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AVONDALE, Pletou Co., January 14, 1896.  
Messrs. C. 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 94, 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 94th year and is well and hearty. Your CERTAIN CHECK speedily cured a neighbor woman of Cholera-morosa. 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 CHECK 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 2 or 3 drops of the CERTAIN CHECK 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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## The Home

### Do All That You Can.

"I can not do much," said a little star,  
"To make this dark world bright;  
My silvery beam can not pierce far  
Into the gloom of night;  
Yet I am a part of God's great plan,  
And so I will do the best that I can."  
"What can be the use," said a fleecy cloud,  
"Of these few drops that I hold?  
They will hardly bend the lily proud,  
If caught in her chalice of gold;  
But I, too, am a part of God's great plan,  
So my treasures I'll give as well as I can."

A child went merrily forth to play,  
But a thought like a silver thread,  
Kept winding in and out all day  
Through the happy golden head—  
"Mother said 'Darling, do all that you can;  
For you are a part of God's great plan.'"

She knew no more than the twinkling star,  
Or the cloud with rain cup full,  
How, why, or for what all strange things are—  
She was only a child at school;  
But she thought, "'Tis a part of God's great plan  
That even I should do all that I can."

So she helped another child along  
When the way was rough to his feet,  
And she sung from her heart a little song  
That we all thought, wondrous sweet;  
And her father—a weary, toil-worn man—  
Said, "I, too, will do the best that I can."

—Mrs. M. E. Sangster.

### Did You Ever Think.

That a kind word, put out at interest  
brings back an enormous percentage of  
love and appreciation?

That, though a loving thought may not  
seem to be appreciated, it has yet made  
you better and braver because of it?

That the little acts of kindness and  
thoughtfulness day by day are really  
greater than one immense act of goodness  
once a year?

That to be always polite to the people at  
home is not only more ladylike, but more  
refined, than having "company manners?"

That to judge anybody by his personal  
appearance stamps you as not only ignorant,  
but vulgar?

That to talk and talk and talk about  
yourself and your belongings is very tiresome  
for the people who listen?—Our Sunday  
Afternoon.

### He Knows.

"I need oil," said an ancient monk. So  
he planted him an olive sapling.  
"Lord," he prayed, "it needs rain, that  
its roots may drink and swell. Send  
gentle showers." And the Lord sent a  
shower.

"Lord," prayed the monk, "my tree  
needs sun. Send sun, I pray thee." And  
the sun shone, gilding the dripping clouds.  
"Now frost, my Lord, to brace its  
tissues," said the monk; and behold the  
little tree stood sparkling with frost. But  
at even-song it died. Then the monk  
sought the cell of a brother monk, and  
told him his strange experience.

"I, too, have planted a little tree," he  
said, "and see, it thrives well. But I in-  
trusted my little tree to its God. He who  
made it knows better what it needs than a  
man like me. 'Lord, send it what it  
needs.' I prayed; 'storm or sunshine,  
wind, rain, or frost.' Thou has made it,  
and dost know."

### Glycerine.

Glycerine is one of the most useful and  
misunderstood of every-day assistants. It  
must not be applied to the skin undiluted,  
or it will cause it to become red and hard,  
but if rubbed well into the skin while wet,  
it has a softening and whitening effect. It

will prevent and cure chapped hands; two  
or three drops will often stop the baby's  
stomach ache. It will allay the thirst of a  
fever patient and soothe an irritable cough  
by moistening the dryness of the throat.  
Equal parts of bay rum and glycerine ap-  
plied to the face after shaving make a man  
rise up and call the woman who provided  
it blessed. Applied to shoes, glycerine is  
a great preservative of the leather, and  
effectually keeps out the water and pre-  
vents wet feet. A few drops of glycerine  
put in the fruit jars, the last thing before  
sealing them to keep the preserves  
from molding on top.—Lutheran Observer.

### Value of the Egg in Sickness.

The value of egg albumen in food in cer-  
tain diseased conditions is pointed out by  
Dr. C. E. Boynton, in 'The Pacific  
Medical Journal.' When fever is present  
the appetite is nil, he says; what one  
wants is an aseptic article of diet; the  
white of an egg raw, serves both as food  
and medicine. One way to give it is to  
drain off the albumen from an opening  
about half an inch in diameter at the small  
end of an egg, the yolk remaining inside  
the shell; add a little salt to this and  
direct the patient to swallow it.

In typhoid fever the mode of feeding  
materially helps us in carrying out an  
antiseptic plan of treatment. Further-  
more, the albumen, to a certain extent,  
may at first rebel at the idea of eating a  
raw egg; but the quickness with which it  
goes down without the yolk proves it to  
be less disagreeable than they suppose,  
and they are then ready to take a second  
dose.

### What To Try.

#### Health Monthly.

Try cranberries for malaria.  
Try a sun path for rheumatism.  
Try clam broth for a weak stomach.  
Try cranberry poultice for erysipelas.  
Try a wet towel to the back of the neck  
when sleepless.

Try swallowing saliva when troubled  
with sour stomach.

Try buttermilk for removal of freckles,  
tan and butternut stains.

Try breathing the fumes of turpentine to  
relieve the whooping-cough.

Try taking your codliver oil in tomato  
sauce if you want to make it palatable.

Try walking with your hands behind  
you if you find yourself becoming bent  
forward.

Try planting sunflowers in your garden  
if compelled to live in a malarial neigh-  
borhood.

### Potpourri.

To make potpourri, get half a peck of  
rose-leaves. Pack them in a bowl with  
alternate layers of cotimon salt. The pro-  
portion should be a handful of fine salt to  
three of rose-leaves. Let them stand thus  
for five days, turning them twice a day.  
Be sure to do this thoroughly. At the end  
of the five days add three ounces of  
powdered allspice and one ounce of stick  
cinnamon. Let this stand a week longer,  
stirring daily as before. Now put the  
mixture in a pretty potpourri jar, adding  
to it one ounce of whole allspice, half a  
pound of dried lavender blossoms, one  
ounce of bruised cloves, one ounce of stick  
cinnamon, one nutmeg coarsely grated,  
half a cup of ginger-root thinly sliced,  
half an ounce of aniseed, ten grains of  
Canton musk of the finest quality, two  
ounces of orris-root. Mix well together.  
At any time essential oils or extracts of  
flowers may be added.—(For P. C. Cali-  
fornia.



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## BIBLE LESSON

Adapted from Hurlbut

Fourth Quarter

PAUL'S VOYAGE AND

Lesson V. October 31.—

(Read chapter

GOLDEN TEXT

Be of good cheer: for  
it shall be even as it was  
at 27, 25.

1. THE HOPELESS CONDITION

13. WHEN THE SOUTH WIND  
blew—a lull in the storm  
the wind tempted them to  
of safety. "If they could  
Cape Malta, five miles dis-  
south wind would send the  
the right direction, and Ph  
but thirty miles farther."  
—Their hope to securely  
(the present Luto), a har  
ern shore of Crete, near i  
LOSING THENCE—The na  
weighing anchor, CLOS  
"For the south wind press  
the shore."

14. NOT LONG AFTER  
Crete, on their westward  
AGAINST IT—Rather, as i  
sion, "beat down from i  
Crete. A TEMPESTUOUS v  
a "typhonic wind," "a  
whirl." Typhoon was the  
represented on the monum  
hippopotamus. EUCLYD  
raquillo, that is, between  
south-east wind) and Aqu  
wind; so that the meanin  
northeast. This well-kno  
Mediterranean is now call  
It drove Paul's vessel stra  
of Syrtis gets its name

15. COULD NOT BEAR  
"could not look the wind  
is, face the wind, as in Re  
figure of speech more vivi  
e was often painted on  
ancient vessel's prow. I  
talk of sailing into the e  
WE LET HER DRIVE—  
were driven. "They  
southwesterly direction."  
16. RUNNING UNDER—  
the island, in order to be  
from the gale. CLAUDA  
twenty miles from Crete, n  
WE HAD MUCH WORK TO  
BOAT—"We were able, v  
secure the boat," which  
had been trailing behind  
It was doubtless filled wit  
to manage, so that passag  
aid to get it on deck.

17. THEY USED HELPS—  
on hand for the purpose  
etc." UNDERGIRDING—  
call this "frapping,"  
around the ship to keep  
starting. Ancient ships  
built than modern ships  
liable to strain and found  
SANDS—The Greater Sy  
famous shoals on the A  
between Tripoli and Barca.  
Rather, as in the Revised  
ered the gear." It is a  
referred to here. To strik  
would be a sure way of  
Syrtis, which they were  
is probably better to un  
ally of the gear connect  
weather sails. The storm  
ably set." So WERE DR  
ered topsails, and creat  
probably a leaking vess  
bore them onward, appar  
shoals, where they m  
wrecked. God someti  
means to carry out his p  
18. LIGHTENED THE S  
overboard all bulky artic  
necessary. The Revised  
to throw"—intimates th  
was not cast overboard  
(verse 38) we find that  
served to the last extren

19. THE THIRD DAY—  
was letting in more and m  
OUR OWN HANDS—The  
gers and Luke himself d  
THE TACKLING—Either  
and yards, or, as the ma  
would imply, the beds,  
movable articles general  
20. NEITHER SUN NOR  
ents had no compass, an  
pendent upon the heav  
since. IN MANY DAYS—  
the fourteen days betwe  
Crete and stranding at M  
THAT WE SHOULD BE S