

HAPPY MEN AND WOMEN

Who Can Relish and Enjoy Their Meals.

INDIGESTION AND ITS TERRORS.

PAINE'S CELERY COMPOUND RESTORES PERFECT DIGESTIVE VIGOR.

Nature's Great Medicine Will Give You a Healthy and Natural Appetite, Pure Blood, a Clear Head and Sound Sleep.

The most miserable mortals in our communities are those who are weighed down by obstinate and cruel indigestion.

The digestive organs are all out of gear, and the sufferer is tormented every hour of the day. The greatest distress is experienced after eating; there is heaviness or weight in the pit of the stomach, almost continual headache, want of appetite, palpitation of the heart, sluggish and torpid bowels and constipation.

The common cathartics and medicines of the day only aggravate the sufferer's troubles, and cause him to sink deeper in the mire of suffering and despondency.

Nature's wondrous remedy, Paine's Celery Compound, is the only medicine now generally prescribed by the best physicians. It acts directly on the nerves, it cleanses the blood, and removes all obstructions and distressing matter from the digestive organs, and gives that perfect vigor of body that only the healthy can enjoy. After using Paine's Celery Compound, eating becomes a pleasure, sleep is natural and sound, and life is worth living.

Mrs. H. Cormack, of Halifax, N.S., who suffered for years, writes as follows:—

"It is with pleasure that I add my testimony

to the value of Paine's Celery Compound. For a number of years, I have suffered greatly from indigestion and palpitation of the heart. It was perfect misery for me to go up stairs or up a hill, as my breath was so short and weak; and eating a meal was something I dreaded, as I suffered such agony afterwards. I could only get temporary relief from doctor's medicines and remedies. Last summer my heart troubled me so frequently, that I became weak and miserable—so miserable that I felt life a burden. I had heard a great deal of Celery Compound but had no idea it would benefit me in any way. At last I was persuaded to try it, and by the time the first bottle was used I was greatly benefited. I have used five bottles of the Compound, and say with truth, that no other medicine has ever given me such wonderful results. The palpitation of the heart has not troubled me for some months; I can now eat a hearty meal, and do not experience any pain afterwards.

"Paine's Celery Compound cannot be too highly spoken of, and I trust all who suffer from the complaints which I have had, will use it without delay or fear, for I am certain they will receive great benefits, and will soon be convinced that Celery Compound is the surest, safest, and best of remedies."



FREE!

This remarkable statement to which we direct special attention, is from a Tennessee farmer. My age is 63. I suffered intensely from Catarrh 10 years. Had intense headache, took cold easily, had continual roaring and singing in my ears. My hearing began to fail, and for three years I was almost entirely deaf, and I continually grew worse. Everything I had tried, failed. In despair I commenced to use the Aerial Medication in 1888, and the effect of the first application was simply wonderful. In less than five minutes my hearing was fully restored, and has been perfect ever since, and in a few months was entirely cured of Catarrh. ELI BROWN, Jackboro, Tenn.

Medicines for Three Months' Treatment Free. To introduce this treatment and prove beyond doubt that it is a positive cure for Deafness, Catarrh, Throat and Lung Diseases, I will send sufficient medicines for three months' treatment free.

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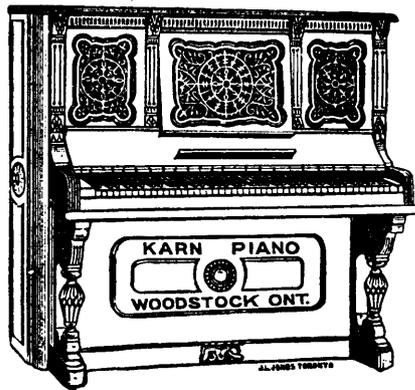
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HEALTH AND HOUSEHOLD HINTS.

Powdered rice is said to be very efficacious in stopping bleeding from fresh wounds.

When the burners of lamps become clogged with char put them in strong soapsuds and boil awhile to clean them.

To color leather a blood red, brush the leather with a solution of sulphate of ammonia and apply the dye. Use either aniline red or extract of alkanet root. Work rapidly to prevent the dye penetrating the leather.

A simple way of removing rust from finely polished steel without injury to the surface consists in cleaning the article with a mixture of ten parts putty powder, eight of ammonia and twenty-five of alcohol, and then rubbing with soft blotting paper.

Many housekeepers need warning against the frequent use of feather dusters. These dusters simply chase the particles from the furniture into the air, where they are inhaled. A soft cloth is good, and a chamois-skin is sometimes better for a duster.

It is a great mistake to make a large tea biscuit. Properly speaking, a tea biscuit should not be more than two inches in diameter and proportionately thick when baked. This gives a delicate, moist, flaky biscuit, which will be cooked through before the outside crust has become hard or over brown.

Never read in bed or when lying upon the sofa. Sit with your back to the light as much as possible. Attend to your digestion. Do not work longer than two hours without closing your eyes and resting them for five minutes. If your eyes are weak, bathe them in water to which a little salt and a little brandy have been added.

Hominy Dabs.—One cup of fine hominy boiled two hours in a quart of milk; while hot add a little salt, two eggs well beaten, a piece of butter the size of an egg. Drop from a spoon on a tin sheet and bake a light brown.

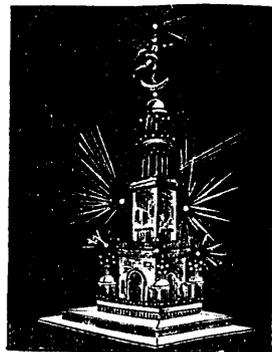
Creamed Bacon.—Bake in the oven slices of bacon till they are brown and crisp; put them on a hot platter; add to the fat in the pan a tablespoonful or more of flour; stir till smooth, add gradually a teacupful and a half of milk and cook two minutes.

Muffins.—One quart of flour, one pint of warmed milk less two tablespoonfuls, one teaspoonful salt, half a gill of yeast, mix at night and beat till light. In the morning drop the well-risen batter into buttered cups; let stand twenty minutes, then bake and serve. These can be made of water instead of milk, but are much less tender.

Loaf Cake.—Two cupfuls of light dough, two cupfuls of sugar, one cupful of butter, one cupful of cream, two eggs, one-half teaspoonful of soda, one cupful of raisins, one cupful of currants, a teaspoonful each of ground cinnamon and mace and a grated nutmeg. Work well together and add sufficient flour to make it stiff. Shape in loaves, put into pans, raise and bake slowly.

Home-Made Ice Cream.—Excellent "home-made" ice cream is prepared as follows: To three fresh eggs add one cupful of granulated sugar, thoroughly beaten, the cream from a pan of milk that is well scalded, and, if possible, another cupful of cream. Beat again, adding desired flavoring. Now add a quart or more of the scalded morning's milk, one more cupful of sugar, or a scant cup to a quart, then freeze.

Purify your blood, tone up the system, and regulate the digestive organs by taking Hood's Sarsaparilla. Sold by all druggists.



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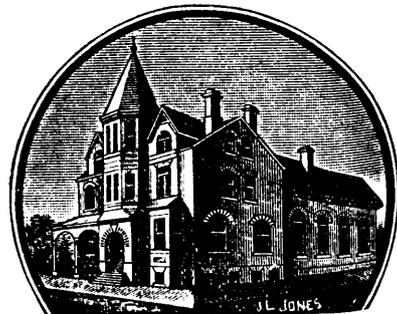
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