

When Your Joints Are Stiff

and muscles sore from cold or rheumatism, when you slip and sprain a joint, strain your side or bruise yourself, Perry Davis Painkiller will take out the soreness and fix you right in a jiffy. Always have it with you, and use it freely. USE

Painkiller

Burdock BLOOD BITTERS

CURES

Dyspepsia, Bolls, Pimples, Headaches, Constipation, Loss of Appetite, Salt Rheum, Erysipelas, Scrofula, and all troubles arising from the Stomach, Liver, Bowels or Blood.

Burdock BLOOD BITTERS

Burdock BLOOD BITTERS

Mrs. A. Jetham, of Haldup, Ont. writes: "I believe I would have been in my grave long ago had it not been for Burdock Blood Bitters. I was run down to such an extent that I could scarcely move about the house. I was subject to severe headaches, backaches and diarrhoea; my appetite was gone and I was unable to do my housework. After using two bottles of B. B. B. I found my health fully restored. I warmly recommend it to all tired and worn-out women."

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ALLEN'S LUNG BALSAM

will positively cure deep-seated
COUGHS,
COLDS,
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A 25c. Bottle for a Simple Cold.
A 50c. Bottle for a Heavy Cold.
A \$1.00 Bottle for a Deep-seated Cough.
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The Home

THE USE OF CAMPHOR.

Camphor will remove white spots from hard or stained woods, made by a flower-pot or vase of water. Rub well with spirits of camphor and then polish with oil.

Camphor placed in the piano every six months will keep it free from moths.

Furs and winter clothing are just as safe put away with camphor as with the disagreeable moth ball.

To disinfect a sick room, put a small piece of camphor gum on a little freshly ground coffee and light the gum with a match.

A BRIGHT KITCHEN.

"I remembered your kitchen, where the sun seemed always to shine, no matter how stormy was the outside weather; so we had ours painted all over—top, sides, and floor—with a soft, creamy, yellow tint, and put enough varnish in the paint to make it clean as easily as a china plate. It would be rather a dark room but for this, as it has only one window, and a part of another in the door opposite. On bright days we drop the shades, the light is so strong; but on cloudy mornings we pull them up, and enjoy the wind in the trees, while still we rejoice in a sunny interior."—American Mother.

HOT MILK.

Hot milk is an admirable stimulant. Milk heated to above 100 degrees Fahrenheit loses for a time a degree of sweetness and density. But the promptness with which its cordial influence is felt is indeed surprising. Some portion of it seems to be digested and appropriated almost immediately, and many who now fancy they need alcoholic stimulants when exhausted by fatigue will find in this simple draught an equivalent that will be abundantly satisfying and far more enduring in its effects. This should be taken note of by all hard working people.—Ex.

CRYSTALLIZED FRUIT.

Boil two cups of granulated sugar with a cup of water and one-fourth of a teaspoonful of cream of tartar. Test it by dropping a little in cold water, and when it becomes brittle and snaps, remove from the fire. Drop into it sections of orange from which all skin has been removed, white grapes, bits of pineapple, cherries and fruit of any kind. Spread on waxed paper to harden. House hold Ledger.

WALNUT CREAMS.

These dainty tid bits are easily and quickly made by mixing a quantity of powdered or confectioner's sugar with the stiffly beaten white of one egg and just enough cold water to make a paste. Form this paste into balls of the required size, press half of an English walnut on each side and dust with powdered sugar. Pecan nuts may be substituted for the walnut if so desired. Candies, to be at their best, must be freshly made; this is especially true of walnut creams.—Ex.

MARSH MALLOWS.

Three ounces of gum arabic, one-half pint of hot water, one half pint of powdered sugar, the white of one egg and flavoring to suit taste. Dissolve the gum arabic in the water, strain, and add the sugar. Boil ten minutes, or until as thick as honey, stirring all the time. Add the egg beaten stiff, and as soon as well mixed, remove from the fire. Add the flav. ring. Dust the pan thickly with cornstarch, pour the mixture over it about an inch thick, and when cold cut into squares. Roll in confectioner's sugar until thickly coated.—Ex.

USING UP WASTE PAPER.

Newspapers, wrapping papers, etc., very speedily accumulate, and it is at times difficult to get rid of them. Yet they can be utilized in saving the coals, and that with very little trouble. Tear them up and soak them in plenty of cold water, until they are soft and pulpy. Then, with

the hands, squeeze them into balls about the size of an orange. Put these on a shelf in your coal house, or any other place that may be handy, and if, when making up the kitchen fire, a few of them are put on with the coals they make the latter last longer, and throw out a splendid heat.—'Our own Gazette.'

HABITS OF CHILDREN.

Do not permit the children to form the habit of disputing and quarrelling with each other. It may be prevented, like all other bad habits, by watchfulness, particularly if the training is begun when the children are very young. Separation is the best punishment, breaking up the play and taking away the cause of the dispute. Children are social beings and do not like to play alone. They dislike solitude, and if they find it is invariably the result of quarrelling they will take pains to be more amiable so as not to be forced into it.—'Ladies' Home Journal.'

SWEET POTATO PUDDING.

(Vegetable).—Peel, wash, dry and grate one large, raw sweet potato; stir in one quart of hot milk, put over the fire and boil for five minutes; add one heaping teaspoonful of butter and set aside until partially cooled, then season with salt and pepper to taste, add four well-beaten eggs and bake in a moderate oven until the mixture is firm in the centre—about twenty-five minutes.—Ex.

BOILED INDIAN PUDDING

Warm together one pint of molasses and one pint of milk, add one pound of chopped suet, four eggs well beaten, one teaspoonful of cinnamon, half a nutmeg, and the grated rind of one lemon. Mix thoroughly and add meal enough to make a thick batter. Dip a pudding cloth in boiling water, wring it slightly, dredge with flour, and pour the mixture in. Tie up, allowing room for it to swell, and boil three hours. Serve with hot sauce.—Sel.

SINGING IN THE DARK.

There is a bird, it is said that will never learn the song his master will have him sing while his cage is full of light. He listens and learns a snatch of this, a thrill of that, but never a separate and entire melody of his own. But the master covers the cage, makes the way all dark about him, then he will listen to the one song he has to sing. Some Christians only learn to sing true songs of praise when shut up in the dark room of trial and adversity.—Ex.

Barber—Hair's very thin, sir? Customer—'It was thinner than that thirty years ago.' Indeed, sir, you surprise me! Why, you don't look more than thirty now, sir. 'Thirty yesterday.'

This "desert life," as many call it, is of an importance that cannot be overvalued. Let us turn to the pages of God's Book. On scanning its pages we find that the men of God—God's mighty men—were those who had been in "the school of God," as it has been well said; and his school was simply this—"in the desert alone with him-elf." It was there they got their teaching. Far removed from the dim of the haunts of men—distant alike from human eye and ear—there they met alone with God; there they were equipped for the battle. And when the time came their faces were not ashamed—nay, they had faces as lions; they were bold and fearless, yea, and victorious for God; for the battle had been won already in the desert with him.—London Christian.

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Builds up Nerve and Muscle
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Are a True Heart Tonic.

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