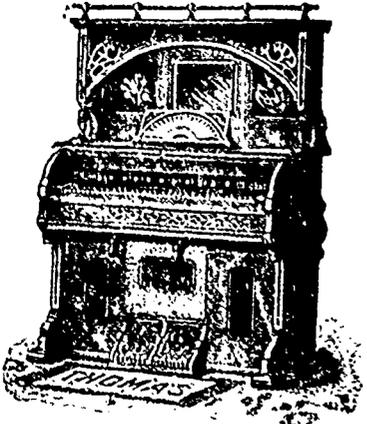


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# OUR YOUNG GIRLS.

OVERSTUDY AND TOO RAPID  
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DISEASE.

We See Sallow and  
Bloodless Faces and  
Attenuated and  
Lank Bodies.

Mothers Not Sufficiently on the  
Alert to Guide and Counsel  
Their Daughters.

Paine's Celery Compound The Great  
Brain Food and Flesh-BUILDER  
for all Young Girls.

Overstudy in school, and in the home, confinement for hours each day in badly ventilated buildings, and a too rapid growth of body, very often promote disease and suffering. Thousands of young girls are suffering to-day. They may be seen going to and coming from school. Their sallow, bloodless faces, their attenuated or lank forms indicate disease.

Mothers are to blame for the unhappy and dangerous condition of their girls. They strongly encourage their daughters in one direction—cramming the brain—by neglect to warn them of the rocks and quicksands on which many precious lives are wrecked. The results are often terrible. Headache, nervous prostration, debility, irregularities of the system, dyspepsia, liver troubles, and other forms of disease, bring quite an army of young girls to the grave every year.

Wise and prudent mothers, when any symptoms of danger assail their girls, invariably use that great brain food and flesh-builder, Paine's Celery Compound. This wonderful medicine enriches the blood and gives it a free and healthy circulation; it braces the nerves, gives physical strength, promotes good digestion, and gives a sweet natural sleep.

No other medicine in the world can give the satisfactory results that flow from the use of Paine's Celery Compound. It should be the chosen medicine for every young girl who is delicate, weak and sickly. Mrs. A. R. Stinchcombe, 19 William St., London, Ont., writes as follows:—

DEAR SIR:—I think it a duty to write you for the benefit of all who have delicate children, and to make known what Paine's Celery Compound has done for my girl. She has been delicate all her life. I have tried many medicines, and have had her under allopathic and homoeopathic treatment, with but little benefit. Almost in despair, and as a last resort, I tried Paine's Celery Compound, and after using three bottles she is now perfectly well and strong. I have also used your medicine myself for complications arising from overwork and loss of rest, and am greatly benefited thereby. I would strongly urge all who are in any way afflicted to do as I have done, "try Paine's Celery Compound," and be convinced of its wonderful curing power.

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## HEALTH AND HOUSEHOLD HINTS.

Keep a box filled with chloride of lime in some convenient place to use around drains, sinks, etc.

Strong soap powders should never be used for cleaning painted wood-work, as they injure the paint and make it look dull.

A nickel's worth of whiting and a bottle of ammonia will keep silver forks, spoons and other table ware always bright and shining.

Quinine tooth powders are usually made thus: Prepared chalk, one ounce; sulphate quinine, two drams; rose pink, to color, two drams.

Systematic care of the lamps is better than all the patent "fixings" ever invented, as a means of securing good light. In trimming the lamp, simply move the charred portion of the wick, and not the unburned though blackened fiber.

Vaseline rubbed thoroughly into the roots of the hair prevents it from falling. It is said to preserve its color. Brushing the hair with a stiff brush fifteen minutes every night, then once in the day, makes it soft and glossy. Do not use borax water on the hair, as it fades and injures it.

A grower of pineapples claims valuable medicinal properties for the juice of that fruit, confidently asserting that it will cure indigestion, no matter how severe, and has proven itself to contain wonderful tonic and restorative qualities for a weak stomach. It relieves, and, so to speak, warms and nurses the distressed organ.

One of the secrets of being able to have one's plans frustrated without serious inconvenience is in being forehanded. Never allow work to accumulate if it is possible to do it. Keep everything in such order that neglect will not show. Occupy spare moments of the days that are not very busy ones in doing work ahead of the time when it is needed. Then one will be the mistress, and not the slave of her housework, and the true work of the home-maker will be accomplished.

**Codfish Balls.**—One pint of well-washed codfish, picked up fine; one quart of raw potatoes, cut in bits. Boil together till done. Drain, mash, and add two tablespoonfuls of melted butter, two well-beaten eggs and pepper. Mix thoroughly and drop, like fritters, into boiling fat. Garnish with lettuce, parsley, or other green leaf.

**Boiled Apple Dumpling.**—Prepare your paste, cut into squares, and fill as for baked dumplings, chopping finely the apples that they may cook more readily. Put each dumpling into a bag or cloth and tie, leaving room for it to swell. Drop the bags into boiling water, and boil steadily for an hour. Serve the dumplings hot, with sauce. A good sauce is made by mixing together butter, brown sugar and finely ground cinnamon.

**Fricassee of Cold Beef.**—Cut away all skin, gristle and fat and cut the meat in thin slices; have ready a stock sauce thickened with butter rolled in flour seasoned with shred parsley and young onions; pepper and salt. Strain the sauce when it is well flavored and just heat the meat in it, soaking by the side of the fire; add a glass of red wine, the yolk of an egg and the juice of a lemon. Stir for a few minutes, but do not let it boil, or it will become hard.

**Chicken Salad.**—Boil one large chicken. When cold remove the skin and meat from the bones and cut into little square blocks or dice, but do not mince it. Cut, while tender, stalks of celery into three-quarter inch lengths, saving the outside green stalks for soups. Mix the chicken and celery together, and then stir well into this a mixture in the proportion of three tablespoonfuls of vinegar to one tablespoonful of oil, with pepper, salt and a little mustard to taste. Put this aside for an hour or two until just before serving, this will absorb the vinegar, etc. When about to serve, mix the celery and chicken with a mayonnaise sauce, leaving a portion of the sauce to mask the top. Reserve several fresh ends or leaves of celery with which to garnish the dish. Stick a little bouquet of these tops in the center of the salad, then arrange a row of them around the edge. From the centre of each of the four sides sprinkle rows of capers and, if liked, slices or little diamonds of hard-boiled eggs.

Prepare for spring by using Burdock Blood Bitters to cleanse the system and tone the body to vigorous health. Its tonic purifying regulating work makes B.B.B. the greatest remedy for all diseases of the stomach, liver, bowels and blood.



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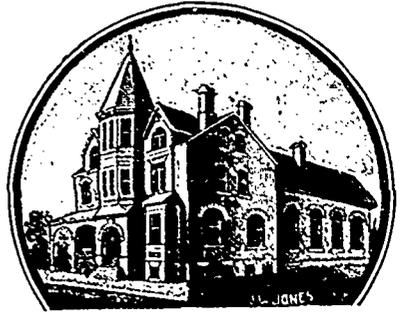
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