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Tone and regulate the kidneys and help them to throw off the poisons from the system.

Mrs. A. Brown, 1 O. Box 900, Dresden, Ont., says: "For years I suffered from dropsical trouble which caused me much distress. I heard of Doan's Kidney Pills and got a box of them at Switzer's Drug Store. Before commencing to take them I was unable to button my shoes on account of my swollen condition, but by the time I had finished the first box I could do this without inconvenience. I have now taken a second box and have no hesitation in recommending Doan's Kidney Pills for any Kidney or Dropsical trouble."
Price 50c. a box, 4 for \$1.95 all druggists. The Doan Kidney Pill Co., Toronto, Ont.

The Home

Summer Salads.

Tea is a meal that in a great many country families usurps the place of supper as the evening repast. A tea is a light, unsubstantial meal which is peculiarly adapted to summer weather. The old saying that "Fruit is golden in the morning, silver at midday and leaden at night" may be applied to all food, and should be well remembered in summer. It is doubly desirable in sultry weather that the evening meal should be a light one. The heavier stews and other substantial dishes that are so acceptable on the winter supper table pall upon the taste in hot weather. A properly seasoned dish of meat or fish salad takes the place on the tea-table of all other meat dishes at this season. This is an economical as well as a wholesome course, in spite of the nightmares which well-meaning people used to conjure up at the mention of a lobster or chicken salad.

The fancy of our Puritan ancestors that a French salad was something as deleterious to the digestion as the typical French morals were to the character is an old one. This is, no doubt, the reason why so many conscientious women of an older generation cling to the coarse meats and greasy vegetables of the boiled dinner, abjured mustard and other condiments, and looked upon a French salad as a means by which men were led to ruin and intemperance. Men and women are led to the use of stimulants not by salads and condiments, but by food which does not supply sufficient nourishment. Coarse meats, indigestible boiled beef and mutton, and boiled vegetables that clog up the process of digestion and give the stomach and digestive powers the greatest amount of labor for the least amount of nourishment bring a natural desire for stimulants to restore the strength. On the other hand, a properly dressed salad made of delicate meats or fish, with mustard and other condiments to assist digestion, furnish nourishment with the least amount of taxation on the physical forces at a time when they are somewhat weakened by heat.

In France, where food is more intelligently handled and where mustards and condiments are liberally used, there is far less intemperance among the poor than in England and in America. In France the poorest peasant woman can concoct a salad or make a broth that a chef might be proud of. Intemperance occurs in the majority of cases in this country and in England among a class of people who are habitually underfed or fed on improperly cooked food. The fact that such a class exists is due only to their own lack of intelligence in using the food resources at their command. No one who has worked among the poor and unfortunate of the great cities can deny the fact of the existence of masses of people there who use the food they obtain so wastefully that want and intemperance are the legitimate consequences.

With salads, as with all food, it is essential that they be served at the right time. It is necessary for the woman who desires her children to grow up healthy and strong to prepare all the food for them in the manner that shall render it most acceptable and most nutritious. Centuries ago a great poet from whom we might not expect dietetic wisdom, uttered an aphorism when he said, "That which is not good is not delicious to a well-governed appetite." A healthy person has a healthy appetite. Such a person "respects his dinner" and demands it shall be delicious. There is no reproach in this respect for food. On the contrary, there is a vast amount of mere animalism in consuming food in indifference to its quality. Let the summer tea be the daintiest of meals, let the salad of fish or meat be carefully prepared, and every dish suggest in its perfection the table of a woman of refinement.—N. Y. Tribune.

Dog Day Weather.

This is one of the most unwholesome seasons of the year—a time peculiarly try-

ing to the health of little children, to the invalid and to the aged. The diseases prevalent at this time are partly due to the accumulation of decayed vegetation which has begun to fester in the sun, and spread unwholesome germs, and in part to the exhausting effect of the heat. It behooves the housekeeper at this time to see that all the premises about the house are kept free from debris of any kind, that all drains and cesspools are flushed out and disinfected weekly, that garbage pails are purified, and that all sources of bad air are done away with by cleanliness and disinfectants. It is at this season of the year that that indefatigable little scavenger, the fly, makes his appearance in force. The sudden arrival of a horde of these insects always means the presence of some nuisance in the immediate vicinity that needs abating. The problem of the housekeeper is not to destroy the fly, but to abate the nuisances that call for the presence of the fly. Merciless exacter of Nature's law, the fly, does not stop his necessary work of consuming impurities in the atmosphere, because the trouble comes not from the immediate spot where he finds the impurities. As far as the atmosphere is infected by the nuisance of a stable, an impure cesspool, or an uncared-for garbage pail, there will be the fly at work doing what he can. Fly screens, fly traps and all the multifarious contrivances that have been devised never were successful, and, fortunately, never will be successful, in driving away flies. Cleanliness and disinfectants render these scavengers unnecessary. Such precautions alone will drive them away.

Afternoon Rest.

The necessity of a rest hour for a busy mother and housekeeper cannot be too strongly insisted upon. All other women are apt to take this rest except the woman whose "work is never done," and who needs it the most of all. It is not necessary to take a full hour's rest, but as much time as this should be allowed in the early afternoon after the work of the dinner is over, for the simple object of resting. The habit should be acquired of going to one's room and of shutting out the outside world as much as it is possible, together with all worldly care and worry. Bathe the temples, loosen the dress, and, if possible, put on a loose wrapper and lie down. Sleep may not come at once, but the habit is soon acquired, and in a short time the tired woman who adopts this remedy will fall asleep almost as soon as she touches the pillow. Even if her enforced nap does not last over half an hour, no period of sleep in the twenty-four covering the same amount of time will be so refreshing or give so much rest to tired brain and muscle.

At Whitehaven, C. B., Inspector Jones, of the customs, on Saturday seized the schooner Minnie J., owned by the Munro family, for having brought contraband goods, and towed her to Canso for safe keeping. An effort was made to recapture her during the night.

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G. J. SMYKE,
Sheffield, Ont.

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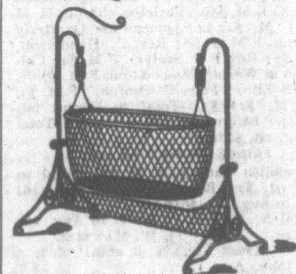
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