

Biliousness

Is caused by torpid liver, which prevents digestion and permits food to ferment and putrify in the stomach. Then follow dizziness, headache,

Hood's Pills

Insomnia, nervousness, and, if not relieved, bilious fever or blood poisoning. Hood's Pills stimulate the stomach, rouse the liver, cure headache, dizziness, constipation, etc. 25 cents. Sold by all druggists. The only pills to take with Hood's Sarsaparilla.

An Open Letter From a Prominent Clergyman.

C. GATHE, SON & Co.,
Middleton, N. S.

DEAR SIRS,—Please pardon my delay in answering yours of weeks ago. Yes I have no hesitation in recommending your

Invigorating Syrup.

During the fall and winter of '96 and '97 I was greatly distressed with indigestion. I tried several remedies, each of which gave me no relief. I was advised to try your Invigorating Syrup, which I readily did and have felt grateful ever since to the one who gave me such good advice. The very first dose helped me, and before half of the first bottle was used I was completely cured. I have not been troubled with the disease since. I have taken occasion to recommend your medicine publicly upon several occasions, and heartily do so now. You are at liberty to use this in any way you please.

Yours truly,
(Rev) F. M. YOUNG,

Pastor Baptist Church, Bridgetown, N. S.

Special Rates for Teachers

During the summer months a special course in Commercial subjects will be taught at Whiston & Prazee's College. Certificates of proficiency will be awarded at the close of the term. Write for full particulars to,

S. E. WHISTON, Principal

96 Barrington St., Halifax, N. S.

Consumption Cured

In many cases this disease is arrested and in ALL the healing, soothing properties of

Puttner's Emulsion
give great relief and comfort to the sufferers.

Always get PUTTNER'S,
it is the Original and Best.

Disordered Kidneys.

Perhaps they're the source of your ill health and you don't know it.

Here's how you can tell—
If you have Back Ache or Lame Back.
If you have Puffiness under the Eyes or Swelling of the Feet.

If your Urine contains Sediment of any kind or is High Colored and Scanty.

If you have Coated Tongue and Nasty Taste in the Mouth.

If you have Dizzy Spells, Headaches, Bad Dreams,—Feel Dull, Drowsy, Weak and Nervous. Then you have Kidney Complaint.

The sooner you start taking
DOAN'S KIDNEY PILLS
the more quickly will your health return.

They've cured thousands of cases of kidney trouble during the past year. If you are a sufferer they can cure you.

Book that tells all about Doan's Kidney Pills sent free to any address.
The Doan Kidney Pill Co., Toronto, Ont.



The Farm.

Temperance Items.

A movement in the line of temperance work that is gaining great headway in some States is the Anti-Saloon League. The saloon is an unmitigated evil. The judgment to this effect is almost universal. To do away with it would be a great step forward, and to bring this about all temperance workers can unite, and members of all political parties and of all Churches can assist. Many a drinking man would be only too glad to help in removing this seductive and almost omnipresent tempter. Many a business man, too who might not approve of all measures that some would like, will gladly help suppress this sinner of his customers' pockets.

When the demon of drink enters the home the angel of peace departs; poverty follows in the demon's wake, for drink is a spend thrift vice. It is terrible to ruin the home, but it is more terrible to ruin the soul, that spark of God's intelligence. We despise the thief, we shrink in horror from the murderer, but they are men. But the drunkard—who will say that this unloving unthinking, unreasoning thing is a man? God made man little less than the angels, but the drunkard makes himself little less than the brute. The demon of drink goes up to high heaven and defies the mercy of God, for no drunkard can enter the Kingdom of Heaven. The lower side of the drunkard's grave empties in hell. There are 75,000 drunkards going down to their graves every year. If this is what drink will do, what will you do? We cannot sit down and fold our hands. If we have a heart that loves humanity we must do something, and there is one thing we can do, we can abstain from the use of intoxicating liquors. The way to straighten a crooked stick is to bend it in the opposite direction. If you are strong, give to your neighbor of your strength if he is weak.—Rev. P. A. Doyle.

An Omelet With Herbs.

A perfectly made and perfectly turned omelet is always welcome on the breakfast table. The best omelet-pan is a smooth French frying-pan. It must be kept perfectly smooth. Some foreign cooks go so far as to insist that an omelet pan should not be washed but merely wiped out, and that water will roughen it. This is an absurdity. A well-polished French frying-pan will remain smooth as long as it lasts, providing it is kept clean and bright, and it will last a lifetime. It must be kept for omelets and must be occasionally cleaned with boiling vinegar and salt. This removes all the dark stains that may have gathered and leaves the pan smooth as glass to the touch. It will require a pan about eight inches in diameter to cook an omelet containing four eggs. Beat the eggs, yolks and whites, together just enough to mix them. If they are mixed too much the omelet will not be so tender. Most persons add the seasoning of salt when the eggs are beaten, but others prefer to add it at the last moment, under the belief that salt causes the eggs to harden when it is cooked in them. It is certainly desirable to keep an omelet soft and creamy in the centre, and at the same time firm on the outside. It should be a pale yellow outside as well as inside. Do not brown it. It is easy to keep an omelet from becoming hard by serving it the moment it is ready. If an omelet must wait, add a tablespoonful of milk or cream to every egg used.

To cook an omelet melt a tablespoonful of butter in a hot omelet pan, and turn the beaten and seasoned eggs in it. Stir them gently with a fork to prevent the eggs clinging to the pan. As soon as the eggs are set sprinkle over them for an omelet of "fines herbes" a teaspoonful of minced chives, a tablespoonful of minced parsley and a tablespoonful of minced chervil. Add about two or three drops of onion juice to the omelet when the eggs are beaten if you like the flavor with eggs. The omelet should be soft and creamy in the centre when the seasoning herbs are added and just ready to roll.

Mutton and Rice.

Cut up into small pieces the neck and cheap parts of a nice forequarter of mutton. Reject all the fat, but retain the bones. Dredge the mutton with salt, pepper and flour and brown it in two large tablespoonfuls of butter. Also fry in the butter half a carrot and half an onion cut into dice. After this put in about a tablespoonful of flour, which should be well stirred in the butter until it is browned, and add slowly enough boiling water to cook the mutton, putting in a blade of soup celery, two sprays of parsley, a bay leaf and sprig of thyme. When the mutton has simmered for about two hours, or when it is deliciously tender, heap it on a hot platter and strain the gravy over it. Make a border of boiled rice around the mutton. Serve turnips cut in quarters and boiled with it, and an acid salad of bleached dandelion leaves or cellar-grown beet and turnip tops seasoned with salt and pepper, and served with two tablespoonfuls of vinegar to two of good oil. If it is preferred the tried-out strained fat of young chickens may be used in place of oil, and make a fairly good substitute for it.

Washing Bedding.

It saves a great deal of trouble to wash up the heavy bedding by degrees instead of doing it all on one day in the season set aside for it. There are always some counterpanes and some blankets that are ready to be washed and put away for the season as early as March. At this season the washings are usually light, and one or two of these pieces can be washed on Monday every week without interfering with the other washing. A windy day is not a good day to dry blankets, but blankets can be dried in a well ventilated kitchen, and dried better and more quickly than any other way. It shrinks them to expose them to the suns of summer or the frosts of winter. The only objection to drying blankets in the house is the "stuffy" unpleasant odor that may be acquired. This is obviated by ventilating the room thoroughly while they are drying. The night, when there is no one in the room, is the proper time to use the kitchen as a drying-room. It may then be thoroughly ventilated, and the air be made as fresh and pure as the air outdoors.

Women Unjustly Treated

When Dealers Sell Them Common and Deceptive Dyes.

There are thousands of women who have heard of the great saving that can be effected by home dyeing when the Diamond Dyes are used, and have decided to experiment for themselves.

Many of these women, thoughtlessly, will simply ask for a package of dye of the needed color when buying. This request will allow the wary dealer to foist on the unsuspecting customer some imitation or soap grease dye, worthless as coloring agents, but on which they realize a large profit.

Dealers who do this kind of business are treating and serving their customers unjustly. The dealer knows well that the Diamond Dyes are necessary for his customer to achieve success in her new work.

The Diamond Dyes are the only dyes that reputable dealers handle and sell. The wise merchant keeps a full stock of Diamond Dyes, because the daily demand is so great for these guaranteed and world-famous coloring agents.

The women who use Diamond Dyes for her first dyeing operation will never use other makes. Bright, strong, clear lasting and fashionable colors are obtained only from the Diamond Dyes.

Book of directions and card of 48 colors free to any address. Write to Wells & Richardson Co., Montreal, P. Q.

BUY

Colman's Salt
THE BEST.



and K. D. C. Pills
the Great Twin Remedy
for Indigestion and
Dyspepsia. Prescribed
to any address. K. D. C.
Company, Ltd., 1 New
Glasgow, N. S., and 127
State St., Boston, Mass.

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WEDDING

RINGS

JEWELS, JEWELLERY.

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Pudding Dishes, Fruit Dishes,
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Bon Bon Dishes, Butter Coolers,
Castors, Clocks, etc., etc.

WATCHES

Gold, Gold-filled and Silver.

SPOONS, FORKS, KNIVES.

Write for particulars if you want anything in the Jewellery line.

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Wholesale and Retail Jewellers,
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BARRISTER, Etc.

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MOTHER AND BABY DELIGHTED WITH The "LITTLE BEAUTY HAMMOCK COT."



PATENTED

Here is one of many testimonials:
78 East Avenue, Hamilton, Ont.,
April 19, 1898.

Geo. B. MEADOWS, Esq., Toronto:

DEAR SIR,—It affords me a great deal of pleasure in stating that the "Little Beauty Hammock Cot" purchased from you has been very satisfactory, and I consider it one of the greatest conveniences we have, as it is so popular with the children, who seem to take to it at once. It takes up very little room and can be easily moved from place to place as required. I would not be without it under any circumstances, and can recommend it as a very useful and convenient article.

Yours Respectfully,

MRS. W. F. MONTAGUE.

Write for Baby's Letter, giving full particulars. Manufactured by

Geo. B. Meadows,

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Our system is the ISAAC PITMAN—the best and fastest. The system, although an English one, taught to the exclusion of all the American systems in the public schools of New York and in leading institutions all over the United States.

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LATEST ACTUAL BUSINESS METHODS
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Time required for graduating, 4 months and upwards, according to ability of student.

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CANADIAN SCHOOLS & OTHER INSTITUTIONS
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ALL OVER THE UNITED STATES.

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