An Old-Fashioned Cirl.

My grandma was a model girl. My mother says to me; Of modesty the pink and pearl, Whose like we never see. Her bustle was a mighty thing That weighed about four pound Her koop, a vast encircling ring, Full fifteen feet around.

Her powdered hair was curled so tight And built up steeple nigh, She could not take it down at night. Nor could sho wink her eye;

For days together, I have read, Her hair would thus remain; I fear me much, dear Grandma's head A shampoo wou'd disdain. She used to drink a power of wine,

And gamble with the men; And lace! This slender waist of mine Belonged to fishwives then. Her lovers did not woo like men, But used to speak and creep

The family was asleep. And then-I've heard Grandfather say-When she was seventeen,

One pitch dark night she ran away With him to Gretna Green: All this, my badness qualifies At times, when Ma unfurls Her family history, and sighs

Health Notes,

Nervous Dyspepsia-How it should be Treated.

We should first recommend a milkdiet-lukewarm milk, with or without crushed rusk. Unfortunately, through the habit of using highly seasoned dishes from youth up, we often find an aversion to milk. To cover its taste with sweet is not to the purpose, but we have at times added a small quantity of malt extract. The addition of cognac to the extract. The addition of cognac to the extract. The addition of cognac to the milk, as is used with phthisical patients, is equally imprudent. The best thing to give it an agreeable taste is a little table salt. Among other things we may add a salt. Among other things we may add a little cogna. deprived of oil, but with little cogna. deprived of oil, but with little cogna. as in many cases an aversion for sets in. Tea is in some cases tolerated when cocoa causes loathing, but coffee has a dyspeptic effect. Tea has a tendency, especially if strong, to produce nervous palpitation of the heart, and, if left too long on the leaves, dyspepsia. If none of the beverages can be taken, we may at first use soup for breakfast. Amplaceous substances here especially find their place, and in the preparation of such among these as barley, eats, rice, &c., the precaution to have them long and thoroughly boiled should be given. For a second breakfast, some bouillon free from fat, with an egg; at noon, a plate of soup, with corresponding por tion of extract of meat. The last meal of the day ought to be taken at least two hours before going to but, and should consist of beef tea, with eggs and stale white bread. Milk may at any time be taken in place of one of these meals; so may eggs beaten with a little salt and water.

According to physiological experi ments on digestion, boiled albumen appears to be more easily and rapidly digested, but in reality raw abumen is more easily peptonized than the solidly cooked lumps of albumen, because the movements of the stomach separate it easily, and it is soon saturated with gas-

If the appetite gradually returns, and the articles of food named are tolerated in larger quantities, we may intercalate another meal; the soup may also be prepared from scrapped beef, and the latter eaten with it. Gradually a saucerful of the articles already mentioned may be taken every two or three hours.

This amount will be sufficient for a long

If, under this regimen, gastric digestion takes a normal and rapid course, the sense of hunger may be felt oftener than every two or three hours, but the patient should not yield to his cravings. The time will then soon arrive when more consistent food can be taken, especially properly cooked meat. The opinion that so-called white meat is es pecially well borne has not always been confirmed in practice. It may, perhaps, be the case with pigeon and chicken, &c. but the veal is certainly barely tolerate l, o vinz probably, to the la gramount of gelatine it contains. As a rule, boiled meat is better tolerated than roast; and, cold roast better than warm, and this is particularly true of game.
With the latter, fat gravy, and the fat
of pork especially, plays a very injurious
part. Meat not too strongly salted is well borne, but the smoking process will spoil this advantage. The flash of geese and ducks is difficult to digest.

Most patients will dislike to dispense with vegetables, but the very lightest of those only should be allowed until after improvement has made some progress we may then allow carrots, spinach, and tomatoes; lettuce and salads, and es pecially potato salad should be strictly forbidden. If the patient chafes under the prohibition of all kinds of preserves, he may when convalescent, partake of stewed cranberries, strained and sweetened. Dyspeptics cannot bear raw fruit

In all cases where circumstances will not permit the diet which has been de scribed, a milk diet will be the best thing. Or when place and time are favorable, Krukenberg's direction:
"When you are hungry eat buttermilk, and when you are thirsty drink buttermilk," should be observed. This milk freed from the large mass of caseine, is a real panacea, and a dietary course of it is easily carried out in the country during the summer season. But caution prescribes that it should not be taken simultaneously with other food, as the rule not to drink when you eat, and not to eat when you drink, is even more imperative for dyspeptics than for persons suffering from adiposity. Patients are most difficult to manage in regard to their diet after they begin to feel better ; and when in consequence of their long fasting and their necessarily reduced condition, a strong desire for food is manifested, an adequate addition of fat of the proper consistency will greatly lessen the danger of excess. Billions Attack.

This is the popular name for an affection with which most are familiar. The name, however, is somewhat deceptive, and often leads to injudicious treatment, It is doubtful if there is any special ailment of the liver in the case. It is probably only a brief, functional disorder of the digestive system. This is the general view of the medical profession.

It is a mild form of acute, as distinguished from hours of acute acute. guished from chronic, dyspepsia, induced, it may be, by indigestible food, over-eating, physical exhaustion, excessive brain work, violent emotions, or by gen-eral care and worry. It is more liable to occur in the spring, because, while one continues to eat the same food and in nearly the same quantity as in winter, the power of the system to assimilate food is reduced.

The most prominent symptoms of These may have been preceded by a feeling of fatigue, and aching in the back and limbs. Sometimes, in persons in-clined that way, the headache becomes what is known as "sick headache."

by a doctor, the malady usually presents little difficulty. Says Quain's Medical Dictionary, "Such attacks are most effectually prevented by careful regulation of and the careful avoidance of expo sure to cold, fatigee, and undue mental exertion and anxiety; when they come on, abstinence from food is desirable. with rest in the recumbent posture, and perfect quiet."

The writer in Reynold's System of abstinance secures for the stomach that rich, sole agent. rest of the organ so essential to the cure. dings may be allowed, followed by a cantious return to a more nourishing diet.

The too common practice of people who fancy that they are "bilious" of dos-

ANECDOTES OF HOMEN.

The "Snow Walk"-A Lion Among Ladles -Other Stories, Comely Womanhood -Edward Spe

Here is an extract from a Savannah letter in the New York Evening Post: "As I was strolling by the Gordon monument this morning I passed a group of three ladies and heard one of them say: 'I can always' tell a Yankee by her walk. I, suppose this peculiarity of gait comes from walking so much on snow.' Naturally I became very conscious of my movements and wondered if I had the manner of one who momentarily expects the feet to slip up into the air. There was a certain commisseration of tone in the remark I had overheard as of nits for needle what was a certain. reet to sip up into the air. There was a certain commiseration of tone in the remark I had overheard, as of pity for people who must, perforce, spend the greater part of their lives either wallowing in snow or trying to keep their equilibrium on top of snow. But, in fact, I believe we must own that the true Southern woman, she who has never been North, and never put her foot on snow, has a way of carrying herself that is far pleasanter to look upon than the movement of an energetic Yankee."

Ladies Who Were Traveling

From the American Register, Paris,
A lady who was living in Dresden a few years ago tells this anecdote: She was sitting the maid's name must be Marie nee alone in the gallery one day, gazing at the Sistine Madouna, when two or three English women entered the room. "Well" exclaimed one of them who had never seen the famous painting before, "I must say I'm disappointed. After all I heard about it I expected to see something a good deal showier than that." Her friend was cast down for a moment, but presently plucked up heart enough to say apologetically: "But you forget how old it is. Considering how long ago it was painted I think it's pretty well done!" alone in the gallery one day, gazing at the Bridget.'

The Lion of a Hundred Parlors. N.Y. Letter in New Orleans Times-Democrat. A good true story now current in Fifthavenue tells how a young assistant rector of a church has made his way rapidly into great social favor. He did it by making the influential ladies of his congregation believe that they were responsible for the best points in his sermons. In making a pastoral call, and when the conversation turned on religious topics, he would pick out some utterance of his hostess, declare it admirable, and promise to use it on the ensuing Sunday. On that occasion she would proudly hear him introduce an embellished form of the conceit, with such an introduction as: "One of the brightest avenue tells how a young assistant rector of a such an introduction as: "One of the brightest minds I know," or "From a beautiful source comes the idea." Could she thereafter fail to pet him? He is a lion of a hundred parlors,

Profit is Profit.

From the Chicago Herald. The most inveterate scalper that ever oper ated in the Chicago grain market is Millionaire Hutchinson. A scalper, the uninitiated should be told, is a trader who jumps in and out with rapid deals, satisfied with small profits, and making as few losses as possible. Most operators want to double their money, and many stand for long profits. Not so Hutch. His orders to his brokers are to close out as soon as they can show a profit to his

Hutch. His orders to his brokers are to close out as soon as they can show a profit to his credit.

"What do you mean by a profit, Mr. Hutchinson?" inquired a young broker the other day, on receiving his first order from the scalper.

"Great heavens!" was the rejoinder, "haven't you been here long enough to know what a profit is, but I don't know what you consider a sasisfactory profit. "A profit, "Hutch then explained, "is a profit. Any profit should be satisfactory to a man who isn't a hog. Young man, \$50 is a profit—yes, \$10, or \$5, or \$1, or even ten cents. And if you can't do any better, one cent is better than nothing at all. Go along and fill that order, and be sure you earn me a profit, no matter how small." The broker said he had been trading on Hutchinson's account for seventeen successive days, filling several small orders each day, and in all that time he had not made a loss. Sometimes his profits were only sufficient to pay commissions and a dollar or two over, but the old man was always satisfied.

What the Queen Wanted. One of the first things Queen Victoria did on hearing that William IV. was dead and en hearing that William IV. was dead and that she had succeeded to the throne was to call one of her mother's ladies-in-waiting. "Am I really Queen?" asked the excited princess. "You are, andeed, madame," replied the lady-in-waiting. "And I can do what I choose, by-right?" continued Victoria. "Certainly, your majesty." "Then get me a cup of green tea. Mamma never would let me have it; now I mean to know what harm it can do me." And the young Queen drank three cups, had a violent fit of the shivers and has never liked tea since.

A gun that ought to warm the cockles of the devil's heart has just been tested at Vienna. The satanic thing is a mitrailleuse, and spits out 1000 bullets before a stutterer can get half way through Jack Robinson.

Fun and Fancy.

The treasurer of a church in Raleigh N. C., has made his annual report. Two items read as follows: "Salary promised to the rector, \$15 per month. Salary paid to the rector, none."

"What I dislike about large hotels," said Miss Culture, "is their gregarious ness." "Well," responded the Chicago maiden, rather bewildered, "those fancy puddings never did agree with me

biloiousness, indigestion, etc., and when combined with Johnston's Tonic Bitters, Johnston's Tonic Liver Pills will per-form what no other medicine has done (sometimes vomiting), coating of the tongue, an unpleasant taste, headache, and a general sense of ailing (madaisc).

The most profined symptoms of the tongue with the description of the tongue, an unpleasant taste, headache, and a general sense of ailing (madaisc).

The most profined symptoms of the tongue headache, and sense of appetite, nausea before for suffering humanity." Pills was allowed to make on the body of a and a general sense of ailing (madaisc).

The most profined symptoms of Sciences.

The symptoms of Sciences.

The

It is a clergyman who restles in Grand Rapids with Lloyd Breeze, of the Telegram Herald, on the one side of him and a Baptist church on the other who As to treatment, aside from medicine and tonics, which should be prescribed — Marquette Mining Journal.

He needed encouragement-"Young man," said an aposte solemly, "do you realize that when you retire at night you may be called before morning dawns?" peated until the final arrestation of or-"I hope so; I am a young doctor, and I need encouragement of some kind." The best regulators for the stomach

and bowels, the best cure for biliousness, sick headache, indigestion, and all affec-tions arising from a disordered liver, are Medicine says, 'In the milder forms, a without exception Johnson's Tonic Liver tolerably complete abstinence from food Pills. Small in size, sugar coated, mild, for four and twenty hours will trequent yet effective. 25 cts, per bottle sole by ly do much toward effecting a cure. This Goode, druggist, Albion block, Gode

"What color matches beet with red, do you think?" "Blue," replied the scapegrace. "Why do you think so?" "Well I have noticed that whenever I paint the town red, I feel blue for a week. The colors match in my case every time.

Be on Your Guard. Don't allow a colo in the head to slowy and surely run into Catarrh, when you can be cured for 25c. by using Dr. Chase's Catarrh Cure. A few applications cure incipient catarrh ; 1 to 2 boxes cures ordinary catarrh; 2 to 5 boxes is guaranteed to cure chronic catarrh. Try it. Only 25c and sure cure. Sold by ly all druggists

Black and White Hard on the Eyes.

Several of the French railway com solved on having their printing done on not eat for several days, and was unabl the combination of white with black characters endangers the eyesight of their workpeople. Black on green has The season of green fruits and summer always been recognized as a good com-bination, and many railway tickets are bination, and many railway tickets are so printed.

"Ma,"inquired Bobby, after the two it has been the most reliable remedy. 2 lady callers had gone, "is Marie your maid's right name?" "Certainly, Bobby. Why?" "I heard one of those ladies tell the other, before you came down, that

King Otto, of Bavaria, whose mental condition is really pitiable, has now taken to peeling potatoes for a pastime. At last accounts he claimed to have a contract to peel all the potatoes used in

Bow a Dude Caught Cold.

A slim young man in the height of fashion was violently sneezing in a street car, when a companion remarked, "Aw, Chawles, deah boy, how d'ye catch that dweadful cold." "Aw, deah fellah, left my cane in the lower hall tother day, and in engling the ivery handle see and in sucking the ivory handle, so dweadful cold, it chilled me almost to If Charles had used Dr. Harvey's Red Pine Gum his cold would not trouble him very much. For sale at J Wilson's prescription drug store.

To the Medical Protession, and all whom it may concen.

Phosphatine, or Nerve Food, a Phos-phate Element based upon Scientific Facts, Formulated by Professor Austin, M. D. of Boston, Mass., cures Pulmon-ary Consumption, Sick Headache, Ner-vous Attacks, Vertigo and Neuralgia and all wasting diseases of the human system. Phosphatine is not a Medecine, but a Nutriment, because it contains no Vegetable or Mineral Poisons, Opiates Narcotics, and no Stimulants; but simp ly the Phosphatic and Gartric Elements found in our daily food. A single bottle is sufficient to convince. All Druggists sell it. \$1.00 per bottle. Co., sole agents for the Dominion, 55 Front Street East Toronto



FREEMAN'S WORM POWDERS.

Are pleasant to take. Contain their own Purjativo. Is a safe, sure, and effectual destroyer of worms in Children or Adulta



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The Finest Rigs AT REASONABLE PRICES
CALLAND SEE US-Oppo the Colbor Hote Goderich. Goderich, Feb. 14th 1887

There have been many remarkable oures of deafness made by the use of Hagyard's Yellow Oil, the great household remedy for pain, inflammation and soreness. Yellow Oil cures Rheumatism, Sore Throat and Croup, and is useful internally and externally for all pains and injuries. injuries.

Heads to the North.

The superstition that human beings should sleep with their heads to the "They have a larger sale in my dis north is believed by the French to have trict," says a well known druggist, "than any other pill on the market, and give the best satisfaction for sick headache, itself an electric battery, the head being itself an electric battery, the head being itself an electric battery, the head being one of the electrodes, the feet the other Their proof was discovered from experiments which the Academy, of Sciences a pivot free to move as it might. The bead part, after a little vaciliation, turi ed to the north, and the body then remained stationary. It was turn ed half way round by one of the professors, and again the head end of the trunk moved slowly to the cardinal point

Berond Dispute.

ganic movement.

There is no better, safer or pleasant cough remedy made than flagyard's Pectoral Balsam. It cures Hoarse ness Sore Throat, Coughs, Colds, Bronchitis and all throat and lung troubles. 2

Floricultural,

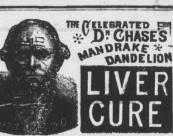
Lily bulbs should not be planted where they will suffer from water in winter. bulbs are lost from too much water than from severe frosts. A warm, loamy soil is excellent for lilies

Mothers! If your daughters are in ill health, or troubled with a paleness that seems incurable, or if they suffer general debility, nervousness, languor, weakness, or loss of appetite, procure at weakness, or loss of appetite, procure at once a bottle of Johnson's Tonic Bitters and you will not regret regret the outlay. The Tonic and generally strength ening effect of this medicine is truly marvellous. 50 cts. and \$1 per bottle, at Good's drug store, Albion block, Goderich, sole agent.

A Severe Attack.

"I never felt better in my life than I have since taking Burdock Blood Bitters. panies and other public bodies have re- I had a severe bilious attack; I could green instead of white paper. The reason for the alteration is that they believe bloom for the alteration is that they believe bloom for the strain of the s

generally prevail. As a safeguard Dr. Fowler's Extract of Wild Strawberry should be kept at hand. For 30 years



HAVE YOU Liver Complaint, Dyspepsia, Indigestion, Biliousness Jaundice, Headache, Dizziness, Pain in the Back Costiveness, or any disease arising from a derange iver, Dr. Chase's Liver Cure will be found a sur

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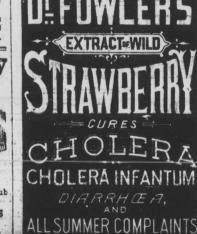
medy. Price, 25 cents.

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and other useful articles usually kept in a first-class city establishment. AN INSPECTION OF OUR GOODS KINDLY SOLICITED.

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Chancellor's France in ndon Correspo The Count Ignat ter to Constantino viewed by a correst Part of this conv cause it relates to in with Bismarck. In "In 1863 I passet visit to Count Bis through politeness a x weeks' campaig plied: 'The difficu ing the Austrians. careful preparation became really serie declare war agains to the Emperor in ployed that same clare war against h he is acting in the

IGNATIEF

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