

Stitch-in-Time Basket.

Mary Lowe Dickinson has good counsel to offer her sisters who have the care of a household upon their shoulders, says the Chicago Chronicle. When the clothing comes from the laundry, she says, confide such of it as needs the "stitch in time" to the work basket. And by the work basket I do not mean the little basket that holds the spool and thread and the light sewing material, but a basket large enough to hold whatever needs to be repaired or whatever piece of unfinished work may be on hand. Never let an unneeded article get back into the drawer of clothing that is ready for service. And when the repairs have been made place the fresh article at the bottom of its own pile, using for your next occasion the articles on the top of the pile. In this way none of the clothing will be allowed to remain in the drawer until it turns yellow from lack of use, and the wear will be about equal on all suits. One of our objects is to dress well and at the same time to avoid great accumulations of garments—too good to be thrown away and not good enough for comfortable use, yet endured for economy's sake.

Never fall into the mistake of supposing that it is of no importance that any garment be nice except those worn in sight. Fineness of texture, daintiness of trimmings, these can be dispensed with, but perfect cleanliness and perfect wholeness are indispensable. There is an intangible ethical influence, or, as a good country mother put it: "There is a sight of good manners comes jest with bein' dressed up. My children always behave better in their best clothes." She was right. The girl who "don't care what she puts on" doesn't care for some other things that she ought not to forget.

Home Life as a Profession.

Now, as a matter of historic fact, the corner-stone of the highest civilization has always been the home, and wifehood and motherhood the happiest estate of woman. To my mind, it is a cruel wrong to a young girl to launch her in life unadvised on these points, and imbued with the determination to independence of the other sex. Sooner or later she must find herself possessed of the strong feminine yearning to rest her burdens upon shoulders broader than her own; to surrender into larger hands her ability to battle successfully with fate; to let herself be cared for and cherished; to taste the exalted joy of having the beings she has given to the world look to her for their best happiness and inspiration. What if disappointment, if disillusionment, the sorrows of a common lot, fall to her share? She will have lived and loved! No reward of intellectual supremacy, no winning of money on her own account, no plaudits of lookers-on bestowed upon her achievements of brain and energy, could atone to her for the lack of that simple elemental experience, old as the world, appointed to Eve's daughters all alike! And no amount of previous witty scoffing at the monster man, the opposer of her sex, will save her from the risk of some day wanting to encounter it. —Mrs. Burton Harrison, in Harper's Bazar.

WATCH COFFEE

And Watch it Carefully.

Any brain worker that depends on thought for his success in life, uses up daily, by brain work, a varying amount of the delicate particles of phosphate of potash and albumen of which the brain and nerve centres are composed.

The fine, microscopic particles of phosphate of potash are found in quantities in the pores of the skin after the brain has been used actively. This must be replaced from food, or brain fog and nervous prostration sets in.

This breaking down of the little cells each day, from brain work alone, is a natural process, and the cells can readily be built from the right sort of food, if the system is not interfered with by drugs, but if an increased amount of cells are broken down by the use of coffee, trouble then begins.

Frequently it first shows in dyspepsia, lack of power of the bowels to operate properly, or palpitation of the heart or some other lack of vitality and healthy vigor. There is but one thing for a sensible man or woman to do,—quit coffee absolutely. "Hard to do," you say. Take up Postum Food Coffee, use it regularly, have it well made, so it tastes good. You will find a well-defined, unmistakable change in your health, and there is a reason for it.

You have become free from the breaking down force of coffee, and on the other hand, you are taking a powerful, nourishing liquid food which quickly rebuilds the new cells. These are facts,—profound facts, ready for any one to prove to their satisfaction by actual use. Postum Food Coffee is made at the famous pure food factories of the Postum Cereal Co., Ltd., Battle Creek, Mich., and is used by brain workers all over the world. Don't call it a "substitute" for coffee; leave out the coffee proposition altogether. Postum is a liquid food and a true food drink.

News Summary.

Another outbreak of smallpox at Nome is reported.

The Mikado of Japan has summoned Marquis Ito to form a cabinet, on the resignation of the Yamagata ministry.

Thieves lately entered the Vatican, forced a safe and carried off securities worth 357,000 lire and 3,000 lire in silver.

Vanity Fair announces that Earl Cadogan has intimated to his household that he intends to resign his post as Lord Lieutenant of Ireland.

Fifteen hundred journeymen plumbers in Pittsburg, Pa., struck Wednesday for uniform wages and a revision of the rules governing the trade.

Pressmen, bookbinders and press feeders in the government printing bureau at Ottawa will be given increases in their wages ranging from 50 cents to \$2 per week.

The motion for a new trial in the case of James Howard was over-ruled at Frankfort, Ky., on Saturday, and Howard was sentenced to hang Dec. 7, for the murder of Governor Wm. Goebel.

The seventeenth annual convention of the New Brunswick Sunday School Association will be held at Campbellton on Oct. 16, 17 and 18 in the Presbyterian church there.

E. Y. Eaton, vice-president of the T. Eaton Company, Toronto, and actively associated with his father in the management of its great departmental stores, died Wednesday evening in his 37th year of acute Bright's disease.

By the straightening of curves on the P. E. Island Railway the distance between Charlottetown and all stations west has been shortened one mile, and freight rates are reduced proportionately.

Charles T. Verkes, the American street railway magnate, has secured the franchise for an underground electric street railway in London, and will spend \$20,000 upon the installation.

The new Frederickton Business College has just issued a very attractive calendar. Mr. Osborne, the principal, has endorsements of high value and is evidently a competent instructor.

Steamer City of Seattle has arrived at Seattle from Skagway with \$1,500,000 in Klondike treasure and 317 passengers. The Yukon river will be open until Oct. 15 or longer.

Gordon Papliger, a ten-year-old boy, was decapitated at Mountain street, Montreal, crossing of the Grand Trunk Saturday night. He attempted to cross the track when the gates were down, slipped and fell and was run over by a train backing into the station.

Gen. A. W. Greeley, chief of the United States Army Signal Corps, who was at Nome during the disastrous storm of Sept. 15 and 16, says the loss to private interests was variously estimated at \$500,000 to \$750,000. Over 2,000 persons were rendered homeless.

Steamer Idaho will come to Halifax with the first contingent, now on their way home from South Africa. Furness, Withy & Co., local agents for the Wilson Line, have been advised to make all arrangements to receive the vessel here.

A special to the Chicago Record from New Orleans says: The British army headquarters in this city are to be closed soon. Since English officers were sent here in August, 1899, to purchase supplies, 15,000 horses and 12,000 mules have been shipped to Cape Town, as well as large quantities of forage and other supplies, the pay thereon being about \$10,000,000 in English gold.

According to the New York World, the Republicans have got a campaign fund of \$5,000,000, and the Democrats one of \$2,000,000. The corporations are said to have contributed the larger portion of the Republican fund, while nearly half of the Democratic fund was raised by Tammany by a special assessment on office holders and on persons who enjoy special privileges and immunities by favor of city officials.

At the annual meeting of the shareholders of the Lake of the Woods Milling Co. in Montreal on Wednesday a dividend of ten per cent. on paid-up capital stock was declared and the sum of \$2,500 granted to the Winnipeg general hospital and \$500 to the St. Boniface hospital. The directors elected are: Robert McElroy, W. A. Hastings, R. B. Angus, R. G. Reid, John Turnbull, Montreal; John Mather, Ottawa; C. V. Hastings, Winnipeg.

The eldest son of the Rev. F. C. Wright, of Hampton Baptist church, met with a severe accident at Mr. Crandall's place, near Passakeng, on Monday. He was playing at the well and tried to bring up the heavy bucket by turning the winch by which the water is drawn, but after raising it some distance he let the handle slip from his hand, and before he could get out of the way the winch struck him on the forehead, opening a terrible gash three inches long and penetrating to the bone.

DO YOU KNOW

THAT WEAKENED NERVES
PRODUCE DISEASE AND
SUFFERING?

Paines Celery Compound

The Only True Nerve Medicine
And Nerve Food.

IT BUILDS UP AND KEEPS IN
PERFECT CONDITION THE
GREAT NERVOUS SYSTEM.

When the marvellous complexity, delicacy and power of the mysterious nerve system is fully realized, we are not surprised at the sweeping assertion of Dr. Laning, Professor of Clinical Medicine in Hahnemann Medical College, Chicago, that "all diseases are due to lesions of the nervous system," or, in other words, disease results from a weakened or disturbed nervous system.

It was the life work of that great physician, Dr. Phelps, to give suffering men and women a medicine that would act directly on the nervous system. Dr. Phelps succeeded nobly and well. He placed Paine's Celery Compound before some of the ablest physicians that ever assembled in Dartmouth Medical College. It met with their full approval, and they at once prescribed it in their practice, and found it a life saver when other means failed.

To-day tens of thousands sound the praises of Paine's Celery Compound. In every city, town and village of this continent, people are found who owe their life and good health to Paine's Celery Compound, nature's nerve medicine and nerve food.

If you are sleepless, irritable, despondent, morose, or have flushes, chills, coldness of hands and feet, deficient tone in the stomach and intestines, bear in mind your nervous system needs attention and repairing. No other medicine but Paine's Celery Compound can do the good work for you and make you what you should be, vigorous, strong and happy.

Delays are dangerous. The little aches and pains of to-day may to-morrow develop into agonies and miseries. One bottle of the wonderful compound will work a mighty and happy change.

New Methods in
Medical Science

Wonderful Discoveries by a
Famous Specialist who is
Curing Thousands of

Consumption, La Grippe,
Lung Debility, Bronchitis
and all Pulmonary Diseases

FULL FREE TREATMENT.

Every sufferer from Diseases of the
Throat and Lungs need despair no longer
—help is at hand.

No matter how many discouragements
have been met with, the cure is swift,
certain and permanent.

Each of the Three Preparations comprising the Slocum system of Treatment act together, until perfect health results.

Men, women and children are being cured in every Province by the famous new treatment, and medical societies are daily flocking to the Slocum standard.

You or your sick friends can have a FREE course of Treatment. Simply write to THE T. A. SLOCUM CHEMICAL CO., Limited, 178 King St. West, Toronto, giving post office and express office addresses, and the free medicine (The Slocum Cure) will be promptly sent.

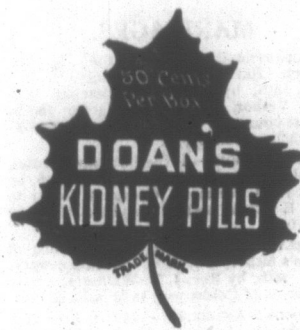
When writing for them always mention this paper.

Persons in Canada, seeing Slocum's free offer in American papers will please send for samples to the Toronto laboratories.

Act NOW. Get rid of that stubborn cough; rid your system forever of the disease which quickly lead to Consumption. Let no prejudice prolong further suffering when the trial treatment can be had for the mere asking.

DON'T DELAY.

McLEAN'S
VEGETABLE
WORM
SYRUP
Safe Pleasant Effectual



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.

Young Men and Women from all parts of the Province attend

Whiston's Commercial College.

This long-established, reliable and up-to-date Commercial training school fully merits the confidence so long placed in it by the public and continue to give the best instruction in Book-keeping, Shorthand and Typewriting, and kindred subjects; also to supply business men with Book-keepers and Stenographers. There is an increasing demand for young men who can write Shorthand, and we make a specialty of this branch, teaching the Ben Pitman, Isaac Pitman and Permin systems. Our Annual Announcement for 1900-01, containing information respecting terms, etc., will be sent to any address on application to S. E. WHISTON, Principal, 95 Barrington Street, Halifax, N. S.

You'll Have

A Big Job on your hands if you try to get a BAKING POWDER that will give better satisfaction than

Woodill's
German.

Has a record over 40 years.

Equity Sale

There will be sold at Public Auction, at Chubb's Corner [so called], in the City of Saint John, in the City and County of Saint John, in the Province of New Brunswick, on Saturday, the Third day of November next, at the hour of twelve o'clock, noon, pursuant to the directions of a Decreeal Order of the Supreme Court in Equity, made on Tuesday, the Twenty-first day of August, A. D. 1900, in a certain cause therein pending wherein John H. Allen is Plaintiff, and George F. Dunham and Matilda Francis Dunham, his wife, are Defendants, with the approbation of the undersigned Referee in Equity, the mortgaged premises described in said Decreeal Order as: "All that certain lot, piece or parcel of land situate, lying and being on the north side of Peter's Wharf (so called), in Queen's Ward, in the City of Saint John, having a front of thirty-five feet on Peter's Wharf and extending northerly forty-three feet to the side line of land now or formerly owned by the Hendrick's Estate and bounded as follows to wit: Beginning at the South West Angle of the lot sold by the late Charles I. Peters to one Thomas Nesbit, thence running North along the West side line of the Nesbit lot forty-three feet, or to the South side line of the land owned by the Hendrick's Estate, thence Westerly along the said Hendrick's Estate line thirty-five feet, thence South parallel with the West side of the Nesbit lot forty-three feet, thence East along Peter's Wharf and at right angles with the last mentioned line thirty-five feet to the place of beginning, making a lot thirty-five feet front and forty-three feet deep, together with all and singular the buildings, fences and improvements thereon, and the rights and appurtenances to the said lands and premises belonging or in any wise appertaining, and the reversion and reversions, remainder and remainders, rents, issues and profits thereof, and all the right, title, power, right of dower, interest, property, claim and demand, whatever both in Law and in Equity or otherwise of them the said George F. Dunham and Matilda Frances Dunham into or out of or upon the said lands and premises thereby conveyed or intended so to be, and any and every part thereof.

For terms of sale apply to the Plaintiff's Solicitor.
Dated this 25th day of August, A. D. 1900.
DANIEL MULLIN,
Referee in Equity.
AMON A. WILSON,
Plaintiff's Solicitor.

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