

THE HOME CIRCLE.

HEALTH NOTICES.

HOW TO CARVE FOWLS

Foods that supply material for growth and repair are called nitrogenous foods. They are also called proteids, from a Greek word meaning "first," because in the living cells...

The common practice of raising fainting persons to a sitting or upright position is often sufficient to destroy the spark of life which remains.

The season is at hand when amateurs in the matter of disjointing turkeys, geese, ducks and chickens are beginning to wish they knew just how to do it in a satisfactory manner.

The carbonaceous foods are fats, including butter, the fat of meat or fish, oils, eggs, and some kinds of cheese. A small amount of fat is necessary in digestion, and indispensable to perfect nutrition.

Let no one torture himself with the thought that he could have risen twice as good a man as he is if he had risen every morning at daylight.

The turkey should not be divided till the breast is disposed of; but if it be thought proper to divide, the same process must be followed as directed in a fowl.

"No Ever Smiled Again" "No 'hardly ever' about it. He had an attack of what people call 'biliousness,' and to smile was impossible.

Phosphatine, or Nerve Food, a Phosphate Element based upon Scientific Facts, Formulated by Professor Austin, M. D. of Boston, Mass., cures Pulmonary Consumption, Sick Headache, Nervous Attacks, Vertigo and Neuralgia and all wasting diseases of the human system.

Corn in Tight Crib. Corn stored in the ear, says Prairie Farmer, may not be placed in tight cribs, when it has only received the drying natural to its being on the stalk.

Found at last, what the true public has been looking for these many years and that is a medicine which although but lately introduced, has made for itself a reputation second to none.

The Princess of Wales is 45 Empress Frederick is to go to Kiel next month.

Treatment for Roup in Fowls. The first thing to be done is to separate the sick from the healthy ones, and where it can be done it will aid greatly to put away well where they can rest temporarily at least in new quarters.

Age, occupation, climate, and our finances, should influence our choice of food. Persons whose occupations tax their muscular strength often think that they require a great deal of meat.

Of the human race, according to a high authority, suffer from one or other form of blood taint. Never allow this latent evil to develop into serious disease while the blood can be kept pure and the system clean by proper precautions.

Keeping Grapes. For long keeping select only the tough skinned grapes. Catawba, Ives, Clinton, Rogers No. 2, Norton's Virginia and Cynthiana are good keepers.

Miss Bella Elliot, of Pontypool, Ont., writes that she and I were both taken ill with a severe attack of diarrhoea, having tried other remedies, we tried Dr Fowler's Extract of Wild Strawberry, which gave immediate relief.

Mme. Larroffsky, a celebrated Russian chess player, is said to have amassed a fortune by her proficiency in the game.

Key fever is a type of catarrh having peculiar symptoms. It is attended by an inflamed condition of the lining membranes of the nostrils, tear-ducts and throat, affecting the lungs.

Animal food is better for cold weather than for hot. Fat is not digested easily unless exercise is taken. Fruits, vegetables, and grains eaten with milk, butter, or oil, furnish the carbohydrates needed in summer.

The best regulators for the stomach and bowels, the best cure for biliousness, sick headache, indigestion, and all affections arising from a disordered liver, are without exception Johnson's Tonic Liver Pills. Small in size, sugar coated, mild, yet effective. 25 cts. per bottle sold by Goode, druggist, Albin block, Goderich, Ont., sole agent.

There are about 70,000 locomakers in Normandy, and in all France there are nearly 200,000 women engaged in this industry.

"In the years 1885 I coughed for six months, and having unsuccessfully tried many remedies, I partly gave up, thinking I had consumption. At last I tried Hagyard's Pectoral Balm, less than one bottle of which cured me, leaving me as well as ever I was." Henry W. Carns, Wabash, Ont.

Around each bottle of Dr Chase Liver Cure is a medical guide and receipt book containing useful information, over 200 recipes, and pronounced by doctors and druggists as worth ten times the cost of the medicine. Medicine and book \$1. Sold by all druggists.

The Cider and Vinegar Workers' Association of the Northwest will hold its sixth annual meeting in Chicago the first week in December. L. S. Bryant, Princeton, Ill., is secretary.

Those who labor or exercise in the open air need a large quantity of wholesome food, and it need not be the most digestible, as they require food that will stay by them.

At the dinner given on Friday evening by Mrs Stanford at Washington to sixteen of the Senator's friends hot-house strawberries were served that cost \$3 a dozen.

The agricultural department of Washington, D. C., is compiling a directory of all active departments, boards, societies, colleges, granges, fair associations, farmers' clubs, farmers' alliances and other organizations devoted to agriculture, horticulture, dairying, fruit culture, viticulture, forestry, stock raising in all its several branches, fish culture, bee culture, silk culture and like industries.

An Indiana court has decided that unless a woman is pleased with her photographs she need not pay for them. It says a crummy beholder editor, this is law the photographer that State may as well obscure their cameras at once. Their vacation is gone.

Don't Speculate. Run no risk in buying medicine, but try the great Kidney and Liver regulator, made by Dr Chase, author of Chase's Liver Cure, it will cure you. Medicine and Receipt Book \$1. Sold by all druggists.

The Farmers' Review, of Chicago, estimates the total wheat crop of the country at 419,998,328 bushels this year, against 456,829,000 last year.

Common Crop Is often fatal when not remedied in time. Leslie B. Nicholson, 19 Waddlesley Ave., Toronto, says: "As a quick cure, colds, sore throat, chilblains, etc., I can recommend Hagyard's Yellow Oil." It is a pure cure. Directions accompany each bottle.

NO SAND! NO DIRT! WHERE SHALL I GO TO BUY MY FRUIT? Why! go where you can get the Choicest RAISINS, CURRANT and PEELS, and where they CLEAN every pound of FRUIT by Machinery.

IT WILL PAY YOU. TO GO TO CHAS. A. NAIRN'S ENVELOPES PATENTS

CAVEATS, TRADE MARKS AND COPYRIGHTS Obtained, and all business in the U.S. Patent Office attended to at MODERATE FEES. Our office is opposite the U.S. Patent Office, and we can obtain Patents in less time than those secured from WASHINGTON.

THE BEST IS CHEAPEST. Farmer's Advocate & Home Magazine. Every farmer should read the leading and only independent publication devoted to his business. Thousands say there is none equal to it, and no dollar expended from the farm returns so much good.

WAGYARD'S PECTORAL BALM. SOOTHING, CLEANSING, HEALING. CATARRH, Cold in Head, HOARSENESS, BRONCHITIS, SORE THROAT, INFLUENZA, COLIC, COLDS IN THE HEAD, CATARRH

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Free Press LONDON - CANADA. The "Free Press" is the only newspaper in the West receiving the Associated Press Despatches. It contains ALL THE NEWS, by Cable, Telegraph, Telephone and Mail up to hour of going to press.

The Weekly "Free Press" \$1.00 PER YEAR, POSTAGE FREE. Established Nearly Half a Century. "The Three Graces" and "By the Lakeside" TWO HANDSOME CHROMES Also, a beautiful ILLUSTRATED CHRISTMAS NUMBER comprising 36 pages, given away Free to every subscriber for 1889.

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Short—Hallo, Meagin, I haven't seen you lately. I suppose you have been very busy. Meagin—Yes; I have been moving into a new house. I live on the square now. Short—Is that so? I must be a new experience for you.—Boston Post.

C. P. R. BOOM TOWN PROPERTIES FOR SALE. \$100 AND UPWARDS. I have a large number of Houses and Lots and Vacant Lands in the most desirable parts of the Town—FOR SALE CASH.

10000 PRESENTS TO FIRST APPLICANT, WHILE THEY LAST. We will send by mail an appropriate present to each family who will try the BREADMAKER'S BAKING POWDER.

BUY ENVELOPES, NOTE HEADS, LETTER PAPER, BILL HEADS, Etc., Etc., at THE SIGNAL PRINTING OFFICE.

Merchants can get their Bill Heads, Letter Heads, etc., printed at this office for very little more than they generally pay for the paper, and it helps to advertise their business. Call and see samples and get prices.

THE "WIRT" FOUNTAIN PEN. CAN USE ANY WRITING INK. Writes Thin and Thick Letters, as with a quill nib. EVERY PEN GUARANTEED.

NEW ANNOUNCEMENT! The undersigned, while thanking the public for their liberal patronage bestowed upon him since commencing business, begs to announce that he has put down his prices to

ROCK BOTTOM FIGURES an wishes particularly to call attention to his SPLENDID LINES OF TEAS From 10 cts to 75 cts per lb, Maple Syrup, finest Case Prunes pure Spices, Lawry celebrated Bacon, cooked Corn Beef, Cut Myrtle, Cavendish and Club Tobaccos, best American fine cut chewing Tobacco, fresh salt and canned Fish, best quality.

New Bakery and Confectionery. HALE & WILLIS. Beg to announce to the people of Goderich that they have opened a new Bakery at the stand on

KINGSTON STREET. Formerly occupied by J. W. Smith, where they will keep a full stock of Homemade Bread, Cakes, Confectionery, and pastry of all kinds.

LITTELL'S LIVING AGE. In 1888 THE LIVING AGE enters upon forty-sixth year. Approved in the outset by Judge STORY, Chancellor Kent, President Adams, historians Sparks, Prescott, Ticknor, Bancroft, and many others, it has met with constant commendation and success.

OPINIONS. "In it we find the best productions of the best writers upon all subjects ready to our hand." Philadelphia Inquirer.

"It is indispensable to all who would keep abreast of our manifold progress. It is absolutely without a rival." Montreal Gazette.

For \$10.00, THE LIVING AGE and any one of the American \$1.00 magazines for \$10.00. Weekly or Bi-weekly will be sent for a year, post paid; or for \$5.00, THE LIVING AGE and the St. Nicholas or Scribner's Magazine.

PRICES REASONABLE AT SIGNAL. Sole Agent, Goderich, Ont. D. McGILLICUDDY.

DR. CHASE'S LIVER CURE. THE LARGEST ORGAN. The largest organ, and one that plays a controlling part on the health of the body is the liver. If torpid or inactive the whole system becomes diseased.

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