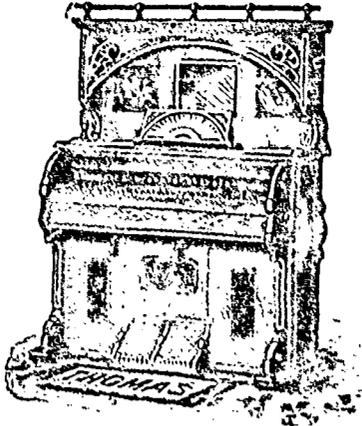


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To introduce this treatment and prove beyond doubt that it is a positive cure for Deafness, Catarrh, Throat and Lung Diseases, I will send sufficient medicines for three months' treatment free.

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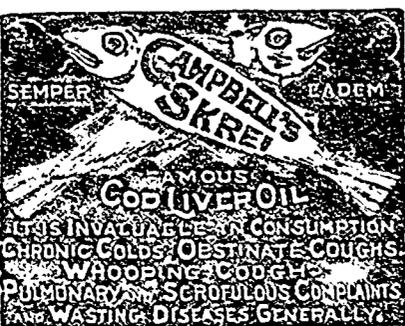
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## He Makes Some Inter- esting Statements.

### Paine's Celery Compound Used in the Frozen Regions.

Mr. James W. Davidson, who went with Lieut. Peary to the Arctic regions, was recently interviewed, and made the following interesting statements:—

"Yes, indeed, I have not only heard of Paine's Celery Compound, but have used it, and have every reason to remember it. When I was selected by Lieutenant Peary to accompany him on his trip to the arctic regions to try and find the North Pole, it was partly because of my strong, healthy constitution, and his belief that I could endure the fatigue and danger incident to the trip. I had been associated with him as his business manager on his lecturing tour, and was on terms of the greatest intimacy with him.

"When the ship 'Falcon' left New York on her trip northward it had, among the stores, several cases of Paine's Celery Compound. The reputation of that medicine was so well established that it was the most natural thing in the world that the members of the party, and they comprised men from nearly every walk in life, from common sailors to men of science, should desire to use it.

"The record of our perilous trip to Camp Anniversary is too well known to need repetition. Once in camp we naturally took an inventory of our possessions, and I was exceedingly glad to find Celery Compound. The medicine chest was open to all, and we were free to take from it what we thought was advisable. I, in company with several others, selected some of the Compound, taking a bottle of it to the cabin, knowing it would be handy when wanted. Nor was I mistaken, for the excessive cold weather soon had its effects, and I began to be troubled in a number of ways. In every case whenever I felt the slightest indisposition, I used the Compound and of course found relief.

"One thing noticeable in the Arctic region was that the cold weather made us all exceedingly nervous. We became irritable and cross. The slightest thing would cause angry words to spring to our lips, and it required the greatest care to guard against our ill-temper getting the best of us. We had to watch one another to avoid getting into a passion. Our nerves were all unstrung and naturally it affected our health. I talked the matter over with some of the others, and made up my mind that possibly the Celery Compound would be beneficial, for I knew that it was used for nervous disorders at home. Well, sir, we tried it, and I must say that it helped every one of us, so much so that I might say it was a peace-maker among us.

"When the long night of six months came on and we were in darkness, we found that the effects were very depressing. Imagine, if you can, living for six months in darkness, such as occurs here every night, and you can readily understand how we were situated. It is a wonder that some of us did not go mad. We had not very much to divert our attention, and the effect was something like solitary confinement in a dark cell.

"I have used Paine's Celery Compound for a dozen ills such as a person is liable to have at any time, and especially in this desolate country. It has always helped me and I should be pleased to have more of it should I go north again.

"I do not know of any one thing that I can speak more highly of than Celery Compound. It certainly is a great medicine, and I am an advocate of it."

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## HEALTH AND HOUSEHOLD HINTS.

After exercise of any kind never ride in an open carriage or near the window of a car for a moment. It is dangerous to health or even life.

Never go to bed with cold or damp feet. Never omit regular bathing, for, unless the skin is in active condition, the cold will close the pores and favor congestion and other diseases.

To prevent a cold in the head take one and a half ounces of sulphuric ether; one ounce of chloroform; half an ounce of tincture of camphor; and a quarter of an ounce of oil of tar. Mix in a stoppered bottle. Inhale carefully, and for a short period at a time, closing the nostril after each inhalation, and forcing the vapor into the nose.

Bananas and Whipped Cream.—Cut the bananas into small slices and over this pour cream beaten to a stiff froth. Do not sweeten the cream until after it is whipped, and then use powdered sugar.

Tomato Scalloped.—Into a baking dish pour a layer of canned tomatoes, put over it bits of butter, salt and pepper, and a layer of breadcrumbs, then more tomato, etc., till the dish is full, having a layer of crumbs on top. Bake half an hour. Serve in the dish in which it is baked.

Chestnut Stuffing for Turkey.—One quart Spanish chestnuts, two tablespoonfuls butter, one teaspoonful salt, pepper to taste; roast the chestnuts, but not too hard; peel chop, and mash them. Work in the butter and seasoning and stuff the turkey with this as you would with a bread dressing.

Lemon Tart.—Two cups sugar, one cup butter, six eggs, two lemons, one teaspoonful grated nutmeg; beat butter and sugar together, add the whipped yolks, the juice of one lemon and the rind of two, the nutmeg, and the stiffly beaten whites of the eggs. Bake in small pastry shells and use no top crust.

Apple Cake.—One half cup each of sugar, butter, and milk, two cups of flour, with a heaping teaspoonful of baking powder sifted with it. Bake in four jelly cake tins. Four large apples grated, one egg, one cup of sugar, the juice and grated rind of one lemon; let it come to a boil, and when cold spread between the cake like jelly.

Gems.—Mix with unbolted wheat flour enough milk to make a batter, add a little salt, and beat it up well. It should be thin enough to pour easily into the pans, which are best made of iron, and divided into small partitions. Let both pans and oven be of the hottest when the batter is poured in. Bake half an hour or until the bread is of a light, even brown.

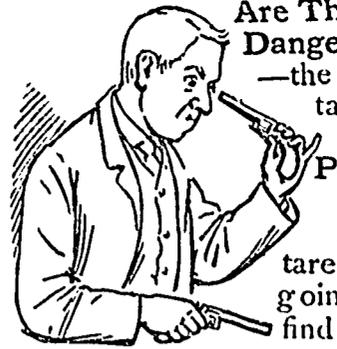
Plaw.—Boil a piece of lean veal until tender. Take it up, cut it into strips three or four inches long, and put it back into the pot with the liquor it was boiled in, with a teacupful of rice to three pounds of veal. Put in a piece of butter the size of a hen's egg; season with salt, pepper and sweet herbs; stew it gently until the rice is tender, and the water nearly stewed away. A little curry powder in this converts it into a curry dish.

Baked Ham.—Prepare your ham by washing it thoroughly and soaking it over night in cold water, allowing twelve minutes to each pound, and boiling it slowly, changing the water occasionally if you think the ham is inclined to be salt. When boiled take it off the range and leave it in the pot, closely covered, until quite cold, when remove the skin and cover with a coating of fine bread crumbs, to which has been added one tablespoonful of powdered sugar, a tiny pinch of cayenne pepper, and the beaten yolks of two eggs; put in the oven, and baste frequently, so that the sugar and cayenne pepper may permeate the entire ham. When nicely browned remove from the oven garnish with a paper frill and some parsley, and serve. Baked ham is usually served cold, and makes a delicious accompaniment to a dinner.—Ladies' Home Journal.

Prepare for spring by using Burdock Blood Bitters to cleanse the system and tone the body to vigorous health. Its tonic purifying regulating work makes B.B.B. the greatest remedy for all diseases of the stomach, liver, bowels and blood.

The devil's principal work is to make wrong people think they are right.

The important thing is not how long we are going to live, but how.

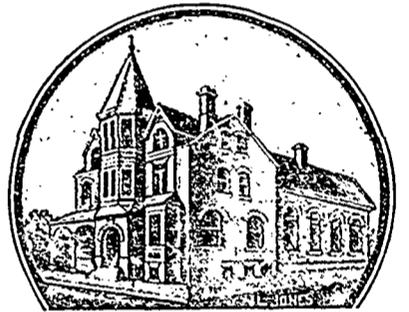


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## SALE OF TIMBER.

THERE will be offered for sale by public auction at the Russell House, Ottawa, on Tuesday the 12th day of March next, 1895, at 3 o'clock p.m., the Pine, Spruce and Tamarac Timber over nine inches in diameter at the stump now standing on the Tomiscomungo Indian Reserve, which contains an area of sixty square miles and is situated at the head of Lake Tomiscomungo, in the County of Pontiac and Province of Quebec.

The Purchaser will be allowed ten years from date of sale for the removal of the Timber, and a license will be issued to him subject to the Timber Regulations of the Department.

The Bids shall be payable in cash, over and above the ordinary Crown dues chargeable under Tariff of the Department, viz.: Pine \$1.00 per M. ft. B.M., Spruce \$0.89 per M. ft. B.M., and Tamarac \$2.00 per M. ft. B.M.

These bids will be subject to an upset price and the right to authorize the cutting and removal of timber of other descriptions by Indians is reserved by the Department.

HAYTER REED,

Deputy Superintendent General  
of Indian Affairs.

Ottawa, 3rd Dec., 1894.

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