

THE STOMACH ON STRIKE.

The Tonic Treatment for Indigestion is the Most Successful.

Loss of appetite, coated tongue, bad taste in the mouth, heavy, dull headache and a dull, sluggish feeling—these are the symptoms of stomach trouble. They indicate that the stomach is on strike, that it is no longer furnishing to the blood the full quota of nourishment that the body demands, hence every organ suffers. There are two methods of treatment, the old one by which the stomach is humored by the use of pre-digested foods and artificial ferments, and the new one—The Dr. Williams' Pink Pills method—by which the stomach is toned up to do the work nature intended of it. A recent cure by the tonic treatment is that of Mrs. Jas. W. Haskell, Port Maitland, N. S. She says: "For years I enjoyed perfect health, but suddenly headaches seized me. I had a bad taste in my mouth; my tongue was coated; I grew tired and oppressed; my appetite left me and such food as I did eat only caused distress. I had severe pains in my chest. I lost all strength and was often seized with vomiting. At different times I was treated by some of our best doctors, but although I followed their treatment carefully I did not get any better. One day while reading a paper I came across a case similar to mine which had been cured by Dr. Williams' Pink Pills. I immediately purchased a supply and it was not long before they began to help me. I grew stronger day by day till now I am as healthy as I ever was. I have a good appetite, am strong and active and can attend to my household duties without fatigue. I have no hesitation in recommending Dr. Williams' Pink Pills to all sufferers from indigestion."

Rheumatism, kidney trouble, neuralgia, St. Vitus' dance, headache and backache, palpitation, general weakness, and a host of other troubles, find their root in bad blood just as in the case of stomach trouble. That is why the Dr. Williams' Pink Pills treatment is always a success—they are a powerful blood builder and nerve tonic. Sold by all druggists or direct from The Dr. Williams' Medicine Co., Brockville, Ont., at 50 cents a box or six boxes for \$2.50.

FOR INKY FINGERS.

A girl I know has made a wonderful discovery, which she thinks all other school-boys and school-girls should know too.

"It's so needful, mamma," she says, "all boys and girls get ink on their fingers, you know."

"Surely they do, and on their clothes as well," said her mother.

"I can't get the spots out of my clothes, but I'm sorry when they get there," responded the girl; "I try very hard not to. But I can get the ink-spots off my fingers. See!"

She dipped her fingers into water, and while they were wet she took a match out of the match-safe and rubbed the sulphur end well over every ink-spot. One after another the spots disappeared, leaving a row of inky black rings.

"There," said the girl, after she had finished. "Isn't that good? I read that in a housekeeping paper, and I never knew they were any good before. I clean my fingers that way every morning now; it's just splendid!"

So some other boys and girls might try Alice's cure for inky fingers.—Harp-er's Round Table.

Stella: Isn't the law's delay madden- ing?

Bella: Perfectly frightful! I've been six months getting that young attorney to propose.

EMERGENCY OUTFITS.

Every household should have an emergency outfit made up of clean linen rags, or sterilized gauze, a roll of absorbent cotton, several rolls of bandages, from one-half to two and a-half inches wide (each roll containing about five yards), a spool of adhesive plaster a-half inch wide, an ounce of boracic acid powder, a two or three-ounce bottle of carbolic acid, a bag of clean salt, a cake of clean aseptic soap, a bottle of lysol, a clean white porcelain wash bowl, clean towels, a piece of stout muslin bandage about a yard long and a half-inch in diameter, a graduated measuring glass. Besides these, two fomentation cloths a yard wide by two yards long.

All these should be made clean and sterile, or free from germs, and wrapped in a clean new mackintosh, and then placed where they can be gotten at, at once.—The Housekeeper.

It is an excellent plan to paint the inside of your pantry and the shelves white. The shelves should have at least two coats of white enamel. Do not use any oilcloth or papers, but leave the shelves bare. Then there will be no covers under which crumbs can collect to attract mice, or a place where roaches may hide. If red ants should get into your closet they can easily be seen on the white paint. The shelves may be kept clean with little trouble by wiping them off with a damp cloth.—Selected.

NOT A SPORT.

A well-known clubman of Boston was married during the early days of the past winter to a charming Wellesley girl, who, of her many accomplishments, is proudest of her cooking.

The husband returned late one afternoon to his home in Brookline, to discover that his wife was "all tired out."

"You look dreadfully fatigued, little one," came from hubby, in a sympathetic tone.

"I am," was the reply. "You see, dear, I heard you say that you liked rabbit. So, early this morning, I went for dinner; but I'm afraid you'll have to take something else. I've been hard at work on the rabbit all day, and I never got a thing to eat. I was so tired when I went to bed that I didn't get it more than half picked."—September Lippincott's.

"The devil doesn't ask a man to do a great sin at first; he will be pleased if we do first a very small wrong; this will open the way for greater sins."

L. the GOLD DUST! twins do your work.



More clothes are rubbed out than worn out.

GOLD DUST

will spare you, back and save your clothes. Better and far more economical than soap and other Washing Powders.

Made only by THE N. K. FAIRBANK COMPANY, Montreal, Chicago, New York, Boston, St. Louis. Makers of COPCO SOAP (over cake)

HEALTH AND HOME HINTS.

FURNISHING SLOWLY.

Young people about to begin house-keeping are very often astonished and disheartened to find what an unexpectedly large amount of money it takes to buy the furniture which they must have in order to keep house at all. This uncalculated and unrealized expense forces many young couples into boarding or light housekeeping in furnished rooms, or makes them easy and innocent prey for the "instalment plan" salesmen.

Some of the fundamental truths which the young housekeeper needs to bear in mind in order to furnish her home comfortably and tastefully at small expense are these, according to the Woman's Home Companion.

First, buy only the absolutely necessary things, and then,

Second, buy the best article of its kind that can be afforded; and,

Third, pay cash.

The first temptation which is sure to assail the newly-married in fitting up the new home is to furnish it all at once. This is a mistake from the artistic point of view, since it is quite impossible to choose so many things at one time and be sure of getting those that are harmonious and suitable; while from a money point of view it is reckless extravagance, and too often leads to the dangerous plan of buying on monthly payments. This plan sounds so very attractive in the mouth of a skilled salesman that young people are often led into it without realizing its drawbacks. In the first place, it is a great pity to mortgage the future earnings of the family; in the second place, the articles bought in this way are always more expensive and usually of poorer quality than they could be had for cash; and, finally, the nervous strain of keeping up the payments, sometimes under very difficult circumstances, is a poor foundation upon which to begin married life.

To go without things and live in bare rooms may seem a hardship, but it is the first lesson in economy. It is surprising how few articles of furniture are really needed to make two people comfortable. Furnish slowly; select each article with great care, choosing the best of its kind that can be afforded; then at the end of even a few years, behold the home, furnished with harmonious and suitable articles, each one of which is the fulfilment of a genuine desire and the expression of the individuality of its owners.

Each piece of furniture should be bought with the idea of its giving a lifetime of service. Things which wear out quickly are always expensive, even though they seem to be cheap at first, and they are a constant trial throughout the years of their decay, being almost too good to throw away, but too poor to use.

TOBACCO HABIT.

Dr. McTaggart's tobacco remedy removes all desire for the weed in a few days. A vegetable medicine, and only requires touching the tongue with it occasionally. Price \$2.

LIQUOR HABIT—Marvellous results from taking his remedy for the liquor habit. Safe and inexpensive home treatment; no hypodermic injections, no publicity, no loss of time from business, and a cure certain.

Address or consult Dr. McTaggart, 75 Yonge street, Toronto, Canada.