

## Catarrh and Consumption

I have spent nearly 50 years in the treatment of the above named troubles and believe I have effected more permanent cures than any specialist in the history of medicine. As I must soon retire from active life, I will, from this time on, send the means of treatment and cure as used in my practice, free and post-paid to every reader of this paper who suffers from these loathsome, dangerous and disgusting diseases. My treatment will positively give prompt relief and cure in the worst cases. This is a sincere offer which anyone is free to accept. Address, **PROFESSOR J. A. LAWRENCE, 114 West 33d St., New York.**

## CONSTIPATION INDIGESTION TORPID LIVER

These are the great curses which afflict three-quarters of the present generation. Sufferers from either one or all of them must always feel miserable, and sooner or later become chronic invalids, useless to themselves and a burden and nuisance to friends and family. There is one sure, safe and absolute cure which you can test without any expense. Our remedy is Egyptian Regulator Tea, a trial package of which we will send you free and prepaid on request. Unless you find our claims are true, we must be the losers by this liberal act. Shall we send you the trial package, and lead you to perfect health and happiness? Address, **THE EGYPTIAN DRUG CO., New York.**

### Whole Story

or 1.

## Pain-Killer

(PERRY DAVIS')

"I am, Police Station No. 1, frequently use PERRY DAVIS' PAIN-KILLER in the stomach, aches, front bites, children, and all ailments which afflict the human race. I have no hesitation in saying that PAIN-KILLER is the best remedy at hand."

Locally and Externally.  
50c. and 50c. bottles.

## OH MY HEAD! HOW IT ACHES!



Nervous  
Bilious  
Sick  
Periodical  
Spasmodic

## HEADACHES.

Headache is not of itself a disease but is generally caused by some disorder of the stomach, liver or bowels.

Before you can be cured you must remove the cause.

## BURDOCK BLOOD BITTERS

will do it for you.  
It regulates the stomach, liver and bowels, purifies the blood and tones up the whole system to full health and vigor.

**"The D.L." Emulsion**  
(Trade Mark.)  
of Cod Liver Oil  
For Lung Troubles,  
Severe Coughs, Colds,  
Emaciation, &c., &c.

Few systems can assimilate pure Oil, but as combined in "The D. & L.", it is pleasant and digestible. Will build you up; Will add solid pounds of flesh; Will bring you back to health.

50c. and \$1.00 bottles.  
DAVIS & LAWRENCE CO., Limited.

## The Home

### A QUESTION OF DIET.

Meat eating, according to the experts, lies at the root of three-fourths of our physical ills. One of England's greatest physicians attributes to it the alarming increase of cancer in England, and supports his theory by an able article in the London Lancet. Meat eating is one of the chief causes of the presence of uric acid in the blood, and uric acid lies at the root of cancer, gout, rheumatism, and kindred ills. "White meat" is not so bad—lamb, veal, etc.—and the white meat of game and poultry may be eaten in moderation with impunity. But no human being, except possibly a wood-chopper, should eat meat three times a day—and it will require all his vigorous exertions to save him from its ill effects.

If you wish to try an interesting experiment, try this one: Live for a month on fish, fruit, salad and all kinds of cereals and vegetables. Eat meat only once a week, or do not eat it at all if you can be content without it. Eat a great many apples; drink plenty of hot water; take exercise—and it is safe to predict that never before will your head have been so clear, your nerves so steady, your physical and mental joy in living so great—The Examiner.

### THE DUTIES OF A GUEST.

"We live in an age of good breeding, in an atmosphere of kindly courtesy and tactful manners, and yet any hostess who has had the slightest experience has sometimes wished that she might draw up a code of laws for the conduct of guests.

A guest's obligation begins with the reception of the invitation. It should be either readily and courteously accepted or promptly and courteously declined.

Nothing is more trying to the patience of the hostess and to the temper of the cook than a belated dinner guest. Perhaps no invitation, once accepted, should be more strictly kept than this one to dine. A guest should be at the hostess' house five minutes before the hour appointed, and, to use another expression, "Nothing but death should hinder."

We should go to any function resolved to be entertaining, and easily entertained. An appreciative, responsive animated guest lifts part of the responsibility from a hostess. If our dinner partner bores us we can pretend to be interested, and thus show our good breeding, and compliment both him and our hostess.—February Woman's Home Companion.

### ROCKING BABES TO SLEEP.

For myself, I think it is a very stupid baby that he does not cry when he gets what he cries for. It is a long step toward peace in the family when mothers come to understand that a little firmness exercised at first will save them years of trouble and sorrow later; when fathers can be persuaded not to demand "that the little rascal be made to stop that noise at once, no matter how." A baby a few weeks old will very soon stop crying if no attention is paid to him. If the mother has made sure that there are no pins pricking him, or no clothes wrinkled under him or otherwise annoying him; that the baby is "warm and dry and full," and if she then goes away and leaves him he may cry hard for a minute or two, but if he has not been spoiled already, he will soon become quiet and go to sleep, or lie and kick and coo. If he has heretofore been humored of course he will cry longer, but if one is absolutely firm about it two or three times, even quite an experienced baby will give it up; and no mortal can learn too young that nothing is gained in this world by crying.—Healthy Home.

### DUTIES OF A HOSTESS.

There are homes in which you are always conscious of your bounden duty to conform to rules. You feel that you must get up to a 6 o'clock breakfast when you

have been accustomed to indulge in morning naps until 9; you cannot don your wraps and saunter out to enjoy an hour or two in an art gallery or a library of rare books, where one wants to invite one's soul for companionship, without your too solicitous hostess urging you to wait till she has ordered luncheon so that she may "go with you and tell you all about them."

There are homes where the rules are not flexible because the makers of them are cast-iron people, but there are others where they lack elasticity simply from the family's want of tact in pleasing those whom they are anxious to please.

The really hospitable house is the one where the guest has been asked to come in order that she may be given an unusual pleasure, and where, for the time being, all the uncomfortable requirements of her individual home are set aside for a bohemian freedom and unaccountability.

The young married hostess may chaperon without monopolizing the callers of her girl guests. She sees these callers frequently in general society, and on many occasions for a chat, while the visitor, of whom they are also old friends, is only in town for a brief stay, and often groans inwardly at having to sit in enforced silence while her hospitable hostess rattles away the precious moments.

The visitor, like the editor, can stand a good deal of letting alone. Of course, if she be what is called a "born sight-seer," one who must be taken from the crown or the Liberty statue to the roof garden crushes, she will not want to be let alone, or to let any one else alone.

To be indifferent about a guest's enjoyment is the grossest evidence of ill breeding and callous feeling, after extending an invitation, but far too few people understand the exquisite spirit of hospitality underlying the greeting of the Spanish hostess, when she so graciously says, "The house is yours, senorita."—New York Herald.

Mrs. Manhattan—"I suppose you people in Boston were somewhat alarmed over the prospect of a visit from a Spanish fleet a few months ago."

Mrs. Backbay—"Indeed we were. Why, it was too horrible to contemplate." Think of the humiliation! Seventy per cent. of those Spaniards are unable to read or write."—Judge.

### A TRYING SEASON.

Little Ones Are Subject to Colds and the Result is Dangerous Unless Prompt Remedial Steps Are Taken.

The little ones are apt to take cold, no matter how carefully a mother may try to prevent it. While colds may affect children in different ways, the main symptoms usually are that the child grows cross, the skin hot, the appetite fickle and the child quite feverish. Unless something is done at once to relieve a simple cold, the result is often very serious—so serious that many a child's life has been lost. There is no remedy that can equal Baby's Own Tablets in cases of this kind. These tablets promptly break up colds and carry off the poisonous matter that has been retained in the system. By doing that they reduce the fever; the pulse becomes normal; the appetite is restored, and the child is again well and happy.

Mrs. O. E. Earle, Brockville, Ont., says: "I always use Baby's Own Tablets for both my children, aged three and five years, when they are at all unwell. When my little girl was a few months old, she had a bad attack of whooping cough, and I found the tablets very beneficial. Since that time I always keep them in the house ready for use. When the children are troubled with biliousness, any derangement of the stomach, are peevish or fretful, or when they have a cold, I always use the tablets, and am always pleased with the results."

These tablets are a certain cure for such troubles as colic, sour stomach, indigestion, diarrhoea, constipation, simple fever and colds. They prevent croup and allay the irritation accompanying the cutting of teeth. They are sold under an absolute guarantee to contain no opiate or other harmful drug. May be had from druggists or will be sent post paid at 25 cents a box, by addressing The Dr. Williams' Medicine Co., Brockville, Ont.

## Shiloh's Consumption Cure

Cures Coughs and Colds at once. It has been doing this for half a century. It has saved hundreds of thousands of lives. It will save yours if you give it a chance. 25 cents a bottle. If after using it you are not satisfied with results, go to your druggist and get your money back. . . .

Write to S. C. WILLS & Co., Toronto, Can., for free trial bottle.

Karl's Clover Root Tea corrects the Stomach.

**ALLEN'S LUNG BALSAM**  
Cures Deep-seated Colds, Coughs, Croup, Bronchitis. LARGE BOTTLES \$1.00. MEDIUM 50c. TRIAL SIZE 25c.

**CHURCH BELLS**  
Chimes and Pells, Best Superior Copper and Tin. Get our price. McSHANE BELL FOUNDRY, BOSTON.

**LAXA-LIVER PILLS**

Those who have used Laxa-Liver Pills say they have no equal for relieving and curing Constipation, Sick Headache, Biliousness, Dyspepsia, Coated Tongue, Foul Breath, Heart Burn, Water Brash or any disease or disorder of the stomach, liver or bowels.

Mrs. George Williams, Fairfield Plains, Ont., writes as follows: "As there are so many other medicines offered for sale in substitution for Laxa-Liver Pills I am particular to get the genuine, as they far surpass anything else for regulating the bowels and correcting stomach disorders."

Laxa-Liver Pills are purely vegetable; neither gripe, weaken nor sicken, are easy to take and prompt to act.

FAVORABLY KNOWN SINCE 1826. BILLS HAVE FURNISHED 25,000 CHURCH, SCHOOL & OTHER BELLS. G. MENEELY & CO. WEST-TRIOY N.Y.

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The transport Manhattan, from Halifax with the first section of the Canadian Mounted Rifles on board, has arrived at Durban from Cape Town.