring two glasses each time. Avoid candies, pastry, pickles, hot bread, tea and coffee. Take a bath every day and rub the body well with a rough towel. Wash the face carefully, and never with very cold water. Wipe with a soft towel, rubbing up, and not down. If very tired or overheated, wash the face with water almost hot and containing a little glycerine. A lather of castile soap rubbed in well will remove dust and perspiration from the pores of the skin. The soap must be rinsed off thoroughly. A good remedy for sunburn is to bathe the face with a mixture of sliced cucumber soaked in milk. A mixture of lemon juice, pure borax, and powdered sugar is excellent for freckles, or a combination of sour cream and finely grated horseradish. Rose water and elder-flower water are beneficial in softening the skin."—Rx.

LIVE WELL.

It is impossible to live well unless one eats well. Good food supplies the body with proper nourishment and therefore, is the cause of strengthening and beautifying it. When we cultivate health we insure for ourselves beautiful bodies, and we bring success in our daily affairs nearer on account of being better fitted to perform our duties. In the social as well as the business world. The girl with good health and a pleasing personality overshadows the girl whose face and form plainly reveal a lack of hygienic living. Good health demands the following five necessities: Good food, pure air, plenty of exercise, cleanliness and pure, elevating thoughts. That old proverb, "An ounce of prevention is worth a pound of cure," holds volumes of condensed wisdom. It is a foolish idea to wait until one gets sick before regarding the full importance of health, and what a vital thing it is to happiness. Our bodies were given to us to be taken proper care of, and to give outward evidence of the inward beauty of the souls they contain.—Witness.

A COMFORT AND A CARE.

If Your Home is Blessed with a Baby You Will Appreciate This.

A baby is a priceless comfort, but in its utter helplessness is also a great care. Anything that will relieve the tired mother and add to baby's health and happiness is both a help and a friend. This is what makes the statement of Mrs. Thos. Little, of Kingston, Ont., so interesting to all mothers. She says:—"When my baby was eighteen months old he was troubled with a sour stomach and was badly constipated. These troubles made him cross and restless, and I had to be up with him a number of times during the night. I finally got a box of Baby's Own Tablets, and after giving them to him for a few days his bowels became regular, his stomach was sweetened and he slept well. I think these Tablets are just what mothers need for their little ones." Baby's Own Tablets are the best and most convenient form for administering medicine to the very young. They are safe and harmless and free from opiates. Sent postpaid on receipt of price, 25 cents per box, by the Dr. Williams' Medicine Company, Brockville, Ont., or Schenectady, N. Y. A book on the care of infants and children sent free on request. Write for it.

THE VALUE OF CHARCOAL.

Few 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 smoking drinking or after eating onions and other odorous vegetables.

Charcoal effectually cleans 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 the most for the money is in Stuart's Absorbent Lozenges; they are composed of the finest powdered Willow charcoal, and other harmless antiseptics in tablet form or rather in the 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 their 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 benefited by the daily use of them; they cost but twenty-five cents a box at drug stores, and although in some sense a patent preparation yet I believe I get more and better charcoal in Stuart's Absorbent Lozenges than in any of the ordinary charcoal tablets"

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

FALL EXCURSIONS TO **MONTREAL.**

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

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See nearest Ticket Agent for particulars, or write to
C. B. FOSTER,
D. P. A., C. P. R., ST. JOHN, N. B.

INDICESTION CONQUERED BY K.D.C.
IT RESTORES THE STOMACH TO HEALTHY ACTION AND TONES WHOLE SYSTEM.