Easy to Take
Easy to Operate

Are features peculiar to Hood's Pills. Small in size, tasteless, efficient, thorough. As one man said: "You never know you have taken a pill till it is all over." 25c. C. I. Hood & Co., Proprietors, Lowell, Mass.

Hood's Pills

The only pills to take with Hood's Sarsaparilla.

GATES'
CERTAIN CHECK
CURES
DIARRHOEA
DYSENTERY
CHOLERA
CHOLERA MORBUS
CRAMPS and PAINS
and all SUMMER COMPLAINTS.
Children or Adults.

Sold Everywhere at
25 CENTS A BOTTLE.
C. GATES, SON & CO.
MIDDLETON, N. S.

Whiston & Frazee's
COMMERCIAL COLLEGE,
HALIFAX and TRURO, N. S.

Our Course of Instruction is thorough and up to date, and graduates readily find employment. Send for circulars to
S. E. WHISTON, Halifax,
or J. C. P. FRAZEE, Truro.

ONLY A COUGH

But it may be a sign of some serious malady fastening itself upon the vital parts.

Puttner's Emulsion

will dislodge it and restore the irritated and inflamed tissue to healthy action.

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

BAD BLOOD.

You can't be healthy if your blood is impure or watery,—if poison is circulating through your arteries instead of rich, pure, life-giving blood.

If you feel drowsy, languid,—are constipated, have pimples or blotches breaking out on your body the remedy for you is Burdock Blood Bitters.

"I have been using B.B.B., also my brother and sister-in-law, and we find it a most reliable and efficacious blood purifier, and most cordially recommend it. We purchased it from J. R. Ault & Sons of this town." MISS C. M. WATSON, Aultsville, Ont.

B.B.B. is a highly concentrated blood purifying vegetable remedy,—only 1 teaspoonful at a dose,—you add the water yourself.

B B B
FOR THE BLOOD

The Home

November.

The negative character of the last month of autumn has been fully given in Thomas Hood's famous poem beginning:

"No sun—no moon—
No morn—no noon."

There is very little to be done out of doors in this month except to prepare things in general for the coming of the snow. The last fruits of earth are gathered, only the barberries remain hanging in crimson clusters on their bush. They must be softened by repeated frosts before they are fit for preserving. The beginning of November is the season generally recognized as Indian summer. During these mild sunny days the best housekeepers finish their fall housecleaning, wiping away all traces of the last flies, which have now been killed by frost, and putting the house generally to rights for winter.

November seems to have been recognized since the earliest Anglo-Saxon times as the "slaughter month," or "bloody month," of the year. Yet this work was generally over during the first ten days of the month, and on St. Martin's Day, the 11th of November, in old England and Scotland every one was ready to celebrate the laying up of a vast store of beef and pork for the coming winter. Our season of laying stores differs little from that of the older country.

Every good housewife desires that her winter stores for the holidays and for the rest of the season of cold and dearth shall be gathered and housed long before Thanksgiving. Where the excellent old-fashioned way prevails of keeping on a good stock of provisions in advance of the time they are needed, there is no better time to replenish the larder or the storeroom than the first week of November. The supplies of fresh grains and of flour ground from the new grains are now ready. The stock of dried fruits from home packers and from foreign shore, the new spices and the seasoning herbs of this year's growth are all in market. All the best dealers in these stores get rid of their old stock at this season. Quantities of old figs, old dates, old spices and various articles that lose their value with age are now vended freely in city streets by itinerant dealers, who have bought them at a very low price from wholesale houses, who are putting in new stock. The housekeeper who replenishes her stores at this season therefore is not always certain of obtaining the new stock of the year. She may, if she is not careful, buy the old stock which is now being discarded by trustworthy dealers.

An intelligent purchaser who has familiarized herself with the difference in appearance between old and new dried fruit, however, can easily select it. New dried fruits are lighter in color, fresher in appearance, and not so hard as old fruit. New spices are stronger, new nutmegs are notably more oily. The best way to purchase spice is to buy a year's supply at this season from the new year's stock. It does not require much of each kind of spice ground and whole to constitute a year's supply. If these spices are purchased now and stored in close tin boxes in the storeroom at home they will keep better than those in the grocery where the stock is repeatedly open. It makes a great deal of difference in the attractiveness of a table whether there is a good supply of spices, seasoning herbs and inexpensive condiments.

* * *

The Best Canned Goods.

Canned goods that are put away in good condition at this time of the year do not spoil unless they are stored in too warm a place. Where canned goods are found spoiled in winter the trouble probably started early in the season, while the weather was yet warm. It is a good plan therefore to examine all the preserves and fruit carefully at this season. See that they are shut away from light as well as air. The closet in which they are stored should be dark. If it is not, wrap each jar of fruit in paper and mark its contents on the outside. It is true that fruit often keeps well without this precaution, but there is always some risk in exposing canned fruit to the light, and the best manufacturers prefer to take no risk, and shut out the light, exposing a can or two for show. A can of fruit that has fermented and yet has no mouldy taste may be added to the mincemeat by chopping up the fruit and using the syrup as it is. The mincemeat should be thoroughly scalded when made and this will prevent all further fermentation. It is the practice of persons living at a distance from the markets to purchase a dozen or more cans at a time of different goods for winter. It is a little cheaper to buy canned goods in this way, but the greatest care is necessary when purchasing goods by the quantity to examine each can. Reject all cans having two marks of solder. This shows that a second vent has been made in the can to let out gases that have accumulated from the goods fermenting, and that they have been heated over. Reject all cans that are bulged out at the cap. Try each can by pressing on the bottom as you do on the oiler of a sew-machine; if there is a rattling there it shows fermentation has begun. Never keep any goods in tin cans after opening them. Turn the contents out at once, and use them as soon as possible. If it is fruit that has been opened add a little fresh sugar if you wish to keep it and sealed up and set it away in a covered glass can. It will not keep long even in this way. Do not attempt to keep it over a week.

* * *

Witch Hazel.

Witch hazel is not used in the regular practice of medicine, but the value of the bark of this shrub used in the form of a decoction is generally known. The bark and twigs are gathered when the flowers are in blossom. This shrub is one of the commonest in the woods. It is easily recognized by its feathery yellow blossoms, which appear as late in the fall as October, and remain on the bush after all the leaves have fallen, and the frosts of November appear. A decoction of witch hazel is easily made by putting the bark and twigs of the witch hazel shrub gathered at this season in a pot of boiling water. Cover it closely and let the water simmer slowly for an hour or longer. Let the liquid cool slowly, still covered. When it is cold strain it and bottle it. Dip a cloth in this liquid to wrap over a bruise, burn or any spot where there is inflammation. It is a soothing, harmless home remedy, and one easily prepared at home.

* * *

German university students have increased in number from about 10,000 twenty-five years ago, to 32,241 last year. The increase is out of proportion to the population.

* * *

Every Thursday the Year Round.

In more than half a million homes The Youth's Companion comes every week, the welcome guest of young and old—read with equal interest by every member of the household. The best of fiction, poetry, sketches of travel, instructive articles, comment on current events and selected miscellany and anecdotes fill its columns from week to week and from year to year. The publishers promise that the volume for 1899 will surpass all former ones in variety, interest and value. Among the two hundred distinguished contributors already engaged are Hon. John D. Long, Secretary of the navy, Edward Everett Hale, Henry M. Stanley, Sarah Orne Jewett, W. D. Howells, Poultney Bigelow, Herbert E. Hamblen, Hon. Carl Schurz, Rt. Hon. James Bryce, John Burroughs, Robert Barr, Thomas Nelson Page, Bret Harte, William Black, Alfred Austin, Andrew Lang and Dr. William A. Hammond. All subscribers to the 1899 volume will receive The Companion's new Calendar, exquisitely colored, with a border of stamped gold. The paper will be given free also from the time subscription is received until January 1, 1899, then a full year to January 1, 1900. A handsome illustrated announcement and sample copies will be sent free to any one addressing.

THE YOUTH'S COMPANION,
211 Columbus Ave., Boston, Mass.

How a person can gain a pound a day by taking an ounce of Scott's Emulsion is hard to explain, but it certainly happens.

It seems to start the digestive machinery working properly. You obtain a greater benefit from your food.

The oil being predigested, and combined with the hypophosphites, makes a food tonic of wonderful flesh-forming power.

All physicians know this to be a fact.

All druggists; 50c. and $1.00.
SCOTT & BOWNE. Chemists, Toronto

ENGAGEMENT
BIRTHDAY
WEDDING
RINGS
JEWELS, JEWELLERY.
GIFTS FOR BRIDES
Pudding Dishes, Fruit Dishes, Pitchers, Trays, Cake, Baskets, Bon Bon Dishes, Butter Coolers, Castors, Clocks, etc., etc.
WATCHES
Gold, Gold-filled and Silver.
SPOONS, FORKS, KNIVES.
Write for particulars if you want anything in the Jewellery line.
M. S. BROWN & CO.
Wholesale and Retail Jewellers,
HALIFAX,
N. S.

HEALTHY, HAPPY WOMEN.

Pain and Weakness Banished through the use of Milburn's Heart and Nerve Pills.

It's sad to think that so many women suffer from pain, Weak Spells, Heart Palpitation, Sinking Sensations,



Nervousness, Sleeplessness—who could be restored to the full enjoyment of perfect health by a few boxes of Milburn's Heart and Nerve Pills.

There can be no question about the efficacy of this remedy. Thousands of women, have found it do all that is claimed for it. Here is the testimony of Mrs. Gillen, Wesley Street, Moncton, N.B.

"Before taking Milburn's Heart and Nerve Pills I used to suffer untold agony from violent headaches, irregular action of the heart, together with pains or spasms in various parts of my body.

"Sometimes I felt so weak that I was unable to look after my domestic duties. However, I had to endure this worry and trouble, because all the remedies I tried failed to give me relief, until happily I heard of Milburn's Heart and Nerve Pills. I had only been taking them a short time when I felt greatly benefited. This encouraged me to continue their use until a complete cure was effected.

"I have not been troubled with a headache since taking these pills. They increased my appetite, invigorated my entire system, and gave me back my old time strength and vigor."

Take a Laxa-Liver Pill before retiring. Twill work while you sleep without a grip or gripe, and make you feel better in the morning. Price 25c. Sold by all druggists.

He who bravely treads the path of duty will find it strewn with the flowers of joy.