

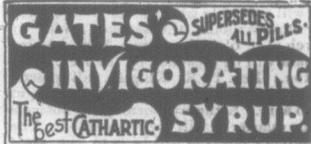
Tonight

If your liver is out of order, causing Biliousness, Sick Headache, Heartburn, or Constipation, take a dose of

Hood's Pills

On retiring, and tomorrow your digestive organs will be regulated and you will be bright, active and ready for any kind of work. This has been the experience of others; it will be yours. HOOD'S PILLS are sold by all medicine dealers. 25 cts.

RUN DOWN



BUILT ME UP.

WATERFORD, Digby Co., Nov., 1895. C. GATES & CO. Gentlemen—Two years ago I was run down, lost my appetite and became so weak that I could not work. Tried many medicines without receiving any benefit. Then got your LIFE OF MAN BITTERS and SYRUP which soon built me up so that I have remained well ever since. Yours respectfully, DELANEY H. GRAHAM.

Whiston & Frazee's COMMERCIAL COLLEGE,

HALIFAX and TRURO, N. S.

Our Course of Instruction is thorough and up to date, and graduates readily find employment. Send for circulars to S. E. WHISTON, Halifax, or J. C. P. FRAZEE, Truro.

PUTTNER'S EMULSION

Excellent for babies, nursing mothers, growing children, and all who need nourishing and strengthening treatment.

Always get PUTTNER'S, it is the Original and BEST.

They Reach The Kidneys.

Mr. Conrad Beyer's opinion

DOAN'S KIDNEY PILLS.

No one can be healthy with the kidneys in a diseased or disordered state. The poisonous Uric Acid which it is their duty to filter out of the blood, is carried into the system and produces Rheumatism, Headaches, Backaches and hundreds of ills and ailments.

Any one who has the slightest suspicion that the kidneys are not acting right should take Doan's Kidney Pills. They are the most effective kidney remedy known. Mr. Conrad Beyer, at E. K. Snyder's Shoe Store, Berlin, Ont., bears this out when he says:

"Anyone suffering with kidney troubles cannot do better than take Doan's Kidney Pills, for they cured my wife who has been afflicted with pain in the back and other kidney troubles for a long time. They have helped a great many of my acquaintances in this town, and I must say they are the medicine that reach the kidneys with the best effects."

The Home

Cold-Water Fruit Cake.

This fruit cake possesses several advantages. It is quite inexpensive and easily made. It will keep half the winter in perfect condition, and it does not contain wine or brandy or anything to which the strictest temperance-worker would object. It is a wholesome and delicious cake. To make it sift together one and three-fourths cupfuls of flour, one teaspoonful of soda, one of powdered cinnamon, one of powdered cloves, a little grated nutmeg and any kind of ground spices which you fancy. Repeat the sifting twice. Set this mixture of dry ingredients aside until needed. In the meantime cream thoroughly one cupful of sugar and half a cupful of butter. Add the yolks of two eggs and beat the mixture again. Beat in slowly half a cupful of cold water, and then stir in a cupful of raisins which have been floured. Slowly add the mixture of butter, sugar, eggs and the other ingredients, beating the cake well. When this is done fold in the whites of the two eggs, whipped to a stiff froth. When done butter a loaf-cake tin and turn the cake into it. Bake it in a slow oven for one and a half hours. This cake improves with age. Ice it thickly; this assists in keeping it moist.

The Food Value of Fruits.

It is not necessary to repeat here what every intelligent person ought to know, namely, that fruit possesses very little food value. It is only refreshing. When preserved or stewed with sugar, however, it furnishes considerable sugar, which is an excellent and necessary part of the winter diet, but there are no nourishing qualities to be found in it. The value of the grape cures and various other fruit cures consists, it is said by those who are authority in the matter, on the rest and complete cleaning out of the system from the oversupply of foods which have been taken before. In the "grape cure" and most of the fruit cures a great deal of water is drunk. The entire system is thus washed out and also given a rest from food except the simple diet of grapes. It seems to be the general opinion of the best physicians that the majority of people who live above want take more food than is good for them, whence the success of all cures where the amount of food is restricted. The old-fashioned idea prevailed that men or women who had passed their youth needed some stimulus of meat and other strong foods. The opposite theory is now advocated, and less food is recommended for a person in middle age than in youth, when the body has not yet reached its maximum powers. The various diseases of the kidneys and other organs which assist to carry off the wastes of the body are said to arise from excess of food as well as stimulants of all kinds.

The War on Vermin.

While winter still covers the ground with her disinfecting blanket of frost and snow the good housekeeper makes her preparation for the spring housecleaning. It is easy enough in this climate to combat the attacks of household pests of various kinds if proper precautions are exercised. It is in tropic countries under new conditions of life that new creatures arise that infest the home, and new remedies must be applied to get rid of them. A few score years ago the common water-bug was unknown, now it is a nuisance that has been brought to some of the most distant parts of the country. The big black cockroach was imported originally from the West Indies. It has now become so completely acclimated that it would be as difficult to get rid of it as it would be to banish the English sparrow, who has driven nearly all better-mannered birds away from those cities and villages he inhabits. It is but a few years since the buffalo moth was introduced into this country. It is difficult to tell where it came from or where it first appeared; but it can be located now

in almost every village or city east of the Mississippi and in many beyond that limit.

The various insects that infest the household are about the first things to show activity in the spring. The coming of spring birds early in March shows how soon the grubs and various worms on which these birds feed are active. In the house the buffalo bug hatches out still earlier, and its destructive little grub begins its work of consuming carpets, leather or any woolen materials on hand. That disgusting bug that inhabits bedsteads begins to be active at about the same time, and sometimes appears in the neatest houses, where a single specimen may have been brought the preceding fall and lain quiet until this time. Cockroaches and water-bugs begin renewed activity in the spring. All carpets should be examined at the edges early in the spring. Closets should be dusted out and their contents examined. Beds should be taken down at this time and the crevices of the bedstead dusted out and the Persian insect powder or any other insecticide used should be renewed. It is better to keep such a preventive in the bedstead, to keep-off any vermin that may be accidentally brought into the house. A fresh supply of powdered borax should be put under the papers that cover the shelves of the kitchen, and in the crevices of the kitchen Persian insect powder deteriorates rapidly with time, and if a fresh supply cannot be obtained a little common kerosene oil can be substituted as an insecticide. The objection to its use is the disagreeable odor it leaves behind. It is equally efficacious against cockroaches, croton bugs or any insects. It is not lasting, however, in its effects, like a powder, for it evaporates soon after it is exposed to the air. Benzine, which is a stronger insecticide than kerosene, and possesses only a small residuum of oil, should be used on carpets and other articles which are infested with buffalo-bugs. In the cities of the Philippine Islands, where the common bedbug is a pest that invades all houses, the bedstead legs are set in cups of kerosene oil to keep the insects from getting to the bed. It is practically impossible to exterminate vermin in the tropics. All that can be done in such a climate is to use means that ameliorate the nuisance. Kerosene oil is generally available, and one of the cheapest and most effective insecticides we can recommend. It should be used where equally efficacious and less odoriferous remedies recommended cannot be obtained. —For T. S.

George B. Harvey, of New York, has bought the North American Review. The price is reported at \$225,000.

A Woman's Opinion After An Experience of Twenty Years.

Mrs. McGregor says: "Diamond Dyes Are Reliable and Never-failing."

I have used the Diamond Dyes for over twenty years and have never yet failed to get good results when I followed the directions: I would not use other makes of dyes even if they were given me free of cost, Diamond Dyes are reliable and never failing.

MRS. D. N. MCGREGOR, Amberly, Ont.

MESSES. C. C. RICHARDS & CO., YARMOUTH, N. S.

GENTLEMEN—In January last Francis Leclair, one of the men employed by me, working in the lumber woods, had a tree fall on him crushing him fearfully. He was, when found, placed on a sled and taken home, where grave fears were entertained for his recovery, his hips being badly bruised and his body turned black from his ribs to his feet. We used MINARD'S LINIMENT on him freely to deaden the pain, and with the use of three bottles he was completely cured and able to return to his work.

SAUVREUR DUVAL, Elgin Road, L'Islet Co., Que., May 26th, 1893.

"Probably no single drug is employed in nervous diseases with effects so markedly beneficial as those of cod-liver oil."

These are the words of an eminent medical teacher.

Another says: "The hypophosphites are generally acknowledged as valuable nerve tonics."

Both these remedies are combined in Scott's Emulsion. Therefore, take it for nervousness, neuralgia, sciatica, insomnia and brain exhaustion.

See and get, all druggists. SCOTT & BOWNE, Chemists, Toronto.

Advertisement for a watch. Includes an image of a pocket watch and text: "FREE. We give this fine watch, and also a chain and charm for setting two dozen LEVER COLLAR BUTTONS, at 10 cts. each. Send your address and we forward the Buttons, postpaid, and our Premium List. No money required. Sell the Buttons among your friends, return the money, and we send the watch, prepaid. A genuine American watch, guaranteed a good timepiece. Mention this paper when writing. LEVER BUTTON CO., 25 Adelaide St. E., Toronto, Ont."

LEGS ENTIRELY RAW

From his feet to his body, and ran a blood tinged, irritating water.

Mrs. A. Keirstead, Snider Mt., N.B., tells how her little boy suffered, and how B.B.B. cured him permanently.



FREDDY KEIRSTEAD.

There is not a mother in this land who has a child suffering from skin disease in any form but will thank Mrs. Keirstead, of Snider Mt., N.B., for telling of the remarkable manner in which her boy, Freddy, was cured of one of the severest and most torturing of skin diseases by the use of Burdock Blood Bitters; and not only relieved and cured for the time being, but, mark you, after eight years the disease has shown no sign of returning. The following is Mrs. Keirstead's letter:—

"With gratitude I can testify to the wonderful curative powers of Burdock Blood Bitters. Eight years ago our little son, Freddy, was afflicted with salt rheum and was in a dreadful condition. His legs, from the soles of his feet to his body, were entirely raw, and ran a bloody water, which appeared to burn and itch until he was often in great agony.

"After trying several remedies, we resolved to give B.B.B. a trial.

"You can imagine with what delight and gratitude we saw our boy entirely cured after using one bottle and part of the second. We gave him the remainder of the second bottle, and from that time till the present he has never had a sign of salt rheum or a sick day. You need not wonder that I think there is no other medicine can equal Burdock Blood Bitters to purify the blood and build up the health and strength."

Advertisement for Colman's Salt. Includes the text: "BUY Colman's Salt THE BEST".