

Health Notes.

Health Notes. Clothing light in color is much cooler, when working in the sun, than dark clothing. In the shade, for the same weight and quality, there is no difference.

At least meat in summer than during the cold months of the year. Meat heats the blood and indirectly causes disease when eaten in excess in warm weather.

Ice water is not unhealthful if used in moderation. It should be swallowed slowly at first, until the stomach becomes cooled, then more rapidly.

The body should not be over-heated when you take a bath; neither should it be cold. More harm probably results from sitting on the bank of a stream waiting to "cool off" than comes from plunging into it at once.

Fruits, if ripe and fresh, do no harm even to children. It is unripe, over-ripe and stale fruits which cause so much mischief in summer.

Malaria may be avoided by keeping the premises scrupulously clean; by having pure well water (it is often impure on farm), and by taking an occasional dose of quinine in infected districts.

Dangerous colds may be contracted by cooling off suddenly after sun's exertion. Farmers would save much ill health if they more generally wore flannel shirts, which prevent rapid cooling.

When working in the sun, the perspiration ceases to flow, and the head becomes hot and red; the person should at once stop working and go into the shade—sunstroke is threatened; so long as the perspiration flows freely and the head is clear, there is little danger of sunstroke.

Do not fail to let the sunlight into your house. Where the sun cannot enter the doctor probably will, and it is better to have faded carpets than faded children.

Broken Down. After suffering with dyspepsia, kidney disease, loss of appetite and pain in the head until discouraged, I heard of B. B. E., took two bottles and am happy to say I feel as well as ever.

Cholera Infantum. This serious and often fatal disease of infancy has just been determined to be caused by a special poison, named by its discoverer, Dr. O. C. Vaughan, of Michigan University, Tyrotoxin.

Keep Your House Guarded. Keep your house guarded against sudden attacks of cholera, dysentery, and cholera infantum. They are liable to come when least expected.

More Remarkable Still. Found at last, what the true public has been looking for these many years and that is a medicine which although but lately introduced, has made for itself a reputation second to none.

More Trouble May be Expected. If you do not heed the warnings of nature and at once pay attention to the maintenance of your health. How often we see a person put off from day to day the purchase of a medicine which if procured at the outset of a disease would have remedied it almost immediately.

The Baby's Summer Complaint.

July, August and September are the worst months, and the "season" of the dreaded period of the baby's life. As a prevention measure, I consider the following:

1. The nursing of the child over the second summer when this can be properly done. The mother's strength should not be sacrificed to do this, and her milk may not always agree with the child.

2. The wearing of a flannel shirt by the child all through the summer. This should be thin and soft and not a source of irritation to the child.

3. The milk fed the child should be known to be fresh, and absolutely pure. Parents cannot be too careful in the selection of the child's food.

4. Whenever possible babies should spend the summer months in the country.

5. The child should be daily bathed in pure water from head to foot. Where these precautions can be fully carried out, there is little danger from the disease.

Don't fill the system with quinine in the effort to prevent or cure Fever and Ague. Ayer's Ague Cure is a more potent remedy, and it leaves in the body no poison to produce dizziness, deafness, headache, or other disorders.

Not a few persons, every summer, go from the city to the country or the seashore in quest of health, only to bring back disease, or possibly death. The disease to which they are specially exposed is typhoid fever.

It may be well to re-state some of the leading facts relating to this disease. Its seat is in the lower part of the small intestine, the ileum.

It is caused, as the highest authorities now admit, by microscopic vegetation—bacilli—that enter the system through the mouth and stomach, and find their most favorable soil in certain of the intestinal glands which they inflame.

Now it is unfortunately true that country people are specially negligent in the matter of drainage. Little is done to guard the purity of the drinking water—to apply on the premises the sanitary principles which have been established during the last twenty-five years, and which are so generally acted on in our cities, making over the mighty London a healthier place to live in than many of our rural districts.

Young, old, and middle aged, all experience the wonderful, beneficial effects of Ayer's Sarsaparilla. Young children, suffering from sore eyes, scald-head, or with any scrofulous or syphilitic taint, may be made healthy and strong by its use.

Dr. Bennett suddenly disappeared from Faberston, and a good many persons regret his departure.

An Old Favorite. An old favorite, that has been popular with the people for nearly 30 years, is Dr. Fowler's Extract of Wild Strawberry for all varieties of summer complaints of children and adults.

Lord Boyle has resigned his position as a member of the Northwest Council.

A Lament for the Hired Man.

Editor Coburn reports in his vivacious "Live Stock Indicator" a conversation with an old Missouri farmer who was looking around the market for a hired man, and "kinder hoped he wouldn't be able to find him," because "he is no longer," for the following reason:

"First and foremost, times have changed, and the hired man changed with 'em. Ah! sir, it makes me sad when I think of the hired men we had before the war—great fellows with the strength of an ox and the vim of a locomotive. I didn't know 'em at 11 o'clock in the morning, and it was a 11 o'clock at night."

The extreme sadness of this old farmer, the tender-hearted listener, whose sympathetic ejaculations led to the appended further statement:

"Some farmers want a man to work all day and all night, but that ain't me. I have never asked one to get out of bed before 3 o'clock—never. I allow give my man three-quarters of an hour at noon unless the hogs get out or cattle break in or a shower is coming up."

Excellent Cake. Take one cup of sugar, three cups of flour, one and a half cups of milk, half a cup of butter and eggs; mix thoroughly, adding two teaspoons of baking powder. Bake in a hot oven.

Beef Fritters. Chop pieces of steak or cold roast beef very fine; make a batter of milk, flour and egg; mix the meat with it. Put a lump of butter in a saucpan, let it melt, then drop the batter into it from a large spoon.

Water Pound Cake. One pound of butter, one pound of powdered sugar, four eggs, one cupful of boiling water, one pound of prepared flour, flavor with lemon. Beat butter, sugar and the yolks of the eggs to a cream, then add the boiling water and stir gently till cold.

Don't Speculate. Run no risk in buying medicine, but try the Great Kidney and Liver regulator, made by Dr. Chase, author of Chase's Recipes. Try Chase's Liver Cure for all diseases of the Liver, Kidneys, Stomach and Bowels.

Dr. Holmes does not save his bright thoughts for point and the public, but is often so witty while chatting with one or two friends as was ever the autocrat or professor of the breakfast table.

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Household Hints.

Sweet peas will make finer plants if rooted in cool water; therefore sow very early out of doors.

The most severe cold or hoarseness may be relieved by applying to the chest as quickly as possible, a flannel wrung out of boiling water, and on which turpentine is sprinkled.

Chocolate Cookies.—One cup of butter, two cups of sugar, three cups of flour, four eggs, one cup of grated chocolate, one-half teaspoonful of cream of tartar. Roll thin and bake in a quick oven.

Lemon Jelly.—The yolks of two eggs, one cup of sugar, one cup of water, one tablespoonful of corn starch and the juice and grated rind of one lemon; cook till thick. This is nice for layer cake.

Yeast Muffins.—To one quart of milk, add one gill of yeast, one teaspoonful of salt, four or five eggs beaten; mix with sufficient to make a thick batter; add flour in muffin rings. Serve with butter.

Lemon Soda.—One cup of sugar, one tablespoonful of butter, two eggs, one-half cup of soda, one teaspoonful of cream tartar, one cup of flour, one-half cup of milk, one cup of water, one cup of lemon juice, one cup of lemon rind. Bake in muffin rings.

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For Toilet Use.

Ayer's Hair Vigor keeps the hair soft and pliant, imparts to it the lustre and freshness of youth, causes it to grow luxuriantly, eradicates Dandruff, cures all scalp diseases, and is the most cleanly of all hair preparations.

Ayer's Hair Vigor has given me perfect satisfaction. I was nearly bald for six years, during which time I used many hair preparations, but without success. Indeed, what little hair I had, was growing thinner, until I tried Ayer's Hair Vigor. I used two bottles of the Vigor, and my hair is now well covered with a new growth of hair.

HAIR that has become weak, gray and faded, may have new life and color restored to it by the use of Ayer's Hair Vigor. My hair was thin, faded, and dry, and fell out in large quantities. Ayer's Hair Vigor stopped the falling, and restored my hair to its original color. As a dressing for the hair, this preparation has no equal.

VIGOR youth and beauty, in the appearance of the hair, may be preserved for an indefinite period by the use of Ayer's Hair Vigor. A disease of the scalp caused my hair to become harsh and dry, and to fall out freely. Nothing I tried seemed to do any good until I commenced using Ayer's Hair Vigor. Three bottles of this preparation restored my hair to a healthy condition, and it is now soft and pliant. My scalp is cured, and it is also free from dandruff.

Ayer's Hair Vigor, Sold by Druggists and Perfumers.

PERFECT SAFETY, prompt action, and wonderful curative properties, easily place Ayer's Pills at the head of the list of popular remedies for Sick and Nervous Disorders, such as Constipation, and all ailments originating in a disordered Liver.

I have been a great sufferer from Headache, and Ayer's Cathartic Pills are the only medicine that has ever given me relief. One dose of these Pills will quickly move my bowels, and free my head from pain.

Ayer's Pills, Prepared by Dr. J. C. Ayer & Co., Lowell, Mass. Sold by all Dealers in Medicines.

Where It Ends. Nine-tenths of the disease denominated Catarrh is the result of protracted or repeated colds in the head. Nasal Balm will give immediate relief and permanently cure.

Mrs Nelson McCormick of North Branch, Mich., has made a dress, the like of which is probably not to be found in the country. The material is common spool thread, white, and the entire dress is hand-crocheted work, beautifully flowered and strong, and 10,000 yards of thread were used in its construction.

The sleeves are crocheted in the proper shape and are fastened in by a lock-crocheted stitch. It is very beautiful.

READ THIS.

Every Man in Business should get his Office Stationery Printed.

DO NOT TEAR SHEETS OUT OF YOUR ACCOUNT BOOKS TO WRITE ON, BUT GET YOUR

Bill Heads, Statements, Note Heads, Letter Heads, Memo. Heads, Counter Pads, Parcel Labels, Shipping Tags, Business Cards, Circulars, Envelopes, etc.

PROPERLY PRINTED ON GOOD PAPER, and then it will be a pleasure for you to do your corresponding, as well as helping to advertise your business.

READ THIS.

Our Stock of Printing Stationery, consisting of all the leading grades of Plain and Linen, ruled and unruled papers, Cards, Envelopes, &c., is the most complete we have handled and we guarantee the quality and price to suit all who will favor us with their orders. Call and see our samples and get our prices.

"THE SIGNAL"

NORTH-ST., GODERICH.

Be on Your Guard.

Don't allow a cold in the head to slowly and surely run into Catarrh, when you can be cured for 25c. by using Dr. Chase's Catarrh Cure. A few applications cure incipient catarrh; 1 to 2 boxes cures ordinary catarrh; 2 to 5 boxes is guaranteed to cure chronic catarrh. Try it. Only 25c and sure cure. Sold by all Druggists.

Ottawa ice dealers complain that their stock is running short, and it is doubtful whether there is enough ice in the city to last the remainder of the season.

First Young Lady.—Who are those people you bowed to, Mamie?

Second Young Lady.—"Oh, don't you know them? That's Mrs Montalembert and her husband."

"Have they any children?"

"Why, Hattie; what an idea! No, indeed! They are real stylish people."

A REWARD.—Of one dozen "TEABERY" to any one sending the best four-line rhyme on "TEABERY," the remarkable little gem for the Teeth and Path. Ask your druggist or address

Price, - \$3.00. CAN USE ANY INK. EVERY PEN GUARANTEED. THOS. McGILLICUDDY Agent.

"Wirt" Fountain Pen.

Writes Thin and Thick Letters, as with a dipping nib.

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