

## Catarrh and Consumption

I have spent nearly 30 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 33d 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 act. Shall we send you the trial package, and lead you to perfect health and happiness? Address, THE EGYPTIAN DRUG CO., New York.

You May Need

## Pain-Killer

For  
Cuts  
Burns  
Bruises

Cramps  
Diarrhoea  
All Bowel  
Complaints

It is a sure, safe and quick remedy.

There's only one PAIN-KILLER  
PERRY DAVIS.  
Two sizes, 25c. and 50c.

## Tailors' Bad Backs.



The cramped up position in which a tailor works comes hard on his kidneys and hard on his back. Very few escape backache, pain in the side and urinary troubles of one kind and another.

Oftentimes the first warnings of kidney disease are neglected—think it will be all right in a day or two—but sick kidneys won't get well without help.

## DOAN'S KIDNEY PILLS

Are the best friend of kidneys needing assistance. Read the proof from a tailor who has tried them.

Mr. John Robertson, merchant tailor, Durham, Ont., gives his experience as follows:

"I had been ailing with my kidneys for more than a year when I commenced taking Doan's Kidney Pills, which I got at McFarlane's drug store, and am sincerely glad that I did so. The wrong action of my kidneys made me sick all over and caused me much inconvenience and pain. That is now a thing of the past, because Doan's Kidney Pills cured me. I have had no trouble or inconvenience with my kidneys or back since I took these remarkable pills, and you may be sure that I gladly recommend them to other sufferers."

## LAXA-LIVER PILLS

are the ladies' favorite medicine. They do not purge, gripe, weaken or sicken. They act naturally on the stomach, liver and bowels, curing constipation, dyspepsia, sick headache and biliousness. Price 25c.

## "The D.L." Emulsion of Cod Liver Oil

(Trade Mark.)

Will GIVE YOU AN APPETITE!  
TONE YOUR NERVES!  
MAKE YOU STRONG!  
MAKE YOU WELL!

Dr. Burgess, Med. Supt. of the Prot. Hospital for Insane, Montreal, prescribes it constantly and gives us permission to use his name. Miss Clark, Supt. Grace Hospital, Toronto, writes they have also used it with the best results. 50c. and \$1.00 Bottles.  
DAVIS & LAWRENCE CO., Limited.

## The Home

### HOW TO MAKE MARSHMALLOW CAKE.

Beat together to a cream half a cup of butter and one and a half cups of sugar. Stir two teaspoonfuls of baking powder, with three cupfuls of sifted flour three times. Now add the flour and three-quarters of a cupful of water alternating. Then fold in carefully the stiffly beaten whites of four eggs. Bake in two or three layers. For the filling boil two cupfuls of sugar with one cupful of water until it ropes. Just before taking from the fire stir in half a pound of marshmallows broken in small pieces. When melted, pour this sirup gradually into the well beaten whites of two eggs and beat continuously until thick and cold.—Ex.

### HOW TO CURE BLACK HEADS.

Scrub the face every night with resorcin and salicylic acid soap and hot water, using a fine face brush. Dry the face with a soft damask towel. Then rub some of this ointment gently over the face and go to bed: White precipitate, 3 decigrams; boric acid, 2 grams; lanolin up to 30 grams. Squeeze out large black heads with a clean watch key dipped in alcohol. A safe rule to follow is never to squeeze or handle a black head which cannot be plainly seen in a mirror held three feet distant from the face.

### HOW TO BROIL BEAR STEAKS.

Have one and a half pounds cut from a young animal, as old bear meat is hard and tough and is only palatable in a highly seasoned ragout. The steaks should be three-quarters of an inch thick, season with a rounding teaspoonful of salt and one-fourth teaspoonful of pepper, broil like beefsteak and serve hot on hot plates with barberry or wild plum jelly. This game resembles pork in flavor.—Ex.

### HOW TO PREPARE EGGS A LA TRIPE.

Boil eight eggs hard, chill in cold water, then remove shells and separate yolks and whites, keeping yolks entire. Shred the whites. Make a pint of bechamel sauce. Place the yolks of eggs in the middle of a heated dish and the shredded whites around them. Pour the boiling sauce over them and sprinkle a little minced parsley over the top. Garnish with fried croutons of toast points.—Ex.

### CARE OF MEN'S CLOTHING.

When partly worn suits are properly mended and renovated, it greatly improves their appearance and makes them last much longer than if this work is neglected. When the back of the coat becomes shiny, sponge it well, lay a cloth over it and iron it dry. Place a piece of thin, firm goods under three cornered tears and tiny breaks when they occur and darn the edges down to it. When the edges of the coat or vest become worn, remove the braid, if there is any, and replace it with new. The back of the vest often wears out before the rest of the garment, and when such is the case remove the old back, press it carefully and use it as a pattern to cut the new one by. You can see how to put it in by examining a new vest. The corners of the pockets should be sewed back in place as soon as they begin to tear down.

A thorough brushing and cleaning are often necessary, but many cleaning fluids contain strong drugs which are neither necessary nor advisable for this purpose, as they often fade the cloth. The following is a very simple and effective method of cleaning coat collars and removing soiled spots from woolen clothing: Prepare a strong foamy suds by dissolving pearline in hot water, dip a clean, stiff brush in it and scrub the soiled portion with it. An old toothbrush that has been discarded for toilet purposes is good for this work. Dip it in frequently, changing the suds for a clean one whenever it gets

dirty. When the spots are removed, scrub with clean water and hang it up until dry enough to iron. Press it on the wrong side or if that is not convenient cover the right side with a cloth and iron until perfectly dry.—Ex.

### IN CASE OF FIRE.

Quick, intelligent work is imperative when a person's clothing becomes ignited. Your first move should be to get the person at length upon the floor. The easiest and safest way to accomplish this is by tripping. Then roll him over and over. This alone will go a long way toward smothering the flames; but at the same time lay hold of a rug, coat, or anything thick, with which the operation can be more speedily and effectually completed. A palful of water will answer the purpose, perhaps; but do not take even ten seconds to obtain it. It is of vital importance that you make use of the nearest means. Strive to keep the flames away from the upper half of the body, for that is the most vulnerable portion of the human anatomy. Should your own clothing catch fire, it will require all of your courage and training to enable you to act rationally. The natural and almost overpowering impulse is to run. Don't; it only makes a bad matter rapidly worse. Lie down at once and roll yourself up in anything which will assist in smothering the flames. Fire has a strong upward tendency, and it will soon envelop your whole body, if you remain on your feet. The danger of your inhaling the flames is also greatly increased, and internal burns are pretty uniformly fatal. So far I have used the masculine pronoun, but all of my directions apply with even more force to women. It is a sad fact that three-fourths of those who suffer from burns belong to the fair sex. This is attributable, in a large measure, to the inflammable nature of their dress.—Good Housekeeping.

### TEETHING BABIES.

A Trying Time for Mothers When Great Care and Watchfulness is Necessary.

There is scarcely any period in baby's early life requiring greater watchfulness on the part of the mother than when baby is teething. Almost invariably the little one suffers much pain, is cross, restless day and night, requiring so much care that the mother is worn out looking after it. But there are other real dangers frequently accompanying this period that threaten baby's life itself. Among these are diarrhoea, indigestion, colic, constipation and convulsions. The prudent mother will anticipate and prevent these troubles by keeping baby's stomach and bowels in a natural and healthy condition by the use of Baby's Own Tablets, a medicine readily taken by all children and which, dissolved in water, may be given with perfect safety to even a new-born infant. In every home where these tablets are used baby is bright and healthy and the mother has real comfort with it, and does not hesitate to tell her neighbors. Mrs. C. J. Delaney, Brockville, says:—"I have been giving my fifteen-months' old baby Baby's Own Tablets, whenever necessary, for some months past. She was teething and was cross and restless. Her gums were hard and inflamed. After using the Tablets she grew quiet, the inflammation of the gums was reduced, and her teeth did not seem to bother her any more. An improvement in baby's condition was noticeable almost at once, and I think there is no better medicine for teething babies." Baby's Own Tablets can be procured from druggists or will be sent post paid at 25 cents a box, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

A GUARANTEE—"I hereby certify that I have made a careful chemical analysis of Baby's Own Tablets, which I personally purchased in a drug store in Montreal. My analysis has proved that the Tablets contain absolutely no opiate or narcotic, that they are a safe and efficient medicine for the troubles they are indicated to relieve and cure."

(Signed)  
MILTON L. HERSEY, M. A. Sc.,  
Provincial Analyst for Quebec,  
Montreal, Dec. 23 1901.

The Kennard, in Manchester, N. H., one of the finest business blocks in New England, was burned Tuesday. Total loss a round half million. Other houses in the neighborhood were damaged.

## RAW WINDS AND WET WEATHER

cause the Colds that cause  
Pneumonia and Consumption.

## Shiloh's Consumption Cure

cures the cold, heals the lungs and makes you well. SHILOH cures Consumption and all Lung and Throat Troubles; and Coughs and Colds in a day. Positively guaranteed. 25 cents.

Write to S. C. WELLS & Co., Toronto, Can., for a free trial bottle.

Karl's Clover Root Tea Cures Headache

## 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

The best Cough Medicine.

### ABSOLUTE SAFETY

should be the first thought and must be rigorously insisted upon when buying medicine, for upon its safety depends one's life. ALLEN'S LUNG BALSAM contains no opium in any form and is safe, sure, and prompt in cases of Croup, Colds, deep-seated Coughs. Try it now, and be convinced.

## MILBURN'S HEART AND NERVE PILLS FOR WEAK PEOPLE

These pills cure all diseases and disorders arising from weak heart, worn out nerves or watery blood, such as Palpitation, Skip Beats, Throbbing, Smothering, Dizziness, Weak or Faint Spells, Anaemia, Nervousness, Sleeplessness, Brain Fag, General Debility and Lack of Vitality. They are a true heart tonic, nerve food and blood enricher, building up and renewing all the worn out and wasted tissues of the body and restoring perfect health. Price 50c. a box, or 3 for \$1.25. at all druggists.

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The committee of the Carnegie Trust having in charge the money given by Andrew Carnegie for the advancement of education in Scotland at the universities announces that the fees of 2,441 students, amounting to \$114,705, were paid up to Dec. 31, 1901.