

HOOD'S PILLS

Remove the torpid liver, and cure biliousness, sick headache, jaundice, nausea, indigestion, etc. They are invaluable to prevent a cold or break up a fever. Mild, gentle, certain, they are worthy your confidence. Purely vegetable, they can be taken by children or delicate women. Price, 25c. at all medicine dealers or by mail of C. I. Hood & Co., Lowell, Mass.

FOR
Impure Blood,
Thick Water,
Swellings,
Fever, Cough,
Lost Appetite, Etc.

USE THE RELIABLE
GRANGER
Condition Powder

THE GRANGER COMPANY, Limited, Proprietors.

When Travelling

Always take with you a bottle of Dr. Fowler's Extract of Wild Strawberry.



The change of food and water to which those who travel are subject, often produces an attack of diarrhoea, which is as unpleasant and discomforting as it may be dangerous.

A bottle of Dr. Fowler's Extract of Wild Strawberry in your grip is a guarantee of safety.

On the first indication of Cramps, Colic, Diarrhoea or Dysentery, a few doses will promptly check the further advance of these diseases.

As Dr. Fowler's Extract of Wild Strawberry is being widely and shamelessly imitated, your safety lies in seeing that the full name is on every bottle you buy.

INDIGESTION

CAN BE CURED.

An Open Letter from a Prominent Clergyman.

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

Dear Sir:—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 me 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.

CANADIAN PACIFIC RY.

SHORT LINE TO QUEBEC

via MAGANTIC
Lv. St. John 5.15 p. m., daily, except Sunday.
Ar. Quebec 9.50 a. m., daily, except Monday.
IMPERIAL LIMITED—Ocean to ocean in 116 hours.

KNIGHTS OF PYTHIAS MEETING.—
Detroit, Mich., August 27 to 31. One fare for round trip.

SUMMER TOURS 1900.—Send for booklet. Shall be glad to quote rates for special tours on application to

A. J. HEATH, D. P. A., C. P. R.,
St. John, N. B., or
W. H. C. MACKAY, C. P. A., C. P. R.,
St. John, N. B.

Summer Sandwiches

Sandwiches are now served as a fashionable dish at teas and luncheons. From a simple layer of meat and bread, such as Lord Sandwich devised, it is said, to save time at the gaming table, the sandwich has become a dish of myriad form. Almost every variety of meat or vegetable, dressed with every variety of salad dressing, or without dressing of any kind is used for sandwiches. Nuts have been recently used in this way. A cheap nut sandwich is made of the despised peanut, which is minced fine and spread between the most delicately thin slices of home made bread, freed of its crust and delicately buttered. English walnuts and pecan nuts may be used in the same way. The pecan nut sandwich is especially nice. These sandwiches should not be reserved for festive occasions, but should be used on the everyday table. They are especially nice served for the summer supper. Peanuts are known to be quite nutritious, and is therefore much better to have them take the place of meat than the cold slices of vegetables dressed in mayonnaise and served in the same way.

A lettuce salad dressed in mayonnaise is one of the best of these supper sandwiches. Select very crisp, bleached leaves of lettuce. Dip them in a well made, well flavored mayonnaise dressing. Lay these leaves between thin slices of home made bread, cut delicately thin.

Home made bread made with "perpetual" yeast is an especially delicious moist bread, which is admirably adapted to sandwiches which require a firm but tender, moist bread. The potato water used in "perpetual" yeast seems to give the same moist texture that old fashioned potato bread raised with a sponge had. It is the cheapest as well as the best bread. For sandwiches use it when it is about a day old.

Minces of chicken dressed with mayonnaise also make an excellent summer sandwich. So do sandwiches which may be heated a little and served as anchovy toast. Any cold, delicate meat sliced in very thin slices and seasoned with salt, pepper and a little piquant cold dressing of any kind may be used in this way. There is room for considerable agreeable surprise in the changes and various seasoning which may be devised in this dish.

We Should Stick to Simple Food.

"There was in the old days far less wear and tear upon the nerves and under such conditions, digestion was more completely performed," writes Mrs. S. T. Rorer of "Why I am opposed to pies," in the "Ladies' Home Journal." "The mothers of to-day must look more carefully to the building of their bodies and brains than their mothers and grandmothers did. Indeed, at the pace at which we Americans are going we use our brains at full speed nearly all the time. What man can build brain and brawn on pies, layer cakes or preserves, or any other mass of material which from its very complexity requires labor and time for digestion, drawing the blood from the brain to the stomach during his working hours? Observe those who eat their complex foods carelessly and hastily, and you will see at a glance the conditions that necessitate a complete rest every now and then, or an early nervous breakdown. In my close observation in the last twenty years I find very few people in our common struggle for existence who can for any length of time eat carelessly of complex foods. At forty or fifty a man may perhaps have accumulated wealth, but not health; and of what earthly use is the first without the second? Many persons in the generation gone before have eaten pies at least once a day, but they have not had meat three times a day; nor have they rushed at our pace. They gave more time to the digestion of the pie. People who recommend these rich foods rarely know anything of their complex conditions, and still less of the complexity of digestion."

The Home

How to Preserve Eggs.

In Germany twenty methods of preserving eggs have been tested; the three which proved most effective were coating the eggs with vaseline, preserving them in lime water, and preserving them in water glass. The conclusion was reached that the last is preferable, because varnishing the eggs with vaseline takes considerable time, and treating them with lime water is liable to give them a disagreeable odor. There is one drawback to the water glass method of preservation,—the shell easily bursts in boiling water. This may be avoided by piercing the shell with a strong needle.

The North Dakota experiment station has been making tests with the water glass method of preservation, and has found that a ten per cent. solution of water glass preserves eggs so effectually that "at the end of three and a half months, eggs that were packed the first of August appeared perfectly fresh. In most packed eggs, after a little time, the yolk settles to one side, and the egg is then inferior in quality. In these eggs preserved in water glass the yolk retains its normal position, and in taste they were not to be distinguished from fresh, unpacked store eggs." Water glass is a very cheap product, that usually can be produced at about fifty cents a gallon, and one gallon will make enough solution to preserve fifty dozen eggs; so the cost of the material will not interfere with its use. Water glass is sodium and potassium silicate, sodium silicate being usually the cheaper.

* * *

The Best of Advice.

TO THOSE WHO FEEL SICK, WEAK OR DEPRESSED.

Miss Belle Cohoon, of White Rock Mills, N. S., Tells How She Regained Health and Advises Others to Follow Her Example.

From the Acadian, Wolfville, N. S.

At the White Rock Mills, within sound of the noisy swish of the Gaspareau river, is a pretty little cottage.

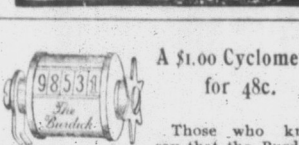
In this cottage there dwells with her parents Miss Belle Cohoon, a very bright and attractive young lady, who takes a lively interest in all the church and society work of the little village. A short time ago an Acadian representative called upon Miss Cohoon for the purpose of ascertaining her opinion of Dr. Williams' Pink Pills—which remedy he had been informed she had been using. He was very cordially received and found Miss Cohoon and her mother most enthusiastic and ardent friends of this great Canadian remedy which is now so universally used throughout the world. We give below in essentially her own words Miss Cohoon's story:

"Three years ago this spring my health was very much run down. I had not been feeling well for some time and when spring opened up and the weather became warmer my condition became worse. The least exertion exhausted me and was followed by an awful feeling of weakness and a rapid palpitation of the heart. I seemed to loose my ambition, and a feeling of languor and sluggishness took its place. My appetite failed me and my sleep at night was disturbed and restless. In fact I was in a very sorry condition. I suffered in this way for some time. Then I began the use of Dr. Williams' Pink Pills and they soon began to work a change for the better. My strength and spirits improved wonderfully, and the old feeling of tiredness began to leave me. My appetite returned and my weight increased steadily. By the time I had used less than half a dozen boxes I felt stronger than I had been for years. Since that time whenever I feel the need of a medicine a prompt use of Dr. Williams' Pink Pills have always brought me speedy relief, and in future when ailing I shall never use anything but these pills, and strongly advise others to follow my example."

Dr. Williams' Pink Pills create new blood, build up the nerves, and thus drive disease from the system. In hundreds of cases they have been cured after all other remedies have failed, thus establishing the claim that they are a marvel among the triumphs of modern medical science. The genuine Pink Pills are sold only in boxes, bearing the full trade mark "Dr. Williams' Pink Pills for Pale People." Protect yourself from imposition by refusing any pill that does not bear the registered trade mark around the box.

The Egg Harvest

is now. Hens will keep in best condition, assimilate most egg-making food, and lay most eggs while eggs are high if you feed them



SHERIDAN'S Condition Powder
One pack 25c.; large 2-lb. can \$1.25; six 85c. prepaid.
Full particulars of use to Feed for Eggs, and sample best quality paper, free.
I. S. JOHNSON & CO.
Boston, Mass.

A \$1.00 Cyclometer for 48c.

Those who know say that the Burdick is the Best. It is waterproof and dust-proof, weighs 1 oz. and is handsomely Nickel plated. Can't be beat for accuracy, simplicity, durability and workmanship. Sample sent to any address for 48 cents. Agents wanted. Address—

EASTERN SUPPLY CO., Dept. M.
Box 99, Halifax, N. S.

MILBURN'S HEART AND NERVE PILLS
FOR WEAK PEOPLE

These pills are a specific for all diseases arising from disordered nerves, weak heart or watery blood. They cure palpitation, dizziness, smothering, faint and weak spells, shortness of breath, swelling of feet and ankles, nervousness, sleeplessness, anemia, hysteria, St. Vitus' dance, partial paralysis, brain fog, female complaints, general debility, and lack of vitality. Price 50c. a box.

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Send to me for your SUNDAY SCHOOL QUARTERLIES and SUPPLIES at Publishers' Prices.

Peloubets Notes on the S. S. Lessons for 1900, \$1.00.

Arnold's Notes on the S. S. Lessons, 60c.

Revised Normal Lessons, 30c.

Class Books, Supt. Records, Envelopes.

T. H. HALL,

Cor. King and Germain Sts.

St. John, N. B.

Dr. J. Woodbury's

Horse Liniment,

FOR MAN OR BEAST

HAS NO EQUAL

As an internal and external remedy.

We, the undersigned, have used the above named LINIMENT for COUGHS, LAMENESS, etc., in the human subject as well as for the Horse, with the very best results, and highly recommend it as the best medicine for horses on the market, and equally as good for man when taken in proper quantities: W. A. Randall, M. D., Yarmouth.
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