

GOOD Food - - Digestion - Complexion

are all intimately connected—practically inseparable. Though the fact is often ignored, it is nevertheless true that a good complexion is an impossibility without good digestion, which in turn depends on good food.

There is no more common cause of indigestion than lard. Let the bright housekeeper use

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The New Vegetable Shortening and substitute for lard, and her cheeks, with those of her family, will be far more likely to be "Like a rose in the snow."

COTTOLENE is clean, delicate, healthful and popular. Try it.

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That you may appreciate its value, we make
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BUY GRODER'S SYRUP
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Take it faithfully until Cured, and then
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We offer a FREE TEN DAY'S TRIP
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who shall, before the First day of August,
1893, show the greatest improvement, or
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Cures Where All Else Fails.
Best Cough Syrup, Cures Croup. Use
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The Sabbath-School.

INTERNATIONAL LESSON.

Second Quarter-Lesson IX.—May 28.

THE EXCELLENT WOMAN.—
Prov. 31:10-31.

GOLDEN TEXT.—*Favour is deceitful, and beauty is vain: but a woman that feareth the Lord, she shall be praised.*—Prov. 31:30.

A LESSON ON HOME, of which "the excellent woman" is the chief factor, but to which all of us have relations, and for which all of us have duties.

Note, too, that we must seek the principles which underlie this description of what a woman should do twenty-five centuries ago, and translate them into terms of modern life.

THE HOME-MAKER.—Ver. 10. *A virtuous woman.* "A woman of force, and bodily vigor, combined with fine manners and culture." Who can find? Implying the difficulty of finding, as of finding precious stones. For her price is far above rubies (or pearls). The poet thereby means to say that such a wife is a more precious possession than all earthly things which are precious, and that he who finds such an one has to speak of his rare fortune.—*Delitzsch.*

Wherever a true woman comes, home is always around her. The stars may be over her head, the glow-worms in the night-cold grass may be the fire at her foot; but home is where she is.—*Ruskin.*

THE HOME.—Vers. 11, 12.

The heart of her husband trusteth in her. She is his natural confidante and counsellor; her advice is more valuable than that of much cleverer people, because it is so absolutely disinterested. One may often observe in an ideal marriage, though the husband seems to be the stronger and the more self-reliant, the wife is really the pillar of strength. He shall have no lack of gain. With such a wife he is sure to be prosperous. "In addition to all those treasures of mutual love and spiritual converse, all those invaluable services of counsel and guidance, of criticism and encouragement, she is a positive source of wealth to him. She is the house-manager. If he earns the bread in the first instance, it is in her hands that it seems to be miraculously multiplied. If he brings home the money which is enough for their wants, it is she who turns the silver into gold and makes the modest means appear great wealth."—*Horton.* Thus, naturally, she doeth him good, and the good continues all the days of her life.

IMPORTANCE OF THE HOME.—The centre of power for building up a country in virtue, religion, and prosperity lies in the home. Mrs. Hunt says that the Star of Bethlehem for temperance stands over the schoolhouse. The Star of Bethlehem for morals and religion stands over the home. The home is the place nearest Paradise on earth, a hint of the Eden of the past, and a prophecy of Paradise regained.

The tendency of modern times is for the men and boys to feel that they have little responsibility for the happiness and culture of the home. But they are responsible, and should do their very best to make the home the happiest place in the world. Both influences are needful. Husband and wife are different so that each may supplement the other, so that each may look up to the other as the better one, because each is superior in some things.

DAILY DUTIES AND CARES.—Vers 13-15, 19.

She seeketh wool, and flax (from which linen is made), as materials for clothing and domestic uses. And worketh willingly. Cheerfully, of her own accord. There were no factories, and the clothing must be woven at home. Hence ver. 19, *She layeth her hands to the distaff, i. e. the staff to which is tied the bunch of flax from which the spinning-wheel draws the thread.* To this she applies her hand; she deftly performs the work of spinning her flax into thread. The spinning-wheel is a German invention of the 16th century, but the spindle and the wheel are more ancient.

It is reported of Augustus himself, at the height of the Roman splendor, that he wore a robe which was made for him by Livia, his wife.—*Bib. Museum.* "We remember how Lucretia, the wife of Collatinus, was found sitting in the midst of her handmaids, carding wool and spinning (Livy, I. 57). So in the Middle Ages noble ladies worked at tapestry with their attendants."

She is like the merchant-ships. With an enterprising spirit she "goes out beyond the nearest circle; she desires also distant opportunities of advantageous purchase and profitable exchange, and brings in from a distance what is necessary for the supply of her house."

She riseth while it is yet night. Before dawn. We are to consider the different circumstances from ours. There was not much variety

of work for evenings. Few books, no newspapers, poor light, and hence early sleep, which permitted early rising. In our day there is more danger of too little sleep instead of too much. We join with Sancho Panza's "blessings on the man that invented sleep," but the night's rest should be lengthened at the beginning, not at the end. It is true that

"Early to bed, and early to rise" Makes a man healthy, wealthy, and wise."

but this is not true of "Late to bed and early to rise." And giveth meat. Food. She distributes from the storehouse the food that will be wanted for the day. And their task to her maidens. Sets them to work.

Note, 1st. That the daily home duties are one of the very best schools for building up a noble character. There is something in the home to train each virtue and each grace. Home does not narrow, it broadens. What nobler work is there than training immortal souls for immortal life? Where better can be found the golden stairway to heaven?

Note, 2nd, The home is in its nature a university. There is something in it, if rightly used, to train every faculty of the mind.

She considereth a field. She studies and knows the value of the field, and then buyeth it and makes a vineyard of it. With the fruit of her hands. The money she has earned by her industry.

She girdeth her loins with strength. The phrase is metaphorically expressive of the energy and force with which she prepares herself for her work.

She perceiveth. By experience and by observation. She understands her business. She is wise in business methods. Her lamp goeth not out by night. She works evenings as well as daytimes.

She spreadeth out her hand to the poor. She extends her hands in sympathy and readiness to help. With all her industry, she is not narrow and selfish and grasping, but of a large and loving heart.

She is not afraid of the snow. Occasionally seen in Palestine (two winters out of three in Jerusalem). "She has no fears concerning the comfort and health of her family, even in the severest winter. For all her household are clothed with scarlet: with warm garments." "Scarlet was supposed, and rightly, to absorb and retain heat, as white to repel it."

She maketh for herself. Not for her own bed, but she herself prepares them for her family. Carpets. Rather cushions, mattresses for the beds. Her clothing is fine linen. Of finest texture, white and costly. And purple. The richest and most beautiful of colors.

Her husband is known in the gates where the business of the city is transacted. Her influence exalts her husband in character and influence; and her skill arrays him with clothing worthy of his position. Among the elders. The chief men.

She maketh linen garments. . . . girdles. Necessary with the flowing robes of the East. "Some of them are of linen, curiously worked in gold and silver thread and studded with jewels and gold." And selleth them. Her industry and business qualities are again referred to.

Strength and dignity are her clothing. Her character is worthy of her position. She laugheth at the time to come. She has no fears for the future. Her prosperity is well founded. The fruits of her life must be good.

She openeth her mouth with wisdom. She has gained wisdom, she has interested herself in affairs, so that "when she speaks, it is not gossip, or slander, or idle talk, that she utters, but sentences of prudence and sound sense." And the law of kindness is on her tongue. She is no acid; she is not made hard and ungracious by her duties and cares.

She looketh well to the ways of her household. She is a family woman, training up her children in religion and in virtue.

Family training is the greatest influence around the young.

Family religion is the foundation of Church, of Sunday-school, of religious life, of the country's morality and prosperity.

Family prayers are a great aid to family religion.

The family atmosphere, of religious life, of benevolence, of temperance, of kindness, of intelligence, of bright conversation, is the largest factor in family training.

Her children . . . call her blessed. For they have been blessed in her.

Her husband . . . praiseth her. He speaks the truth, and comforts her by expressing his feelings of praise. Thou excellest them all. "I do not question that other women are good and true, but I am sure that you are better than all." And so she is. Every true wife is the best wife.

Her increasing beauty. Favour, external appearance, and beauty. These fade, these lose their attraction if they exist alone. But a woman that feareth the Lord, her

moral beauty shall more than make up for the fading of mere external attractions and transfigure even age into loveliness. A true woman must be a religious woman.

Her works praise her. They cannot but be seen in her family, in her good works, and in her character.

W. C. T. Union.

OUR MOTTO.—If God be for us, who can be against us.

EVOLUTION.

Long ages, cold, the sons of earth, 'Mid chaos, cold and night, Have striven with their dim human eyes To see th' Eternal Light.

And still, to-day, the quest goes on; Old age to eager youth Hands down that holy heritage— Th' unending search for truth.

Suns rise and set on spiritual days That last for centuries long; With each glad morn the shadows fly Of some new-righted wrong.

The creeds that make the light of souls Rise up, wax bright, and then They set and leave us, sore bereft, In gloom to grope again.

Yet dies not Light with human suns, That through such ways we wind; Light was, and is, and e'er shall be, Though men too oft are blind.

But, evermore, a brighter day Is dawning from the night; Though less and less of shade the world Rolls on to perfect Light.

AUSTIN MAY.

No point in the Woman's Building will be visited by our white-ribboners with greater interest than the World's and National W. C. T. U. exhibit in the north pavilion. This is under the able supervision of Mrs. Josephine R. Nichols, World's W. C. T. U. superintendent of fairs and expositions, who had in charge our exhibits at the Paris Exposition and at New Orleans. In the World's department, beautiful banners from various countries are displayed, and groups of the World's W. C. T. U. workers, in photographs and large framed portraits. Histories of the W. C. T. U. in different lands, and temperance literature of all kinds are exhibited. The National W. C. T. U. and the Y Branch are well represented, the former by banners, large framed pictures of the National officers and photographs of the National superintendents and organizers, and by bound volumes containing the history of W. C. T. U. work in the various states, as well as other literature. The Ys have a large framed portrait of their General Secretary, a finely bound volume containing the annual reports and Y. W. C. T. U. manual, and a pretty literature souvenir in the form of a Y—a pledge card for free distribution. The exhibit will be the pride of visiting white-ribboners, and as much of "the where-withal" to defray needed expense is still lacking, we feel sure that our state unions will respond promptly to the call and send ten or twenty dollars for this fund to Mrs. Josephine Nichols at the exhibit or to Mrs. E. L. Demorest, 21 E. 57th St., New York City.

Despite the fact that the Exposition directors have announced that liquor would be sold only in connection with restaurants, where meals are served, the Pabst Milwaukee Beer Company have issued a diagram of the Exposition marking with red ink the buildings in which their beer will be sold, and declares, "as our product is to be sold in all exhibition buildings, it is probable our friends will have no difficulty in finding us." Fifteen buildings are thus marked! Is it possible that this brazen company will be permitted to sell its soul and body destroyer in buildings erected to testify to the glory of man's achievement and the prosperity of a God-fearing people.

Minard's Liniment is used by Physicians.

Dyspepsia or Indigestion is occasioned by the want of action in the biliary ducts, loss of vitality in the stomach to secrete the gastric juices, without which digestion cannot go on; also, being the principal cause of Headache. Parmelee's Vegetable Pills taken before going to bed, for a while, never fail to give relief and effect a cure. Mr. F. W. Ashdown, Ont., writes: "Parmelee's Pills are taking the lead against ten other makes which I have in stock."

If you are nervous or dyspeptic try Carter's Little Nerve Pills. Dyspepsia makes you nervous, and nervousness makes you dyspeptic; either one renders you miserable, and these little pills cure both.

IT HAS BEEN PROVED,

It has been proved over and over again that Burdock Blood Bitters cures dyspepsia, constipation, biliousness, headache, scrofula, and all diseases of the stomach, liver and bowels. Try it. Every bottle is guaranteed to benefit or cure when taken according to directions.

BURDOCK

Regulates the Stomach, Liver and Bowels, unlocks the Secretions, Purifies the Blood and removes all impurities from a Pimple to the worst Scrofulous Sore.

BLOOD

CURES
DYSPEPSIA, BILIOUSNESS, CONSTIPATION, HEADACHE, SALT RHEUM, SCROFULA, HEART BURN, SOUR STOMACH, DIZZINESS, DROPSY, RHEUMATISM, SKIN DISEASES

BITTERS

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1892. WINTER ARRANGEMENT. 1893.

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TRAINS WILL LEAVE ST. JOHN.

Express for Campbellton, Pugwash, Pictou and Halifax, 7.00
Express for Halifax, 13.30
Express for Sussex, 16.30
Through express for Pt. du Chene, Quebec, Montreal and Chicago, . . . 16.55

A parlor car runs each way on express trains leaving St. John at 7.00 o'clock and Halifax at 7.00 o'clock.

Passengers from St. John for Quebec and Montreal take through sleeping cars at Moncton at 19.40 o'clock.

TRAINS WILL ARRIVE AT ST. JOHN.

Express from Sussex, 8.25
Express from Chicago, Quebec and Montreal (Monday excepted), . . . 10.25
Express from Pt. du Chene and Moncton, . . 10.25
Express from Halifax, Campbellton and Pictou, 11.00
Express from Halifax and Sydney, . . . 22.30

The trains of the Intercolonial Railway between Montreal and Halifax are lighted by electricity and heated by steam from the locomotive.

All trains are run by Eastern Standard time.

D. POTTINGER,

Chief Superintendent.

Railway Office,
Moncton, N. B., 29th June, 1892.

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For the removal of worms of all kinds from children or adults use DR. SMITH'S GERMEN WORM LOZENGES. Always prompt, reliable, safe and pleasant, requiring no after medicine. Never failing. Leave no bad after effects.

Price, 25 cents per box.

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Sirs.—Every day we are hearing of fresh cases of illness from severe colds, affections of the liver, etc., etc. In the hope that many others may be induced to try your medicines, I write to say that as a family we have derived great relief and benefit from their use. We do not believe that the results of a trial of your medicines have ever been over-stated. We most heartily recommend them. As a preserver of health we would not be without your No. 1 INVIGORATING SYRUP, it richly deserves the name of INVIGORATOR—in removing the evil effects of fatigue—for strengthening the throat, clearing the head and chest, and for fortifying the system against cold, it is invaluable.

Yours faithfully,

JOHN GEE.

Methodist Parsonage,
Middleton, Anna Co., N. S.

SPRING.

NEW GOODS AT

WM. JENNINGS',
MERCHANT TAILOR.

Fashionable Spring Overcoatings in Venetians and Worsteds, Fancy Silk Vestings, Fancy Trousers and all the novelties in Spring Suitings.

Wm. Jennings:

McNALLY'S CHEAP SALE.

As advertised will begin 15th of April and \$1000 worth of Furniture, Carpets, Crockery and general House-furnishing Goods will be sold at LESS THAN COST for Cash Only, to reduce stock.

Wentworth a few items:—Black Walnut Chamber Suites \$25.00, Black Walnut Parlor Suites, \$25.00, Antique Oak Chamber Suites, \$11.50, Carpet Lounges, Stuffed Easy Chairs, Velvet Platform Rockers \$3.90, Ash French Pannelled Bedsteads \$1.85, Ladies Oak Rockers 90cts., Oak Chairs 88cts., Cane and Perforated Seat Chairs 55cts., Ladies Cane Back Rockers \$2.25, Sideboards, Walnut Finish \$10.00, Solid Walnut \$15.00, Jute Carpets 12cts. per yard, Tapestry, Union, All Wool Brussels and Velvet Carpets in long and short ends at great bargains, Table Linen 25cts., 500 Good Felt Hats at 40cts. each (if you keep a store you can double your money) 10 Valises, China Tea Sets \$3.50, Printed Tea Sets \$2.00, 61 pieces, Dinner Sets \$4.80, Tubular Lanterns 25cts., Silver Castor 16 inches high 5 engraved bottle \$2.75 warranted.

OUR REGULAR SALES of regular Good will go on as usual. Our Warerooms are well filled with the latest and best things for general house-furnishings.

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GOLD, SILVER,

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