

One Dose

Tells the story. When your head aches, and you feel bilious, constipated, and out of tune, with your stomach sour and no appetite, just buy a package of

Hood's Pills

And take a dose, from 1 to 4 pills. You will be surprised at how easily they will do their work, cure your headache and biliousness, rouse the liver and make you feel happy again. 25 cents. Sold by all medicine dealers.

Seven years Afflicted with a FEVER SORE! Permanently Cured by Gates' Nerve Ointment

C. Gates, Son & Co.

As the result of an accident my hip was injured so as to cause a fever sore for which I was under treatment for seven years but could get nothing that did it much good. At last I obtained your

NERVE OINTMENT

which has made a complete cure and, I believe, had I not got it I would have been a cripple yet.

I also know of two similar cases which your Ointment has cured, one of which was pronounced incurable by doctors in the States. My own cure is permanent as it is several years since it was effected.

Yours sincerely,
JOSEPH R. TAYLOR

Medford, N. S.

This matchless healing Ointment may be obtained at most stores. 25 cents per box.

That Pale Face

may be a sign that your blood is poor in quality and deficient in quantity.

Puttner's Emulsion

produces pure, rich blood, and restores vigor and strength, and bloom to the cheek.

Always get PUTTNER'S, it is the Original and BEST.

Two Stratford Ladies

Tell How Milburn's Heart and Nerve Pills Make Weak People Strong.

Mrs. ELIZABETH BARTON, Britannia St., says: "I speak a good word for Milburn's Heart and Nerve Pills with pleasure. They proved to me a most excellent remedy for nervousness, nervous debility and exhaustion, and I can heartily recommend them."

Mrs. POLAND, Brunswick Street, says: "My husband suffered greatly with nervousness, complicated by heart troubles. Milburn's Heart and Nerve Pills have cured him, and he now is well and strong."

LAXA-LIVER PILLS.

Take one at night before retiring. Two work while you sleep without a grip or gripe, curing Biliousness, Sick Headache, Constipation and Dyspepsia, and make you feel better in the morning.

THE NEWTON Theological Institution

NEWTON CENTRE, MASS.
A Full Course of Instruction.
An Attractive and Healthful Location.
A Large and Well-Equipped Library.
The interior of Farwell Hall, wholly rebuilt in best modern style. Students' rooms heated and furnished. Tuition free. Next year begins Wednesday, Sept. 4. Entrance examination at 9 a. m. in Colby Hall.
For further information address
ALVAN HOVEY.

A Talk About Shirt Waists.

BY M. FRANCES RANKIN.

"It is so discouraging to have ones dainty shirt waists come from the laundry faded," remarked one friend to another.

"I have learned to 'do up' my own," her hearer replied. "And since I care for them myself," she continued, "I have no trouble in this respect, providing I buy warranted colors. In the first place I provide sufficient change, and thereby do not wear them until they are over-soiled. I prepare a warm suds, not hot, of some pure soap which I have tested. The more soiled parts, as the cuffs and collar-band, I rub with soap. Then I rinse thoroughly in four or five waters. Soft water is best always."

"I set the color in salt water, or, a more sure way is to purchase five cents worth of sugar of lead. Put this in one pint of rain water. To one pail of water add one half teaspoonful of this solution. Another important fact, worthy of note, is that a bright day, when there is considerable air stirring, is much better than a quiet, hot day. Remove from the line as soon as dry. Hot sun will not only fade, but burn them. Now they are ready for starching. Never dip them into hot starch; wait until the starch is comfortably warm to the hands. Hot starch fades, however good the fabrics. The starch should be quite thin. A too stiff waist is very uncomfortable for wear and ugly to look at. Dry again, and before ironing dip the collar-band and cuffs into cold starch."

"Oh, I know it takes time; but I have the satisfaction of retaining the original color beauty of my waists, as well as the credit of always looking 'chic'."—New York Observer.

Gowns for Young Girls.

For girls from fourteen to sixteen the flowered organdies are the daintiest and most attractive things that can be worn. These need not of necessity be very expensive, for there is a wonderful range of designs in the cheaper materials. It is best not to make them in too elaborate a fashion, although they do require considerable lace and ribbon. A very attractive little frock just finished is of a pink organdie flowered with a deeper pink. It is made up over a lawn skirt, the skirt of the frock itself being gored and trimmed with bands of insertion and one ruffle edged with narrow lace. The body of the waist is full at the back, but the fulness is drawn down under the belt. In front it is full, the fulness shirred in on the shoulders and is trimmed with insertion and on either side of the insertion is a little edge of the same lace. This little edging on either side of the insertion gives a much softer look than when the ordinary extreme is used. The sleeves are small, but have some fulness at the top, and are strapped with bands of the insertion, with the little edging on either side, the whole way from the shoulder to the wrist.—Harper's Bazar.

A Word to Girls.

Girls in the country sometimes grow tired of the quiet routine of farm work and long for the excitements and attractions of city life. But life in the city is not the public holiday it seems to the girls on their occasional visits to town. Believe me when I tell you that working girls in the city have an infinitely more monotonous existence than the country girls ever dreamed of. You get up early and work hard, it is true, but the parties you attend in summer and the winter give you social recreation and change, while there is always the keenest enjoyment for those who know how to read Mother Nature's book.

Think of spending every working day in a dingy office, writing and figuring constantly, with but a half day's vacation in three years, as one girl I know of has done! Think of spending all the hot dusty summer days at a sewing-machine in a factory, with the ceaseless clatter of hundreds of other machines all about you! Think of walking two miles to work, standing behind a counter all day, forced to smile and smile, though you feel as a villain ought to feel, and again walking home at night! All these things thousands of girls in big cities do.

One girl I know stands and irons ready-made shirt-waists all day, week in and week out. What is the variety of her life? How would you like to exchange your duties with her. Do you not think it would be a welcome relief to them to milk in the cool of the morning, churn, bake, and sweep before the hottest part of the day, peel the potatoes for dinner out under

the shade of a tree, and after dinner is over sit out in the cool and shady yard, or rest in the hammock, or take a canter on the pony; or in the fall go to the woods in search of nuts, and at night lie down and breathe in the sweet-scented air of the country instead of amid sewer smells and effluvia of dirty alleys?

How would you like to pay out of your scant earnings for every speckled apple or withered peach you ate? Why if you live in the city, you would pay for fruit that you would not pick up from the ground now. How would you like the ever-present possibility of losing your place and having your income cut off for a time, with no money to pay the expenses that accumulate so fast? Think of these things before you give up the quiet and peaceful life of the country with the certainty of a comfortable home, even if you do not have ice cream and oysters every day. To make the best of what you have is better than to rush into evils that you know not of.—Metropolitan and Rural Home.

Summer Salads.

Most salads of every kind are more digestible as well as more delightful than cold meat in any other form. Delicate meats such as are found in their best condition in summer, are more suitable for salads than the coarser beef or mutton of the winter market. Chicken and veal are superior salad meats; so are salmon and lobster superior kinds of salad fish. Almost any good salad meat makes an appetizing sandwich if spread very delicately on wafer-like slices of bread and butter.

Almost all the young vegetables of summer may be served on salads, and by varying the mixture of meat and the various kinds of vegetables used an endless variety may be produced. We often see strange herbs and strange mixtures recommended, which suggest originality but do not suggest anything else. The maker of salads who would excel in her art is warned against all such eccentricities. In this matter it should be the motto of the cook to hold fast to that which is good and avoid divers doctrines. There is nothing gained by attempting to make salad from

Each tender stalk.
Whatever Earth, all-bearing Mother, yields.

though the theory sounds attractive in the words of a great poet. The fancy that all herbs that are not noxious are good and wholesome for food is one of the oldest absurdities which men wise in other matters have advocated. The salad which Milton describes Eve as preparing for her angelic guest could not have been a success had she used such a numberless array of strange herbs as she is described as using. The number of herbs outside of the regular array of the kitchen garden which are valuable for salads is very limited. In the last half century comparatively few new vegetables and new herbs have been added to those used by the cook. Men have wisely confined their efforts to improving those plants we already have in use in cooking.

THE PAINT HABIT.

Rightly Pursued it Helps to Make Home Beautiful.

The paint habit inside the home will bring big results in brightness, beauty and economy if it is indulged wisely. That is if the painter gets the best paint and the right paint for the purpose. Otherwise the results may be anything but pleasing. One paint-making house has the reputation of preparing ready-mixed paints of different kinds that give entire satisfaction to housekeepers. These are the Sherwin-Williams Paints.

To make old furniture appear like new, for fine work on shelving, pottery or wicker work. The Sherwin-Williams Enamel Paint gives the best effects. For covering floors the Sherwin-Williams Special Floor Paint gives a hard, glossy finish that floor painters so often strive for and fail to get. It is made to walk on, and its surface is as hard as metal. The cleanliness of such a floor appeals strongly to every housekeeper.

Then, for painting the little things about the house, the same makers prepare the Sherwin-Williams Family Paint put up in small cans ready for use; and for painting the bath-tub there is the Sherwin-Williams Bath Enamel. Sample color cards of any or all of these, as well as of the house paint, creosote paint, etc., can be had by sending a postal card request to the Sherwin-Williams Company, 21 St. Antoine Street, Montreal.

Are You Bilious THEN TRY Parsons' Pills

and get relief, and you will never use any other medicine to cure Sick Headache and Bowel complaints. They expel all impurities from the blood.
Best Liver Pills Made
to cure biliousness is what physicians say of Parsons' Pills. Sold by Druggists or sent by mail, post-paid for 25 cents. Full particulars sent free. L. B. JOHNSON & Co., Boston, Mass.

CAMPERS

Should take with them a supply
of Dr. Fowler's Ext. of
Wild Strawberry.



Those who intend going camping this summer should take with them Dr. Fowler's Extract of Wild Strawberry.

Getting wet, catching cold, drinking water that is not always pure, or eating food that disagrees, may bring on an attack of Colic, Cramps and Diarrhoea.

Prompt treatment with Dr. Fowler's Strawberry in such cases relieves the pain, checks the diarrhoea and prevents serious consequences. Don't take chances of spoiling a whole summer's outing through neglect of putting a bottle of this great diarrhoea doctor in with your supplies. But see that it's the genuine Dr. Fowler's Extract of Wild Strawberry, as most of the imitations are highly dangerous.

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Write with our elegant patent FOUNTAIN PEN and HOLDER—make writing a pleasure. A great novelty. Illustrated list with each pen to make one postcard writing book. 40¢ Mailed post-paid for only 15 cents, including five valuable booklets entitled: How to get Rich; How to become a Lightship Calculator; Miller's Joke Book; Lord Chesterfield's Maxims on Etiquette; Guide to a Happy Marriage. Accept this special offer today. Satisfaction guaranteed or money promptly refunded. Catalog free with each order. EXCELSIOR BOOK CO., Toronto, Can. (Enclose this paper.)

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POPULAR ROMAN-ANNUAL AND HIGHLY COMPLETE, now by mail in one volume. A grand collection of seasonal scenes, sentimental, patriotic and comic. Price 10 cents, post-paid. Agents wanted for our superior 10-cent comic and popular tales. Catalog and outfit for many. MEXART MUSIC CO., Toronto, Ont.

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We are not able to supply the demand for young men who are Stenographers and Typewriters.

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In every County for new, rapid selling Specialties. These are money makers. Any one who will work can make big wages. Enclose a cent stamp for circulars and terms.

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Yarmouth, N. S.

FARM FOR SALE

On account of change of condition and decline of life, I offer for sale my FARM of 100 acres, admirably situated in one of the most productive and beautiful sections of the Annapolis Valley, 2 1/2 miles from Kingston Station—one of the large fruit centers. Two churches, school and new hall, all within one mile. Description, terms, etc., on application.

JOHN KILLAM,
North Kingston, N. S.

CANADIAN TEACHERS WANTED

More vacancies than Teachers. Positions guaranteed. Placed 263 Canadian teachers in U. S. last term.
UNION TEACHERS' AGENCIES,
Washington, D. C.

Raspberry Shrub.—Four quarts of red raspberries to one quart vinegar; let stand four days, then strain. To each pint of juice add one pound of sugar. Boil twenty minutes. Bottle and keep in a dry, cool place.