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Burdock Blood Bitters

Is the FOREMOST MEDICINE of the DAY.

It is a purely vegetable compound pos-
sessing perfect regulating powers over all
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their secretions.

It so purifies the blood that it cures
all blood humors and diseases, and this
combined with its unrivalled regulating,
cleansing and purifying influence, renders
it unequalled for all diseases of the skin.
Mr. Robert Parton, Millbank, Ont.,
writes: "Some time ago I was troubled
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completely cured."



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The Home Doctor.

Medicinal Uses of Fruit.

Fruit is a perfect food when fully
ripe, and if it were in daily use from
youth to old age there would be less
of the many minor ailments that are so
common these days.

Encourage the children to eat more
fruit and less candy. The skins are
the protection of the delicate fruit
from the dust and germs and are not
intended to be eaten.

The apple is one of the best of fruits
and the most generally useful. But it
is so common that very few persons
are familiar with its remarkable medi-
cinal properties. An old Scandinavian
legend has it that the apple was the
favorite food of the gods; that to it
they owed their perpetual youth. When-
ever they found themselves growing old
and infirm in body and mind they ate
of the apple and were once again
strong, young and active. The apple is
excellent brain food because it has
more phosphoric acid in easily digested
shape than any other fruits.

It excites the action of the liver, promotes
sound and healthy sleep, and thor-
oughly disinfects the mouth. This is
not all; the apple prevents indigestion
and throat diseases, and is valuable in
rheumatism, insomnia, liver troubles
and nervous dyspepsia. Baked or stewed
apples will generally agree with the
most delicate person, and are an excel-
lent medicine in many cases of sick-
ness. Green or half-ripe apples stewed
and sweetened are pleasant to the
taste, cooling, nourishing and medicin-
al. An apple contains as much nutri-
ment as a potato.

The lemon is next esteemed for medi-
cinal value. It is very useful either
in health or sickness. Lemons and
tomatoes should be used daily in warm
weather, as they have a cooling effect.

Lemonade is the best drink in fevers,
and when thickened with sugar is bet-
ter than syrup of squilla, and other
nauseous drugs in many cases of
cough. Hot lemonade is one of the best
remedies for a cold. It is also excel-
lent in case of biliousness. The juice
of half a lemon in a teaspoonful of
strong, black coffee, without sugar,
will often cure a headache.

They are also of great value in cases
of rheumatism and gout. The old Ro-
man remedy for malaria is to cut a
lemon into a pint of water, peel and
all, boil down to one-half. Take one
teaspoonful before meals. Better than
quinine.

Oranges are invaluable as complex-
ion beautifiers. The women of Italy
and Spain are said to have the finest
complexions in the world and they live
largely on coarse grained food, nuts,
oranges, and other fruits. Sour oranges
are said to be good in cases of rheu-
matism. Oranges and pineapple make
fine drinks. Use saccharine in place of
sugar for sweetening them. The juice
of pineapple is good in cases of sore
throat.

Pomegranates are good for a relaxed
sore throat.

Grape fruit is an admirable tonic and
a most appetizing breakfast or lunch-
can relish. Its medicinal value is bet-
ter obtained without much sugar.

Watermelons are useful in epilepsy
and in yellow fever. The banana is
one of the most nourishing of all fruits,
and is recommended as a useful food
for typhoid fever patients, inasmuch as
though a solid food for all practical
purposes, containing as it does some
95 per cent. of nutritive matter, it does
not possess sufficient waste to irritate
the ulcerated mucous membrane. Nearly
the whole amount taken into the stom-
ach is absorbed.

The banana contains much iron, and
is highly recommended to anaemic pa-
tients who are also advised to eat
strawberries by the quart. The ban-
ana is the daily bread of the inhabi-
tants of the tropics, providing an
abundance of nutrition. It is said that
a given space of ground planted to
bananas would produce one hundred and
thirty-three times as much food sub-
stance as the same area sowed to
wheat.

Peaches are both meat and medicine.
They are good for the digestion and
the blood, and are almost as good as
the orange for beautifying the com-
plexion.

Pears in some cases are more easily
digested than apples.

Plums are of special hygienic value
and even a preventive of gout and
some forms of rheumatism.

Figs are aperient and wholesome.
They are said to be valuable as food
for those suffering from cancer; they
are used externally as well as intern-
ally. Green figs are excellent food.

Prunes supply the highest nerve or
brain food, and dried figs contain heat,
nerve and muscle food, so both are
good in cold weather.

Dates can be obtained in every place;
they are cheap, delicious, healthy and
most excellent for the children's lunch.
They can be made into puddings, sand-
wiches, jam, cake, candy, or eaten as
they come from the store. Figs can
be used in the same way.

Raisins are stimulating in proportion

to their quality. An easy way to keep
raisins, figs and dates away from in-
quisitive little ants and roaches is ac-
complished by putting them in paper
bags that have been well brushed over
with strong borax water and dried be-
fore the fruit is put in. The little
pests do not like borax and will not
gnaw through the sack when thus pre-
pared. Try cranberries for malaria and
nervous prostration. Cranberries are
used for erysipelas externally in a
poultice as well as internally.

The small seeded fruits, such as
blackberries, figs, raspberries, cur-
rants and strawberries, may be classed
among the best foods and medicines.
The sugar in them is nutritious, the
acid is cooling and purifying. It is
sweet, ripe fruit in prime condition
only, that is recommended.

Some doctors are ardent advocates of
what in Europe is called the grape
cure. In this cure grapes form the ex-
clusive diet for several days. The pa-
tient commences with the consumption
of from one to two pounds daily, with
a gradual increase to eight or ten
pounds. After a few days of this diet,
a marked improvement in the general
health is noticeable. The appetite im-
proves, the digestion becomes easy and
rapid, and increased capacity to with-
stand the fatigue of outdoor exercise is
noticeable. The grape cure is particu-
larly recommended to the anaemic, dys-
peptic, consumptive, and in cases of
liver trouble and gout.

The Care of the Child Through the Second Summer.

The second summer is looked upon by
most mothers as a dreadful season for
babies. Often, during this heated
term, double teeth are making their
appearance, and the pain and feverish-
ness induced by this process, even
though a natural one, may be the
cause of stomach and bowel trouble,
through the ignorance or neglect of
those in charge of the children.

To be forewarned is to be forearmed
and with a little special care much
suffering can be avoided and many
lives saved.

Diet.

As the diseases are principally of the
digestive tract, the diet of the child is
of the utmost importance. A child one
or two years old should have eight to
twelve or fourteen teeth. He has passed
the period where the mother's milk sup-
plies nourishment enough for his rap-
idly growing body, and yet the glands
and juices of the stomach and bowels
are not sufficiently developed to digest
the solid food used by adults, so that
the diet throughout the second summer
should be semi-solid, plain and easily
digested.

Children at this age should have a
regularly prepared meal about every
four hours, and nothing at all between
meals.

Bread and butter and a glass of milk,
or a bowl of bread and milk, thor-
oughly cooked rice, or any of the cereals
found to agree with the child, soft
boiled eggs, beef juice, apple sauce,
orange juice, the pulp of cooked prunes,
make a good list from which to select.
If candy is given it should be at the
meal, a little peppermint or chocolate,
the best and purest.

Be sure that all the food is whole-
some and pure. Stale or slightly sour
milk can cause an attack of dysentery
or cholera infantum which may prove
fatal. Keep all indigestible food out
of the reach of these irresponsible
little people, who find the way to their
mouths with everything that comes in-
to their hands.

Clothing.

Children should be dressed to suit
the changes in temperature. As few
garments as possible during the heat
of the day, with the addition of a sack
or a thin wool shirt which will cover
the abdomen during the cool mornings
and evenings will be a necessary pre-
caution. Children disposed to diarrhoea
should wear a soft flannel band around
the abdomen all through this critical
period as a preventive measure against
the rapid changes of our climate.

Hives is an affection of the skin
usually coming as a symptom of a
run down condition of the system and
indigestion. Use strong salt water to
quiet the intolerable itching. Sulphur
and cream of tartar are considered
specifics to purify the blood after
which a tonic of iron or some vegetable
bitter, taken after meals, will build up
the system. It will be very necessary
to diet rigidly until the hives disap-
pear. Take no meat, rich pastry,
spices nor any food difficult to digest.

Stop Being Sick!

Why suffer longer when there is help and
health for you? Vite-Ocures where others fail
and you can try it without any risk for one whole
month. Read the advertisement on page 25 and
send for it.

BEWARE OF CONSTIPATION

It is one of the most common
sources of disease, because it fills
your blood with impurities and
poisons every organ of your
body. Its effects are seen and
felt in dull eyes, offensive
breath, skin rashes, headache.
Take Mother Seigel's Syrup;
it strengthens the bowels,
and makes constipation
impossible.

WHICH POISONS YOUR WHOLE SYSTEM

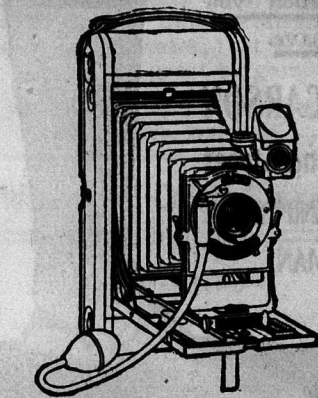
"I can testify that Mother
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me of constipation. I was
always pale, with no appetite,
and friends said I was getting
thin. I felt quite downhearted.
But now I am not like the
same person, for I am fat and
healthy."—From Miss T. Marie
Comeau, Sheila, N.B. May 22/07

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