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THAT'S THE SPOT!

Right in the small of the back.
Do you ever get a pain there?
If so, do you know what it means?
It is a Backache.

A sure sign of Kidney Trouble.
Don't neglect it. Stop it in time.
If you don't, serious Kidney Troubles
are sure to follow.

DOAN'S KIDNEY PILLS

cure Backache, Lame Back, Diabetes,
Dropsy and all Kidney and Bladder
Troubles.

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DOAN KIDNEY PILL CO.,
Toronto, Ont.

Beware

of the fact that

'White Wave'

disinfects your clothes

and prevents disease.

The Home

BLEACHING LINEN.

These are the days with the grass at its softest and greenest, that every woman feels the stirring of heredity from her maternal ancestors—more or less remote—and longs to go forth and bleach something. "Grass bleached" linen from the shops alack, there is more. Chemicals do all the work in these days of hustle, and bustle, even in Ireland save only one establishment at Belfast whose prices for grass bleached linen, make them prohibitive to the rank file of housewives. While the old process of bleaching was the work of weeks and months the modern chemical bleach is accomplished in a few hours. The linen unwound from the revolving cylinders, is passed through a big tank of some approved solution, then rewound, its whitening accomplished. To the canny purchaser of linen who realizes that the extreme whiteness is always obtained at the expense of the strength of the fabric this season given a little plot of grass, permits her to do her own bleaching. As a substitute for the old fashioned method of bleaching clothes on the grass, the twentieth century housewife, hangs the linen wrung out but slightly on the clothes line and plays the garden hose, equipped with a fine sprinkler, on it for some minutes. The result is said to be very satisfactory, though it does not fully equal the slower process.—Journal and Messenger.

OBSERVATIONS OF A PATIENT HOUSEWIFE.

A housewife whose laws are as fixed as those of the Medes and Persians will drive her family away, especially the children. Good fellowship and jollity in the home should be a part of the good discipline, and not looked upon as a crime. I am personally acquainted with a housewife, not a home-maker, in Brookline, who boasts that her husband and her son never enter the front door in wet weather. They have been disciplined to enter through the back door and climb three flights of stairs to their sitting room. They are not allowed to rest upon a sofa in dressing gown and slippers, because it is not dignified. This surely seems like straining at a gnat and swallowing a camel, and such discipline in most homes would drive the family away from it.

On the other hand the members of the household should not be encouraged to be tardy at meals. That, above everything else makes trouble with servants. There should be a restriction on untidiness of all kinds, and the homes should not be made a rendezvous for all the boys and the girls in the neighborhood any hour of the day, to ransack the garret, deplete the ice-box and throw things into confusion. There is a happy medium which the genuinely good housekeeper will discover if she tries. It is not necessary to drive away her young people to find their 'fun' in other homes—which they always compare to the disadvantage of their own—just because they may be a little troublesome or may seem to infringe on household discipline. One can be a good housekeeper, taking home the most particular care of all her possessions, and not make them more important than the happiness and comfort of her family.—Debon Ayr, in 'Leslie's Weekly.'

KITCHEN DON'TS.

Don't litter up the kitchen when getting a meal because it will take hours to 'clean up' after the meal is over.

Don't put a greasy spoon on the table. It leaves a stain which requires time to erase. Put it in a saucer.

Don't crumble up your dish towels. Rinse and hang them in the sun.

Don't pour boiling water over china packed in a pan. It will crack by the sudden contraction and expansion.

Don't black a stove while it is hot. It takes more blacking and less polish.

Don't put damp towels or napkins in the hamper. Dry them first or they will mildew.

Don't use knives for scraping the table and pots.

Don't pour boiling water and soap on greasy spots. Moisten the spots first with a cold saturated solution of soda, then scrub them with the grain of the wood, using cold soapsuds.

Don't put egg dishes in hot water—it makes the egg adhere. Soak the dishes first in cold water.

Don't put tin pans on the stove to dry. They become heated, the solder loosens and soon leak.

CANNED CELERY.

The following method has been used successfully: Scrape the celery, using the tender white stalks, cut in lengths to fit half pint glass jars with large mouths; pack the pieces in closely and set the jars under the cold water faucet and let the water run over the celery for at least 20 minutes, then screw down the covers tightly and set in a cool, dry closet.

ANOTHER METHOD.

Wash and scrape the tender white stalks; cut in lengths to fit the jars, set jars on steamer and cook without water for 45 minutes then add salted boiling water and cook thirty minutes longer; screw down the lids and cook ten minutes longer.

White celery can be cut into inch lengths and preserved in spiced white vinegar same as little white onions.

What Sulphur Does.

FOR THE HUMAN BODY IN HEALTH AND DISEASE.

The mention of sulphur will recall to many of us the early days when our mothers and grandmothers gave us our daily dose of sulphur and molasses every spring and fall.

It was the universal spring and fall "blood purifier," tonic and cure-all, and mind you this old fashioned remedy was not without merit.

The idea was good, but the remedy was crude and unpalatable, and a large quantity had to be taken to get any effect.

Nowadays we get all the beneficial effects of sulphur in a palatable, concentrated form, so that a single grain is far more effective than a teaspoonful of the crude sulphur.

In recent years, research and experiment have proven that the best sulphur for medicinal use is that obtained from Calcium (Calcium Sulphide) and sold in drug stores under the name of Stuart's Calcium Wafers. They are small chocolate coated pellets and contain the active medicinal principle of sulphur in a highly concentrated, effective form.

Few people are aware of the value of this form of sulphur in restoring and maintaining bodily vigor and health; sulphur acts directly on the liver, and excretory organs and purifies the kidneys and enriches the blood by the prompt elimination of waste material.

Our grandmothers knew this when they dosed us with sulphur and molasses every spring and fall, but the crudity and impurity of ordinary flowers of sulphur were often worse than the disease, and cannot compare with the modern concentrated preparations of sulphur, of which Stuart's Calcium Wafers is undoubtedly the best and most widely used.

They are the natural antidote for liver and kidney troubles and cure constipation and purify the blood in a way that often surprises patient and physician alike.

Dr. R. M. Wilkins while experimenting with sulphur remedies soon found that the sulphur from Calcium was superior to any other form. He says: "For liver, kidney and blood troubles, especially when resulting from constipation or malaria, I have been surprised at the results obtained from Stuart's Calcium Wafers. In patients suffering from boils and pimples and even deep-seated carbuncles, I have repeatedly seen them dry up and disappear in four or five days, leaving the skin clear and smooth. Although Stuart's Calcium Wafers is a proprietary article, and sold by druggists, and for that reason tabooed by many physicians, yet I know of nothing so safe and reliable for constipation, liver, and kidney troubles and especially in all forms of skin disease as this remedy."

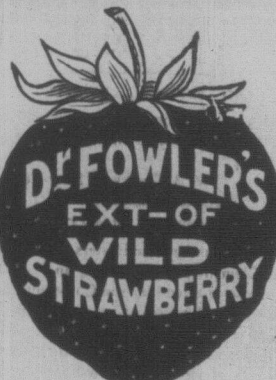
At any rate people who are tired of pills, cathartics and so-called blood "purifiers" will find in Stuart's Calcium Wafers, a far safer more palatable and effective preparation.

Pond's Extract The Old Family Doctor

CURES:—Burns, scalds, bruises, cuts, sprains, wounds, lameness, soreness, neuralgia, rheumatism, sunburn, bites, stings.
STOPS:—Nose bleed, toothache, earache, bleeding lungs, hemorrhages, and all pains.

Sold only in sealed bottles under buff wrapper.

ACCEPT NO SUBSTITUTE.



FOR

**DIARRHOEA, DYSENTERY,
COLIC, CRAMPS,
PAIN IN THE STOMACH,
AND ALL
SUMMER COMPLAINTS.**

ITS EFFECTS ARE MARVELLOUS.
IT ACTS LIKE A CHARM.
RELIEF ALMOST INSTANTANEOUS.

Pleasant, Rapid, Reliable, Effectual.

EVERY HOUSE SHOULD HAVE IT.

ASK YOUR DRUGGIST FOR IT. TAKE NO OTHER.

PRICE. - 35c.

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BUT

money paid to us to MARITIME-TRAIN you is a wise investment, and brings sure returns.

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Halifax, N. S.



HAVE you been smoking a good deal lately and feel an occasional twinge of pain round your heart? Are you short of breath, nerves unbinged, sensation of pins and needles going through your arms and fingers? Better take a box or two of Milburn's Heart and Nerve Pills and get cured before things become too serious.

As a specific for all



heart and nerve troubles they cannot be excelled. A true heart tonic, blood enricher and nerve restorer, they cure nervousness, sleeplessness, nervous prostration, smoker's heart, palpitation of the heart, after effects of la grippe, etc.

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