Not Medicine but nourishment is what many ailing people need. The system is run down from overwork, or worry, or excessive study, or as a result of wasting disease.

PUTTNER'S EMULSION

is what is needed to repair waste, to give tone to the nerves, quicken the weary brain, and replace lassitude and weakness with health and vigor. The increase in weight, the firm step, the bright eye, and blooming cheek proclaim a cure.

Be sure you get *Puttner's*, the original and best Emulsion.

Of all druggists and dealers.

Insist on having

Pure Gold

Flavoring

Extracts.

The true-to-name kind.

STRONG AND VIGOROUS.

Every Organ of the Body Toned up and Invigorated by

MILBURN'S HEART AND NERVE PILLS

Mr. F. W. Meyers, King St. E., Berlin, Ont., says: "I suffered for five years with palpitation, shortness of breath, sleeplessness and pain in the heart, but one box of Milburn's Heart and Nerve Pills completely removed all these distressing symptoms. I have not suffered since taking them, and now sleep well and feel strong and vigorous."

Milburn's Heart and Nerve Pills cure all diseases arising from weak heart, worn out nerve tissues, or watery blood.

You May Need

Pain-Killer

For
Cuts
Burns
Bruises
Cramps
Diarrhoea
All Bowel Complaints

It is a sure, safe and quick remedy.

There's only one PAIN-KILLER
PERRY DAVIS'.
Two sizes, 25c. and 50c.

Real Estate

For sale in the growing and beautiful town of Berwick.

I have now for Sale several places right in the village in price from $700 to $3,500. Some of them very desirable properties. I have also a number of farms outside on my list. Some of them very fine fruit farms, from $1,500 to $7,000. Correspondence solicited and all information promptly given. Apply to—

J. ANDREWS,
Real Estate Broker, Berwick, N. S.
March, 1901.

The Home

THE WOMAN AND HER CLOTHES.

"When a woman devotes one-half of her life to thoughts of dress, she absolutely takes the whole question out of its proper relation to her life, and belittles the talents which God gave her for far greater things," writes Edward Bok, in reply to a woman correspondent, in the Ladies' Home Journal. "It is, indeed, a grave question whether she does not debase herself. Nor will she be 'well dressed;' the chances are far greater that she will be 'over-dressed.' No woman who has any regard for what is worth while in this world, and for what will bring her the surest and fullest happiness in the long run, will so dissipate her energies and vitality. The right to dress prettily and becomingly belongs to every woman. It is her birthright and her duty. A disregard of dress, or the affection of queer or freakish dressing, does not belong to a normal woman. But to make dress one of the vital things of life is carrying it beyond the ridiculous point and close to the criminal. And it is just this rightful adjustment of the things in life which simplicity does for us. It gives a rightful place and a rightful value to each. It doesn't belittle the one nor distort the other."

BALM AND MINT.

Balm and mint are both of the same botanical families to which the catnip, the pennyroyal, dittany, hyssop, marjoram, thyme, savory, sage and the majority of herbs used in the household for seasoning belong.

Balm, or Melissa officinalis, is a native of Europe, which has escaped from our gardens and established itself as a wild plant in some parts of the country. It is still included in the medical lists of the country, but the plant is entirely lacking in any remedical powers, and probably only retained from long established custom. The pleasant lemonlike odor of the green plant disappears after drying. It is gathered in July, before the flowers appear.

Peppermint, or Menth peperita, and spearmints, or Mentha viridis, are the only mints mentioned in medical lists. Spearmint is generally used for mint sauce, though peppermint is sometimes sold in market. Spearmint is nearly as inocuous as balm peppermint is powerful. The gathering of the peppermint for oil is a thriving industry in England and this country, especially in New-England, Michigan, Western New-York, Ohio and New Jersey. Peppermint grows by brooksides and small streams, and may be distinguished from other mints by its terminal spikes of flowers and the stem or petiole of its leaves, as well as its peculiar, strong fragrance. The spearmint is nearly smooth, the peppermint is more hairy. Gather both plants in August, after the flowers begin to appear, but before they go to seed. Gather all herbs on dry days. All our seven mints, except one, are naturalized in this country from Europe.—Ex.

A CHEAP MEAL ON A GAS RANGE.

A young housewife has found that a good, wholesome and appetizing dinner could be prepared by careful use of a steam cooker, with but one burner. To do this, she explained, thought must be brought to bear in selecting foods for the day.

"A broiled fowl with rice, and offered with mashed potatoes and some green vegetables such as asparagus or spinach, is a favorite combination of mine," she said, "and will serve as an example of this point of economy. Fill the lower section of the cooker with water and bring the water to a boil. Then put in your fowl. When the meat is within three-quarters or half an hour of being done, fill the other portions of the cooker with the rice and the vegetable. The rice should occupy the middle section and the vegetable the top. When the meat is done, the rice will be ready to be wreathed around it, and the vegetable can be served at the same moment. With this menu I often serve a clear pea soup, which requires a second burner for a quarter of an hour or even less. Five minutes of the second burner will make a cream sauce for the vegetable. These two additions use the second burner for not more than twenty minutes all told. As a desert I serve a pie baked to utilize the oven heat while the breakfast meat, toast, etc., require the broiling flames. Until you have tried confining the menu to one burner you will not realize how small your gas bill can be, if you so desire at the end of the month. The dinner I mention is given as an example only. Great variety can be introduced, using the same plan. A simple dinner of one meat, one vegetable or a combination of vegetables, may be supplemented by a boiled dessert such as apple dumplings, bag pudding and the like, all courses being prepared in the steamer. Instead of fowl, the foundation of the meal may be boiled mutton, corned beef, or fish."—Good Housekeeping.

If you have some black lace that looks hopelessly rusty, soak it for some hours in a solution of vinegar and water (two tablespoonfuls of the former to a pint of the latter is about the right proportion), then rinse in cold coffee and iron while damp in two pieces of flannel. It is wonderful how this treatment improves shabby lace.

An Austrian anarchist named Clavenovich was arrested on Sunday while loitering about the Vatican. It is reported that he was aiming to murder the Pope and Cardinal Rampollo. He carried a razor.

Growing Girls.

OCCASIONALLY REQUIRE A TONIC MEDICINE.

It Will Keep the Blood Rich, Red and Pure, Strengthen the Nerves and Prevent Decline.

Mrs. Hiram Rinkler, the wife of a respected farmer in South Pelham township, Welland county, Ontario, says:—"It is with great pleasure that I give this tribute to the health restoring virtues of Dr. Williams' Pink Pills. When my daughter Lena, (now thirteen years of age) began the use of your medicine, a little over a year ago, she was in a most wretched condition. In fact we were seriously alarmed lest she might not recover. The first symptoms were a feeling of langor and weakness, gradually growing worse. She became pale, lost flesh, had little or no appetite and was apparently going into a decline. Finally the trouble became complicated with a persistent sore throat, which gave her great trouble in swallowing. I gave her several advertized medicines, but they did not benefit her. Then she was placed under the the care of a doctor, who said her blood was poor and watery, and her whole system badly run down. The doctor's treatment did not help her any, and then acting on the advice of a neighbor, I began to give her Dr. Williams' Pink Pills. The confidence with which this medicine was urged upon me was not misplaced, as I soon noticed a distinct improvement in my daughter's condition. The use of the pills for a few weeks longer seemed to completely restore her, and from that time she has been a cheerful, light-hearted girl, the very picture of health. I will always recommend Dr. Williams' Pink Pills to other sufferers, feeling sure they will prove quite as efficacious as they did in my daughter's case.

Mothers with growing daughters will make no mistake if they insist upon the occasional use of Dr. Williams' Pink Pills; they will help them to develop properly; will make their blood rich and pure, and thus ward off disease and decline. The genuine pills are sold only in boxes bearing the full name, "Dr. Williams' Pink Pills for Pale People" on the wrapper around each box. None other is genuine, no matter what some self-interested dealer may say. If in doubt send direct to the Dr. Williams' Medicine Co, Brockville, Ont., and the pills will be mailed postpaid at 50 cents a box, or six boxes for $2.50.

In the Night

Sudden disease, like a thief in the night, is apt to strike confusion into a household. Croup, cholera morbus, cholera infantum, cramps and colic, come frequently in the night. Are you prepared for midnight emergencies? The remedy for inflammation whether used internally or externally, is

JOHNSON'S Anodyne Liniment

The quickest, surest, safest cure for colic, cramps, diarrhoea, cholera morbus, bites, bruises, burns, stings, chafings, colds, coughs, croup, catarrh, bronchitis, la grippe, lameness, muscle soreness, and pain and inflammation in any part of the body. Get it from your dealer. Two size bottles, 25 and 50c. The larger size is more economical.

I. S. JOHNSON & CO.,
22 Custom House Street, Boston, Mass.
Write for free copy "Treatment for Disease and Care of Sick Beds."

In the Clutch Of Consumption.



Don't neglect that persistent hacking cough till you find yourself in the clutch of Consumption. It's an easy matter to stop it now by taking

DR. WOOD'S NORWAY PINE SYRUP.

This pleasant remedy heals and soothes the lungs and bronchial tubes, and cures lingering and chronic coughs when other remedies fail.

Mr. W. P. Cann, writing from Morpeth, Ont., says: "I honestly believe I would have died of consumption only for Dr. Wood's Norway Pine Syrup. I have used it for years and consider it has no equal for severe colds and throat troubles."

USE THE GENUINE
MURRAY & LANMAN'S
FLORIDA WATER
THE UNIVERSAL PERFUME
FOR THE HANDKERCHIEF
TOILET & BATH
REFUSE ALL SUBSTITUTES

Fredericton Business College and Shorthand Institute

We want very person who is interested in Business Education either for themselves or others to send for our Year Book containing full information. Your name and address on a post-card will bring it to you. Address

W. J. OSBORNE, Principal.
Fredericton, N. B.

Send for Catalogue

Outlining courses of study which have qualified our students to take and to hold almost every clerical position in St John worth having, not to mention their successes throughout the length and breadth of Canada and the United States.

S. KERR & SON
Oddfellow's Hall.