

## Liver Ills

Like biliousness, dyspepsia, headache, constipation, sour stomach, indigestion are promptly cured by Hood's Pills. They do their work

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easily and thoroughly. Best after dinner pills. 25 cents. All druggists. Prepared by C. I. Hood & Co., Lowell, Mass. The only Pill to take with Hood's Sarsaparilla.

### The Old and the Young ARE ALIKE CURED BY THE USE OF GATES' FAMILY MEDICINES.

AYERDALE, Picton Co., January 14, 1896.  
Messrs. G. Gates, Son & Co.:  
Dear Sirs,—This is to certify that my father had an attack of the La Grippe, about four years ago. The doctor was called and said he could do nothing for him, as he was so old, being then 84, but when there is life there is hope, and having your Bitters and Syrup in the house, we began to give them to him, when he got better, and after about three months was entirely recovered. He is now in his 96th year and is well and hearty. Your CERTAIN CHECKER speedily cured a neighbor woman of Cholera-morbus. My grandchild, about two months old, was taken with Diarrhoea and was taking doctor's medicine for some weeks, but it continued getting worse and it became chronic, so that the child got to look like an old person; it was plain to be seen its little life was fast ebbing away. Now I had your CERTAIN CHECKER in the house but not at that time being acquainted with its use I was for some days afraid to give it to a child so young and weak. I was convinced if the child did not get immediate relief it would die, so I told its mother to put 3 or 4 drops of the CERTAIN CHECKER in its bottle (as it drank from the bottle) and in about 24 hours it was noticed the child was a little better, this was continued for about a week when it was all right, and is today a healthy child. I am, Gentlemen, Yours very truly,  
DAVID MURRAY.  
Sworn before me this 15th day of January, 1896.  
ANGUS McDONALD, J. P.

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is pure palatable  
and effectual.  
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by children.

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YOUR UNCLES,  
YOUR AUNTS,  
EVERYBODY,

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GERMAN  
BAKING  
POWDER.**

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## The Home

### Small Ills.

It is often easier to bear a great sorrow than to endure small ills, and remain of even, sweet disposition. The old simile that drops of water wear into the solid rock is certainly an apt one. It is easy to steel one's nerves and fight bravely fortune that is adverse if there is a chance of an honorable victory. The bravest knight, however, may be overcome by gnats.

It is the misfortune of women to be more delicate in their nervous structure than men, and to be more often the victims of petty annoyances such as rasp the nerves and temper. It is peculiarly woman's duty to attend to minutiae. Housekeeping demands strict attention to small things. If the housekeeper has trouble in her work it is a petty matter to talk of. It comes from the petulance of servant, the failure of the yeast perhaps to rise, or the stupidity of some one who has left the oven door open and upset all her plans for dinner. Some one, perhaps, has carelessly stopped the plumbing, and a large bill is incurred from this source, which makes it impossible for her to buy a much needed winter bonnet for herself or new coats for the children. The matters essential to health come first, and at any cost the water pipes must be repaired.

It is just such petty things as we have named which wear woman's patience out and sometimes make the middle-aged woman a hopeless scold or a nervous invalid, when she should be a placid, even-tempered, happy woman. The power to endure small ills, however, can be cultivated. It is an easy matter at the beginning of life to look upon things philosophically and check the frown or hasty word which rises to the lips. If a mother would only remember that her whole future happiness depends upon the restraint she exercises on such occasions it would save her. More than her own happiness, the happiness of her own children and that of all who love her depend upon it. It is an effort that she must make at whatever cost. The habit of self-repression grows upon one who practises it. Finally it becomes second nature to speak a gentle word instead of a fretful one when an annoying blunder occurs. A word fitly spoken without temper will do more to prevent another blunder than all the sharp utterances of anger.

Unhappy fretfulness also grows with the indulgence in the habit until the person becomes an unbearable companion and sometimes drives all her friends from her. This vice is by no means limited to women. We have known men who were chronic scolds and who rendered their homes and offices abodes of misery by fretting over small matters, though this is not often a masculine fault.

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### Cleansing Feather Beds and Pillows.

A simple old-fashioned way of cleansing feather beds and pillows is to leave them suspended on a clothesline through a pelting summer rain. Afterward dry them in the sun, turning continually until there is no dampness left in them. This treatment demands that the feathers be hung in a rain just preceding a season of sunshine. It is very difficult to dry feathers in the tick properly in the house.

Some persons freshen feathers by contact with the earth. Spread an old sheet on the grass after the dew is gone, and lay the bedtick, with the feathers in it, on the sheet. Let it lie there all day, until the dew begins to fall; then bring in the bed. Next day expose it again to the sun, turning up the side which was next to the earth the day before, and which will be found damp. Air the bed in this way for four or five days. It should be perfectly dry when it is brought in.

To clean new feathers with lime, a gal-

lon of water with one pound of lime. The lime will soon sink to the bottom of the pail or tub in which it is placed in the water and form a fine powder. Stir it thoroughly, so that the water will take up all the lime it can. Let it stand at least twelve hours; then slowly pour off all the water that can be poured off without disturbing the sediment beneath it. Wash the feathers in this lime-water and allow them to remain under it for three or four days. After this drain and wash them thoroughly in warm water and expose them loosely in bags or net to dry in the hot sun.

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### A Perfect Home.

The most perfect little home I ever saw was a little house into the sweet incense of whose fires went no costly things. A thousand dollars served as a year's living for father, mother, and three children. But the mother was the creator of a home; her relations with the children were the most beautiful I have ever seen; every inmate of the house involuntarily looked into her face for the keynote of the day, and it always rang clear. From the rosebud or clover leaf, which in spite of her hard housework she always found time to put beside our plates at breakfast, down to the story she had on hand to read in the evening, there was no intermission of her influence. She has always been and always will be my ideal of a mother, wife, and home-maker. If to her quick brain, loving heart, and exquisite face had been added the appliances of wealth and enlargements of wide culture, hers would have been absolutely the ideal home. As it was, it was the best I have ever seen.—Helen Hunt.

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### Wooden Swearing.

"I hope, dear children," said a mother, "that you will never let your lips speak profane words. But now I want to tell you of a kind of swearing I heard a good woman speak about not long ago. She called it wooden swearing.

"It's a kind of swearing that many people besides children are given to when they are angry. Instead of venting their feelings in oaths, they slam doors, kick the chairs, stamp on the floor, throw the furniture about, and make all the noise they possible can.

"Isn't this just the same as swearing?" she said. 'It's just the same kind of feeling exactly, only they do not say those awful words, but they force the furniture to make the noise, and so I call it wooden swearing.'

"I hope, dear children, that you will not do any of this kind of swearing either. It is better to let alone wooden swearing and all other kinds of swearing."—Bible Advocate.

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### Lemon Barley Water.

To make lemon barley water take two tablespoonfuls of pearl barley, a quarter of a pound of lump sugar, rather more than two quarts of boiling water and the peel of a fresh lemon. It should stand all night and be strained the next morning.

## MINARD'S PILLS.

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Adapt  
PAUL IN  
Lesson VI.

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