

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, **PHOENIX, N. S. Lawrence, 114 West 3rd 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.**

You May Need

Pain-Killer

For
Cuts
Burns
Bruises

Cramps
Diarrhoea
All Bowel
Complaints

It is a sure, safe and quick remedy.

There's only one **PAIN-KILLER**.

PERRY DAVIS'
Two sizes, 25c. and 50c.

Strike the Iron
While it's Hot
is good advice.



Take

Burdock Blood Bitters
This Spring
is better advice.

During the winter, heavy rich foods are necessary to keep the body warm. When the spring comes, the system is clogged up with heavy sluggish blood; you feel tired, weary and listless and that all-gone, no-ambition feeling takes possession of you. If you take Burdock Blood Bitters it will regulate your system; put you into condition and make you feel bright, happy and vigorous.

"The D.L." Emulsion
(Trade Mark.)
of Cod Liver Oil

Will
GIVE YOU AN APPETITE!
TONE YOUR NERVES!
MAKE YOU STRONG!
MAKE YOU WELL!

Dr. Burgess, Med. Sup't. of the Prot. Hospital for Insane, Montreal, prescribes it constantly and gives us permission to use his name.
Miss Clark, Sup't. Grace Hospital, Toronto, writes they have also used it with the best results.
50c. and \$1.00 Bottles.
DAVIS & LAWRENCE CO., Limited.

The Home

NEW USE FOR CAMPHOR.

Camphor will remove white spots from hard or stained wood, made by a flower pot or vase of water. Rub well with spirits of camphor and then polish with oil.

CORNUCOPIAS.

Cream a half cup of butter and one cup of powdered sugar, add half a cup of milk, drop by drop, add one and seven-eighths cup of flour and extracts. Spread mixture on bottom of buttered pan, mark in three-inch squares, and bake in a moderate oven. Roll immediately on being taken out; when cold, fill with sweetened and flavored whipped cream.

SELECTING FISH.

Fish which are best suited for broiling when split open, are mackerel, bluefish, shad, young cod, trout and whitefish. Smelts, perch and small trout may be broiled whole, while halibut, salmon and swordfish broil well in steaks. Cod, haddock, whitefish, shad, bass, small salmon and bluefish may be baked whole, while the best fish for broiling are small whole cod, haddock and thick pieces of salmon, halibut and swordfish.—Good Housekeeping.

PEANUT BUTTER.

Shell and remove the dark skin from as many peanuts as you wish to use. If not roasted very thoroughly they must be roasted till brown, then crush or roll till well powdered, a mortar is best to use if you have one; when fine add sweet oil until soft. Pack in jars such as are used for cream cheese or beef extract and keep in a cool place. The peanut butter is expensive when bought already prepared, but costs little to prepare at home. Sandwiches are very nice to eat with baked apples or with ripe fresh apples.—Ex.

TWO NEW RECIPES.

Tea Ice-cream.—Scald one cupful of milk, add to it three egg-yolks beaten with one cupful of sugar and just a suspicion of salt; cook until it thickens, then add one half cupful of strong tea infusion and one cupful of cream; strain, and cool by beating, and when perfectly cool add two cupfuls of cream thoroughly whipped, and freeze. Serve in small glasses or flower-cups.

Dutch Salad.—Select one of those small yellow cheeses that come from Holland, scoop out the entire inside, leaving only a shell and a cover; or an Edam cheese can be used if the red outside coat is scraped off, so that it will look yellow. The cheese that comes from the inside may be put in a glass or a closely covered tin box and it will keep until used. Make a salad of celery, grape-fruit pulp and white grapes, using only one-fourth as much grape-fruit and white grapes as you have celery. Mix this with a mayonnaise dressing, and fill the cheese. The cheese-shell serves as a salad-dish and gives the salad a delicious flavor of cheese, therefore only plain wafers should be served with it. The cheese can be placed on a pretty plate covered with a dolly.—February Woman's Home Companion.

TO DESTROY MOTHS.

A housekeeper writes to an eastern contemporary: "It gives me pleasure to inform you what will entirely exterminate, root out and destroy every moth, or egg of moth, whether in carpets, clothes or furniture. I have a large house full of the richest carpets, all very woolly, also rich furniture, all of which has been in use since 1875, and not a moth has been seen at this date. But the first year we moved in we had millions, although everything was new. Twice a year I take turpentine and a paint brush, and saturate the edges of carpets all around, move all the furniture, and get at the dark and dusty corners and in dark closets. I rub the brush all over it carpeted. For rich furniture take paper and wet it with turpentine, and nail the paper under the sofas and chairs. The smell of this will drive out the moths and kill their eggs."—Northwestern Christian Advocate.

HOMINY CROQUETTES.

Hominy croquettes may be served for almost any meal, and are delicious as a breakfast dish with maple syrup. To make them mix one cupful of cold boiled hominy, one beaten egg, one teaspoonful of melted butter, a teaspoonful of sugar and a teaspoonful of salt. Stir until it is smooth, and then form into cylinder or ball shapes, flouring the hands well during the operation. Then roll them in flour and set them in a cold place for several hours. Fry in deep fat and drain in a hot colander.—Tribune.

TOMATO TIMBALES.

Tomato Timbales are made by stewing down some strained tomatoes until quite thick, seasoning with salt, pepper and onion juice, and putting away until cold. To one cupful of this add three well-beaten eggs, mix thoroughly, then fill well-buttered timbale moulds. Stand them in a pan of hot water in the oven, or put into a steamer and cook slowly until firm in the centre as a baked custard would be. This is a delightful luncheon dish.—Northwestern Christian Advocate.

SOME INTERESTING FACTS ABOUT BOILING WATER.

It may seem presumptuous to suggest that few people know how to boil water, but such is the case. The boiling point, under ordinary atmospheric pressure (sea level,) is 212 degrees Fahrenheit; this point changes according to the altitude. When bubbles come on the bottom of the kettle, come clear to the surface and rupture quietly, without making an ebullition, we have simmering. At this point the thermometer should register 180 degrees Fahrenheit, and it is at this temperature that we cook meats and make soups. When the bubbles begin to form on the sides and surface of the vessel and come toward the top of the water, there is a motion in the water, but it has not really reached the boiling point. It is only when the thermometer reaches 212 degrees Fahrenheit and the water is in rapid motion that it can be said to boil; and the atmospheric gases still continue to be given off with the steam for a considerable time after the water has commenced to boil rapidly; in fact, it is difficult to determine when the last traces have been expelled. It is safe to suppose, however, that ten minutes' boiling will free the water from its gases, make it tasteless, and render it unfit for the making of tea, coffee or other light infusions of delicate materials.—Mrs S. T. Rorer, in the December Ladies' Home Journal.

Windsor, Ont., has made a grant of three hundred dollars towards a memorial to the Canadians who lost their lives in the Boer war, which is expected to cost about two thousand dollars.



**Cured of Piles
After Many Years.**

Mrs. D. E. Reed, of Albany says: "I would not take \$500 and be placed back where I was before I used the Pyramid Pile cure; I suffered for years and it is now 18 months since I used it and not the slightest trace of the trouble has returned." For sale by all druggists. Little book "Piles, Causes and Cure" mailed free. Pyramid Drug Co., Marshall, Mich.

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will be as strong as ours if you try

Shiloh's Consumption Cure

and ours is so strong we guarantee a cure or refund money, and we send you free trial bottle if you write for it. SHILOH'S costs 25 cents, and will cure Consumption, Pneumonia, Bronchitis and all Lung Troubles. Will cure a Cough or Cold in a day, and thus prevent serious results. It has been doing these things for 50 years.

S. C. WELLS & Co., Toronto, Can.

Karl's Clover Root Tea cures Indigestion

ALLEN'S LUNG BALSAM

will positively cure deep-seated
**COUGHS,
COLDS,
CROUP.**

A 25c. Bottle for a Simple Cold.
A 50c. Bottle for a Heavy Cold.
A \$1.00 Bottle for a Deep-seated Cough.
Sold by all Druggists.

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Every Organ of the Body Toned
up and invigorated by



Mr. F. W. Meyers, King St. E., Berlin, Ont., says: "I suffered for five years with palpitation, shortness of breath, sleeplessness and pain in the heart, but one box of Milburn's Heart and Nerve Pills completely removed all these distressing symptoms. I have not suffered since taking them, and now sleep well and feel strong and vigorous."

Milburn's Heart and Nerve Pills cure all diseases arising from weak heart, worn out nerve tissues, or watery blood.

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