NATURE'S GREAT REMEDIES



HAS NO EOUAL AS TONIC

Mr. A. Huffman, Druggist, Napanee, Ont., says:—"Pride of the Valley sells well, and in every case gives the best of satisfaction."

To be taken three times a day, just before meals. Full directions on boxes and circulars around the same. Over seventeen million boxes sold in Canada in the past eleven years, all giving the best of satisfaction.

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PRIDE OF THE VALLEY LINIMENT

The Greatest Known Remedy in the Land for the Cure of Pain, no matter where it is located.

Apply in sufficient quantities to cause a burn ing sensation on the parts affected. From two to four applications will stop all pains. If very severe, wet a cloth with the Liniment, place on the parts affected, letting it remain as long as the patient can stand it without blistering. For cold in the head or catarrh, take a few drops in the hands, rub them together, keep the hands as close together as you can and admit of the nose going between them, then snuff the vapor up the nose till it starts the tears and sets you coughing. nose till it starts the tears and sets you coughing. The patient will find relief at once. The above Liniment is on sale by all wholesale and retail druggists in Canada. Price, 50c. a bottle. Manufactured by Prof. A. M. SHRIEVES, 29 Goyeau St., Windsor, Ont.

This illustration shows an every-day scene of how the people flock to welcome the Professor, whose medicines are a Sure Remedy for the thousand and one ills

VALLEY CATARRH AND RHEUMATIC CURE.

Catarrh—the most prevalent of all diseases—like the majority of diseases is both constitutional and local. The usual symptoms are: Obstructed breathing, partial closing of one or both nostr le—"stopping-up," "stuffy" feeling, and pain in the head—constant blowing of the nose, discharge from the nose of a watery, or thick, yellowish or greenish mucus. Sometimes the matter becomes hardened, and is removed with difficulty. In the morning, on rising, the symptoms are usually the most unpleasant. There is often a severe fit of hawking and spitting, until a little lump of mucus is dislodged from the back of the throat. There is always more or less expectoration, and fluid drops down the throat. In severe cases the odor is most offensive—causing a horribly bad breath, and the sense of smell and taste becomes impaired, often the eyes and ears are affected resulting in the loss of sight or hearing, or, the disease extending to the larynx, the lungs become involved forminating in consumption. The disease starts with, or is developed by, colds which cause inflammation of the inner skin or mucous membrane, lining and covering all the internal cavities and organs of the body, as does the external skin the outer portion.

Actual Nasal Catarrh, or cold in the head, is nothing more than an inflammation of the mucous membrane lining the masal passage, the fauces, etc. At first there is a copious discharge of thin watery or glairy mucus, which is the perspiration or sweat of the mucous membrane, this being nature's mode of ridding the system of the effect of the cold, which is often attended with the happiest results. But if the liver and kidneys are torpid, or the blood is impure from scrofula, or there is a sophilitic taint, the mucous membrane will become and has proved to be infallible. It not only relieves, but it cures catarrh at any stage, speedilv and surely. ulcerated, resulting in chronic constitutional catarrh. But now it does not follow that you must have discharge Price-\$1.00 per bottle.

from the nostrils; they may be plugged by dry mucus or thickened membrane, and the discharge be down the throat, or you may have 'dry catarrh, "with very little, if any, external or internal show of discharge. The breath is not necessarily bad—though that symptom is frequent—indicating decomposition and poisonous humors of the blood, marking an aggravated case. Headache is not always present, though more or less is usual. Ringing or roaring in the head, deaf ears and weak eyes are common; enlarged tonsils and soreness of the throat, or dry brokey feeling, barking of myone and dry backing cough are all among the numerous symptoms. dry husky feeling, hawking of mucus and dry, hacking cough, are all among the numerous symptoms. There are, however, very few cases where all these indications will be found. But on the other hand, there are very many cases where but one will be marked. The catarrhal virus follows the mucous membrane, and causes deafness, catarrhal inflammation of the eyes, headache, dyspepsia, chronic diarrhea, bronchitis, leucorrhea and catarrhal inflammation of the kidneys and

bladder. That smokes, douches, inhalation, insoluble snuff, and the thousand and one catarrh cures daily advertised, cannot possibly remove the infectious poison from the organs named, or repair the injury done; that a remedy for catarrh must be used constitutionally; that it must possess a direct affinity for the mucous membrane,

The above three remedies go hand in hand to cure the two diseases, Rheumatism and Catarrh. For sufferers from those causes Prof. A. M. Shrieves gives above his very carefully prepared themes on the nature of these two diseases. Reader, peruse this with care! If you find that you have any of the symptoms. ask your druggist for these remedies and be cured. All letters to be addressed to

PROF. A. M. SHRIEVES, 29 Goycau St., Windsor, Ont.

Never sleep opposits a window which will throw a flood of strong light on the eyes when you wake in the morning. When bathing the face do not open the eyes under water, as this is apt to be inju-

rious to the epithelial covering of the eye. The short-sighted eye is essentially a diseased eye, and should be treated as such. It affects by preference those who use 'neir eyes constantly for fine or neat work, and is almost unknown among uncivilized

Dr. Munde says that to the imprudent act of getting out of bed without protecting the feet—one so commonly committed by women without thought of the consequences-may be traced many an attack of cellulitis, brought on by the sudden though momentary exposure of the feet to cold. It has caused more diseases to women previously healthy than could result from any other single act of imprudence.

If trustworthy statistics could be had of the number of persons who die every year or become permanently diseased from sleeping in damp or cold beds, they would probably be astonishing and appalling. It is a peril that constantly besets traveling men, and if they are wise they will invariably insist on having their beds aired and dried, even at the risk of causing much room" has slain its thousands of hapless people learn wisdom. Not only the guests but the family often suffer the penalty of sleeping in cold rooms and chilling their between those bacilli. bodies at a time when they need all their bodily heat, by getting between cold sheets. Even in warm weather a cold, damp bed will get in its deadly work. It is a needrooms and beds has in it the elements of murder and suicide.

According to Dr. Leuf, when water is it does not mingle with the food, as we are taught, but passes along quickly bethe pylorus, through which it passes into the intestines. The secretion of mucus by the lining membrane is constant, and during the night a considerable amount accumulates in the stomach; some of its liquid portion is absorbed, and that which remains is thick and tenacious. If food is taken into the stomach when in this condi tion it becomes coated with this mucus. and the secretion of the gastric juice and its action are delayed. These facts show the value of a good goblet of water before breakfast. This washes out the tenacious mucus and stimulates the gastric glands to secretion. In old and feeble persons water should not be taken cold, but it may be with great advantage taken warm or hot. This removal of the accumulated mucus from the stomach is probably one of the reasons why taking soup at the beginning of a meal has been found so beneficial.

CUTTING AND ARRANGING FOOD. It pays to be nice about it. Never use any but the bread knife to slice bread, and if possible cut no more than is actually

It is a good plan to follow the modern fashion of "slice as wanted," though this may savor of stinginess to our country mothers. A lot of bread to dry is not economical. It does not add to the attractiveness of the table, especially if a lot of crumbs are allowed to remain, hence we sav cut just enough.

See to it also that your knife is sharp, or your slices will be ragged and irregular. Evenly cut slices, not too thick or too thin, are more tempting.

In cutting a pie that is to grace the table before serving it is well to bring geometrichicken be so cut that some b of this carefulness. In the cutting of pies, | ing into the gutter outside. it well. A pie that is carefully, neatly great convenience, a sifter and a chute, trimmed around the edge in making looks down which the ashes pass into a closed the knife better.

Perhaps all housekeepers are not as care- in the kitchen.

was cut with a knife used in peeling onions just before, and it did not add to the flavor of the cake. And again, cut cake into regular blocks; calculate a little before beneficially and another for blueing. They are porcelain lined. Iron, no matter how well galvanized, rusts in cold water.

Three of them, you see, are for the actual washing, one for rinsing and another for blueing. They are porcelain lined. Iron, no matter how well galvanized, rusts in cold water. ginning; you will have nicer-looking dish

for your table. We have not quite become accustomed to "cut as you go" in cake, but I am not sure but the day is fast approaching. Sauces for tea in a glass dish with glass

preserve plates beside adds to the tea-table. It may be less conventional, but surely has a cheerful look, especially if the berry spoon rests near.

The butter plate also receives less attention in many homes than it should. Glass is, I think preferable, and should Two covered butter have a good cover. dishes are within the means of almost for anything but butter, and alternate often. little reason why we should ever have a are upon it.

ABOUT INFECTIOUS GERMS.

Nine-tenths of all diseases, if not all, are caused by specific low organisms. Among those which we have already isolated distinctly are the bacilli of consumption, typhoid fever, yellow fever, lockjaw, pneumonia, cholera, dysentery, plague, etc. There is a great difference between these trouble to their landlords. But the perul different bacilli, just as there is between resides in the home and the cold "spare large animals. A fence which will be perfectly safe against cattle may prove of no guests and will go on with its slaughter till account against dogs; and where cattle may grow we may not be able to raise elephants. Similar differences exist also

All these germs of diseases require moisture for their plantation and growth They are not killed by dryness; they only do not develop. A well-authenticated less peril, and the neglect to provide dry case is on record where the plague—which we have now hardly any reason to doubt is caused by a bacillus—broke out in a town in Germany 200 years after the last plague taken into the full or partly full stomach, had been there, and while no cases of plague were within 1,000 miles, after the tearing down of an old house in the mastween the food and lesser curvative toward onry of which a mummy was found that had been cemented in. From records it was evidently the corpse of a person who had died 200 years ago of the plague. This shows the wonderful tenacity of these microbes. The whole medical science has

been revolutionized by their discovery. It has been found that the germ of cholera will grow on every article of food that is exposed to draughts of air, however light, from the commodes and the privy. In dysentery proper the bacillus spreads through drinking water polluted with sewage; the same is the case with typhoid

Uncleanliness is now much better understood as being the factor in spreading diseases. Virchow examined the nails of school children, and underneath those nails he found, with particles of dirt, eggs of all the intestinal parasitical worms and bacilli, which, of course, would be eaten by the

children with their daily bread. A MODEL KITCHEN.

First of all you see it is built in the shape of a lean-to or addition to the house itself. You might think that a lamentable waste of heat in winter time would ensue, but the house is heated by a furnace in the cellar, and the great advantage of this semi-detached kitchen is felt in the summer time. You see this big skylight on the roof? Well, that lifts up with a strong cord which hangs down close to the range, and in warm weather the hot air and the vapors from the cooking will rush up and out of the skylight, instead of roasting the little cook. The chimney, too, is on the outside wall, you see, so as not to heat the diningroom unnecessarily, and the kitchen has a window on either side, with a door at the cal fitness to bear. The eye and a little end which leads into a little enclosed porch, trained carefulness will generally do it. A which in turn opens on the rear yard. In this porch stands the refrigerator, and its third larger than others is not illustrative | wastepipe passes through the floor, empty-

as all other things, it is a good plan to do | The range, too, is provided with that nicer upon the table or plate and slips upon box in the cellar. Thus there is no handling of hot ashes, with their inevitable dust

time, and wood retains the odor of the soap suds and is hard to dry and keep clean; but porcelain is easily cleaned, never smells and never rusts. See these little dints or pockets in the sides of the tubs; they're for the soap or blue, and the front side of the tubs is waved or indented like a washboard, and serves that useful purpose just as well as the regular article, though not interfering with its use.

The sink is broad and wide, and deep enough to set the dishpan in. It, too, is porcelain lined for the same reasons, and it has little soap shelves also. On one side of it is a draining rack to stand the wet every family. They should never be used dishes in, and on the other is a leaf-table that drops down tight to the wall, out of A tidy butter dish will sometimes redeem a the way, when not wanted; but when the poorly set table, and really there seems dishes are being washed it is indispensable to put the dried ones on, as the regular poorly set table, yet such is the positive fact, notwithstanding many cosely luxuries room.

This kitchen table, by the way, is a treasure. It looks more like the cabinet desk of a business man than anything you would expect to find in a kitchen. It has a back part that stands against the wall, and is all pigeon-holes and drawers. They contain not papers and memoranda, but spices and ingredients of all kinds that are used in cookery, and required to be kept handy in small parcels. The table proper is a big and broad one, and has a big moonshaped cut in it, where the cook sits, on a little swing seat that pulls out from under the board. Here she can reach all the pigeon. holes without rising, and still have plenty

of room on the table at either hand for the food she is preparing. The indispensable pantry is a big one and is situated between the kitchen and the dining-room. To reach the diningroom from the kitchen one must pass through the pantry or go out into the hall, which has an independent entrance into each room. This arrangement prevents the odors of the cooking from reaching the dining-room. The kitchen is finished in hard wood, not varnished, but simply oiled. Varnish shows every splash of water that it gets, while the oiled surface can be rubbed and polished clean with ease. But perhaps the greatest innovation of all is the expedient to save the housewife from having to run up and down the cellar stairs any more than absolutely necessary. Did you see "Faust up to Date" at the Broadway Theatre last month? Yes? Well, then, you remember when the barmaid and her bar rose through the floor and disappeared again, without shaking a glass or a bottle from the shelves. Why should such a convenient arrangement be confined to the stage? The mechanism is simple enough. The machinery of the old dumb waiter that we are all accustomed to is sufficient, and so that little woman is going to have one in her kitchen; a big one, full of shelves, that she can stand a great number of things on. It will be so weighted and balanced that she can lift it without any unusual exertion, take off or put on what things she chooses, and send it down below again to hang it in the cool air of the cellar, where it will not be allowed to touch the floor. The trapdoor in the kitchen will be so tightly fitted that it will be hardly perceptible till it rises to astonish the visitor.

HINTS TO HOUSEKEEPERS. Lamp burners that have become dim and sticky can be renovated by boiling them in strong soda water, using a tin tomato can

To clean knives: cut a small potato, dip it in brickdust and rub them. Grease may be removed from silk by ap plying magnesia to the wrong side. New iron should be gradually heated at

rst; it will not be so lik

for this purpose; then scour the barners

with sapolio and they will be as good as

castor oil to children is to pour the oil into a pan over a moderate fire, break an egg into it and stir up; when it is done flavor with a little salt or sugar or current jelly. a 'ave come to it? Dipping fish in scalding water will cause | And he heard France shrug her the scales to come off very easily, but it shoulders through the telephone.

Ripe tomatoes cut in half and rubbed on will remove ink, fruit and vegetable stains from the fingers, as will a cut lemon. Clean whi e paint with whiting sprinkled on a piece of damp flannel

Save tea leaves for a few days, steep them for an hour, strain and use the liquid to wash varnished paint, oil-cloths and

The drawing of the feet by rubbers is also one of the most fruitful causes of chilblains, so troublesome to severe winter weather. Heavy calfskin shoes with thick soles are a perfect protection, except in the heaviest, wettest snows, against all dampwinter than a thinner shoe worn with a

Copperas dissolved in boiling water, will instantly cleanse iron sinks and drains. A few drops of spirits of turpentine mixed with stove blacking lessens labor and adds polish. Kerosene in cooked starch (a teaspoonful to a quart) will prevent clothes sticking to the iron and give a gloss; the scent evaporates in the drying. (Powdered borax is good, if one decidedly objects to the smell of kerosene.)

Morsels of Gastronomy.

He who is wise in dining out lets the wretched sorbet and punch severely alone. They say a dinner hostess is inconsiderate who has onion introduced in duck stuff

Many men should be told how much better they would look eating macaroni in A French physician declares olives to be a relief for rheamatism. He is not in the

Fresh paint smells delightful in a house compared with the perfume of boiling cabbage.

The plebeian peanut shelled has been in troduced at dinner parties instead of roast ed almonds. It is likely to go on record that the winter of 1890 was a very bad one for

game of all kinds. Veal under any other name has the same illness-producing qualities for a great many

Lima beaus of the canned kind usually taste, no matter how well cooked, as i fired all the way from Peru from a gun. An unsophisticated diner out who encounters anchovy sauce for the first time is often quite a comical study on the face. Old fashioned pound cakes used to be

"pound for pound," but the modern affair tastes as if it would fall far short of proper For absolutely starvation purposes cold slaw can be given when no food is obtainable, but under no other circumstances. Epicures say there are very few soups, especially those made by the "hired girl,"

that are not improved by a dash of Worcestershire sauce Yet a little while and the bell will ring to cease serving buckwheat cakes and sausages. It has been an off year for the breakfast combination.

Never eat a salmi of game when you can get the quail, duck or other bird in its entirety. The average salmi is "leavings."--Mail and Express.

> Viewed from Afar. N. Y. Press.

England-Hallo, France! France, per sub-channel telephone-Sacre bleu! Vot you wong?

England—W'ere is that blarsted State of Chicago where they're h'a-going to 'ave the Hamerican World's Fair, doncher know? France-Sheecagueau? Je ne sais pas! vill not send ze exhibits magnifiques over ze carstove railroads.

The French method of administering don't know whether to send my goods by

APPLES AS MEDICINE. Expert Testimony as to Their Num-

erous Good Qualities. From the Hospital.

Chemically, the apple is composed of vegetable fibre, albumen, sugar, gum, chlorophyll, malic acid, gallic acid, lime, and much water. Furthermore, the German analysts say that the apple contains a larger percentage of phosphorus than any other fruit or vegetable. This phosphorus is admirably adapted for renewing the essential nervous matter, lethicin, of the brain and spinal cord. It is, perhaps, for the same reason, rudely understood, that old Scandinavian traditions represent the apple as the food of the gods, who, when they felt themselves to be growing feeble ness. Such shoes are far healthier in and infirm, resorted to this fruit for renewing their powers of mind and body. Also, the acids of the apple are of signal use for men of sedentary habits, whose livers are sluggish in action; these acids serving to elim nate from the body noxious matters which, if retained, would make the brain heavy and dull, or bring about jaundice or skin eruptions and other allied troubles. Some such an experience must have led to our custom of taking apple sauce with roast pork, rich goose and like

dishes. The malic acid of ripe apples, either raw or cooked, will neutralize any excess of chalky matter engendered by eating too much meat. It is also the fact that such fresh fruits as the apple, the pear and the plum, when taken ripe and without sugar, diminish acidity in the stomach rather than provoke it. The vegetable salts and juices are converted into alkaline carbonates, which tend to counteract acidity. A good ripe raw apple is one of the easiest of vegetable substances for the stomach to deal with, the whole process of its digestion being completed in 85 minutes. Gerard found that the "pulpe of roasted apples mixed in a wine-quart of faire water, and labored together until it comes to be as apples and ale-which we call lambeswool -never faileth in certain diseases of the rames, which myself hath often proved, and gained thereby both crownes and credit." "The paring of an apple, cut somewhat thick, and the inside whereof is laid to hot, burning or running eyes at night, when the party goes to bed, and is tied or bound to the same, doth help the trouble very speedily, and contrary to expectation—an excellent secret.'

A poultice made of rotten apples is of very common use in Lincolnshire for the cure of weak or rheumatic eyes. Likewise, in the Hotel des Invalides, at Paris, an apple poultice is used commonly for inflamed eyes, the apple being roasted and its pulp applied over the eyes without any inervening substance. Long ago it was said apples do easily and speedily pass through the belly; therefore they do mollify the belly; and, for the same reason, a modern maxim teaches that-To eat an apple going to bed, The doctor then will beg his bread. The Queen's Medical Staft.

As one of the physicians-in-ordinary to the Queen, the late Sir William Gull was paid a retaining fee of £200 per annum. The other physicians-in-ordinary, Sir William Jenner, Sir Edward Sleveking and Dr. Reid, are in receipt of a similar stipend. The vacancy caused by the death of Sir W. Gull will probably be filled by one of the three physicians extraordinary, who are Dr. R. D. Powell, Dr. George Johnson and Dr. Quain. The medical

department of the royal household is quite

an extensive establishment. Besides the names already given, there are two sergeant surgeons (Sir James Paget and Sir Prescott Hewett, entitled each to £280 per annum), three surgeons extraordinary (Dr. Erichsen, Sir Joseph Lister and Sir William Savory), a physician to the household (Dr. Reynolds, salary £200), suppose, but hi 'ave no hinterest hin it. Hi a surgeon to the household (Sir Spencer a surgeon to the household (Sir Spencer Wells, £300), a surgeon apothecary (Dr. Old people who suffer from increasing indiges-Wells, £300), a surgeon apothecary (Dr. Laking, £1,000), three "surgeons and apothecaries-in-ordinary to the household at Windsor," three "surgeons and apothecaries at Osborne," a "surgeon oculist," a "surgeon dentist," a "dentist to the household," and two "chemists and druggists."

Old people who suffer from increasing indigestion, torpidity of the liver, and constipation, should give renewed impetus to the action of the stomach, bile-secreting organ and bowels, with Northrop & Lyman's Veretable Discovery and Dyspeptic Cure, from which aid is never sought in vain. It works wonders as a blood purifier.

-London Star. Perhaps all housekeepers are not as careful to have a cake knife as one for bread, but I consider it quite essential. Only but I consider it quite essential. Only course, and placed at a distance from the over them vinegar with the same result.

Sold of the way of the door, 1821 delt will soak fresh much quicker in street.

The fish are to be saucu down they must on account be scaled. You may pour long used the figure Polish. Once used Nothing finer in Canada than Westlike's dum street.

Nothing finer in Canada than Westlike's dum street. Sold of the way of the door, 1821 delt will soak fresh much quicker in street.

Uses of Ammonia.

Spirits of ammonia inhaled will often relieve a severe headache. A little ammonia in tepid water will sof-

ten and cleanse the skin. Door-plates should be cleaned by rubbing with a cloth wet in ammonia and

water To brighten carpets wipe them with warm water in which have been poured a

few drops of ammonia. If the color has been taken out of silks by fruit stains ammonia will usually restore

One or two tablespoonfuls of ammonia added to a pail of water will clean windows better than soap.

When acid of any kind gets on clothing spirits of ammonia will kill it. Apply choloroform to restore the color. Grease spots may be taken out with

weak ammonia in water; lay soft white paper over and iron with a hot iron. Keep nickel, silver ornaments, and mounts bright by rubbing with woorlen

cloth saturated in spirits of ammonia. A few drops of ammonia in a cupful of warm water, applied carefully, will remove spots from paintings and chromos. Ammonia applied two or three times on

a fresh cold sore will kill it. It will drive it away if used when the cold sore is first Old brass may be cleaned to look like

new by pouring strong ammonia on it and scrubbing with a scub-brush; rinse in clear A tablespoonful of ammonia in a gallon of warm water will often restore colors in

carpets; it will also remove whitewash from them. Yellow stains left by sewing machine oil on white may be removed by rubbing the spot with a wet cloth with ammonia before

washing with soap. Equal parts of ammonia and turpentine will take paint out of clothing, even if it be hard and dry. Saturate the spot as often as necessary and wash out in soap suds.

If those who perspire freely would use a little ammonia in the water they bathe in every day it would keep their flesh sweet and clean, doing away with any disagreeable odor.

Put a teaspoonful of ammonia in a quart of water, wash your brushes and comos in this, and all grease and dirt will disappear. Rinse, shake and dry in the sun or by the

Flannels and blankets may be soaked in pail of water containing one tablespoonful of ammonia and a little suds. Rub as little a possible, and they will be white and clean and will not shrink.

One teaspoonful of ammonia to a teacupful of water will clean gold or silver jewelery; a few drops of clear aqua ammonia poured on the under side of diamonds will clean them immediately, making them very brilliant . - Good Housekeeping.

> A Neat Trick. From the Chicago Tribune.

A pony glass of whiskey and a pony glass of water are placed side by side, both glasses brimming full, and a wager made that the liquids can be made to change glasses without pouring either of them out. If the wager is accepted a thin card is placed over the glass of water, and held tightly on it while it is turned upside down and placed on top of the pony of whiskey. The card is then carefully snoved aside until one end of it is a hair's breadth beyond the rims of the glasses, and the whisky will then work itself slowly into the upper glass, the water descending to the lower. Care should be taken that both glasses are full to running over, and the card should be thin and moved aside very slightly, or the opportunity for capillary attraction, on

depends, will be lost.

which the perfect completion of the trick

No humbug about Case's Syr. Tamarac