

Catarrah and Consumption

I have spent nearly 50 years in the treatment of the above named troubles and believe I have effected more permanent cures than any specialist in the history of medicine. As I must soon retire from active life, I will, from this time on, send the means of treatment and cure as used in my practice, free and post-paid to every reader of this paper who suffers from these loathsome, dangerous and disgusting diseases. My treatment will positively give prompt relief and cure in the worst cases. This is a sincere offer which anyone is free to accept. Address, **PROFESSOR J. A. LAWRENCE, 114 West 3rd St., New York.**

CONSTIPATION INDIGESTION TORPID LIVER

These are the great curses which afflict three-quarters of the present generation. Sufferers from either one or all of them must always feel miserable, and sooner or later become chronic invalids, useless to themselves and a burden and nuisance to friends and family. There is one sure, safe and absolute cure which you can test without any expense. Our remedy is Egyptian Regulator Tea, a trial package of which we will send you free and prepaid on request. Unless you find our claims are true, we must be the losers by this liberal offer. Shall we send you the trial package, and lead you to perfect health and happiness? Address, **THE EGYPTIAN DRUG CO., New York.**

The Whole Story
in a letter:

Pain-Killer

(PERRY DAVIS.)
From Capt. F. Loye, Police Station No. 5, Montreal: "We frequently use Perry Davis' Pain-Killer for pains in the stomach, rheumatism, stiffness, frost bites, chilblains, cramps, and all afflictions which beset men in our position. I have no hesitation in saying that PAIN-KILLER is the best remedy I have ever used."
Used Internally and Externally.
Two Sizes, 25c. and 50c. bottles.

Painters' Kidneys.

The worst thing a painter has to contend with is the turpentine. The lead, of course, is bad too. But the turpentine cuts the kidneys, inflames and weakens them, makes the painter's life a dangerous and troublesome one. When a painter's back aches, it's time for him to begin treating the kidneys.

DOAN'S KIDNEY PILLS

will fix them up—take out the inflammation and congestion, give ease to the aching back.

Mr. J. Evanson, the well-known painter and decorator, 50 Oxford St., Toronto, Ont., said: "About eight weeks ago I was taken with an excruciating pain in my back over the kidneys. It was so bad that my wife had to apply hot cloths till the doctor came and gave me morphine."

He said the trouble was due to a stone passing from the kidney to the bladder.

My water was loaded with a brick dust deposit and scalded on passing.

While in this condition I heard of Doan's Kidney Pills and started taking them.

It was not long before I got relief from pain and have been improving in health ever since. My urine is now clear and does not smart me, and I feel better than in years.

LAXA-LIVER PILLS. These little black fellows act easily and naturally on the system, clearing away all bile and effete material. Constipation, biliousness, dyspepsia, sick headache, heartburn, waterbrash—all disappear when they are used. Price 25c.

The D. & L. Emulsion

of Cod Liver Oil.
(Trade Mark.)
For Lung Troubles,
Severe Coughs, Colds,
Emaciation, &c., &c.

Few systems can assimilate pure Oil, but as combined in "The D. & L." it is pleasant and digestible. Will build you up; Will add solid pounds of flesh; Will bring you back to health.

50c. and \$1.00 bottles.
DAVIS & LAWRENCE CO., Limited.

TRUE ECONOMY.

Economy is a virtue that every one should practice, but it should be judiciously exercised. The economy that places poor food on the table, or deprives the family of necessary comforts when these comforts are within reach of the purse, is a false economy. In the best sense of the word, economy means a conservation of the health, strength, and general resources. It means that the health should be taken care of, that the body must be comfortably and warmly clad, and that plenty of wholesome, well-cooked food must be supplied, in order that the general vigor be retained, and illness and doctor's bills be prevented. One serious spell of illness, caused by the neglect of some law of health, will cost the savings of a year, besides causing much loss of time and a great drain on the physical resources that may be felt more or less during the remainder of life.

It does not pay to reserve for the family use only the poorest and cheapest food, while all the best of the butter, eggs, and other farm produce is sent to the market. A wise farmer will manage so that he has not only enough to supply his own table, but plenty to sell besides. It costs little to prepare an appetizing meal; it is not the quantity, but the quality, of the food that is of prime importance.

In shopping, also, the same rule applies. It always pays to buy the best materials, as they last much longer and retain their beauty until worn out. One good dress will outlast two or three cheap ones, besides having the charm of elegance, which they lack. In purchasing winter goods, one thing to be remembered is to avoid novelties of all kinds. They are beautiful just at the time they are stylish, but their beauty is gone as soon as the season is over, as no one likes to wear a thing which so loudly proclaims that it is a thing of the past. Also in dress-making it is always wise to choose the more conventional styles, never the extremes. A dress can be worn two or three seasons with but little alteration. A good rule to remember in buying a dress is to think of its future possibilities. Novelties are only for those who do not need to take the future into account.

There are many ways of economizing without seriously interfering with the general comfort, if only it is done intelligently.—Florida Agriculturist.

GREEN TOMATO PRESERVES.

Place on the stove a gallon of water in which put two ounces of green ginger. When this boils add the green tomatoes—one peck—washed and perfectly sound. Simmer gently for an hour, moving the upper ones to the bottom of the pot, taking care not to break. When done take out and lay on a platter. For every pound of fruit allow one pound of sugar and one-half pint of water. Put over the fire and add the ginger from the first water, stir until it boils, then put in the tomatoes. Cook slowly until clear, then place on platters again and let them cool; place in jars and add the ginger and syrup which has been reduced by boiling until just enough to cover the fruit. When cold cover.—Ex.

PANCAKES.

Do you want to make pancakes, light, brown, delicious, wholesome? Then proceed as follows and you must succeed: Suppose you have a family of six, take three cups of flour, one teaspoonful of salt, three teaspoonfuls of baking powder (or two of cream of tartar and one of soda) smoothed together; or, if your liquid is sour milk, buttermilk, or sour cream, one heaping teaspoonful of soda dissolved first in warm water and then added to the milk, which should be about three cups, perhaps more, and three eggs. Add to the flour the salt and baking powder (a small tablespoonful of butter or lard rubbed in will make them shorter but is not at all

necessary), then the eggs well beaten, and enough liquid—milk or water—to make a stiff batter. Beat well so as to leave no lumps and also to make the batter light, and then thin to the desired consistency. Now for the frying. If the pancakes are to be rich, delicious, indigestive, drop into boiling fat. They will be quite as delicious, however, and much more wholesome, if dropped on a pan which has been heated and wiped off with a clean rag (a piece of turnip serves the same purpose) on which is just a suspicion of fat. Without renewing the fat continue to wipe between the panfuls. Do not use the thin, sheet-iron frying pan, but the heavier cast iron, or, better still, a soapstone griddle. These pancakes can be made with fewer eggs and still be good and light, for a woman of resource must learn to adapt her recipes to the material on hand, which will vary with the season.—Ex.

HOME RULE.

The following rules for the government of children, which were first presented in of Jacob Astor's books, are said to have been of great service to many teachers. Both teacher and parent might profit by their practice:

When you consent, consent cordially.
When you refuse, refuse finally.
When you punish, punish good-naturedly.
Commend often. Never scold.

TOMATOES AND CORN.

Two cups of tomatoes, peeled and sliced; one cup of green corn cut from the cob and chopped a little, one teaspoonful of salt, one tablespoonful of sugar, butter size of hickory nut, one and three-quarter cups of sweet milk, slightly thickened with a heaping teaspoonful of flour and added just before serving. This can also be made from canned corn and tomatoes.—Ex.

PREVISH CHILDREN.

Make the Mother's Life One of Care and Worry—How to Keep Baby Healthy and Happy.

Indigestion is one of the most common diseases of infancy, and it is also one of the most serious, for unless it is controlled, the constitution will be weakened, other diseases will find easy lodgment, and the child's whole future will be imperilled. At the first sign of indigestion, or any trouble of the stomach or bowels, Baby's Own Tablets should be administered. They act with promptness and perfect safety in strengthening the stomach and removing the offending material. Mr. W. C. Tefft, Markham, says: "Up to the time my baby was a month old, he was a perfectly healthy child. Then his stomach began to trouble him. He looked pinched and starved; his tongue was coated and his breath offensive. He vomited curdled milk, and was also constipated. After taking his food he would scream with pain, and although he seemed always hungry, his food did him no good. He was so restless and sleepless that I was almost worn out. Medicine seemed to do him no good until we gave him Baby's Own Tablets. I gave him the Tablets and they helped him almost immediately, and in a very short time he began to gain in weight, and is now rosy and healthy. Baby's Own Tablets cured my baby when nothing else helped him, and I would not be without them in the house."

This is the only medicine for little ones that gives an absolute guarantee of purity. Milton L. Hersey, M. A., Sc., (McGill) one of the best known analysts in America, says:—"I have made a careful chemical analysis of Baby's Own Tablets. My analysis has proved that the Tablets contain absolutely no opiate or narcotic; that they can be given with perfect safety to the youngest infant, and that they are a safe and effective medicine for the troubles they are indicated to relieve and cure."

Such an endorsement, from so high an authority, stamps Baby's Own Tablets as the safest, the surest and the most reliable medicine for the ills of children.

Baby's Own Tablets are good for children of all ages. They reduce fever, cure colic, prevent and cure indigestion and constipation, check diarrhoea, sweeten the stomach, allay the irritation accompanying the cutting of teeth, and promote sound, healthy sleep. Guaranteed to contain no opiate. Crushed to a power, or dissolved in water, they can be given with absolute safety to the youngest infant. Sold by all dealers at 25 cents a box, or sent post paid on receipt of price, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

Your Faith

will be as strong as ours if you try

Shiloh's Consumption Cure

and ours is so strong we guarantee a cure or refund money, and we send you free trial bottle if you write for it. SHILOH'S costs 25 cents, and will cure Consumption, Pneumonia, Bronchitis and all Lung Troubles. Will cure a Cough or Cold in a day, and thus prevent serious results. It has been doing these things for 50 years.

S. C. WELLS & Co., Toronto, Can.

Karl's Clover Root Tea cures indigestion

SYMINGTON'S EDINBURGH COFFEE ESSENCE

makes delicious coffee in a moment. No trouble, no waste. In small and large bottles, from all Grocers.

GUARANTEED PURE. 100

ALLEN'S LUNG BALSAM

will positively cure deep-seated
COUGHS,
COLDS,
CROUP.

A 25c. Bottle for a Simple Cold.
A 50c. Bottle for a Heavy Cold.
A \$1.00 Bottle for a Deep-seated Cough.
Sold by all Druggists.

It Hurt To Eat.

The pain, nausea and distress that Dyspeptics suffer after every meal can all be permanently removed by Burdock Blood Bitters.

It tones up and restores the stomach to normal condition so that it digests food without causing discomfort.

Here's proof positive:

Miss Maggie Splude, Dalhousie, N.B., wrote the following: "I have been a sufferer from Liver Complaint and Dyspepsia for the past two years and felt very miserable. I could not take much food as it hurt me to eat. My friends said, 'Why don't you try B.B.B.' I did so, using two bottles, which made such a complete cure that I can now eat anything I like without it causing me discomfort."

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INDIGESTION CONQUERED BY K.D.C.

IT RESTORES THE STOMACH TO HEALTHY ACTION AND TONES WHOLE SYSTEM