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RUBBER COMPLEXION BULB

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Bulb complete with full directions for thirty-
five cents, postage paid. You cannot afford to
miss this bargain. Address

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The Home Doctor.

The New Year's Bells.

Ring out, wild bells, to the wild sky,
The flying cloud, the frosty light;
The year is dying in the night;
Ring out, wild bells, and let him

Ring out the old, ring in the new,
Ring, happy bells, across the snow;
The year is going, let him go;
Ring out the false, ring in the true.

Ring out the grief that saps the mind,
For those that here we see no more;
Ring out the feud of rich and poor,
Ring in redress to all mankind.

Ring out a slowly dying cause,
And ancient forms of party strife;
Ring in the nobler modes of life,
With sweeter manners, purer laws.

Ring out the want, the care, the sin,
The faithless coldness of the times;
Ring out, ring out my mournful rhymes,
But ring the fuller minstrel in.

Ring out false pride in place and
blood,
The civic slander and the spite;
Ring in the love of truth and right,
Ring in the common love of good.

Ring out old shapes of foul disease;
Ring out the narrowing lust of gold;
Ring out the thousand wars of old,
Ring in the thousand years of peace.

Ring in the valiant man and free,
The larger heart, the kindlier hand,
Ring out the darkness of the land,
Ring in the Christ that is to be.
—Alfred Tennyson.

The use of an egg in mixing a mus-
tard plaster will prevent a blister

A foot-bath, provided a handful of
common soda is added to the water,
will very often relieve a severe head-
ache, especially if followed by a brisk
rub.

A very good salve for wounds is
made of equal parts of yellow wax and
sweet oil; melt slowly, stirring all the
while; when it is cooling stir in a
small quantity of glycerine.

Flaxseed tea, flavored with lemon,
barley or rice water, is excellent for
any inflammation of bladder. Spear-
mint tea is also said to be one of the
best remedies for an ailment of this
nature.

Glycerine should never be used on
the face without combining it with
other complexion creams. Used clear
it will invariably cause the skin to be-
come yellow and often causes a very
vigorous growth of hair.

A sure cure for a cut, wound or any
sore of long standing is made by tak-
ing equal parts of alum, vinegar,
honey and wheat flour, make a paste and
apply to afflicted part, renewing
every few hours.

In sickness, when disinfectants are
needed in sinks and basins, use carbolic
acid, allowing four tablespoonfuls to
each pint of cold water; pour down the
pipes, and let it remain half an hour
before flushing.

In dressing wounds, cuts or sores
of any kind, a solution of one spoon-
ful of borax in a pint of warm water
is very healing. Bind up the wound
in a piece of soft linen dried out of
the borax water.

It is well known that eggs taken in
a raw state are very nourishing but
not always pleasant to take. To any
one objecting to the use of wine with
the beaten egg, a drop or two of vine-
gar, a little salt and pepper, or even
dusting of nutmeg may make it
more palatable.

It is not always remembered how
important a part the treatment of the
feet goes toward keeping one's health
in a perfect condition. An ill-fitting
boot, one too large or too small, plays
an important part in the good interest
of the feet.

Wrinkles in a young person's face are
often merely lines of congested pores,
tiny lines of blackheads, which will be
found upon opening a wrinkle. Steam-
ing the face gently, afterward mas-
saging the wrinkles easily with cold
cream, will produce a wonderful effect.
Steaming must not be done often, how-
ever; once a week being frequent
enough.

A noted physician who has made ex-
haustive research and experiments is
perfectly convinced that nearly every
one uses up a far greater amount of
vital force in all the every day acts of
life than is necessary. He says that

sufficient vitality is wasted in this way
to make the difference between sick-
ness and health and between failure
and success. In further explanation
of this he gives two important in-
stances: the usually incorrect posture
of the body and unnecessary excessive
muscular action. We should stand,
walk, and move about erect and not
drag a bent figure, using up thereby
so much vital energy.

A French physician has recently de-
clared that the motor-car exercise is
the best cure in the whole world for
tuberculosis. He claims to have cured
many cases in this way. There cer-
tainly is no harm in trying the remedy
if one has a motor-car at their dis-
posal.

According to recent statements of
well known physicians, who have per-
formed autopsies on persons who have
died from bowel troubles, they find
that seeds of grapes and other fruits,
hard, indigestible portions of pop-
corn, and all things of this nature,
frequently cause intestinal disorders.

A simple recipe for dyspepsia cure,
highly recommended, is as follows:
One ounce of pulverized rhubarb. One
ounce ground caraway seed. One
ounce grated orange or lemon peel.
Put these into a bottle with one pint
of best brandy and take a tablespoon-
ful three times a day, one hour be-
fore meals. Shake medicine well be-
fore taking.

In almost all cases of poisoning,
emetics are highly useful. If one is
far from a doctor the use of any of
the following remedies will be found
availing. Common mustard powder in
warm water, not strong enough to
strangle, given every few minutes is
an old remedy but very effective. Luke-
warm water, or warm milk and water,
flax-seed, slippery elm tea, chalk-water,
any of these liquids in a tepid state
will bring about vomiting. The subse-
quent management of the case will, of
course, be in the hands of the physi-
cian.

The egg is considered one of the very
best remedies for dysentery. Beaten
up lightly, with or without sugar, and
swallowed at a gulp, it tends by its
emollient qualities to lessen the in-
flammation of the stomach and intes-
tines, and by forming a transient coat-
ing on these organs, to enable Nature
to assume her healthful sway over the
diseased body. An egg taken like an
oyster, with pepper and vinegar, has
been known to be retained on the
stomach when everything else has
failed.

Moth or liver patches are caused by
slow digestion or a sluggish liver. A
course of soda phosphate taken for
two weeks will clear out the system
and stimulate the liver into healthier
action. A teaspoonful of the powder
in a cup of hot water taken every
morning before breakfast is usually
sufficient, but it may be taken before
each meal if there is obstinate consti-
pation. The juice of half a lemon
makes the drink more palatable. Ex-
ternally an ointment that will act as
a bleacher to the skin will assist Na-
ture in removing the discoloration.
Bathe the face at night with warm
water using a complexion brush and
pure soap if necessary to remove soil
and use an ointment composed of one
drachm of white precipitate, one
ounce cocoa butter, half an ounce of
sweet almond oil thoroughly mixed by
melting the cocoa butter. Apply a
little to each spot and rub it in. Do
this each night until the skin begins
to peel slightly. A little sweet oil
applied through the day will prevent
soreness.

Graying Hair.

When a woman's hair begins to turn
gray before it is supposed that she
is old enough for such a change, she
begins to worry for fear it may make
her "look old." But gray hair does
not make a woman look old. Many
very young faces go with whitening
hair, and if the hair is taken care of,
kept clean and glossy and becomingly
arranged, it is generally a mark of
distinction to the young, and a great
beautifier to the ageing.

To check a cold quickly get from
your druggist some little Candy Cold
Tablets called Preventics. Druggists
everywhere are now dispensing Pre-
ventics, for they are not only safe,
but decidedly effective and prompt.
Preventics contain no quinine, no lax-
ative, nothing harsh nor sickening.
Taken at the "sneeze stage" Preven-
tics will prevent Pneumonia, Bronchi-
tis, La Grippe etc. Hence the name,
Preventics. Good for feverish chil-
dren. 48 Preventics 25 cents. Trial
boxes 5 cents. Sold by all druggists.

Indigestion

Stomach trouble is but a symptom of, and not
in itself a true disease. We think of Dyspepsia
Heartburn, and Indigestion as real diseases, yet
they are symptoms only of a certain specific
Nerve sickness—nothing else.

It was this fact that first correctly led Dr. Shoop
in the creation of that now very popular Stomach
Remedy—Dr. Shoop's Restorative. Going direct
to the stomach nerves alone brought that success
and favor to Dr. Shoop and his Restorative. With-
out that original and highly vital principle no
such lasting accomplishments were ever to be had.

For stomach distress, bloating, biliousness, bad
breath and sallow complexion, try Dr. Shoop's
Restorative—Tablets or Liquid—and see for your-
self what it can and will do. We Sell and cheer-
fully recommend

Dr. Shoop's Restorative

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means a large saving on every garment you buy

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whole intestinal tract, curing Constipa-
tion, Sick Headache, Biliousness, Dypep-
sia, Coated Tongue, Foul Breath, Jaun-
dice, Heartburn, and Water Brash. Mrs.
R. S. Ogden, Woodstock, N.B., writes:
"My husband and myself have used Mil-
burn's Laxa-Liver Pills for a number of
years. We think we cannot do without
them. They are the only pills we ever
take."

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orless food can be given secretly by
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looks on, the drunkard
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SYNOPSIS OF CAN.

HOMESTEAD

ANY even numbered
Lands in Manitoba
Alberta, excepting 8 and
be homesteaded by an
head of a family, or an
age, to the extent of one
acres, more or less.

Application for entry
by the applicant at a l
or Sub-agency for the d
is situate. Entry by proxy
at an Agency on certain
mother, son, daughter,
intending homesteader.

The homesteader is a
homestead duties unde
plans:—

(1) At least six months
cultivation of the land
years.

(2) A homesteader must
form the required resid-
farm land owned solo
eighty (80) acres in exte
homestead. Joint owner
meet this requirement.

(3) If the father (or
deceased) of a homes-
residence in accordance
him, not less than eight
in the vicinity of the
homestead entered for
such homesteader may t
duties by living with t

(4) The term "vicinity"
paragraphs is defined
than nine miles in a
the width of road all
measurement.

(5) A homesteader is
residence duties in acc-
while living with pare-
owned by himself must
the district of such inte

Six months' notice in-
to the Commissioner
Ottawa of intention to

Deputy of the Min

N.B.—Unauthorized
vertisement will not be



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