o writes the clever band illustrates for odel and poses for patience. A handth shoulders like heavy white face rarely hires propt merely for the of her own strange , or are the faces of a social way. She he meets who has a , or even a sugges-liness, and they are nd, left unfinished very type of face to

e dozeu "TEABER ig the best four linthe remarkable thand Bath. Ask kful that good men

nt. The acceptance portfolio of Pro-ili be hailed with lines. Our Onta-long been a good een getting better we that Mr Mowat's it more of sterling rinciple than nearly ody in the world responsibility, and see that responsi the approaching slature, in definite orely-needed moral aught Cold.

in the height of sneezing in a street on remarked, "Aw, low d'ye catch that w, deah fellah, left r hall tother day, e ivory handle, so illed me almost to had used Dr. Har-his cold would not cine, or sale at J drugstore.

wo eggs, two cups milk, one half cup nful of soda, two f tartar, five cups of s beaten, then the lved in it. Add'one he cream of tarter flavoring-nutmeg. and the other four out with as little

sweet face of our owes back to us.



DOCK

SS. CONSTRPATION. DIZZINESS, SICK ER AND BOWELS. FORM A VALUABLE AID CURE OF CHRONIG

THE HOME CIRCLE.

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 which are the first principle or form of life, there is always nitrogen trogen. A common name is albuminous foods. Albuminous substances exist in many forms, and are called by different names in different things. They are found largely in meat, fish, milk, peas, beans and grains. The albumen and fibrin in juice and flesh of meat and fish,

Thus we see that the solid part of the flesh and blood is largely fibrin and albumen, substances similar to the fibres and

More Remarkable Still,

has been looking for these many years and that is a medicine which although but lately introduced, has made for but lately introduced, has made for itself a reputation second to none, the medicine is Johnson's Tonic Bitters which in conjunction with Johnson's Tonic Liver Pills has performed some most wonderful cures impure or impoverished blood soon becomes purified and enriched. Billiousness, indicastion sick headache, liver complaint, languor weakness, etc., soon disappear when treated by these excellent tonic medicines. For Sale by Good, druggist, Albion block, Goderich, sole agent. [d]

food. Persons whose occupations tax brated a few days ago. they require a great deal of meat, when meat, such as peas, beans, cheese and tou.

"They have a larger sale in my district," says a well known druggist, "than any other pill on the market, and give cleanser. any other pill on the market, and give the best satisfaction for sick headache, biloiousness, indigestion, etc., and when combined with Johnston's Tonic Bitters, Johnston's Tonic Liver Pills will perform what no other medicine has done before for suffering humanity." Pills 25 cents per bottle. Bitters 50 cents and \$1 per bottle. Sold by Goode, Druggist, Albion block, Goderich, sole agent.

mouths, and having unsuccessfully tried many remedies, I partly gave up, thinking I had consumption. At last I tried Hagyard's Pectoral Balsam, less than one bottle of which cured me, leaving me as well as ever I was." Henry W. Carns, Wabash, Ont.

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

A Wonderful 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 discased. Dr. Chase's Liver Cure is made specially for Liver and Kidney diseases, and is guaranteed to cure. Recipe book and medicine \$1. Sold by all druggists,

An Indiana court has decided that unless a woman is pleased with her photographs she need not pay for them. If, says a crusty bachelor editor, this is law the photographers in that State may as the photographers in that State may as well obscure their cameras at once. Their vocation is gone.

A Profitable Life.

Few men have accomplished the same amount of work and good in this world amount of work and good in this world as the celebrated Dr Chase. Over 500,000 ef his works have been sold in Canada alone. We want every person troubled with Liver Complaint, Dyspepsia, Headache, Kidney or Uriny Troubles, to buv a bottle of Dr Chases Liver Cure, it will cure you. Medicine and Receipe Book \$1. Sold by all druggists.

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HEALTH NOTMS.

A Batch of luteresting News Notes Prepared for Our Readers

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

Many parents seem to think that same-ness in food is identical with simplicity, and pride themselves on the virtue of a course of action which is nothing less than murderous.

Let no one torture himself with the thought that he could have been twice as

men, substances similar to the fibres and juices of meat and fish, and that eggs, milk, peas, beans, and grains also contain fibrin and albumen, and we find mitrogen is the element in all; and it is from these antrogenous foods that the bodily substance is chiefly built up.

Mere Remarkable Still. Found at last, what the true public Vegetable or Mineral Poisons, Opiates Narcotics, and no Stimulants, but simply the Phosphatic and Gartric Elements

The Princess of Wales is 45 Empress Frederick is to go to Kiel

next month. The Empress of Austria is attended by a woman physician.

The Czarina of Russia prefers English books to those of any other language. Age, occupation, climate, and our finances, should influence our choice of Watson, of Leicester, Mass., was cele-

Two Corean ladies, who are the first there are many foods that contain as to set foot on American soil, are now en much as, or more, proteid matter than route from San Francisco to Washing-

Eighty Per Cent.

Of the human race, according to a high Miss Bella Elliot, of Pontypool, Ont., writes—"My brother and I were both taken ill with a severe attack of diarrhoes, having tried other remedies, we tried Dr Fowler's Extract of Wild Strawberry, which gave immediate relief." 2

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

Hay fever is a type of catarrh having peculiar symptoms. It is attended by an inflamed condition of the lining mem-Atimal 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, better, or oil, furnish the carbo-hydrates needed in summer.

Parsiv Cave U

"In the years 1885 I coughed for six mouths, and be size a very spasms of sneezing, frequent attacks of headache, watery and inflamed with a burning sensation. There are severe spasms of sneezing, frequent attacks of headache, watery and inflamed condition of the lining membranes of the nostrils, tear-ducts and throat, affecting the lungs. An acrid mucous issecreted, the discharge isaccompanied with a burning sensation. There are severe spasms of sneezing, frequent attacks of headache, watery and inflamed condition of the lining membranes of the nostrils, tear-ducts and throat, affecting the lungs. An acrid mucous issecreted, the discharge isaccompanied with a burning sensation. There are severe spasms of sneezing, frequent attacks of headache, watery and inflamed condition of the lining membranes of the nostrils, tear-ducts and throat, affecting the lungs. An acrid mucous issecreted, the discharge isaccompanied with a burning sensation. There are severe spasms of sneezing, frequent attacks of headache, watery and inflamed condition of the lining membranes of the nostrils, tear-ducts and throat, affecting the lungs. An acrid mucous issecreted, the discharge isaccompanied with a burning sensation. There are severe spasms of sneezing, frequent attacks of headache, watery and inflamed condition of the lungs. An acrid mucous issecreted, the discharge isaccompanied with a burning sensation.

Mrs Humphrey Ward has paid heavily for "Robert Elsmere" in the way of ill-health. She has suffered badly frominsomnia.

The best regulators for the stymach and bowels, the best cure for biliousness, sick headache, indigestion, and all affec-tions 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 sole by
Goode, druggist, Albion block, Gode rich, sole agent.

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

A Free|Gif Around each bottle of Dr Chase Liver Cure is a medical guide and receip

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

HOW TO CARVE FOWLS.

Seasonable Suggestions Concerning the DisJointing of Chickens, Turkeys, Etc.

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. With a view to assisting the ignorant, here are reproduced some directions given in Poultry Yard recently:

The legs of a boiled fowl always bend inward and tuck into the belly, but before it is put upon the table the skewer by which they are secured ought to be removed. The fowl's should be laid on the cover's plate and the icinta as they Let no one torture himself with the beams and grains. The albumen and fibrin in juice and flesh of meat and fish, and in the juices and membranes of some year the legal of membranes of some year the gluten in grains, are all forms of nitrogenous aubstances. In peas and beans, and the gluten in grains, are all forms of nitrogenous aubstances, or proteids. The carbonaceous foods are fats. In clinding butter, the fat of membrane of fish, oils, eggs, and some kinds of cheese. A fish, and the gluten in grains, are all forms of nitrogenous aubstances, or proteids. The carbonaceous foods are fats. In clinding butter, the fat of membrane of fish, oils, eggs, and some kinds of cheese. A fish, and the distribution. Starch and sugar as found in yegetables and fruits, are also fat the producing. Fats form the principal material of certain tissues, giving rotunditysand beauty to the form, and being non-conductors of heat, keep the body warm. An under accumulation of fat is a species of disease and is often dangerous.

"He Never Smalled Again?"

No "hardly ever" about it. He had an attack of what people call "biliousness, 'and to smile was impossible. Not a man may "smile and smile, and be a villain still, still he was impossible. Not a man may "smile and smile, and be a villain still, still he was no villain, but a plain, blunt, honest msh, that needed dremedy such as Dr Pierce's "Pleasant Purgative Pelleta," which never fail to sure belivations of the work of the desired processing the common size against dieterial and own the six may content to the fires and blood is largely fibrin and albumen, substances similar to the fibres and fish, and an albumen, substances similar to the fibres and fish, and the mark the legs and wings are larged to the protection of the work, and as the time for recuperation will very probably become continuous.

Eating when tired, and engaging in a title to make the work of the bear will be the care to the protection of the work, and the protection of the work of the most common will very to the

ting close to the breast bone, scooping around so as to leave the mere pinions. Each slice should carry with it a portion of the pudding or forcemeat with which the craw is stuffed.

Corn in Tight Cribs.

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. It often requires the whole winter to fully prepare it for shelling and transportation in tight cars. If the autumn and winter are damp, it will often mold in the center of wide cribs, and often in the average sea-sons the chit or germ is killed, especially in those of alternate freezing and thawing, and this from rupture of the cells of the grain. The same cause also renders the meal from such corn bitter.

the meal from such corn bitter.

It is also well known that corn readily absorbs moisture, and that unless kiln dried before grinding, and placed in air tight packages, it is apt to heat. In the saving of seed corn, therefore, it is expecially necessary that the corn be ripe, dried thoroughly before it is frozen, and then kept in a dry place, and preferably one where it will not freeze. So, also, corn intended for grinding into meal for human use should be kopt in cribs so narrow that it may dry equally and thoroughly, and also flaring enough so that no rain can drive in to dampen the corn.

Treatment for Roup in Fowls.

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 the well ones where they cap roost temporarily at least in new quarters while the present one is being thoroughly cleansed and disinfected. Keep them in good weather. For a few days give Douglass mixture every day; after that twice a week. This is made by dissolving half a pound of copperas in a gallon of water, then add half an ounce of oil of water, then add half an ounce of oil of vitriol; keep in jugs and put an ounce of the mixture in a gallon of their drinking water. For those not too far gone, wash their heads and cleanse the throat and nasal passages with warm water containing a little carbolic acid. Kerosene oil may be used for the same purpose. Fowls in an advanced stage of this disease may about as well be killed. Swelling of the head with fetid discharges from the eyes and nostrils are unerring symptoms of this disease.

Keeping Grapes.

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, if gathered in a dry time and properly handled. They should be allowed to lie on shelves or tables in a cool and well ventilated room for a few days for the stems to dry out, when they may be packed. All imperfect and rotten grapes should be picked off, and bunches where the berries fall off easily should be rejected. Pack carefully in baskets, preserving the bloom on the grapes, and put fine paper between the layers, or pack in oven-dried sawdust when designed wholly for family use. In any case, a cool, dry room with an even temperature and good free ventilation is essential. When in danger of freezing, protect temporarily with some kind of a coverlng.

Pacts Worth Enowing. A free martin is a cow calf, twin born with a bull calf, and generally proves to be barren. The same designation is given to female foal similarly born, but twin colts are more rare than twin calves.

Official returns make it appear that eight months' exports of cattle, coal, cotton, beef, lard and lumber increased largely in 1888 over 1887, but those of wheat, corn, flour, cotton goods, bacon, oleomargarine and tobacco declined. The shipments of agricultural implements were practically stationary.

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

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

Is often fatal when not remedied in time:

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Why! go where you can get the Choicest RAISINS, CURRANT and PEELS and where they CLEAN every pound of FRUIT by Machinery.

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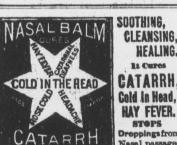
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C.P.R.BOOM

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