

HEALTH AND HOME HINTS.

To keep ice in a sick room over night set a pitcher in a newspaper, gather up the ends, twist them tight, and snap on a rubber band.

Preserve the wings of turkeys, geese and chickens. They answer for dusting the stove or range, or to clean the furniture, and are the best things possible for washing and cleaning windows, leaving no lint, as cloth does.

The smaller a roast the hotter should be the oven at first, that the least possible amount of its delicate juices may escape.

In making bread, rub a little sweet lard or butter over the top as often as it is kneaded, and it will not only rise more quickly, but have a soft, delicious crust when baked.

While the nutritive value of cabbage is less than almost any other vegetable, its digestibility when eaten raw makes it a valuable addition to the semi-invalid's limited bill-of-fare. Shaved very fine, thrown into cold water until crisped, drained and served with a French dressing of lemon, vinegar, and salt, it can usually be assimilated without unpleasant after results.

Those who have a heavy head of hair, and who take severe colds from washing the hair in the winter, will find that a washing of the scalp with a cloth and water, without wetting the rest of the hair, and a thorough brushing with a clean brush, will keep the hair and scalp clean and in excellent condition.

For hanging clothes to dry, first hang up by the thickest part, waist, or neck, etc., because if hung by the thinner part the water would run into the thicker part, lodge there, and take longer to dry. Second, hang up everything wrong side out, so that any accidental soil will not do so much damage as if it appeared on the right side.

It is said that the following is a good winter remedy: Use pulverized saltpeter and sweet oil; obtain at the drugist's one cent's worth of saltpeter, put into a bottle with sufficient olive oil to nearly dissolve it; shake up well, and rub the inflamed joints night and morning, and more frequently if painful.

To Polish Windows.—The best thing for polishing windows is a small hand mop made of seraps of chamois. Pieces no larger than a dollar can be used, and if well worn the mop will work so much the better. String them all together on a piece of strong twine, then tie together in a bunch. When soiled wash it out, dry, and before using rub it soft between your hands.

A BAD BREAK.

During the annual convention of a certain religious body, not so very long ago, an incident occurred which was not on the programme and which completely upset the gravity of the ministers and brethren assembled. It was at the closing session, and the chairman stated that they were about one hundred dollars short of an amount desired to be raised for a given purpose, and hoped that the sum could be made up before final adjournment. One of the laymen jumped up with the remark:

"I'll start the good work with twenty-five dollars."

"I don't know your name, brother," said the chairman, "but may God bless you, and may your business be doubled during the year."

Much to his astonishment, a burst of laughter followed from many in the hall, which was explained when a brother up in front stepped to the platform and whispered:

"Why, that's Mr. Blank, a prominent undertaker of the town."—Lippincott's.

South Africa is of volcanic origin, and the country round Kimberley is so sulphurous that even ants cannot exist upon it.

PARALYSIS YIELDS TO DR. WILLIAMS' PINK PILLS

AFTER SEVERAL DOCTORS HAD PRONOUNCED THE CASE HOPELESS.

Convincing Proof That Cure Was Permanent—in Five Years
the Patient Has Had no Relapse—Facts in a Remarkable
Case Substantiated by Sworn Statements.

Dr. Williams' Pink Pills are not a patent medicine, but the prescription of a physician, placed on sale with full directions for use under a trade mark that is a guarantee of their genuineness to every purchaser. They contain no stimulant, opiate or narcotic, and while they have cured thousands have never injured anybody. To show that cures effected by this remedy are really permanent and lasting we recently investigated the case of Mr. Frank A. Means, of Reedsville, Mifflin County, Pa. Mr. Means has been an elder in the Reedsville Presbyterian church for many years, has served three years as county commissioner and as school director for nine years. He was afflicted with creeping paralysis, losing the entire use of the lower half of his body, and for a year was a helpless invalid, confined to his bed with no power or feeling in either leg, and physicians had given him up as hopeless. Mr. Means was cured by Dr. Williams' Pink Pills and his testimonial was printed five years ago as follows:

"I had the grip for four winters and as a result my nerves broke down. I lost the entire use of the lower half of my body. My stomach, liver, kidneys, heart and head were never affected, but the paralyzed condition of the lower part of the body affected my bladder and bowels. For a whole year I lay in bed perfectly helpless with no power in either limb and the feeling gone so that I couldn't feel a pin run into my legs at all. I couldn't turn over in bed without help. To move me a pulley was rigged up on the ceiling and a windlass on the floor.

"During two years of my affliction I had six different doctors, but none of them gave me any relief. A specialist from Philadelphia treated me for three months, but he was of no benefit to me. These doctors gave me up and said it was only a question of a few weeks with me as nothing more could be done. After the physicians had given me up, a friend sent me a pamphlet containing statements of two men who had been afflicted something like me and who had been cured by the use of Dr. Williams' Pink Pills. I began taking them at once and although my improvement was slow it was certain. Now I can walk most of the time without a cane and everybody around here thinks it is a miracle that I can get about as I do. Your pills have certainly been a God-send to me. Within the last three years I have answered dozens of letters from invalids who had heard of my case and who asked me if it was true that I had been cured by Dr. Williams' Pink Pills. I have told them all that this remedy cured me and I am glad of this opportunity of telling about my case so that others may find relief as I have done."

Signed,

F. A. MEANS.

Subscribed and sworn to before me this 17th day of April, 1901.

ALBERT S. GIBBONEY,
Notary Public.

One day recently Mr. Means was visited at his handsome home overlooking the valley of Honey Creek, near Reedsville, where he made the following statement:

"Before I began taking Dr. Williams' Pink Pills I had been treated for a long time by my home doctor who pronounced my trouble creeping paralysis. I always believed that to be my trouble and I do yet believe so. I had also spent five weeks in the University Hospital in Philadelphia without the treatment benefiting me and had returned home to die. I began taking Dr. Williams' Pink Pills in 1897, but did not give a statement of my case for publication until I was sure that I was cured. After returning from the hospital I did not take any other medicine for my trouble and I owe it to Dr. Williams' Pink Pills and to them alone that I am able to be about today. Since my cure, as related in my statement of April 17, 1901, I have never suffered any relapse nor had occasion to employ a physician except for minor troubles such as coughs, colds, etc. I endorse Dr. Williams' Pink Pills as fully and heartily today as I did five years ago.

Signed, FRANK A. MEANS.

Subscribed and sworn to before me this 22nd day of January, 1900.

JACOB KOHLER,
Justice of the Peace.

Justice Kohler, of Reedsville, before whom the above affidavit was made, voluntarily gave and signed the following statement:

"I have personally known Mr. Frank A. Means for the past forty-five years and know that any statement he makes is entirely reliable. I personally visited him when he was confined to bed and utterly helpless. I now see him daily and know him to be in as good health as most men of his age."

Signed, JACOB KOHLER.

Mr. Daniel W. Reynolds, postmaster at Reedsville, Pa., stated that he had received many inquiries from all parts of the country concerning Mr. Means' marvellous cure, and he cheerfully added his confirmation of the truth as follows:

"I certify that the facts stated in the testimonial of Mr. Frank A. Means are absolutely true. I knew him when he was unable to move and I see him every day now on the streets and in my office."

Signed, DANIEL W. REYNOLDS.

Here is evidence that most convince the most skeptical. But because many of the cures accomplished by Dr. Williams' Pink Pills are so marvellous as to challenge belief, the following offer is made:

\$5,000 REWARD—The Dr. Williams' Medicine Company will pay the sum of Five Thousand Dollars for proof of fraud on its part in the publication of the foregoing testimonial.

No sufferer from paralysis, locomotor ataxia, St. Vitus' dance or any of the lesser nervous disorders can afford to longer neglect to try Dr. Williams' Pink Pills, the great blood builder and nerve tonic. Sold by all druggists or sent by mail on receipt of price, 50 cents per box; six bottles for \$2.50, by the Dr. Williams' Medicine Co., Brockville, Ont.