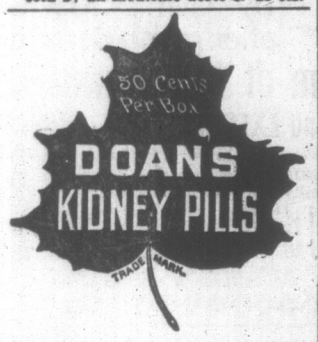
Tonight

If your liver is out of order, causing Biliousness, Sick Headache, Heartburn, 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.



In these days of imitations it is well for everyone to be careful what he buys. Especially is this necessary when a matter of health is involved.

There are so many imitations of Doan's Kidney Pills on the market—some of them absolutely worthless—that we ask you to be particular to see that the full name and the trade mark of the Maple Leaf are on every box you buy. Without this you are not getting the original Kidney Pill, which has cured so many severe cases of kidney complaint in the United States, Australia and England, as well as here in Canada. The Doan Kidney Pill Co., Toronto.

INDIGESTION

CAN BE CURED.

An Open Letter from a Prominent Clergyman.

C. GATES, SON & CO.,
Middleton, N. S.

Dear Sirs,—Please pardon my delay in answering yours of weeks ago. Yes, I have no hesitation in recommending your

Invigorating Syrup.

During the fall and winter of '96 and '97 I was greatly distressed with indigestion. I tried several remedies, each of which gave me no relief. I was advised to try your Invigorating Syrup, which I readily did, and have felt grateful ever since to the one who gave such good advice. The very first dose helped me, and before half of the first bottle was used I was completely cured. Have not been troubled with the disease since. I have taken occasion to recommend your medicine publicly upon several occasions, and heartily do so now. You are at liberty to use this in any way you please.

Yours truly,
(REV.) F. M. YOUNG,
Pastor Baptist Church, Bridgetown. N. S.

Sold Everywhere at 50 Cents per Bottle.

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 BEST.

Pyny-Pectoral

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'rs. of Perry Davis' Pain-Killer

The Home

Child Work.

The child should have his or her mind quickened, as the race was stimulated, by the pleasure of producing results by his or her own labor, and these results should be judged by his or her own standards, and not by those of the adult. That is, instead of requiring fine stitches in sewing, the effect of color and form and ideal should be reached in coarser materials and with more rapid action. A large doll might be most effectively dressed in barbarian fashion in the time taken by the child in painfully toiling over the fine stitches of a sample patch. Neither savage nor barbarian woman felled her seams. The fundamental ideas of early civilization were invention and conquest. The fact that all values are created by human labor, that the hand-made article owes its higher price to the fact that human brain has guided human hand in its production, should be impressed upon the child's mind.—American Kitchen Magazine.

* * *

Sun Baths and Rest Hours.

At certain popular winter resorts there are long piazzas and galleries enclosed with glass, wherein people sit, bathed in the sunshine. Why do we so often neglect the sun baths which we may take at home? Any one who has a sunny room of her own, or whose living-room has windows which the sun floods daily, may enjoy the benefit of sunshine without other trouble than drawing her chair into the radiant arc.

In a friend's home, I saw, not long ago, the mother's rest-room. It had walls neutral tinted and without pictures, except for one soft, gray landscape, where sheep were pasturing on a moor, and in the foreground there was a softly flowing stream. The furniture consisted of a divan heaped with cushions, and a large easy-chair and footstool, while a small table held one or two books.

"Mother comes here for an hour every day, and sometimes for an afternoon, just to rest and be quiet," said the gentle daughter. "No work is ever done here, and she does not receive guests, or even the family, in her rest-room. She stays here by herself."

A physician told me last week, speaking of this very subject, that all women would be better, if they would religiously retire a while alone every day for the sole purpose of resting. His preference was the hour from twelve to one, but he said that any definite hour was better than none, and instanced the custom in sanitariums of securing for patients a rest-time daily. Perhaps some of our weary house-mothers would be stronger if they would manage a home rest hour and sun bath daily for themselves.—Aunt Marjorie, in Christian Intelligencer.

* * *

Absolute Safeguard Against Colds.

It is an utter impossibility to catch cold if the surfaces of the body are kept at an even temperature. The trouble may be from without or it may be from within—that is, by not being properly or sufficiently clad; by not having perfect circulation, or by not eating such food as is needed to furnish the required heat of the body. The chilliness you experience in the winter arises from one of two causes—first, lack of sufficient carbonaceous food; second poor circulation, possibly due to lack of exercise.—January Ladies' Home Journal.

* * *

How to Make Oyster Chowder.

Fry together two ounces of salt pork and one onion sliced. Parboil one pint of sliced potatoes five minutes and drain. Look over carefully one pint of oysters, pour over one-half cup of water and heat to the boiling point. Skim out the oysters and pour the liquor over the potatoes, add the pork and onions and cook the potatoes until tender, adding a little more water if necessary; add the oysters, one pint of milk and one-half cup of fine bread crumbs. Season with one teaspoon of salt and half teaspoon pepper and pour into the serving dish.

The largest mass meeting ever held in this city passed a long and intensely patriotic resolution last night amid the greatest patriotic enthusiasm, calling upon the Governor General in Council to tender to the British war department for service in South Africa a force of at least ten thousand mounted infantry and instructing the secretary of the meeting to communicate at once with the civic authorities and boards of trade in every city in Canada to secure their co-operation and assistance in forwarding the patriotic movement. Mayor Garden presided.

Permission has been given by the Ottawa authorities for the organization of a company of mounted infantry in connection with the Queen's Own Rifles in Toronto. A mounted company is attached to several of the British regiments of the line, but the Queen's Own is the first Canadian regiment to adopt the plan.

The will of the late Duke of Westminister was filed in London Friday. It shows gross estate valued at £594,229. This does not include the enormous entailed landed property. The widow will get the residuary estate after the various bequests.

The British Columbia government has decided no longer to struggle with the political situation on a majority of but one, and will drop all pending legislation and go to the country as soon as the redistribution bill is passed, if not defeated by choice upon this matter.

The competition of the National Rifle Association at Bisely ranges this year will extend from July 9th to July 21st.

* * *

Only a Woman's Story

BUT IT WILL BRING HOPE TO MANY SILENT SUFFERERS.

Nervous Prostration—Heart Weakness—Agonizing Pains and Misery Such as Woman Alone Endure Made the Life of Mrs. Thos. Sears a Burden.

Just a woman's story.

Not strange because it happens every day; not romantic or thrilling, but just a story of misery and suffering such as, unfortunately, too many woman endure in silence.

For several years Mrs. Thomas Sears, of St. Catharines, felt her illness gradually but surely gaining a firmer hold upon her system, and ultimately she almost despaired of recovery. To a reporter who called upon her, Mrs. Sears said:—

"What I have suffered is almost beyond description My illness has been gradually growing upon me, and eighteen months ago I found myself almost helpless. My nerves were shattered, my heart weak and my entire system seemingly broken down. I had no rest night or day; the little sleep I did get did not refresh me. I was in constant agony, and only a woman can understand what I endured as I tried to do my household work. Any sudden noise would frighten me and leave me in a condition boardering on collapse. At times I experienced attacks of vertigo, and these seemed for a time to affect m memory The least exertion would leave me almost breathless, and my heart would palpitate violently. I had no desire for food of any kind, and yet I had to force myself to eat to maintain life. I treated with three different doctors and spent much money in this way, but without avail, and I was in a condition boardering on despair. I was urged to try Dr. Williams' Pink Pills, and in December, 1898 I consented to do so. I first got four boxes and noticed a change for the better after I had finished the second box. When the four boxes were finished there was a great change for the better, and I then procured another half dozen boxes. Before these were all used I was again enjoying the blessing of good health. There can be no doubt of my cure because months have passed since I discontinued taking Dr. Williams' Pink Pills, and during that time I have never felt the slightest symptom of the trouble, and I cheerfully and strongly urge other women who are suffering to use this wonderful medicine, feeling sure that it will cure them as it did me"

Dr. Williams' Pink Pills are a specific for all forms of weakness. The blood is vitalized, the nervous system is re-organized, irregularities are corrected, strength returns and disease disappears. So remarkable have been the cures performed by these little pills that their fame has spread to the far ends of civilization Wherever you go you will find the most important article in every drug store to be Dr. Williams' Pink Pills.

Burdock Blood Bitters, The Best Spring Medicine.

Removes all poisons and impurities from the system.

Gives strength and vitality in place of weakness and languor.

The most wonderful blood purifier, restorative and strengthener known to science.

Mr. Geo. Heriot, Baillieboro, Ont., says: "Two years ago I was very poorly in the spring, had no appetite, felt weak and nervous, not able to work much and was tired all the time.

"I saw Burdock Blood Bitters highly recommended, so got a bottle.

"I started taking it, and inside of two months I was as well as ever I was in my life.

"I cheerfully recommend B. B. B. as a splendid blood purifier and spring medicine."

CURE ALL YOUR PAINS WITH
Pain-Killer.

A Medicine Chest in Itself.
Simple, Safe and Quick Cure for
CRAMPS, DIARRHOEA, COUGHS, COLDS, RHEUMATISM, NEURALGIA.
25 and 50 cent Bottles.
BEWARE OF IMITATIONS.
BUY ONLY THE GENUINE.
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Royal Navy Chocolate and Hygienic Cocoa
are always the favorites in the homes
The COWAN CO., TORONTO

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A complete miniature Printing Office Consisting of 2 Alphabets of Rubber Type, Type Holder, Steel Pressers, bottle Indelible Ink, Ink Pad, and full directions, all packed in a neat case. Useful in every home for marking linen; also for printing cards, envelopes, etc. Every person should possess an outfit. Mailed, post-paid, for only 15 cents An elegant premium sent with order for three outfits. Satisfaction guaranteed, or money refunded. Address REX SUPPLY Co., Toronto, Can. (Please mention this paper.)



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