

## HEALTH AND HOUSEHOLD HINTS.

To clean a kettle, fill it with potato paring and then boil fast till clean.

A drop of oil and a feather will do away with the creaking in a door or creaking chair.

When milk is used in tumblers wash them first in cold water, afterwards rinse in hot water.

Sick headache can often be alleviated, and even cured, by a cup of strong coffee, without sugar, to which the juice of half a lemon has been added.

Breadcakes are excellent. Soak a pint of dry bread crumbs over night in three cups of sweet milk. In the morning sift a teaspoonful of salt, an even teaspoonful of cream tartar, and half an even teaspoonful of soda, through a heaping cup of pastry flour, or use a heaping teaspoonful of baking powder in place of the soda and cream tartar. Add the milk and bread crumbs to the flour, and add, also, two well-beaten eggs and two teaspoonfuls of butter melted. Beat the batter vigorously and fry quickly.

Bouillon Soup.—Six pounds of beef and bone. Cut the meat and break the bones; add two quarts of cold water and simmer slowly five hours. Strain through a fine sieve, removing every particle of fat. Season only with pepper and salt.

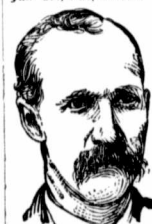
Browning for Gravies.—Put one pound of lump sugar into an iron pan with a small cupful of water, place on a hot stove and allow it to boil until it burns; then add one pint of boiling water. Pour off the liquid, which, when cold, bottle for use. A few drops of this added to gravies, etc., will make them a beautiful rich brown.

## THE STUDY

—of the action of medicines, or vegetable compounds, upon the stomach, and tests in many hundreds of cases, long ago convinced Doctor

R. V. Pierce, Chief Consulting Physician to the Invalids' Hotel and Surgical Institute, Buffalo, N. Y., that all cases of Indigestion, Dyspepsia and Liver Complaint could be cured permanently if the right treatment were given. In support of his belief that he had discovered an alternative extract which he called "Golden Medical Discovery," that would cure these diseases, he collected from all parts of the country the evidence of those who had used his medicine, and he has asked the public to investigate for themselves, as he would be glad to furnish the names and addresses of thousands of people who have used Dr. Pierce's Golden Medical Discovery. All interested should send for a little medical treatise on Dyspepsia, Chronic Diarrhea, "Liver Complaint," Biliousness, Constipation and Piles, published by the World's Dispensary Medical Association, Buffalo, N. Y., and mailed on receipt of six cents in one-cent stamps. This book also contains the photographs and testimony of many persons who have suffered from diseases of the digestive organs.

INDIGESTION; SEVERE PAIN IN STOMACH. THOMAS FLETCHER, of Clifton Station, Fairfax Co., Va., writes:



THOMAS FLETCHER, Esq., which made a new man of me. I am now fifty-two years old, and for the past five years I have worked very hard on my farm. It is impossible for me to say too much for the "Golden Medical Discovery."

"I suffered the terrible tortures for ten years with what your Dr. Pierce's Common Sense Medical Adviser describes as 'Gastralgia' (pain in stomach). I employed our home-doctor—look ½ dozen bottles of sassa-parilla with no benefit; then I took one-half dozen bottles of a celery compound without any benefit; then eight bottles of iron tonic, yet I was no better; this was in 1889. I then took six bottles of Dr. Pierce's Golden Medical Discovery, and in a few days I was cured."

Lamb Chops Saute.—Put a piece of butter into a frying-pan, and when hot lay in the chops, rather highly seasoned with pepper and salt. Fry them until thoroughly done, but not too brown. Should gravy be required pour off the greater part of the fat, and then stir in half a tablespoonful of flour; stir until the flour browns, then add a gill of broth or water, an ounce of fresh butter and the juice of half a lemon. Stir until the sauce becomes rather thick, pour over the chops and serve.

Swiss Penny Cakes.—These appetizing morsels are so named from their size, which is that of a Swiss penny. Into the whites of five eggs beat one-quarter of a pound of powdered sugar half an hour, so that it is a thick white cream, beyond the stage at which cake is ordinarily made. Then mix in a heaping half-pint of sifted flour, stirring it lightly and gradually with the grated yellow peel of a lemon and half its juice. If vanilla is preferred, use half a teaspoonful in place of lemon. Let the dough rest fifteen minutes. Then brush a large tin or sheet with butter and drop on the dough with a teaspoon, making each round no larger than a quarter of a dollar. Bake in a moderate oven from five to ten minutes. In a close tin they will keep some time.

How to Boil Potatoes.—New potatoes are made watery by being laid in cold water, but in the winter and spring they should be peeled and laid in cold water an hour or two before they are cooked. Put them into boiling water with salt in it, and allow thirty to forty minutes for boiling, according to size. Have the potatoes of uniform size, otherwise the small ones will be done before the larger ones are cooked. When they are done through, pour off every drop of water and take the kettle to the door or window and shake them. Shaking them in the open air makes them mealy. Set the kettle on the back of the stove, cover them up with a clean towel, and let them stand while you are dishing the dinner. Take them up with a spoon and serve smoking hot. There is no vegetable that gains more by being prepared with due attention than the potato. The difference between a soggy, water-soaked potato and one that is properly cooked is greater than many cooks realize.

## VALUE OF THE SUNFLOWER.

It is predicted that before many years the sunflower will come into general cultivation in this country. As a plant it has no superior for vigor, rapid growth and prolific yield of seed, leaves and stalk, all of which can be utilized. The seeds are especially good as feed for fowls, and when mixed with grains they are relished by all farm animals. Fifty bushels of seed to the acre is a fair yield, and this will produce fifty gallons of oil, worth \$1 a gallon. In China a valuable fibre, used in silk weaving, is obtained from the stalks, and they are of service as fuel and a sort of potash. The Orientals mix their tobacco with cured sunflower leaves, which are also rich in honey and wax. The sunflower grows riotously in the United States, and stands all extremes of weather well. Plainly, it is one of nature's great gifts, but as yet unappreciated.

A teacher in a city school received the following note from the mother of a boy who had been absent for a day or two: "Dear mam: please excuse Willy. He didn't have but one pair of pants an I kep him home to wash and mend them an Mrs. O'tool's goat come and et them up off the line and that awt to be eggscuse enuff, goodness nose. Yours with respect, Mrs. B."

## TOO WEAK TO WALK.

FRIENDS HAD GIVEN UP HOPE OF RECOVERY.

The Trouble Began With a Cough Which Settled on the Lungs—Subject to Fainting Spells, and at Last Forced to Take to Bed—Restored by Dr. Williams' Pink Pills When All Other Medicine Had Failed.

From L'Impartial, Tignish, P.E.I.

Mr. Dominick P. Chasson, who lives on the Harper Road, about two miles from the town of Tignish, P.E.I., personally took the trouble to bring before the notice of the editor of L'Impartial, the particulars of the cure of his daughter-in-law, Mrs. A. D. Chasson, through the use of Dr. Williams' Pink Pills. The case is certainly a remarkable one and we cannot do better than give it in Mr. Chasson's own words. "My son's wife," said he, "has been sick for some seven years past, but previous to that time was a strong, healthy person. Just about seven years ago she took a severe cold, which attacked her lungs, and from that time up to the beginning of the past summer her health has been feeble, and at times we despaired to save her life. It was not her disposition to give up easily, and on some occasions while engaged in household work she would be seized with a fainting spell, which would leave her so weak that she would be confined to her bed for several days in a semi-unconscious state. More than once we thought she was dying. There was a continual feeling of numbness in her limbs, and almost constant severe pains in her chest



Can now Walk to Church.

which were only eased by a stooping position. Added to this she was troubled with a hacking cough, sometimes so severe at night that she did not obtain more than a few hours sleep. About the end of 1894 we had given up all hopes of her recovery, and the neighbors were of the same opinion. She was reduced to almost a skeleton, and could scarcely take any nourishment. She had grown so weak that she could not walk across the bedroom floor without help. We had often heard and read of the great cures effected by Dr. Williams' Pink Pills, and at this stage, when all else had failed, I urged that they be given a trial, and procured a half dozen boxes. After using them for about three weeks she could walk across her bedroom floor without aid, and from that time on she continued improving in health from day to day. She continued taking the Pink Pills for about four months, with the result that she is now a healthy woman, and it is now no trouble for her to walk to church, a distance of two miles, and the grateful praises of herself and friends will always be given Dr. Williams' Pink Pills."

The experience of years has proved that there is absolutely no disease due to a vitiated condition of the blood or shattered nerves that Dr. Williams' Pink Pills will not promptly cure, and those who are suffering from such troubles would avoid much misery and save money by promptly resorting to this treatment. Get the genuine Pink Pills every time and do not be persuaded to take an imitation or some other remedy which a dealer, for the sake of the extra profit to himself, may say is "Just as good." Dr. Williams' Pink Pills cure when other medicines fail.