



### Fair and beautiful

—the woman who keeps at a distance the complexion beautifiers, paints and powders, which soon ruin the face. A healthy glow to the skin, a face without wrinkles, and sparkling eyes, will be yours if you keep the system and the special internal organs in good condition. The young girl, or woman, often grows pale, wrinkled and thin, eats little, everything wearies her, she complains of herself as aching and sore and as sleeping poorly. Often she is troubled with backache, or a tender spine, with a bearing-down weight in the abdomen, or at periods she may be irregular, or suffer extreme pain from functional derangements.

Dr. Pierce, chief consulting physician to the Invalids' Hotel and Surgical Institute, of Buffalo, N. Y., in his long and active experience, met many cases of this kind, for which he used a prescription which was found to cure such difficulties permanently in *ninety-eight per cent.* of all cases. Having proven so successful, Dr. Pierce put his "Favorite Prescription" on the market, and it is to-day sold more largely than any other medicine for the ills of women.

For all functional derangements, displacements, ulceration, inflammation, and the catarrhal drain from the lining membranes of the special internal organs of women, Dr. Pierce's Favorite Prescription reaches the origin of the trouble, and corrects it.

Mrs. MARY CRIM, of Frankfort, Franklin Co., Ill., writes: "A few years ago I took cold, which resulted in female trouble, and affected my whole system. About a year ago, I took chills, had one or two a month; they were very weakening. Had pains in my sides, more frequently on the left side; gradually grew worse until, finally, I had to take to bed. I had a bad cough and couldn't rest. I commenced taking your medicine, took it about four months, taking seven bottles of Doctor Pierce's Favorite Prescription and five of his 'Golden Medical Discovery.' My weight has increased, and I feel better and stouter than I have for years."



Mrs. CRIM.

### GLIMPSES OF JAPAN.

Dr. W. E. Griffis describes the scenes on a journey to Tokio:

"It is a frosty morning; air keen, bracing; sky stainlessly clear. The shops are just opening, and the shop boys are looping up the short curtains that hang before each front.

"What a wonderful picture book! A line of villages, strung along the road like a great illuminated scroll, full of gay, brilliant, merry, sad, disgusting, horrible, curious, funny, delightful pictures. What pretty children! Chubby, rosy, sparkling eyed! The cold only makes their feet pink and their cheeks red.

"How curiously dressed, with coats like long wrappers, and long, wide, square sleeves, which I know serve for pockets, for I just saw a boy buy some rice crackers, hot from the toasting coals, and put them in his sleeves. A girdle three inches wide binds the coat tight to the waist.

"The children's heads are shaved in curious fashions. The way the babies are carried is an improvement upon the Indian fashion. The Japanese *ko* is the papoose reversed. He rides eyes front and sees the world over his mother's shoulders. Japanese babies are lugged pickaback.

"Here are big and little running bare-foot. Nobody wears a hat. Everyone wears cotton clothes, and these of only one or two thicknesses. None of the front doors are shut, and all the shops are open. We can see some of the people eating their breakfast—beefsteaks, hot coffee, and rolls for warmth? No; cold rice, pickles, radishes, and vegetable dishes of all unknown sorts. The family sit in a circle at meals.

The daughter, or housemaid, presides over the rice bucket, and hands out cupsful of it.

"Here are large round ovens full of sweet potatoes, being steamed or roasted. A group of little boys are waiting around one shop, grown men around another, for the luxury. Twenty cash, one-fifth of a cent, is the price of a good one. Many of the children are carrying babies on their backs. They look like two-headed children.

"The houses are small—mostly one story; all of them of wood, except the fire-proof, mud-walled storehouses of the merchants. The floors are raised a foot above the ground and covered with mats. The woodwork is clean, as if often scrubbed. The Japanese lead all Asiatic in cleanliness of person and dwellings.

"We pass many shops, and learn very soon that the staple articles for sale are not groceries, nor boots, nor jewelry, nor lacquer bronze, nor silk, but that they are straw sandals, paper umbrellas, rush hats, bamboo work of all kinds, matting, oiled paper coats, wooden clogs for shoes, etc. Vegetable and fish shops are plentiful, but there is neither butcher nor baker. In Japan the carpenter is the shoemaker, for the foot gear is of wood. The basket maker weaves the head-dress, which is called a roof or shed.

"Our ride leads us up a steep hill, and then we dash over a splendid road, beneath an arch of pines, some venerable, others tall, but many more scraggy and crooked." —*Morning Guide.*

### HEALTH AND HOUSEHOLD HINTS

To take kerosene oil stains out of carpet cover the place with blotting paper and rub with a moderately hot iron.

Celery is invaluable as a food for those suffering from any form of rheumatism; for diseases of the nerves and nervous dyspepsia.

Figs are aperient and wholesome. They are said to be valuable as a food for those suffering from cancer; they are used externally as well as internally.

To make a mustard plaster for a child, take one teaspoonful of ground mustard and three of flour, with enough water to make a good stiff paste. Spread between two cloths. For an adult use one part mustard to two of flour. Mixed with the white of an egg it will not raise a blister.

Apples are useful in nervous dyspepsia; they are nutritious, medicinal and vitalizing, they aid digestion, clear the voice, correct the acidity of the stomach, are valuable in rheumatism, insomnia and liver troubles. An apple contains as much nutriment as a potato in a pleasanter and more wholesome form.

Snowball Pudding.—Boil a quart of milk; thicken with three tablespoonfuls of cornstarch. Beat the yolks of four eggs with half a cupful of sugar, and add to the milk; pour into a pudding dish and set in the oven to bake for ten minutes. Beat the whites of the eggs until stiff with four tablespoonfuls of sugar; add half a teaspoonful of boiled rice; flavor with extract of lemon, and drop in little balls over the pudding; set in the oven until a slight crust is formed, but do not let color.

### A GRATEFUL LETTER.

A PRINCE EDWARD ISLAND LADY SPEAKS FOR THE BENEFIT OF HER SEX.

Had no Appetite, was Pale and Easily Exhausted—Subject to Severe Spells of Dizziness, and Other Distressing Symptoms.

TIGNISH, P.E.I., May 30th, 1895.

To the editor of *L'Impartial*:

Dear Sir,—I see by your paper the names of many who have been benefited by the use of Dr. Williams' Pink Pills. I feel that I ought to let my case be known as I am sure that many women might be benefited as I have been. For a number of years I have been almost an invalid. I did not know the nature of my malady. I had a tired feeling, being exhausted at the least exertion. I had no appetite and was very pale. I sometimes felt like lying down never to rise. A dizziness would sometimes take me causing me to drop where I would be. During these spells of



A Dizziness would Overtake me.

dizziness I had a roaring sound in my head. I took medical treatment but found no relief. My husband and father both drew my attention to the many articles which appeared from time to time in your paper concerning the cures wrought by Dr. Williams' Pink Pills. At first I had no faith in them, in fact I had lost faith in all medicines and was resigned to my lot, thinking that my days were numbered in this world. Finally, however, I consented to try the Pink Pills. I had not taken them long before I felt an improvement and hope revived. I ordered more and continued taking the pills for three months and I must say that to-day I am as well and strong as ever and the many ailments which I had are completely cured. I attribute my complete recovery to the Dr. Williams' Pink Pills and hope by telling you this that others may be benefited by them.

MRS. WILLIAM PERRY.

After reading the above letter we sent a reporter to interview Mrs. Perry and she repeated what she had already stated in her letter. Her husband, William Perry, and her father, Mr. J. H. Lander, J.P., and fishery warden, corroborated her statements. —*Ed. L'Impartial.*

Dr. Williams' Pink Pills for Pale People make pure, rich blood, restore shattered nerves and drive out disease. They cure when other medicines fail and are beyond all question the greatest life-saving medicine ever discovered. Sold by all dealers, but only in boxes the wrapper around which bears the full trade mark: "Dr. Williams' Pink Pills for Pale People." Pills offered in loose form, by the hundred or ounce, are imitations, and should be avoided, as they are worthless and perhaps dangerous.