POOR DIGESTION

RENDERS THE LIFE OF THE DYSPEPTIC MISERABLE.

Food Becomes Distasteful and a Feeling of Weariness, Pain and Depression Ensues.

From LeSorelois, Sorel, Que. Of the diseases afflicting mankind dyspepsia is one of the worst to en-

Security for the property of t

THE ERROR OF LADY BLUNDEN.

************* About theHouse

EXPENSE **************** SOME GOOD RECIPES. A copy of illustrated booklet Scalloped Fish-Almost any kind of

fish that you happen to have left from a meal may be used. Spread the bottom of a well-buttered pudding dish with a layer of bread crumbs, then a layer of fish that has

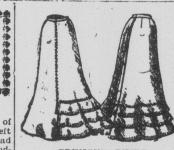
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REDUCES



THE REGION OF LADY MANAGEMENT AND ASSESSMENT OF THE PROPERTY O



SPENCER SKIRT.

and gradually increase to two or may take orange and prune juice as early as the fifteenth month, and a little later strained prunes and baked apples without the skins. Fruit is an important part of a child's diet and should be given regularly after the 15th month except in cases of diarrhoea. After the 18th month half a soft-boiled egg may be given instead of, or in alternation with the beef juice.

WELL TO KNOW.

It is the idle girls that make delicate women. The busy, helpful girl, willing to relieve her mother of some of the household cares, is developing a perfect womanhood.

Do not allow a child to suck his thumb. The habit is the cause of mount of playing about the corners of mount of the playing about the corners of his mouth.

BRITISH AMERICAN DYEING CO.