o hear r I was entirely laid up aint, a friend advised me Blood Bitters, I did so, s cured me. I cannot ly too much." John H. e, Ont.

ng them just what they

edge of water is at the ss with window flowers. in readily and run out e the water rush out at ucer through the bottom it does not do that,

Smiled Again ?" rer" about it. He had at people call "biliousile was impossible. Yet ile and smile, and be a he was no villain, but a nest man, that needed a s," which never fail to and diseased or torpid and chronic constipa-

fresh eggs near lard, sh or other articles from arises. The eggs are exabsorbing power, and ime they are contaminat-les of objects in their by which the peculiar ste of a new-laid egg is

hem A Chance.

your lungs. Also all machinery. Very won-y it is. Not only the es, but the thousands of 1 cavities leading from

re clogged and chocked ch ought not to be there. et half do there work ey do, they cannot do

ough, croup, pneumonia nption or any of the and nose and h ad and ns, all are bad. All rid of. There is just get rid of them, that s German Syrup, which I sell you at 75 cents a if everything else has may depend upon this eowly

Stratford on Saturday, lown as Fakir Finlay got for and acted in a dis-Mr. George Clarke h him, when the ruffian bit a piece out of his present in jail, and as rglars' tools were found his trial will not be

your daughters are in rable, or if they suffer nervousness, languor, of appetite, procure at Johnson's Tonic Bitters regret regret the outand generally strength. this medicine is truly cts. and \$1 per buttle, store, Albion block,



ectoration caused by Caent pre-paid on and \$1. Address

le's Livery

A. Proprietor. nest Rigs ABLE PRICES

-Oppo the Colbon

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 differ-

Est less meat in summer than during

Ice water is not unhealthful if used in

when you take a bath; neither should it be cold. More harm probably results one is now prefered, when pure milk of cannot be obtained, condensed milk should be tried.

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

The extreme sadness of this cannot be obtained, cold bath when the body is cold.

may do good.

Dangerous colds may be contracted by Farmers would save much ill health if they more generally wore flannel shirts, the family physician. cool evenings, when sitting in the open air, a coat should always be put on, or thrown over the shoulder. If you are subject to rheumatism, keep out of draughts, even in the warmest weather.

When, working in the sun, the perspiration ceases to flow, and the head be comes hot and reels, the person should at once stop working and go into the as the perspiration flows freely and the head is clear, there is little danger of sunstroke. When it is threatened, go into the shade and bathe hands, arms, chest and head freely in cold water. Use ice water if you have it.

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. Do not forget the cellar. It should be thoroughly cleaned, whitewashed and subject to thorough ventilation the whole summer. There should not be too much shade about the house It produces dampness in a house, and is growing children. Rather than trim the trees, cut out some of them.

Broken Down. "After suffering with dyspepsia, kidney disease, loss of appetite and pain in the head until discouraged, I heard of B. B. B., took two bottles and am happy to say I feel as well as ever. 'Mr Rufus E Merry, New Albany, N.S. 2

Cholera Infantium.

This sorious and often fatal disease of infancy has just been determined to caused by a special poison, named by its discoverer, Dr O. C. Vaughan, of Michigan University, Tyrotoxicon. This poison Dr Vaughan has found in cheese, inc-cream and milk which has been kept in dirty vessels; or possibly sometimes, the poison may result from a fermentation in clean vessels. Whenever a child the poison may result from a fermentation in clean vessels. Whenever a child is suddenly attacked with vomiting, purging and great prostration, send for your physician without delay. Meantime put the child in a warm bath. Dry it, and cover with hot blankets. If its hands and feet are cold, apply here. water, or by a stove plate, well wrapped in woolen cloths. If the vomiting conunt let the child have any more milk, for milk will breed the poison within the child's stomach. Remove the soiled napkins immediately from the room, but preserve them physician's inspection, whose directions are to be implicitly followed. This disease being caused by a poison in the milk given the child, while recovering, it must receive no milk at all, but must be nourished on rice water, oat meal gruel, and oat meal preparations. Vaughan has observed that the administration of milk in this disease brings on the unfavorable symptoms with re-newed vigor. The child should have all the water it wishes.

Keep Your House Guarded. Keep your house guarded againt sudden attacke of colic, cramps, diarrhesa, dysentery and cholera infantum. They are liable to come when least expected. The safest, best and most reliable remedy is Dr Fowler's Extract of Wild Straw-

big es you can for the money,"

"More Trouble, May be Expected.

If you do not heed the warnings of nature and at once pay attention to the Lawyer Bennett suddenly disappeared maintainance of your health. How often from Palmerston, and a good many perwe see a person put off from day to day the purchase of a medicine which if procured at the outstart of a disease would have remedied it almost immediately.

Now if Johnston's Tonic Liver Pills had

Messrs. T. Milburn & Co. Now if Johnston's Tonic Liver Pills had been taken when the first uneasiness made its appearance the illness would have been "nipped in the bud." Johnson's Tonic Bitters and Liver Pills are decidedly the best medicine on the market for general tonic and invigorating properties. Pills 25c. per bottle. Bitters 50 cents and \$1 per bottle, sold by Goede the druggiet, Albion block, sole agent.

Messers. I. Mindrin & Co.

I wish I had used B. B. B. sooner, which it with very little wear in market. It was to be placed on the list of the many trashy preparation's that flood our market, but since you recommend it so highly I'll give it a trial. Do s, which soon cleared away the itching, burning rash that had so long distressed me. Mrs. Edward Romkey, Eastern Passage, Halifax, N.S.

2

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

3 Messers. I. Mindrin & Co.

4 with very little wear in market.

I ve often heard of it but thought that it with very little wear in market.

I ven flow of the was to be placed on the list of the many trashy preparation's that flood our market, but since you recommend it so the people for nearly 30 years, is por Fowler's Extract of Wild Strawberry for all varieties of summer compaints of the list of the many trashy preparation's that flood our market, but since you recommend it so for all varieties of summer compaints of for all varieties of summer compaints of the list of the many trashy preparation's that flood our market, but since you recommend it so for all varieties of summer compaints of for all varieties of summer compaints of the list of the many trashy preparation's that flood our market, but since you recommend to so for all varieties of summer compaints of for all varieties of summer compaints of the many trashy preparation's that flood our market, but since you recommend to so the first was to be placed on the list of the many trashy preparation's that flood our market.

I which would have saved me years of suffering with experience with

mplaint. The Boby's Summire &

are the July, August and September 'year," worst wonths, and the "secons the dreaded period of the buly.
As prevention measures, I confident
recommend the following:

1. The nursing of the child over the the cold months of the year. Meat heats the blood, and indirectly causes disease the blood in the same than the same when eaten in excess in warm weather. | may not always agree with the child.

even to children. It is unripe, over-ripe and stale fruits which cause so much mischief in summer. Even cucumbers, if from head to foot. Where these precautions can be fully carried out, there is little danger from mischief in summer. Even cucumbers, if fresh and properly prepared, are cooling and healthful. Children are likely to be more healthful if supplied with good fruits than if deprived of them entirely.

"Some farmers want a man to work all day and all night, but that ain't me, at frequent intervals, to supply that lost by perspiration. Keep it in the open air as much as possible, and when the air as much as possible, and when the air as much as possible, and when the control of cream tartar, of control of cream tartar, or cream t Malaria may be avoided by keeping the premise scrupulously clean; by having pure well water (it is often impure on farm), and by taking an occasional dose of quinine in infected districts. Here prevention is more pleasant and far rhutarb, on retiring at night. For pains the amade from the blossoms and leaves of peppermint in sweetened water, and of the "Boneset" and of dogwood bark, may do good.

The dose of castor oil, or of spiced syrup of hours his system wan; at least half an hours his system wan; at least hal produces no harmful effects. Give no 7 I tell my man to knock off. All he Excellent Cake.—Take one custoff audanum, soothing syrups, paregoric, her to do effect in to feed the stort. cooling off suddenly after some exertion. aloes, nor any other drug medicines, or

> 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 headache, or other disorders. The proprietors warrant it.

> > Summer Resorts-A Caution.

Not a few persons, every summer, go 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

intestines—the ileum.

It is caused, as the highest authorities now ladmit, by microscopic vegetation—bacilli—that enter the system tion—bacilli—that enter the system through the mouth and stomach, and find dock him. If he died I could take out a month's wages for the trouble. He was glad to get store orders for his pay, and they multiply to vast numbers, and the They multiply to vast numbers, and the loss of vigor in families of discharges are filled with them.

If these discharges are thrown into cesspools or vaults, or anywhere upon a change, sir—an awful change, and if a the ground within one hundred feet of a reaction don't set in pretty soon you'll cup sugar. Flavor with lemon. to find their way into the well water, witness the do borne thither by the rain water, as it percolates down through the soil. To the eye and the taste the water, though heavily charged with them, may seem heavily charged with them heavily charged with the manner charged

tinues, give a few drops of mint water, or spirits of camphor in water, but on no cally defective, and whelly uncount of cally defective, and whelly uncount to the needs of a large temporary popula-

In our religious camp-grounds also, to which increasing numbers of persons yearly resort for the entire season, adequate drainage is the exception rather than the rule. Hence we say to every one, make sure beforehand that the cottage or hotel or farmhouse you pro-

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, the medicine is Johnson's Tonic Bitters which in computation with Johnson's Tonic Bitters.

Will dew.'"

The best regulators for the stomach and bowels, the best cure for billiousness, sick headache, indigestion, and all affections arising from a disordered liver, are without exception Johnson's Tonic Liver billiousness, indigestion, etc., and when some combined with Johnston's Tonic Bitters. what ud you do that for ? Make em as sick headache, liver complaint, languor weakness, etc., soon disappear when treated by these excellent tonic medi-cines. For Sale by Good, druggist, Albion block, Goderich, sole agent.

An Open Letter.

I wish I had used B. B. B. sooner, upon the digestive organs.

A Lament for the Hired Man.

Editor Coburn reports in his vivacious "Live Stock Indicator" a conversation with an old Missouri farmer who was very early out of doors. looking around the market for a hired

'ny longer," for the following rea-

2. The wearing of a flannel shirt by the child all through the summer. This changed, and sir, it makes me sad of turbentine. Prepare it and apply the shire and apply ly at first, until the stomach becomes should be thin and soft and not a source of worrment to the child.

The milk fed the child should be the child should be one can drink, each parkers of the milk fed the child should be one can drink, each parkers of the child should be one can drink, each parkers of the child should be one can drink, each parkers of the child should be one can drink, each parkers of the child should be one can drink, each parkers of the child should be one can drink, each parkers of the child should be one can drink, each parkers of the child should be thin and soft and not a source with spirits of turpentine. Prepare it and apply a thick plaster of it.

Changed, and the child all through the summer. This should be thin and soft and not a source with spirits of turpentine. Prepare it and apply a thick plaster of it.

Chocolate Cookies.—One cup of butone can drink, each person must be a law unto himself.

The body should not be over-heated when you take a bath; neither should it be cold. More harm probably results

The body should not be over-heated one is now prefered, when pure mile of the strength of an oxing the selection of the child's food. Milk from several cows, mixed rather than from one is now prefered, when pure mile of the war great to the war great to the strength of an oxing the selection of the child's food. Milk from several cows, mixed rather than from one is now prefered, when pure milk of the war great to the war great to the collate Cookies.—One cup of butter, two cups of sugar, three cups of flour, four eggs, one cup of grated chocal treatment we had the war great to the collate Cookies.—One cup of butter, two cups of sugar, three cups of flour, four eggs, one cup of grated chocal treatment we had the war great to the collate Cookies.—One cup of butter, two cups of sugar, three cups of flour, four eggs, one cup of grated chocal treatment we had the war great to the collate Cookies.—One cup of butter, two cups of sugar, three cups of flour, four eggs, one cup of grated chocal treatment we had the war great to the war great to the war great to the collate Cookies.—One cup of butter, two cups of sugar, three cups of flour, four eggs, one cup of grated chocal treatment we had the war great to the war great o'clock in the morning, and it was a 1 1 Lemon Jelly.—The yolks of two eggs, could do to coar them to go to be at 1 one cup of sugar, one cup of water, one

Fruits, if ripe and fresh, do no harm 5. The child should be daily bathed ed the tender-hearted listener, whose sympathetic ejaculations led to theappended further statement :

watertrough, start a smudge in the Bake in a hot even. smokehouse, and pull a few weeds in the Eggless Cake.—Two-thirds of a cup of no poison to produce dizziness, deafness, headache, or other disorders. The protheir wages."

He stopped long enough to wipe a tear from his eye, and then went cs:

from the city to the country or the sea-side in quest of health, only to bring back disease, or possibly, death. The don't hang up a clash towel once a week and eat while fresh. hired man was sick for half a day I could salt and a little parsley. witness the downfall of agriculture in

heavily charged with them, may seem powerful pressin'; but certainly he root, previously wet in milk, the sugar

I tried Dr Fowler's Wild Strawberry. The next day I was like a different man." G H Peacock, of Stroud, Ont. 2

Stories of Oliver Wendell Holmes.

bry it, and cover with hot blankets. If tudes of cases the purity of the country thoughts for point and the public, but is air is more than counterbalanced by the water, or by a store plate, wall warned. Dr. Holmes does not save his bright The condition of many of our famous professor of the breakfast table. A sesside resorts is still worse than that young physician once asked him for a of the country, the drainage being radically defective, and wholly unequal to fully received," was the witty response. He was comp'aining in a comical way to a lady of the minute portion of honey that was given to him at a hotel tea. "A mere trifle; the work of a very young bee in an idle half hour." "Did she give you no comb, Doctor?" she laughing! carrot, one-half turnip and water to cover the product of the product o inquired. "Possibly one tooth, madam! cottage or hotel or farmhouse you propose going to, makes the fullest provision for pure water.

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

Lecturers of Boston were speaking of the relecture experiences, when the subject of pay was brought up. Each man of the company was certain that he had received the smallest sum. But Dr. Holmer made a climax by saying: 'Listed the smallest sum.' But Dr. Holmer made a climax by saying: 'Listed the smallest sum.' But Dr. Holmer made a climax by saying: 'Listed the smallest sum.' But Dr. Holmer made a climax by saying: 'Listed the smallest sum.' But Dr. Holmer made a climax by saying: 'Listed the smallest sum.' But Dr. Holmer made a climax by saying: 'Listed the smallest sum.' But Wo teaspoonfuls baking powder; rub well through flour one table-spoonful salt, and wet with cold water or sweet milk and mix to a stiff dough; roll into a sheet to cover stew; make two or three perforations in crust. Keep kettle closely covered, and stew twenty minutes to half an hour after adding you \$5, but your talk wasn't just what we expected, and I guess that tew-fifty on dough adheres to star when through flour one table-spoonful salt, and wet with cold water or sweet milk and mix to a stiff dough; roll into a sheet to cover stew; make two or three perforations in crust. Keep kettle closely covered, and stew twenty minutes to half an hour after adding you \$5, but your talk wasn't just what we expected, and I guess that tew-fifty on dough adheres to star when through flour one table-roceived the smallest sum. Business Cards

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.

Orink Plenty of Buttermilk

Everyone who values good health agent. should drink buttermilk every day in warm weather, and let tea, coffee and water alone. For the benefit of those who are not already aware of it I may add that in the churning of it the first process of digestion is gone through, making it the easiest and quickest of all things to digest. It makes gastic juice Bitters! Then do so at once, it's posiand contains properties that readily astively the best general tonic on the similate with it with very little wear market.

Household Hints.

Sweet peas will make finer plants if

The most severe cold or hoarseness nan, and "kinder hoped he wouldn't may be relieved by applying to the chest ble to find him," because "he is no as quickly as possible, a flannel wrung out of boiling water, and on which turpentine is sprinkled.

FOR FELON. - Take equal parts of gun

o'clock at night."

ta blespoonful of corn starch and the juice and grated rind of one lemon; cook till thick. This is nice for layer cake. Yankee Maffins .- To one quart of

add one gill of yeast, one teaspoonended further statement:

"Some farmers want a man to work"

"Some farmers want a man to work"

"Some farmers want a man to work"

add flows a sufficient to make a thick batter in muffin rings. Serve with

laudanum, soothing syrups, paregoric, aloes, nor any other drug medicines, or remedies, unless so directed to do by the family physician.

At ten my man to know a set of set the stock, has to do after that is to feed the stock, aloes, nor any other drug medicines, or cut a little wood, mow some grass for the horses, milk four cows, fill up the the horses, milk four cows, fill up the ding two teaspoonfuls of baking powder.

garden. I never had a man who didn't sugar, two thirds of a cup of sweet milk, grow fat on my work, and they allus left one-third of a cup of butter, two cups of putting in the oven grate sugar over it Tea Cakes. - Rub together four tea-

rom his eye, and then went ca: spoonfals of butter and one cup of sugar.

"And now, look at the hirad man to add one well-beaten egg, one tablespoonday! He won't eat with a known to the state of the day in the wants napkins when he eats, and if we wants napkins when he eats, and if we of baking powder. Baking in small pans

he wipes on a handkerchief. Call him | Beef Fritters. - Chop pieces of steak at 3 and he gets up at 6. He wants a or cold roast beef very fine; make a batwhole-hour at noon, and after supper he ter of milk, flour and an egg; mix the whole-hour at noon, and after supper he trots off to a singing school or sits down succepan, let it melt, then drop the but to read the "Live Stock Indicator" or ter into it from a large spoon. Fry The Tribune. Fifteen years ago if my until brown, season with pepper and

They mulfiply to vast numbers, and the discharges are filled with them.

If these discharges are thrown into wipe on the clothesline. There has been teaspoonful cream of tarter and one tarter and one teaspoonful cream of tarter and one teaspoonfu ICE CREAM. -Three quarts of milk,

of the eggs beaten to a stiff froth, the lemon last; bake one hour. This cake cannot be told from real pound cake, and it will keep two weeks.

Don't Speculate. Run no risk in buying medicine, but try the great Kidney and Liver regula-tor, made by Dr. Chase, author of Chase's receipes. Try Chase's Liver Cure for all diseases of the Liver, Kidneys, Stomach and Bowels. Sold by all

druggists. In making beef pot pie, cut in small pieces two pounds lean beef and one half-pound fat salt pork. Place in keter well. Stew until tender, then add Several of the now famous writers and lecturers of Boston were speaking of their lecture experiences, when the sub-fuls flour, in which have been thoroughwe expected, and I guess that tew-fifty straw when thrust into the middle, the pot pie is done.

"Well," said a shoemaker to an Irishman who had just ordered a pair of boots, "well, what size are they to be, I ahall want to measure your foot."

"Meshur my foot is it?" said Phaidrig, "what no do that for? Make are as lick headache, liver complaint. Incomplete the solution of the so

The Michigan Central Railway conincrease to \$3 and \$2 respectively.

Never Tried It." Never tried Johnston's Tonic

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, cure: all scalp diseases, and is the most cleanly of all hair preparations.

AVER'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 ittle hair I had, was growing thinner, until I tried Ayer's Hair Vigor. I used two bottles of the Vigor, and my head is now well covered with a new growth of hair.—Judson B. Chapel, Peabody, Mass.

HAIR that has become weak, gray, 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.—Mary N. Hammond, Stillwater, Minn.

Wary N. Hammond, Stillwater, Minn.

VIGOR, yeuth, and beauty, in the
preserved for an indefinite period by
the use of Ayer's Hair Vigor. *A discase 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. — Mrs. E. R.
Foss, Milwaukee, Wis,

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

wonderful curative properties, easily place Ayer's Pills at the head of the list popular remedies for Sick and Nervous hadaches, Constipation, and all ailments on rinating in a disordered Liver. I have be. It a great sufferer from Headache, and Ayer's Cathartic Pills are the only med cine that has ever given me relief. One dose of these Pills will quickly move my be wels, and free my head from pain. — Wilh, im L. Page, Richmond Va.

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

Where It Ends.

Nine-tenths of the disease denominatd Catarrh is the result'of protracted or oft-repeated colds in the head. Balm will give immediate relief and pernanently cures.

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 com-mon speed 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. Be on Your Guard.

Don't allow a cold in the head to slowy and surely run into Catarrh, when you can be cured for 25c. by using Dr. Chase's Catarrh Cure, A few applica-tions cure incipient catarrh; 1 to 2 boxes enres ordinary catarrh; 2 to 5 bexes is guaranteed to cure chronic caterrh. Try Only 25c and sure cure. Sold by all Arnggists.

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

First Young Lady-Who are those cople 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 They are real stylish people.

RY" to any one sending the best four linrhyme on 'TEABERRY,' the remarkable little gem for the Teeth and Path. Ask your druggest or address

ra . OAN dun 0 Modil.

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

as well as helping to advertise your business.

READ THIS.

Our Stock of Printing Stationery, consisting of all before for suffering humanity." Pills

25 cents per bottle. Bitters 50 cents and \$1 per bottle. Sold by Goode, Druggist, Albion block, Goderich, sole ruled papers, Cards Envelopes, &c., is the most complete we have handled and we guarantee the quality

ductors now receive \$2.75 per day and the brakemen \$1.75, and they ask for an and price to suit at who will favor us with their orders Call and ser our samples and get our prices

"THE SIGNAL"

NORTH-St., GODERICH.