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Tells the story. When your head aches, and you feel bilious, constipated, and out of tune, with your stomach sour and no appetite, just buy a package of

Hood's Pills

And take a dose, from 1 to 4 pills. You will be surprised at how easily they will do their work, cure your headache and biliousness, rouse the liver and make you feel happy again. 25 cents. Sold by all medicine dealers.

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A Severe case Permanently Cured by

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"I had Salt Rheum in my face and hands for three years and could not get anything to cure me till I used Burdock Blood Bitters. On taking the first bottle there was a great change for the better and by the time the second bottle was finished I was completely cured and have had no return of the disease since."

"I have great faith in B.B.B. as a cure for blood and skin diseases." Miss Maud Bruce, Shelburne, N.S.

INDIGESTION

CAN BE CURED.

An Open Letter from a Prominent Clergyman.

C. GATES, SON & CO.,
Middleton, N.S.

Dear Sirs, - Please pardon my delay in answering yours of weeks ago. Yes, I have no hesitation in recommending your

Invigorating Syrup.

During the fall and winter of '96 and '97 I was greatly distressed with indigestion. I tried several remedies, each of which gave me no relief. I was advised to try your Invigorating Syrup, which I readily did, and have felt grateful ever since to the one who gave such good advice. The very first dose helped me, and before half of the first bottle was used I was completely cured. Have not been troubled with the disease since. I have taken occasion to recommend your medicine publicly upon several occasions, and heartily do so now. You are at liberty to use this in any way you please.

Yours truly,

(REV.) F. M. YOUNG,
Pastor Baptist Church, Bridgetown, N.S.

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The Home

The Ice Chest.

The care of the refrigerator should be a part of the morning's work for every housekeeper. "It smells of the ice-chest," which means simply that the ice-chest has not received the attention it should; there is something that is decaying there, and numberless germs are being propagated to attack all the food placed within.

As soon as the warm days come, there is more food crowded into an ice-chest than during cold weather, when cooked food may be kept in the pantry or store closets. The limits are, therefore, taxed to the utmost, and it is not an easy matter to remove all food from it every morning, and wipe off the shelves; but it must be done, and even the best of housekeepers will sometimes need to be reminded that this is an important item of healthful living.

No other piece of furniture in the house should receive so much attention, says the Household. Leave it in the hands of a servant, and you need not be surprised if sickness comes to the family. Personal supervision here is the only safeguard for health.

Cook should be particularly cautioned against putting away warm food in the ice chest. When this is done, the article will absorb the odors and flavors of other foods. Milk and butter should always be kept in separate apartments. If the refrigerator is built with but one compartment, these articles should be kept well covered, for both milk and butter are easily affected by odors, and will soon become tainted.

Every day, after April, the shelves and walls of the ice-chest should be thoroughly washed and dried. If the ice is wrapped in a woolen cloth to keep it from melting, be sure that this cloth is washed every third day. Keep two of them on hand to change.

If possible, give your ice-chest a sun-bath every week. Stand it near a window and open the doors to the light. Scrub every rack with soda and water, and let the sun finish the purifying.—Religious Herald.

A Suggested Improvement.

All housekeepers are agreed that washing-day is the heaviest incubus from which their domestic routine suffers, that it disturbs more tempers, and causes more fatigue than any other household task. Monday is almost universally the washing-day selected, for what good reason nobody knows, unless to get a disagreeable and irksome burden out of the way. Housekeepers who wish to have their clothes looked over, properly separated, and put into water to soak, oblige their maids as a general thing to break the Sabbath by beginning Monday's toil then, for Saturday has its own cares, and also Saturday's soiled clothing is not given up to the wash until Sunday morning.

Tuesday would be a preferable day for the weekly washing, if housekeepers would be persuaded to push the home laundering a bit forward. But we shall never have much ease or comfort until washing and ironing are done out of the house, thus removing from it a large and difficult piece of labor, putting it in trained hands, and paying for it as a thing apart from the service indoors. This is successfully done abroad.

Several families might combine to support a co-operative laundry, and the expense would be shared and fall lightly on each. Here the women who should perform the work would be paid by the day, and the families would settle their bill, not for the dozen pieces, but in a lump sum. The comparatively easy work of the home, aside from the washing, would go on smoothly and with little friction, this obstacle taken away.—Christian Intelligencer.

Berries for Dessert.

With the arrival of the summer months and their abundance of fresh berries the wise housewife is happy to make use of the luscious small fruits for her desserts. They form a welcome variety to the pies and puddings that were in vogue in cold weather. Not only are ripe, fresh berries

always delicious when served in their natural state, but they may be used as the foundation of a variety of delectable "made desserts." Be sure that the fruit used is firm and good and do not court illness by eating it unless it is perfectly ripe.

HOT STRAWBERRY SHORTCAKE.—Prepare a quart of berries by mashing them a little, then covering them thickly with granulated sugar. Stir the sugar thoroughly into the berries and set this mixture aside while you make the shortcake. Into a pint of flour sift two teaspoonsful of baking powder and a scant teaspoonful of salt. Into this prepared flour chop two teaspoonsful of firm butter and add enough milk to make a tender dough. Turn upon a pastry board and roll into a huge biscuit about the size of a pie-plate. Bake this to a light brown. When done and while very hot, split this biscuit in half, butter generously, and cover the lower half with the mashed berries and sugar, then place the upper crust over the berries, pour over this the remaining fruit mixture and serve immediately.

STRAWBERRY FLOAT.—Cap a quart of ripe berries and press them in a sieve to extract the juice. Set this to one side and sprinkle the squeezed berries with sugar. Beat the whites of five eggs to a stiff meringue and whip into this the sugared pulp of the berries. Sweeten the berry juice and stir it into a pint of rich cream. Pour this pink cream into a glass bowl and heap the strawberry meringue upon it. Serve with sponge cake.

The report has been received that the British members of the International boundary survey commission have met opposition from the Indians in making the survey and setting their monuments. In the big Indian village of Kluckwan, on the headwaters of the Chilkat river, and near the Porcupine mining district, the Indians seem to have an antipathy to the British. They are reported as saying at Kluckwan: "We want no King George men here; we do not want their posts set up on the line. It is all right for the mounted police to remain where they are, nine miles back of the Porcupine mines, but we do not want them nearer." It is not known that the Indians have threatened violence, but some of them are acting ugly.

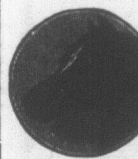
YEARS OF PAIN.

The Experience of Mr. William Smith, of Hawkesbury, who Suffered for Many Years from Kidney Trouble.

From the Post, Hawkesbury, Ont.

Everybody in Hawkesbury knows Mr. William Smith. He came here when the town was yet in its village days, as one of the lumber company's staff of mechanics. In 1881 Mr. Smith was appointed town constable, and filled that position until very recently. As is well known to many of Mr. Smith's friends, he has suffered much from kidney trouble for quite a number of years past, and at times the pain in his back was so great that he was almost physically incapable of exertion. He doctored a great deal, sometimes getting temporary relief, but the cause of the trouble was not removed, and soon the pains, accompanied alternately by chills and fever, returned. At last he came to look upon his condition as one which no medicine could permanently aid. Indeed his condition might still have been one of much suffering had not Mrs. Smith ultimately prevailed upon her husband to give Dr. Williams' Pink Pills a trial. "It seemed," said Mr. Smith to a reporter of the Post, "that it was a useless experiment and yet I was willing to do almost anything that would bring relief. I had not used the pills long before there was undoubted relief, more in fact than I had obtained from any other medicine. I continued their use, and soon all symptoms of the trouble that had made my life one of much misery for many years was gone. I feel that I am cured, and have no hesitation in saying that the cure is due to Dr. Williams' Pink Pills, and I never lose an opportunity of recommending the pills to neighbors who may be ailing."

Dr. Williams' Pink Pills cure by going to the root of the disease. They renew and build up the blood, and strengthen the nerves, thus driving disease from the system. If your dealer does not keep them, they will be sent postpaid at 50 cents a box, or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.



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Horse Liniment

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