

CONSUMPTION

A wasting disease of the lungs. The patient is thin; loses weight; weak, languid and pale; has slight feverishness, shortness of breath, pain in the chest and profuse perspiration, especially at night. At first the expectoration is scanty, but gradually increases, partaking of a mucous character, and sometimes with a spitting of blood. A cough always accompanies the disease, growing more severe as the disease progresses. Consumption was formerly regarded as incurable, but there is no longer any doubt that if treated in the early stages it is curable. Dr. Williams' Pink Pills should be promptly taken. Food should be of the most nutritious kind, such as cream or rich milk, fowl, fat meats (except pork), butter, cracked wheat and graham bread. The patient should spend as much time as possible in the open air, strong sunshine, and sleeping room should be well ventilated, avoiding draughts.

CONSUMPTIVE PEOPLE

From the *Budget*, Shelburne, N.S.

Among the young ladies of Shelburne, there is none to-day who more fully bears the impress of perfect health than Miss Lilian Durfee. Unfortunately this was not always the case, as a few years ago Miss Durfee became ill, and her friends feared that she was going into a decline. A doctor was called in and prescribed, but his medicines did not have the desired effect. Her strength gradually left her, her appetite failed, she had frequent headaches, was very pale, and finally grew so weak that a walk of a few rods would completely fatigue her. The young lady's family sorrowfully observed that she was steadily failing, and feared that consumption would claim her as a victim. One day a friend urged that she should give Dr. Williams' Pink Pills a trial, but the idea at first was not favorably entertained; it seemed hopeless to expect that any medicine would help her after the doctor's treatment had failed. However, this good friend still urged, and finally prevailed. By the time the third box was used, there was an unmistakable improvement in Miss Durfee's condition. Cheered by this, the pills were continued, and in the course of time the former invalid, whose strength was taxed by the slightest exertion, was restored to health.

To a reporter who interviewed her, she said:—"I believe that Dr. Williams' Pink Pills saved my life, and I earnestly recommend them to all who fear that consumption has laid its grasp upon them."

That the facts related above are not in any way exaggerated, is borne out by the following statement from Robert G. Irwin, Esq., the well known stipendiary magistrate for the municipality, who says:—"I distinctly remember the pale face of Miss Lilian Durfee and the regrets of friends as they expressed their conviction that she would soon be compelled to say farewell to earth. Miss Durfee, however, carries the unmistakable credentials of good health, and frequently expresses her indebtedness to Dr. Williams' Pink Pills."

Pale and anæmic girls, or young people with consumptive tendencies, will find renewed health and bodily vigor only through the use of Dr. Williams' Pink Pills.

THE WHITE PLAGUE

Consumption has been well named the Great White Plague. One-sixth of all the deaths occurring in Canada annually are due to the ravages of this terrible disease. Its victims are found among all classes; rich and poor alike succumb to its insidious advance. Only a few years ago the victim of consumption was regarded as incurable, and horror stricken friends watched the loved one day by day fade away until death came as a merciful release. Now, however, it is known that taken in its earlier stages consumption is curable, and that by a proper care of the blood—keeping it rich, red

PICKLED PEACHES.—Seven pounds of peaches, three and one-half pounds of sugar, nearly one quart of vinegar; cloves and mace.

MEASURE POUND CAKE.—One cup of sugar, one cup of flour, one-half cup of butter, three eggs, three tablespoonfuls of sweet milk, one tablespoonful of baking powder.

PLUM PUDDING.—One pound suet, one pound bread crumbs, one pound raisins (stoned), one pound currants, four eggs, one wine glass of brandy, one nutmeg. Sauce—one cup of powdered sugar, one-fourth pound of butter, one raw egg; put on tea-kettle and steam until thick, then add a wineglass of wine or brandy.