

Hood's Pills

Are prepared from Nature's mild laxatives, and while gentle are reliable and efficient. They

Rouse the Liver

Cure Sick Headache, Biliousness, Sour Stomach, and Constipation. Sold everywhere, 25c. per box. Prepared by C.L. Hood & Co., Lowell, Mass.

RUN DOWN**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,
DELANEY H. GRAHAM.

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COMMERCIAL COLLEGE,**
HALIFAX AND TRURO, N. S.

Our Course of Instruction is thorough and up to date, and graduates readily find employment. Send for circulars to
S. E. WHISTON, Halifax,
or J. C. P. FRAZEE, Truro.

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.

A HAMILTON LADY

Finds Laxa-Liver Pills a perfect cure for Sick Headache.

Fully ninety per cent. of the women of this country suffer from sick headache. Liver disorder and constipation are at the bottom of the trouble.

Laxa-Liver Pills cure the headache by correcting the cause.
And they do their work easily and perfectly without any gripe, pain or sickening.

But the Hamilton lady we referred to—Her name is Mrs. John Tomlinson. Her address is 107 Steven St. North. This is what she says:

"Being troubled with severe headaches, I was advised by a friend to try Laxa-Liver Pills. I only required to use half a bottle when the headache vanished and I have not been troubled with it since."

Laxa-Liver Pills 25c., all druggists.

Dr. Wood's Norway Pine Syrup is the simplest, safest, quickest cure for all coughs and colds of children or adults. Price 25c.

*** The Home *****Make Each Other Happy.**

As through life we journey,
Come, each eager brother,
Let us see how happy
We can make each other!

Joy's a comrade angel,
Never walks alone,
In another's pleasure
We shall find our own.

Sympathy and kindness,
Hand in hand together,
Rain glad rays of sunshine
O'er the roughest weather.
Let our hearts stand open,
Ready then to give
Some despondent brother
Strength to rise and live.

Has our friend a sorrow?
Give him help to bear it.
Have we joy? We'll find it
Greater when we share it.
As through life we journey,
Come, each eager brother,
Let us see how happy
We can make each other!

(George Birdseye in The Christian Endeavor World.)

*** * *****The Kitchen Wastes.**

Directions are frequently given for burning the kitchen wastes. This is probably the best way of disposing of such garbage in wholesale quantity in cities where crematories are built for the purpose; but it is not a feasible way of treating the kitchen wastes in each individual house. It is injurious to a range or to a furnace to burn so much moist matter. It requires an extravagant use of coal, and it produces a disagreeable odor that clings about the premises for hours. Even the smoke ascending fills the air with an odor so intolerable that the practice is strictly prohibited in many villages where the houses are situated near together. In the country, where there is plenty of room, the most economical method of disposing of kitchen refuse and any matter like bones, old woollens, or anything that shows by its odor that it contains nitrogen, is to bury it in a deep pit dug for the purpose, and covered temporarily with boards to keep out the rain. Cover over the garbage after putting it into the pit with about twice as much wood ashes as there is of the garbage, and throw over it about five times as much earth as there is garbage. Continue from time to time, until it is necessary to prepare a new pit. When one of these has been filled and has lain for one year it can be dug up for fertilizer. Where wood ashes cannot be obtained mix in one part common washing soda and one part quicklime for every five parts garbage, and cover the whole as before with five times as much dry soil as there is garbage. The miracle of beauty which is produced in the flower garden by well-rotted fertilizer thus composed of kitchen wastes will be an astonishment to any one who has never used it. In some cities the German gardeners send out from door to door to gather garbage, which they use for these compost heaps, and no plants are more successful than those reared by the use of this fertilizer, well mixed and sifted with sand and soil. The mass in the compost must be evenly mixed with a spade when it is dug up and used as a fertilizer. There are various other ways of disposing of wastes in a compost heap, but this is a simple way, which can be used in a single family, where there is only a limited amount of garbage to be disposed of properly decomposed and covered.

*** * *****Silverware.**

The low price of silver metal tempts house-keepers to supply all their needs in silver table-ware, though there is no prospect of any advance and nothing is to be gained by purchasing anything that is not strictly necessary at present. Now that a liberal supply of table silver is within the reach of a great number of people we do not value it as much as we once did. Articles of silver are easily tarnished and easily dented, and cannot be as readily washed and wiped as either glass or china can be. Gas from a coal stove and other impurities in the air tarnish the purest silver. It takes a great deal of trouble to clean silver

and keep it bright and shiny. It is for such reasons as these that it has become the fancy to use silver less than formerly, when it was more costly. Fastidious housewives prefer a salad bowl in crystal or china to one in silver, on account of the metal being likely to be tarnished by the ingredients of the salad. Glass or porcelain pitchers are preferred for cream or cold milk, but a silver pitcher for hot milk. A fine dish of porcelain is often preferred for butter to a silver butter-dish. The old-fashioned swinging silver ice pitcher is often superseded by a carafe of glass.

The best dinner knife is one of steel, sometimes silvered, but never of solid silver. All spoons should be of solid silver, and there is little probability of these being superseded by anything else. A porcelain coffeepot and teapot, however, are in better taste than any of metal, even of precious metal set with jewels, as the ultra-fashionable taste of a few years ago sometimes demanded.

The proper care of silver begins with the proper washing of it. If table silver is washed by itself in boiling hot soapsuds and thoroughly rinsed and dried each time it is used, it will not need to be specially polished oftener than once a month. If the atmosphere of the house is free from coal gas or any impurities that tarnish metal, silver may be kept for a long time without being specially polished. Where a spoon has come in contact with boiled eggs or anything that darkens silver, it must be polished frequently. A boiling hot solution made of four quarts of boiling water and a quarter of a pound of sal. soda is of about the proper strength to clean silver. Dip the silver in it and if the stain is obstinate rub it well with a small piece of flannel or chamois-skin wrung out in it. Rinse the silver at once after using the solution of soda, first in hot soapsuds, then in clear water, and polish the silver dry with a chamois or a clean linen dish towel.

The practice of using any small brush convenient to polishing silver is a very bad one. Nothing but a plate brush is fit to use. If it is not possible to get one, substitute a piece of chamois-skin or clean felted flannel for it.

*** * *****Your Place.**

Just where you stand in the conflict,
There is your place!
Just where you think you are useless,
Hide not your face!
God placed you there for a purpose,
Whate'er it be;
Think He has chosen you for it:
Work loyally.

Gird on your armor! be faithful
At toil or rest,
Whate'er it be, never doubting
God's way is best.
Out in the fight, or on picket,
Stand firm and true;
This is the work which your Master
Gives you to do.

—(Helen M. Richardson.)

*** * ***

Some cough mixtures smother the cough. But the next breeze fans it into life again.

Better put the cough out. That is, better go deeper and smother the fires of inflammation. Troches cannot do this. Neither can plain cod-liver oil.

But Scott's Emulsion can. The glycerine soothes and makes comfortable; the hypophosphites give power and stability to the nerves; and the oil feeds and strengthens the weakened tissues.

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

B.B.B. Makes Rich Red Blood.

The Best Remedy for Spring Weather Weakness.

The Blood is the very essence of life. As it courses through the system it carries with it, if pure and rich, nutrition to every cell in the body. If impure, it spreads disease. If thin and watery, it fails to nourish, hence we have weakness, debility and decay.

It is the wonderful power B.B.B. has in purifying impure blood, making thin, watery blood rich and red, that is at the bottom of its marvellous success in curing disease.

Those who are pale, thin, weak, troubled with blotches, pimples or eruptions of any kind should take B.B.B.

It makes the pale cheek rosy, the skin clear and smooth, and infuses new energy into weak, worn, run down, shattered constitutions.

Skin "I beg to state I have used Clear. Burdock Blood Bitters for impure blood, pimples on the face, &c., and derived great benefit from it. My skin is now very clear and free from all eruptions. I only used four bottles of the B.B.B. and can strongly recommend it to any person suffering from impurities in the blood or eruptions of the skin."

MRS. G. B. HELMORE,
Spence's Bridge, B.C.

Every "I have taken B.B.B. every Spring, spring now for some years, to purify my blood and keep my system in good order, and can honestly say that I do not know of its equal anywhere." MRS. AGGIE BARNES,
Lunenburg, N.S.

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CHURCH BELLS & CHIMES & PEALS
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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, 2 1/2 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,
North Kingston, N. S.