

One Dose

Tells the story. When your head aches, and you feel bilious, constipated, and out of tune, with your stomach sour and no appetite, just buy a package of

Hood's Pills

And take a dose, from 1 to 4 pills. You will be surprised at how easily they will do their work, cure your headache and biliousness, rouse the liver and make you feel happy again. 25 cents. Sold by all medicine dealers.

RUN DOWN

GATES' SUPERSEDES ALL PILLS
INVIGORATING
The Best CATHARTIC **SYRUP**

BUILT ME UP.

WATERFORD, Digby Co.,
Nov., 1895.

C. GATES & CO.

Gentlemen—Two years ago I was run down, lost my appetite and became so weak that I could not work. Tried many medicines without receiving any benefit. I then got your LIFE OF MAN BITTERS and SYRUP which soon built me up so that I have remained well ever since.

Yours respectfully,
DELANEV H. GRAHAM.

MENTHOL
D&L
PLASTER

We guarantee that these Plasters will relieve pain quicker than any other. Put up only in 25c. tin boxes and \$1.00 yard rolls. The latter allows you to cut the Plaster any size.

Every family should have one ready for an emergency.

DAVIS & LAWRENCE CO.,
LIMITED, MONTREAL
Beware of imitations

PUTTNER'S EMULSION

Has never been surpassed as a remedy for Chronic Coughs, Colds, Consumption, and other disorders of the Lungs and Chest.

Always get PUTTNER'S, it is the Original and BEST.

Women Need Not Suffer



From those terrible side aches, back aches, headaches and the thousand and one other ills which make life full of misery.

Most of these troubles are due to impure, imperfectly filtered blood—the kidneys are not acting right and in consequence the system is being poisoned with impurities.

DOAN'S KIDNEY PILLS

are daily proving themselves woman's greatest friend and benefactor.

Here is an instance:

Mrs. Harry Fleming, St. Mary's, N. B., says: "The use of Doan's Kidney Pills restored me to complete health. The first symptoms I noticed in my case were severe pains in the small of my back and around the loins, together with general weakness and loss of appetite. I gradually became worse, until, hearing of Doan's Kidney Pills, I got a box from our druggist.

I am pleased to testify to their effectiveness in correcting the troubles from which I suffered.

Lemon Cake

A cake with an acid lemon filling between the layers is delicious, and makes a pleasant change from the conventional, much-used chocolate and cream layer cakes, which, although excellent if well made, are apt to become monotonous when served too often. To make this cake cream two cups of sugar and two-thirds of a cup of butter, and add the yolks of two eggs and a cup of milk. Sift three cups of pastry flour several times with three teaspoonfuls of baking powder into another cake bowl. After this stir the mixture of eggs, butter, sugar and milk gradually into the flour, mixing well all the time. Be careful to avoid lumps. When a smooth batter free from lumps has been procured add the whites of six eggs which have been beaten to a very stiff froth. Set aside the yolks of four eggs for the filling, and use the yolks of the two remaining eggs in the cake as directed. Grease four very shallow layer-cake tins, or three deeper ones, as you prefer. This will make a large round layer cake. Bake it in a moderate oven. Make the filling while the cake is baking. For this filling mix two cups of sugar and four rounded tablespoonfuls of flour. Add the grated rind and juice of two lemons to a cup of water and stir in the yolks of the four eggs gradually. Stir this mixture slowly into the dry ingredients, avoiding lumps, and boil the filling for ten minutes in a double boiler. When the filling is done spread it quickly on the layers of cake, which should be cooling, and place one on top of the other. Frost the top of the cake with the plain boiled icing with which Tribune readers are acquainted. This requires one cup of granulated sugar and five tablespoonfuls of water, boiled together until the syrup threads, and then poured into one beaten white of egg and stirred in rapidly. If this icing does not harden at first put it in the oven with the oven-door open for a few moments. The heat hardens the white of the egg enough to prevent the icing from "running." For lemon jelly cake it is well to flavor the frosting with lemon. A little lemon extract will do, or you may boil a little peel in the water used in making the icing, before the sugar is added, and straining it in order to give a pure white appearance. Add a few drops of lemon juice to it.—N. Y., Tribune.

Repairing Stockings.

Stockings are so much improved in quality and reduced in price that it no longer pays to knit them laboriously by hand, as our grand-mothers did. Some industrious women spend their leisure in knitting stockings by machinery, which is much more rapid work than knitting them by hand. It still pays to run the heels and toes of fine stockings of silk or cotton to make them wear longer at those vulnerable points. The old-fashioned idea that no stocking could be successfully footed by sewing is now done away with by the fineness of the modern stockinet of manufacture. After the feet of children's stockings are past darning cut them off. Cut feet out of the whole legs of one pair and sew them together with as few seams as possible, and sew these feet on a pair of stocking legs, taking similar seams. If these seams are properly taken they will not chafe or hurt the most delicate foot. If the upper part of the stocking is thin run the heel and toe part of these sewn stockings. The success of the work of these made-over stockings depends, of course, upon the way the seams are put in. A stitched seam afterward opened and "cat-stitched" flat is one of the softest seams for this purpose.

Little babies and elderly people, or invalids who suffer from cold feet, should wear woollen stockings even in summer, varying a heavy stocking for a lighter one in hot weather. Strong people, who have a vigorous, healthy circulation of blood, do not at any season need woollen stockings, which often induce perspiration of

the feet when it is not necessary. Such persons should bathe their feet very frequently and change their stockings often. Airing the stockings in the open air will be often all that is necessary; if more washing is needed to freshen and purify them after being worn scald the feet of the stockings and rinse them in cold water and dry them in the open air. No stockings should be worn long enough to require rubbing with soap on a board. It destroys the color and helps to wear out the stockings more than the actual wear does. Never iron hosiery; it stretches it out of shape. A stocking does not fit to the leg so well or look and feel as comfortable if it is ironed.

A Very Sanitary House.

Japan has long rejoiced in earthquake-proof houses, and now we hear of an abode in Yokohama which possesses the unique distinction of being microbe-proof. It is said to have been erected by an eminent German bacteriologist, who hopes by its aid to avoid all the ills to which human flesh is heir, so far as they are due to zymotic causes. The house is built of glass bricks so that there is no need for windows, and the doors when closed are perfectly air-tight. Ventilation is brought about by air being forced into the building through cotton-wool filters, and in case this treatment does not rob it of all its bacteria, the air is further driven against glycerine coated plates of glass. Of course when the door of this strange domicile is opened to admit visitors, armies of airborne microbes must come in too; but the sunlight which plays around the room will soon kill off these. We doubt whether this glass case and cotton-wool treatment of human beings will bring any substantial advantage to the experimenters, and we should decidedly prefer a healthy, open air life, microbes and all.—Chambers' Journal.

Sour Cream Pie.

One cupful of sugar, 1 cupful of seedless raisins, yolks of 3 eggs, ½ teaspoonful of cinnamon, ground; ¼ teaspoonful cloves, ground; 2 cupfuls of thick, sour cream; bake with one crust; then put on the whites of the eggs, beaten with pulverized sugar; set in the oven and brown.

Ginger Cookies.

A woman who calls herself an old-fashioned cook says that the secret of her specially excellent ginger cookies is that she uses cold coffee instead of water, in their mixing. Half a cup is the allowance, and, she says: "If there is not enough left from the breakfast, I pour that much water on the grounds and boil it up."

In the House of Commons Friday evening, while the estimates were under consideration, the advanced Radicals raised the question of the increase of the British troops at the Cape from 3,000 to 9,000 in two years. They suggested that this was intended to coerce the Transvaal and moved a reduction in the vote.

Keep in mind that Scott's Emulsion contains the hypophosphites.

These alone make it of great value for all affections of the nervous system.

It also contains glycerine, a most valuable, soothing and healing agent. Then there is the cod-liver oil, acknowledged by all physicians as the best remedy for poor blood and loss in weight.

These three great remedial agents blended into a creamy Emulsion, make a remarkable tissue builder.

50c. and \$1.00, all druggists.
SCOTT & BOWNE, Chemists, Toronto.

Permanent Cure of Chronic Constipation.

Perhaps you've suffered with constipation for years, tried all the pills and purgatives you ever heard of or read of, without getting any more relief than the one dose of the medicine afforded.

Then you were left worse than before, bowels bound harder than ever, the constipation aggravated instead of cured. All the miseries of constipation—Headache, Sick Stomach, Biliousness, Pimples, Eruptions, Blood Humors, Blisters, Piles, and a thousand and one other ills crowded back on you again with redoubled severity.

Wouldn't you consider it a blessing to be cured of your constipation so that it would stay cured? So that a repetition of all the suffering you have endured would never come again? Burdock Blood Bitters can cure you—cure so that the cure will be permanent.

That's where it differs from all other remedies. It makes a thorough renovation of the whole intestinal tract, tones the bowel wall, acts on the liver and stomach, and causes all the digestive and secretory organs to so work harmoniously and perform their functions properly and perfectly that constipation, with all its attendant sickness, suffering and ill health, become a thing of the past.

Miss Arabella Jolie, living at 99 Carrière Street, Montreal, Que., bears out all we say in regard to the efficacy of Burdock Blood Bitters in curing constipation permanently. This is her statement:

"For over a year I suffered a great deal from persistent constipation and could only get temporary relief from the various remedies I tried until I started using Burdock Blood Bitters. I am thankful to say that this remedy has completely and permanently cured me and I have had no return of the constipation."

BBB

Largest Foundry on Earth making
CHURCH BELLS CHIMES & PEALS
Finest copper and tin only. Terms, etc., free.
McSHANE BELL FOUNDRY, Baltimore, Md.

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Remember, our shorthand is the Isaac Pitman, and our Business Practice the latest and best, and we hold the right for its exclusive use.

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FARM FOR SALE

On account of change of condition and decline of life, I offer for sale my FARM of 100 acres, admirably situated in one of the most productive and beautiful sections of the Annapolis Valley, 2½ miles from Kingston Station—one of the large fruit centers. Two churches, school and new hall, all within one mile. Description, terms, etc., on application.

JOHN KILLAM,
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