

Headache

Is often a warning that the liver is torpid or inactive. More serious troubles may follow. For a prompt, efficient cure of Headache and all liver troubles, take

Hood's Pills

While they rouse the liver, restore full, regular action of the bowels, they do not gripe or pain, do not irritate or inflame the internal organs, but have a positive tonic effect. 25c. at all druggists or by mail of O. I. Hood & Co., Lowell, Mass.

MOTHERS DO NOT FAIL TO SEE that you obtain the original and genuine McLean's Vegetable Worm Syrup—safe, pleasant and effectual at all times.

Eczema Tortured A Child.

About three years ago I had to leave school with sore hands. My teacher said it was Salt Rheum or Eczema and told me to see the doctor.

Mother got some medicine, but it did me no good.

After I had suffered with the itching and burning about three months, mother thought she would try Burdock Blood Bitters.

I only took two bottles, when my hands got completely cured. —Emma Sheridan, Parry Sound, Ont.

Kendrick's Liniment is always satisfactory, never disappointing.

INDIGESTION CAN BE CURED.

An Open Letter from a Prominent Clergyman.

C. GATES, 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 such good advice. The very first dose helped me, and before half of the first bottle was used I was completely cured. 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.

Sold Everywhere at 50 Cents per Bottle.

Use the Granger Condition Powders for a genuine tonic and blood cleanser for Horses and Cattle.

THAT PALE FACE

may be a sign that your blood is poor in quality, and deficient in quantity.

Puttner's Emulsion

produces pure, rich blood, and restores vigor and strength, and bloom to the cheek.

Always get
PUTTNER'S it is
THE BEST.



The Home

Woman's Sphere.

They talk about the woman's sphere. As though it had a limit; There's not a place in earth or heaven, There's not a task to mankind given, There's not a blessing or a woe, There's not a whisper, yes or no, There's not a life, or death, or birth, That has a feather's weight of worth, Without a woman in it.

How to Use Pearl Tapioca.

Pearl tapioca can be used in any way the heavier flaked tapioca can. The grains however, are smaller, and it is not necessary to soak it over night, as we did old fashioned tapioca. Cover it with cold water, or clear cold stock if it is to be used for a soup, and let it slowly come to the boiling point and simmer. It will gradually absorb the liquid around it, and more must be added. When the globules of tapioca are perfectly clear, without any opaque, white speck in the centre, the tapioca is ready for use. It is now a tiny ball that will melt in the mouth when tasted, and has merely form enough to keep it together. In this state use it in a well seasoned clear consommé soup. To a quart of consommé add four tablespoonfuls of pearl tapioca measured before cooking and cooked in clear consommé. Do not cook it after it becomes clear, or it will melt into jelly by losing its form. It takes about half an hour's slow cooking to prepare pearl tapioca. For pudding, cook a quarter of a pound of pearl tapioca in a double boiler in a quart of milk, or add a quarter of a pound of cooked tapioca to the milk in a boiling state. Add three eggs well beaten, with a scant cupful of sugar and a flavoring of orange or lemon peel. Beat the pudding well. Add a pinch of salt and beat it again. Use a whip or fork, not a spoon, to beat it with. Pour the pudding in little cups and set these cups in water. Let them bake in this way for thirty minutes in a moderately hot oven. Serve them with a sweet cream sauce made of a pint of milk boiled, in which two raw eggs thickened with two teaspoonfuls of flour and one of corn starch have been stirred. When the eggs and thickening of cornstarch and flour have been added to the milk let the mixture cook in a double boiler for three or four minutes, stirring it all the time. Add a seasoning of orange or lemon peel when the milk is boiled. Strain the sauce through a sieve.—Ex.

Wholesome Greens.

A great many otherwise sensible people do not appreciate the dandelion as a salad or pot green because it is a free gift of the fields in this country. In other countries, especially in France, where the dandelion is raised in gardens, or in England, where it is said inferior plants are sometimes sold for the genuine dandelion, the plant is extensively used not only as a tonic medicine, but as an appetizing table green. Dandelion leaves should be carefully gathered just before it blossoms for a pot herb, or when it first sprouts for salad. The mistake often made is to overlook dandelion greens until they have a rank flavor and are reduced to dark strings. Wash the greens, removing all dried grasses or any other foreign matters mixed with them. This can be readily done by washing them in extra large pans, so sand and any heavy matter clinging to the leaves will sink to the bottom. Never turn off the water in which greens are washed, but lift them out of the water first into a fresh pan of water. Put greens of any kind intended for boiling in a large pot containing abundance of boiling water salted, and let them cook steadily for fifteen or twenty minutes if they are a little old. Pour them in a colander to drain them. Dash cold water over them to freshen and cool them, and let them stand until you are ready to use them. Stew them up with a tablespoonful of butter and salt and pepper for every vegetable dish of greens. As soon as they are heated very hot they are ready to serve. Slice a cold boiled egg over them as a garnish or add to dandelion greens triangular sippets of brown toast and crisp little rolls of fried bacon. A dandelion salad may have little cubes of well browned bacon stirred through it in place of oil. Use an abundance of good cider vinegar with this salad. The leaves of the dandelion make a more delicious salad green when bleached by hilling them up with sand. Young dandelion leaves when bleached have scarcely any more of the intense bitter flavor of the old leaf than lettuce leaves have. The young green leaves of spring have only enough to render them an agreeable pot green. When the leaves become rank and bitter they are too old to be boiled for greens.

Wheat Muffins.

There are two varieties of wheat muffins, those raised with yeast and baked on a griddle as English muffins are, or in the oven in muffin pans, as the New England muffins usually are, and those made with baking powder. To make a raised muffin which is to be baked in the oven, make a batter with a quart of flour, one tablespoonful of butter rubbed through the flour, one pint of warm milk, half a cake of compressed yeast, or half a cup of liquid yeast; two well beaten eggs and a teaspoonful of salt. Let the batter raise over night: in the morning fill deep muffin tins half full and let them rise to the top of the tins. Bake them in a quick oven twenty minutes. Raised English muffins are never made at home in England, but are always procured at the baker's cold, and then toasted for breakfast or tea, when they are served. It is hardly possible to make these muffins successfully at home, because they are the result of baker's methods, and can only be successfully baked in a large baker's oven.

Household Worries.

MAKE SO MANY WOMEN LOOK PREMATURELY OLD.

They are the Fruitful Source of Headaches, Nervous Disorders, Pains in the Back and Loins and the feeling of Constant Weariness that Afflicts so many Women.

Almost every woman meets daily with innumerable little worries in her household affairs. Perhaps they are too small to notice an hour afterward, but these constant little worries have their effect upon the nervous system. Indeed, it is these little worries that make so many women look prematurely old. Their effect may also be noticeable in other ways, such as sick or nervous headache, fickle appetite, pains in the back or loins, palpitation of the heart, and a feeling of constant weariness. If you are experiencing any of these symptoms it is a sign that the blood and nerves need attention, and for this purpose Dr. Williams' Pink Pills for Pale People are woman's best friend. They are particularly adapted as a regulator of the elements that afflict women, and through the blood and nerves act upon the whole system, bringing brightness to the eye, and a glow of health to the cheeks. Thousands of grateful women have testified to the benefit derived from the use of Dr. Williams' Pink Pills.

Among those who freely acknowledge the benefit derived from this great medicine is Mrs. Jas. Hughes of Dromore, P. E. I., a lady who possesses the respect and esteem of all who know her. Mrs. Hughes speaks of her illness and cure as follows: "Until about for years ago I had always enjoyed good health, and was looked upon as one who possessed a robust constitution. Then I began to grow weak, was troubled with severe headaches, and frequently with violent pains in the region of my heart, from which I would only find ease through hot applications. My stomach also gave me much trouble, and did not appear to perform its customary functions. I was treated by a skillful doctor, but although under his care for several months, I grew gradually weaker and weaker, until finally I was not able to leave my bed. Then I called in another doctor, whose treatment, although continued for some eight months, was equally fruitless. I was scarcely able to hold my head up, and was so nervous that I was crying half the time. My condition can best be described as pitiable. At this time a friend brought me a newspaper in which was the story of a cure of a woman whose case was in many respects similar to mine, through the use of Dr. Williams' Pink Pills. I then decided that I would give the pills a fair trial. When I began the use of the pills I was in such a condition that the doctor told me I would always be an invalid. I used four boxes of the pills before I noticed any benefit, and then I could see they were helping me. I used twelve boxes in all, covering a treatment of nearly six months, when I was as well as ever I had been in my life, and I have ever since enjoyed the best of health. I believe there would be fewer suffering women throughout the world if they would do as I did—give Dr. Williams' Pink Pills a fair trial.

A medicine that is not right is worse than no medicine at all—much worse. Substitutes are not right; more than that, they are generally dangerous. When you buy Dr. Williams' Pink Pills for Pale People be sure that the full name is on the wrapper around every box. If your dealer does not keep them they will be sent post paid at 50 cents a box, or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

Are You Bilious THEN TRY Parsons' Pills

and get relief, and you will never use any other medicine to cure Sick Headache and Bowel complaints. They expel all impurities from the blood. **Best Liver Pills Made** to cure biliousness is what physicians say of PARSONS' PILLS. Sold by Druggists or sent by mail, post-paid for 25 cents. Full particulars sent free. L. A. JOHNSON & Co., Boston, Mass.

WHEELER'S BOTANIC BITTERS

A reliable and effective medicine for cleansing the blood, stomach and liver. Keeps the eyes bright and skin clear. Cures headache, dizziness, constipation, etc. Purely Vegetable, large bottles, only 25 CENTS.

Better stop that cough now with a few doses of Dr. Wood's Norway Pine Syrup than let it run on to end perhaps in Bronchitis, Pneumonia or Consumption. It's a wonderful lung healing remedy that cures the worst kinds of coughs and colds when others fail.



Dr. Wood's Norway Pine Syrup.



Price 25c. & 50c. All dealers.

LAXATIVE LIVER PILLS Cure constipation, biliousness, sick headache and dyspepsia. Every pill guaranteed perfect and to act without any griping, weakening or sickening effects. asc. at all druggists.

ALWAYS KEEP ON HAND
Pain-Killer
THERE IS NO KIND OF PAIN OR ACHE, INTERNAL OR EXTERNAL, THAT PAIN-KILLER WILL NOT RELIEVE.
LOOK OUT FOR IMITATIONS AND SUBSTITUTES. THE GENUINE BOTTLE BEARS THE NAME,
PERRY DAVIS & SON.

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but the wear is sometimes vastly different. We handle the good kind; reliable cloths selected with utmost care. Cloths for Black Suits is our specialty.

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