

The Old and the Young ARE ALIKE CURED BY THE USE OF GATES' FAMILY MEDICINES.

ATYDALL, Picou Co., January 14, 1896.
Messrs. C. Gates, Boston, Mass.
Dear Sirs.—This is to certify that my father had an attack of the La Grippe, about four years ago. The doctor was called and said he could do nothing for him as he was so old, being then 84, but when there is life there is hope, and having your Bitters and Syrup in the house, we began to give them to him, when he got better, and after about three months was entirely recovered. He is now in his 88th year and is well and hearty. Your CERTAIN CHECK speedily cured a neighbor woman of Cholera-morosa. My grandchild, about two months old, was taken with Diarrhoea and was taking doctor's medicine for some weeks, but it continued getting worse and it became chronic, so that the child got to look like an old person; it was plain to be seen its little life was fast ebbing away. Now I had your CERTAIN CHECK in the house but not at that time being acquainted with its use I was for some days afraid to give it to a child so young and weak. I was convinced if the child did not get immediate relief it would die, so I told its mother to put 2 or 3 drops of the CERTAIN CHECK in its bottle (as it drank from the bottle) and in about 24 hours it was noticed the child was a little better, this was continued for about a week when it was all right, and is today a healthy child. I am, Gentlemen,
Yours very truly,
DAVID MURRAY.
Sworn before me this 15th day of January, 1896.
ANGUS McDONALD, J. P.

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The Home

Pretty is That Pretty Does.

The spider wears a plain brown dress,
And she is a steady spinner;
To see her, quiet as a mouse,
Going about her silver house,
You would never, never, never guess
The way she gets her dinner?
She looks as if no thought of ill
In all her life had stirred her;
But while she moves with careful tread,
And while she spins her silken thread,
She is planning, planning, planning still
The way to do some murder.

My child, who reads this simple lay
With eyes down-dropped and tender,
Remember the proverb says
That pretty is which pretty does,
And that worth does not go nor stay
For poverty nor splendor.

'Tis not the house and not the dress
That make the saint or sinner;
To see the spider sit and spin,
Shut with her webs of silver in,
You would never, never, never guess
The way she gets her dinner.

—Alice Carey.

September Work.

September bears the uncanny name of being the most unwholesome month of the calendar. This is due to the mists and dampness and the heat of the month, which deserves to be considered the last of summer rather than the first of the fall months. This denomination of the season has gone far toward making this an unhealthy month. It is still too hot to return to the tasks of cool weather. It is too warm for residents of the city to go back to pavements and brick buildings, which hold the heat in their narrow avenues and make the air as oppressive as an African sirocco. It is far too warm for children to go back to school. Because it is the first month of autumn, public schools usually open near the beginning. It would be better if they all followed the example of our larger colleges and private schools and opened later. June is usually a better month for study, because it is a more wholesome month.

Delicate children should be given stimulating meat foods, with abundance of fresh milk and a limited allowance of sound, ripe fruit. Grapes are the most wholesome of the myriads of refreshing fruits that now crowd the farm and market place. Peaches and perfectly ripe apples are wholesome eaten in moderation, but it should be remembered that they do not furnish nutriment, but are merely cooling and refreshing. The majority of serious stomachic troubles come from overloading the stomach with such food, leaving no time for it to digest more nutritious and necessary articles of diet. We hear so much about fruit "food" that some of us forget that it is not possible for the average man, at least, to maintain health on such a diet alone.

The attempt of delicate persons to begin their tasks during the heat of this month frequently bring disaster. Housekeepers should leave all the pickling and canning that they can until the cool days which usually come toward the end of the month and at the beginning of October. No wise housekeeper attempts housecleaning, until after the flies are gone. These insects are always found in the greatest abundance in September, and seldom disappear until the October frosts have opened the juts and purified the air and prepared for the aftermath of Indian summer. This season is an ideal one for housecleaning, as the weather is not too warm, and the insects of the heated season are gone.

Little Horns of Bread.

The Germans and French have a delicious breakfast bread, which somewhat resembles a bun in consistency. These small "breads" are made in surved form, resembling about two-thirds of a circle, and

sharply pointed at the end, like a goat's horn. To make a dough for this purpose, sift and heat until warm five cups of bread flour, add three well-beaten eggs mixed into a cup of warm milk; half a cup of softened butter, a teaspoonful of salt, and, finally, half a compressed yeast cake melted in two tablespoonfuls of milk. Beat the batter until it blisters. Let the mass double in volume. It should rise over night in cold weather. When it is light, roll it out and cut it into squares about two inches in size and about an inch thick. Pull out two opposite corners of each of the square and roll it between the palms of the hands. Curve it around to form the horns. Let the horns be rubbed with butter and set to rise, well covered, for an hour. Rub each of them over with the white of an egg, and dredge them with granulated sugar. Bake them in a quick oven for fifteen or twenty minutes.

PRESERVED GRAPES.

Wash and stem, skin, putting the skins in a clear vessel, heat pulp, put through a sieve and add to the skins. Half pound of sugar to each pound thus prepared, cook until a jam, bottle and seal.

RAISIN BREAD.

One and one-half pints milk, one teaspoonful of sugar, one-half of a cake of compressed yeast, two cupfuls of seeded raisins, whole-wheat flour sufficient to make a soft dough. Scald the milk, pour it over the salt and sugar; when lukewarm add the yeast dissolved in a little warm water. Stir in flour to make a drop batter, beat hard for five minutes and set in a warm place to rise. When light and spongy add the raisins, more flour to make a soft dough, turn out on the board and knead until very smooth. Return to the bowl until light, mold into two loaves, and when they have doubled in size bake in a moderate oven. Raisin, date and other fruit breads need very slow baking, and a loaf of the above size should be in the oven for at least an hour and a quarter. It is best, therefore, to cover therefore, to cover the pans the first half of the period and to keep a pan of water in the oven.

MARMALADE.

A very delicious marmalade may be made from ripe, mellow pears or half pears and half quinces, and is prepared in the same manner as peach marmalade. If pears alone are used add thin slices green ginger root. The quinces must be cooked and mashed before adding to the pears.

CHILLI SAUCE.

Twelve large ripe tomatoes, three green peppers, four large onions, two teaspoonfuls whole allspice, one teaspoonful whole cloves, one root green ginger, one cupful malt vinegar, two tablespoonful cayenne peppers very fine, tie spices in piece of cheese cloth, boil all together one full hour. Bottle and seal while hot.

Owing to the protracted campaign against the Mohamda Gen. Sir Wm. Lockhart, commander of the Punjab frontier force and in supreme control of the punitive operations, has postponed the general advance against the Afridis and Tirah, their summer headquarters, until October 9. The Afridis are encamped in a strong position on a rugged plateau, which it will be most difficult to scale, and they are assembled in great force. The news from the Mahomed expedition is very satisfactory. Gen Jeffreys, who is meeting with little opposition, is destroying the enemy's fortifications and villages. The tribesmen appear cowed, and overtures of surrender are expected very shortly.

Two constitutional amendments have been adopted by popular vote in Switzerland one of which places the control of the forests under the government. The other subjects the manufacture, sale and importation of food products to federal control.



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