

Nervous Women

Their Sufferings Are Usually Due to Uterine Disorders Perhaps Unsuspected

A MEDICINE THAT CURES



Can we dispute the well-known fact that Canadian women are nervous?

How often do we hear the expression, "I am so nervous, it seems as if I should fly; or, 'Don't speak to me.' Little things annoy you and make you irritable; you can't sleep, you are unable to quietly and calmly perform your daily tasks or care for your children.

The relation of the nerves and generative organs in women is so close that nine-tenths of the nervous prostration, nervous debility, the blues, sleeplessness and nervous irritability arise from some derangement of the organism which makes her a woman.

It is of depression or restlessness and irritability. Spirits easily affected, so that one minute she laughs, the next minute weeps. Pain in the ovaries and between the shoulders. Loss of voice; nervous dyspepsia. A tendency to cry at the least provocation. All this points to nervous prostration.

Nothing will relieve this distressing condition and prevent months of prostration and suffering so surely as Lydia E. Pinkham's Vegetable Compound.

Miss Lalah Stowell, of 177 Wellington St., Kingston, Ont., writes: "Your medicine is indeed a Godsend to suffering women, and I only wish that they all knew what it can do for them and there would be no need of their dragging out miserable lives in agony. I suffered for years with bearing-down pains, extreme nervousness and excruciating headaches, but a few bottles of your Vegetable Compound made life look new and promising to me. I am light and happy and I do not know what sickness is, and I have enjoyed the best of health now for over four years. Lydia E. Pinkham's Vegetable Compound has sent sunshine into thousands of homes and hearts."

Will not the volumes of letters from women made strong by Lydia E. Pinkham's Vegetable Compound convince all women of its virtues? Surely you cannot wish to remain sick and weak and discouraged, exhausted each day, when you can be as easily cured as other women.

ON WHICH SIDE OF THE DESK ARE YOU?

The man before the desk is paid WAGES for LABOR. The man behind the desk is paid SALARY for KNOWLEDGE.

WHERE ARE YOU?

Our courses qualify for an increase salary.

and for further information to KAULBACH & CHURMAN,

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SPRING CLEANING

is considered a necessity by everyone, and yet they neglect to eradicate from their blood the accumulated impurities whose presence is indicated by listlessness and loss of energy, and by the occurrence of canker and pimples. If these impurities are left in the body it is in a suitable condition to fall prey to tuberculosis and other diseases. For this purpose thousands of people take two bottles of

Gates' Life of Man Bitters

and one of GATE'S INVIGORATING SYRUP every spring. These increase the activities of the organs which remove wastes from the blood, and then the system is fortified to withstand the summer exertions.

Sold everywhere at 50 cents per bottle by C. GATES, SON & CO.,

Middleton, N. S.

Love, joy and peace are the things that make a man's life. Possession of these three make him most like Christ.—Ex.

The Home

HOUSEHOLD HINTS.

Moistened tea leaves applied to a burn will relieve the inflammation and prevent a scar.

Bleach faded muslin garments with chloride of lime using one teaspoonful to one quart of water.

A practical use for the pyrography lad was observed in a handsome wooden salt shaker given at a fifth wedding anniversary.

It is said lamp chimneys will last longer if never touched with water. The spots on them can be removed with turpentine.

Varnish and sticky flypaper can be removed from curtains or carpet by alcohol to which a little salt is added.

Mothers can do much to preserve our native wild flowers by teaching the children to respect the flowers, not to ruthlessly tear and destroy them. Break off the dainty blossoms, but do not destroy them root and branch.

One bright woman finds a dry white string mop a very satisfactory utensil to remove the dust daily from hardwood floors.

To remove grease spots from white wash goods dampen with house ammonia (full strength) cover with clean white blotting paper and iron lightly.

A white silk covered dress shield under the baby's fancy bib is a sure protection not only to the dress but to the under clothing.

For cleaning windows, mirrors and all glass articles nothing equals paste made of ammonia and whitening Polish with crumpled clean tissue paper.

Chesecloth strips a yard wide sewed over the edge of the blanket and changed with the bed linen insure cleanliness to the user and the blanket.

SUN HATS FOR CHILDREN

The usefulness of the sunbonnet for small girls has caused the production of many pretty types of this form of head covering. The material used is lawn or pique in white or heavy ecru or blue linen. White swiss with blue embroidered dots has a dainty effect, and the addition of lace ruffles makes the simple original design almost elaborate enough for state occasions. The crown may be stitched to the poke or attached with buttons with tiny box plaits edged with embroidery. This form is more easily washed, and so appeals to the practical mother. The back may be finished with a full cape and bow; or, if it is desired, the bow may be used alone. In another form the sun hat appears made from two circular embroidered centre pieces. The smaller forms the crown, and is buttoned to the brim that of necessity is stiffened with a lining, unless the material used is a coarse-weave, heavy linen. Strings to tie under the chin are used.

An elaborate hat may be made of this linen, with the broad brim embroidered with circular stitched bands and edged with a tiny edging. All over embroidery covers the crown, around which wide ribbon of becoming shade is twisted and tied into a smart bow in front.

An exchange states that a new design in baby's caps opens out wide like a handkerchief, and is drawn into shape by ribbons or tapes inserted in the hems. This device is said to simplify the difficulties attending the cleaning of these necessary articles of out-of-door dress, and the comment is made that the scheme is so simple that one wonders it has not before been thought of.—Ex.

TOMATOES AS A FOOD.

No fruit or vegetable is more valuable as a food than the tomato. Tomatoes do not convey very much nutrition to the system, but their effect upon the stomach, liver, and bowels is most salutary. They may be eaten either raw or cooked, as preferred.

There is one caution that ought to be observed, however. If sugar or vinegar is used, it should not be used too freely. The good effects of the tomatoes upon the diges-

tive organs is destroyed by the enormous amount of sugar and the over-amount of vinegar used.

ASPARAGUS WAYS.

Toast with Eggs.—Use only the tender part of the asparagus, and cook it until done in slightly salted boiling water. Drain, arrange on nicely-browned toast which has been slightly moistened with a little of the asparagus water, and season to taste. Break an egg carefully over each piece, and set the platter in a hot oven until the eggs are set. Then serve at once.

Soup.—Wash a large bunch of asparagus, and cut off the tops. Cover the stalks with cold water, and cook five minutes; then drain. Then cover with three pints of soup stock and add a third of the reserved tips. Cook until the asparagus is soft enough to press through a sieve or colander, and leave only the fibre behind. Then return the soup and pulp to the fire, season to taste, and bring it to a boil. Drop in the reserved tips, which have been cooked in another saucepan until tender. Heat one cupful of rich milk or cream in a double boiler, and then thicken with two level tablespoonfuls of flour and two of butter rubbed smoothly together. Stir this into the soup, cook a minute longer, and serve with croutons.

In Cases.—Make little boxes of hot baking powder biscuits. Spread inside and out with melted butter, and fill the hollows with cooked asparagus moistened with cream sauce. Put in a hot oven for two minutes, then serve at once.

Iced.—Use only the tips and the tenderest parts of the asparagus for this. Boil or steam very carefully, so as to have the asparagus tender, but firm. While still warm, moisten with a simple French dressing, and when cold pack in ice and salt, and freeze. This is delicious on a hot day.

Salad.—Take only about two inches of the tip end of the stalks for salad. Wash them, and cook in rapidly-boiling water, slightly salted, for fifteen minutes, or until tender. Use only enough water to cook them without burning. When done, drain and set away to cool. Pound the yolks of two hard-boiled eggs in a bowl, and add two tablespoonful of vinegar. Season with half a teaspoonful of salt, a saltspoonful of pepper a small white onion minced fine, and four tablespoonfuls of good olive oil. This is enough for one bunch of asparagus. Toss the asparagus well in this dressing, and serve very cold.

The story is told of a man whose wife had arranged an "authors' evening," and persuaded her reluctant husband to remain at home and help her receive the fifty guests who were asked to partake of this intellectual feast. The first author was dull enough but the second was still duller. The rooms were intolerably warm, and, on pretense of letting in some cool air, the unfortunate host escaped to the hall where he found the footman comfortably asleep on the carved oak settle. "Wake up," he said, sternly, in the man's ear, "wake up, I say! You must have been listening at the key-hole!"—Youth's Companion.

At the Yarmouth Y. M. C. A. Boys' Camp held at Tusket Falls in August, I found MINARD'S LINIMENT most beneficial for sun burn, an immediate relief for colic and toothache.

ALFRED STOKES.

General Secretary.

How to Cure A Burn

Apply Pond's Extract—the old family doctor—it will relieve the inflammation immediately. Cures burns, bruises, cuts, sprains; relieves all pain as if by magic. For over 80 years Pond's Extract has been the "first aid" in cases of accident—the reliable family remedy. Imitations are weak, watery, worthless; Pond's Extract is pure, powerful, priceless.

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