



GUESS

who it is? The mother knows the touch of the soft hands too well to need to guess, and for the moment she enters into the playful spirit of the child and forgets her toil and weariness.

Thousands of women who have suffered from backache, headache, and other consequences of womanly disease, have been made well by the use of Dr. Pierce's Favorite Prescription. It establishes regularity, dries unhealthy drains, heals inflammation, cures ulceration and cures female weakness.

Dr. Pierce's Pleasant Pellets are the most desirable laxative for delicate women.

ST. JOHN LETTER.

It is a curious thing that while we profit by experience in most other things, when he comes to talk about the seasons or the weather, the oldest among us talk as if they had had no experience at all. A few weeks ago our astute editors were telling how millions of logs were hung up and how many of the mills were likely to be idle in consequence. We have heard them talk in the same way, by fits and starts, for half a century, and yet almost invariably the logs have reached the mills in good season and calamity has been averted. This planet, and the sun and moon and stars travel in a groove, they are given to no erraticisms; the rainfall and the snowfall and the heat and cold of one year vary little from that of another, and the crops harvested from a given acreage are always about the same. It is of no use to worry; just as the logs come floating into the booms, strawberries and peaches come in their season, and so does birth with its little cry, and death with its forgetfulness.

The city is under everlasting obligation to Chief of Police Clark, for last Monday, by his alertness, he saved its irreproachable morals from contamination. The circus was here, and some of the middle aged sirens, by which it was accompanied, lined up for a dance in tight at the evening performance. They had only taken a step or two when, "No more of that!" shouted the chief, and the dancers disappeared. Thus the calamity with which we were threatened was averted.

Two confidence men, said to be from the United States, were operating here last Saturday. On bogus cheques they got enough money to take them out of town and disappeared.

Frank Lemon, the circus manager, very reluctantly discharged a little debt of \$200 the other day which he contracted here three years ago and forgot to pay. To even things up the fakers, who accompanied him, took away about the same amount for which they gave no value.

The school trustees have contracted for a supply of coal at an average price of about \$4 a ton. The private consumer pays \$3 and \$3 to the same dealer for his fuel, while those who have to buy it by the bucketful pay him at the rate of \$18 or \$20; and the

people submit. The coal costs, delivered in St. John, \$2.50 to \$3 a ton of 2000 pounds.

The gospel of good tea is now being preached throughout the country as never before, and the unconverted exist only in remote and unlighted districts. Union Blend is the tea of the century.

The inward bound suburban train on the C. P. R., last Wednesday evening, encountered a cow on the trestle of the Cantiliver bridge, about 150 feet from the Fairville end. As a butter maker she will be a complete failure hereafter. Had the train been going at full speed the result would have been a terrible tragedy.

Posters are up asking citizens to boycott those merchants who keep their stores open Saturday afternoons. Let the barrooms and beer shops close and the posters will soon come down.

"Organization is labor's legitimate weapon," says a morning paper. If this is true, it is the legitimate weapon of capital, and, if it would, organized capital could drive organized labor into a condition of serfdom in a month. Every tub stands on its own bottom unless the condition of things is distorted; every man who knows how to work and is willing to work always gets full value for his labor.

Get the best. When four crown Scotch whiskey is fifteen years old, it is of age. Then, and not before, it is shipped from the manufacturer's warehouses in Glasgow to E. Q. Scovill of this city, who is his agent for New Brunswick.

A proposition was made in the Circuit Court, the other day, that the jurymen strike for higher pay and shorter hours.

The boarding house of John Miller on Britain street, was raided by the police last Wednesday night when its inmates were arrested on the ground that their virtue was not above suspicion.

EDWARD EDWARDS.
St. John, June 20.

AFTER OTHER HELP FAILED.

Dr. Williams' Pink Pills Restore a Young Lady to Full Health and Strength.

Doctors and nurses recommend Dr. Williams' Pink Pills because they have seen their wonderful power to make new, rich, red blood, and to cure all diseases due to poor blood or weak nerves. Dr. Williams' Pink Pills are not a common medicine. They do not purge and weaken. They contain no poisonous drugs. They are safe, sure, simple, stimulating and scientific. That is why these pills should be taken by all who are weak, bloodless, nervous and sickly. Here is a bit of very positive proof of the wonderful power to conquer disease which Dr. Williams' Pink Pills possess; Miss Esther E. Lewis, Lynn, N. S., says: "At the age of sixteen my health failed me completely. At that time I was attacked by la grippe, which was followed by measles, from the after effects of which I was left in a deplorable condition. I became very pale, suffered from headaches, dizziness and want of appetite. I tried several medicines, but they did me no good; on the contrary, I was growing weaker and finally became so bad that I would take spells of unconsciousness lasting from fifteen minutes to an hour at a time, and I had become so weak that I could hardly move about. At this stage I was advised to try Dr. Williams' Pink Pills, and I have good reason to bless the day I began their use. I had only taken them a few weeks when I began to recover and under their continued use for some time longer I fully regained my former good health. I will be glad if my experience will be of benefit to some other poor sufferer."

When buying the pills see that the full name "Dr. Williams' Pink Pills for Pale People" is printed on the wrapper around each box. Sold by all dealers or sent by mail at 50c a box or six boxes for \$2.50 by writing the Dr. Williams' Medicine Co., Brockville, Ont.

Walking the Best Exercise.

Walking is the simplest, the most natural, and the most wholesome of all exercises. No athlete ever trains for a contest, no matter what its nature may be without walking a considerable distance in the open air each day. Many keep in vigorous health by this alone, and no matter what other exercises you take you must walk. But, first of all, learn how to walk. A great many people walk in an aimless, shuffling manner, and secure but little benefit from the exercise. In walking for exercise the effect is better if the mind is directed toward some pleasurable end. Walk with consciously directed movement until you have brought every muscle under perfect control of your will. Moping along in an aimless, lackadaisical manner does little good physically and harms one mentally.

The necessity of maintaining a proper, erect position of the body must be borne in mind. Bear the weight on the balls of the feet, keep the shoulders back and down, the chest high, but do not hold the abdomen inward, as is taught by many athletic instructors. Let it be relaxed, for this part of the body should move in and out with each breath. There should be perfect freedom to breathe normally.

Get the Most Out of Your Food

You don't and can't if your stomach is weak. A weak stomach does not digest all that is ordinarily taken into it. It gets tired easily, and what it fails to digest is wasted.

Among the signs of a weak stomach are uneasiness after eating, fits of nervous headache, and a disagreeable belching.

"I have been troubled with dyspepsia for years, and tried every remedy I heard of, but never got anything that gave me relief until I took Hood's Sarsaparilla. I cannot praise this medicine too highly for the good it has done me. I always take it in the spring and fall and would not be without it." W. A. NORTON, Belleville, Ont.

Hood's Sarsaparilla
Strengthens and tones the stomach and the whole digestive system.

Great Man Gone.

CARDINAL VAUGHAN OF ENGLAND
PASSES AWAY FROM THE ACTIVITIES OF LIFE.

London, June 20.—Cardinal Vaughan, who has been sinking for some weeks from heart disease and dropsy, died peacefully to-day. His death was not expected so soon. Yesterday Cardinal Vaughan was wheeled in a bath chair about the corridors of St. Joseph's College, which he founded. On the previous day he appeared in the College chapel in full Cardinal robes, and made a farewell address to his bishops and priests. His remains will lie in state in the cathedral in Westminster, another monument to Cardinal Vaughan's work, and will be buried at St. Joseph's College.

PROFESSIONAL SWINDLER.

CHICAGO POLICE HAVE HIM IN CUSTODY.

Chicago, June 19.—"Prof." A. A. Arthur, a septuagenarian, who was sought by the police of a dozen cities for nearly a score of years, has been caught at Monmouth, Ill., by Chicago detectives. Arthur has operated under many different names, and when he was arrested papers were found in his possession indicating that he was travelling as the vice-president of a bank, a professor in an Eastern college, a tourist, a lecturer and a minister. In his satchel was found a full banking outfit, including 500 imitation drafts on the National Park Bank of New York. The police have been working on the case ever since these bogus drafts began to appear, over a year ago. As the Rev. D. A. Posthumus, it is said that the prisoner professed to be a Methodist preacher. Arthur's latest alleged swindle, by which he is believed to have obtained \$200,000, is thus described by the police:—

"He would deliver a lecture, and when about to leave would produce a New York draft, sometimes \$25 and sometimes \$100 or more. The paper appeared regular in every way, and there seldom was difficulty in cashing it."

HONESTY TOWARD CHILDREN.

All the best and kindest mother can do for her children is to rear them up in the love of God and man, and leave them to their own choice, whether their life shall be an industrious, helpful one, or an idle, worthless one.

Example is more than precept, and actions more than words. It is a dangerous thing to deceive a child in even a trifling matter. It is the seed of distrust, which may grow to such dimensions as to poison the whole nature. If a boy or girl is called on to bear the pain of a slight surgical or dental operation, which does not require an anesthetic, it is always better to tell the truth firmly and quietly. It is wonderful how much courage it gives the child if he has learned to trust you implicitly. If you say "this will hurt you at first, but it will be over in an instant," he feels instinctively that you are telling the truth. The indignation and shock to a child from the deception often practised at such times may have a permanent effect upon the character. It is no uncommon thing for a mother to lose the confidence of her children in some such way, and once lost, such confidence is not easily regained. A mother, who retains the confidence of her children, can guide and help them, though she cannot command, in their choice of life, without making them miserable slaves.

One of the surest ways to make children good and useful men and women is to give them a profession or trade. It is becoming more and more the rule, and not the exception for a girl to study for a life's work. If she is ever a wife and mother she will be all the better fitted for her mission if she has learned to do some especial work well. However wealthy parents are, they do a positive wrong when they fail to educate their sons and daughters so they can become self-respecting.

Subscribe for the SENTINEL.

MINISTERS AND GOLF.

The popularity of golf among ministers is well known. In many parts of Scotland there are no keener players than members of the cloth. Some of them, too, can play as well as many laymen, if one has not yet heard of an Edinburgh minister earning the distinction on the links that a year or two ago fell to a popular young minister on the bowling green in becoming champion of Edinburgh and Leith. In the May issue of the *Sunday Magazine* there are a variety of items concerning "golfing parsons." Their number, we are told, is ever increasing. "Some of our best known divines are devotees of this ancient outdoor sport, and not a few of them have become distinguished players." The Bishop of London is among the divines mentioned as finding in golf exactly the recreation and exercise they need. "His lordship has little spare time, but a portion of his holidays he usually spends on the links, and last autumn when in Scotland he played with the Premier at North Berwick."

The Rev. Alfred Rowland, who first became a golfer at the suggestion of his medical adviser, has, it is told, attained a proficiency on the links which many a layman who considers himself a good player might envy. Another adept at the game is the Rev. J. H. Shakespeare, M. A., secretary of the Baptist Union, who when playing "usually wears the orthodox red jacket of the golfer. Dr. Monro Gibson, it is told, also is an enthusiastic golfer, although he does not claim to be a skilful player. Dr. Gibson tells how he came to play golf, and adds:—"Though I gain no 'honours,' I do get fresh air, which means to the man of sedentary life inspiration, first in its plain literal meaning, and then in its higher spiritual sense."

An Ideal Woman's Medicine.



So says Mrs. Josie Irwin, of 325 So. College St., Nashville, Tenn., of Lydia E. Pinkham's Vegetable Compound.

Never in the history of medicine has the demand for one particular remedy for female diseases equalled that attained by Lydia E. Pinkham's Vegetable Compound, and never during the lifetime of this wonderful medicine has the demand for it been so great as it is to-day.

From the Atlantic to the Pacific, and throughout the length and breadth of this great continent come the glad tidings of woman's sufferings relieved by it, and thousands upon thousands of letters are pouring in from grateful women saying that it will and positively does cure the worst forms of female complaints.

Mrs. Pinkham invites all women who are puzzled about their health to write her at Lynn, Mass., for advice. Such correspondence is seen by women only, and no charge is made.

Where Iron is Sacred.

Among the Baralongs, a great African people, iron is a sacred object. They are expert workers in metal, which they still smelt from its native ore by the most primitive methods ever devised by man. This art was to them in former days a source of wealth, influence and power, and the legend is that when people did not know the value of the stones found in their books a "wise man" saw a vision. The spirit of his chief stood beside him and said, "Gather stones and burn them to make spears." The sage thought it was a dream and that the chief was hungry, so he sacrificed an ox. But the vision returned, and the chief looked sorrowful. He stood a long time, and at last said:

"My son, why do you not obey your father? Go to the river, gather stones and make a hot fire. After that you will see iron with your eyes."

The sage was greatly frightened and feared some calamity, but dared not refuse. When he had made a hot fire, iron came out of it, and then he knew the chief had taken pity on his children. He told his son the secret before he died, but he was a vain coxcomb, and wishing to show his own wisdom, made iron in the presence of strangers, and so the secret of the art was lost to his tribe, but they have always continued to regard iron as sacred above all other metals.

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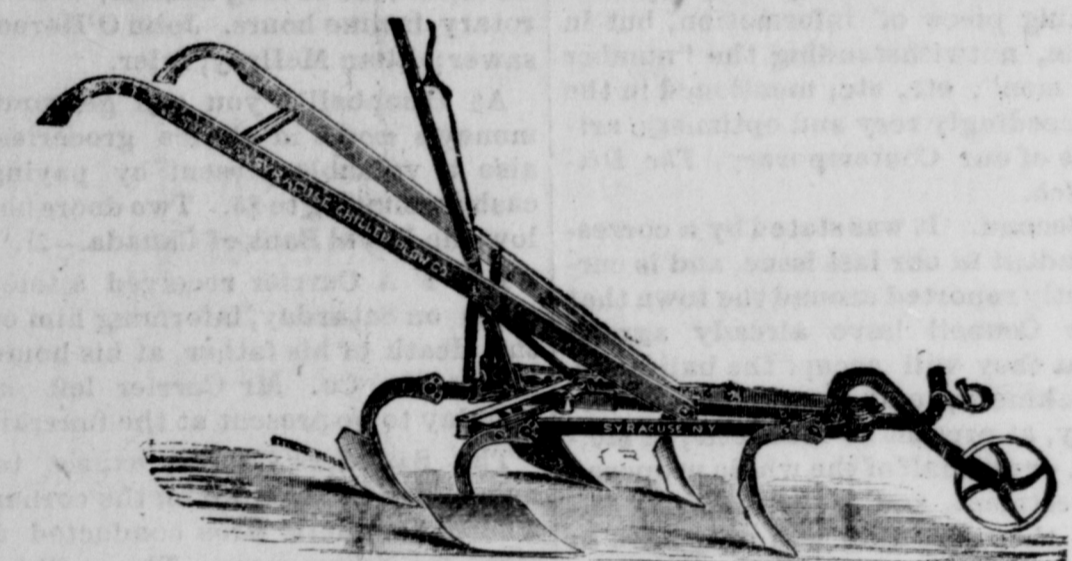
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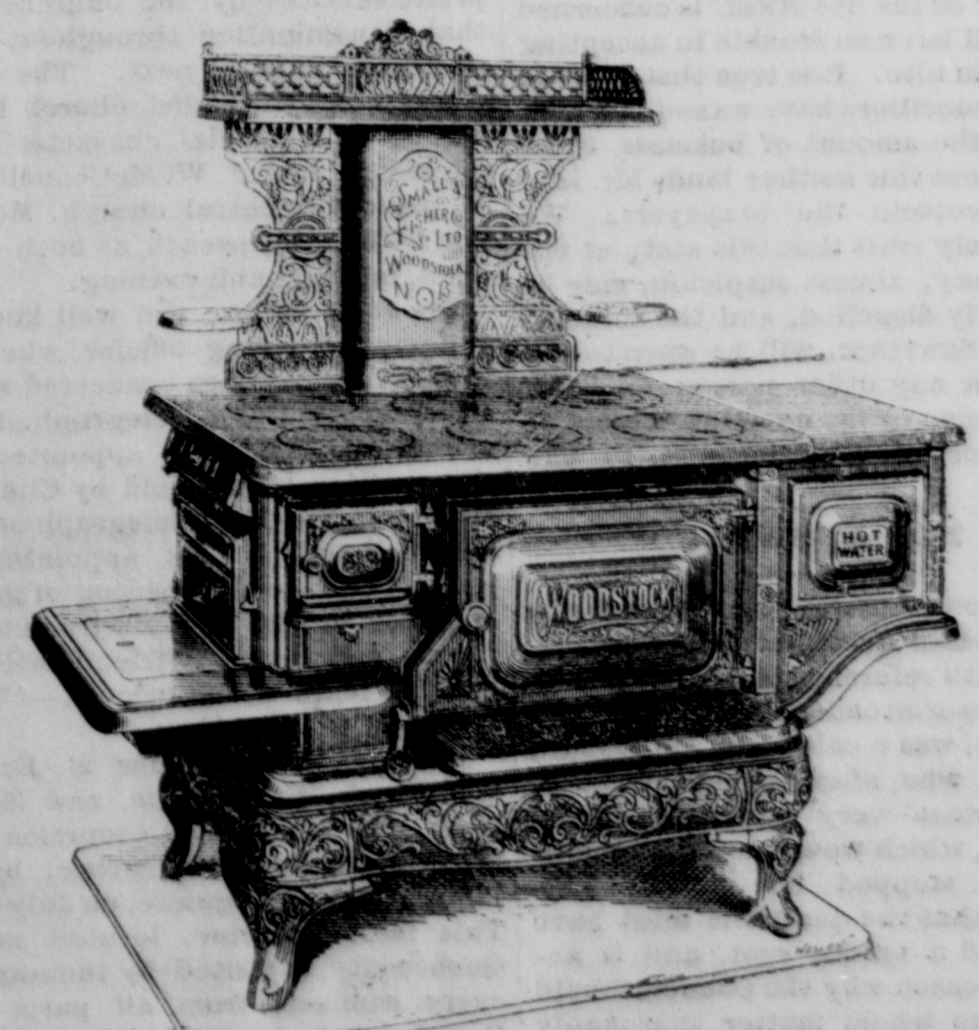
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This is an internal and external Family Remedy, carefully calculated for general use, and should be kept in every household and in every country's pharmacy. Do not overlook the fact that immediate attention to any ailment will save serious trouble, worry and expense. When a medical man is not at hand STANTON'S will do the work.

See it and give you instant relief.

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