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## OH MY HEAD! HOW IT ACHES!



Nervous  
Bilious  
Sick  
Periodical  
Spasmodic

### HEADACHES.

Headache is not of itself a disease but is generally caused by some disorder of the stomach, liver or bowels.

Before you can be cured you must remove the cause.

### BURDOCK BLOOD BITTERS

will do it for you.

It regulates the stomach, liver and bowels, purifies the blood and tones up the whole system to full health and vigor.

At Fredericton, Wednesday, a meeting of the Provincial Board of Health was held. A resolution was passed approving of compulsory vaccination of all children attending the public schools and of all pupils attending educational institutions.

The government education bill passed its first reading in the British Commons 176 to 23. The bill practically abolished school boards and invests the entire control in the county councils or similar local bodies. The school authorities of London are not included.

### HOUSEHOLD HINTS.

The longer and drier table linen is ironed the better it looks.

To clean brass gas fixtures, rub them with cut lemons, and then wash them off in hot water.

A bruise may be prevented from discoloring by immediately applying hot water or a little dry starch moistened with cold water.

In boiling eggs hard put them in boiling water ten minutes, and then put them in cold water. It will prevent the yolk from coloring.

Save all your broken and crooked carpet tacks and keep them in a box in the kitchen for cleaning bottles. They are better than shot, for the sharp edges scrape off all the stains.

Kerosene added to boiled starch—a tablespoonful to a quart—will prevent the smoothing irons from sticking, and will give a gloss to the articles; the scent will all evaporate in the drying.

Lamp burners which are in constant use should be boiled occasionally in pearline or soda suds, then scrubbed and polished with brick dust, when they will do as good service as new ones.

When silver spoons become discolored from eggs scour them with fine table salt. This will remove the discoloration, which is caused by the sulphur in the egg, and not scratch or wear the silver.

If the wick of a lamp does not move easily in the holder, draw out one or two threads from one side. The wick should be as large a one as the holder will receive.

White cotton duck makes the nicest of all bags for soiled linen, as it is very substantial, and can be easily laundered. If ornamented with blue and red cotton, worked in Russian cross stitch, it can be made very ornamental also.

A very simple and strong cement may be made for glass and earthenware, by diluting the white of an egg with its bulk of water. Beat up thoroughly, then bring to the consistency of thin paste with powdered quicklime. It must be used immediately, or it will lose its virtue.

Window shades are rarely manageable after renovation at home, and to have them done at a laundry is expensive. So it behooves the housewife to make her shades last as long as possible before trying to clean them. They will take a new lease of life, if turned upside down, end for end, and hemmed as before.

Ammonia is one of the most useful drugs in the household. It is most effective as an agent in dissolving dirt and grease. In cleaning of any kind it should be used in about the proportion of a tablespoonful to a quart of water. It makes the water softer than rain water, and is especially refreshing in the bath. Nothing will clean lamp chimneys, looking-glasses and window panes like ammonia. In using it on colored cloth, first test it on a sample to see that it does not spot. When a stain is produced by lemon juice or any other acid, nothing is so effectual as ammonia in neutralizing and thus removing it. A few drops to a pint of water sprinkled on the roots of house plants will produce an abundant growth. Stains on marble can be removed by rubbing them well with a tooth-brush dipped in powdered chalk and ammonia.—North western Christian Advocate.

### CHEESE FONDUS.

The essentials of a good cheese fondus are good materials, quick and correct preparation, and the promptest of service. Place in a double boiler five eggs beaten without separating until light, one cupful of grated but mild Swiss or American cheese, one-half a teaspoonful of salt, one-quarter of a teaspoonful of white pepper and three tablespoonfuls of butter cut into small pieces; cook until the cheese has melted and the mixture is smooth and about as thick as a custard. Toast thin slices of stale bread, butter them well, and

pour over the cheese mixture. Send at once to the table on hot platter.—Ex.

### BAKED RICE AND CHEESE.

Set aside one pint of cold rice for this dish. Make a white sauce with one heaping tablespoonful each of flour and butter, one-third of a teaspoonful of white pepper, and 1½ cupfuls of milk. Into a deep baking dish place alternate layers of the rice, sauce and grated cheese, having the last layer cheese. Place in hot oven and bake only until browned.—Ex.

### CHEESE SAUCE FOR FISH.

Place in saucepan one tablespoonful of butter, the same amount of flour and sufficient salt and cayenne to season; stir over the fire until mixed, then add one-half a cupful of fish stock and one-half a cupful of cream, and stir until smooth and thick. Add a dozen canned mushrooms, chopped fine, and simmer slowly for fifteen minutes. Strain and return to the fire. Add two tablespoonfuls of cream and one of butter cut into bits. When the butter and cream are well blended add two tablespoonfuls of freshly grated cheese and take from the fire.—Ex.

### SPANISH SCRAMBLED EGGS.

Chop fine one red pepper, rejecting all the seeds, heat in a frying pan one tablespoonful of butter, add the peppers and cook slowly for two minutes, then add one cupful of tomatoes, and cook for five minutes longer. Beat half a dozen eggs with one-half of a cupful of stock, pour into the frying-pan, and stir and cook slowly to a soft scramble, stirring in at the very last one tablespoonful of grated cheese, and salt to season to taste. Serve on thin slices of toast.—Ex.

### CHEESE PUFFS.

Take one cup of grated cheese, one cupful of flour, one teaspoonful of salt and a dash of cayenne. Put one cupful of water and two tablespoonfuls of butter in a saucepan over the fire, and when the mixture boils put in the flour mixture, and stir until it draws away from the side of the pan. Take from the fire, cover and set aside until cool, then drop in four eggs, one at a time, and beat until perfectly smooth. Drop this soft dough by small teaspoonfuls on a buttered pan, sprinkle with grated cheese, and bake in a moderate oven a rich brown.—Ex.

### ANOTHER HAPPY MOTHER.

Tells How Her Baby of Eight Months Profited by Wise Treatment.

Teething time is the critical age in a child's life. Any slight disorder in the stomach or bowels at that time greatly increases the peevishness of the little one and may have serious and even fatal results. It is impossible to take too great care of your baby's health during this period, and no better remedy than Baby's Own Tablets is known for the minor ailments of childhood. Among the mothers who have proved the worth of this medicine is Mrs. R. McMaster, Cookstown, Ont. Her little baby girl was suffering from the combined trials of indigestion, constipation and teething, and the mother's strength was severely taxed by the continuous care the child needed. A box of Baby's Own Tablets, however, made such an improvement that Mrs. McMaster is now enthusiastic in their praise. "It gives me great pleasure to testify to the value of Baby's Own Tablets," she writes. "My baby of eight months was much troubled with constipation and indigestion, and was very restless at night. I procured a box of Baby's Own Tablets, and the results were so satisfactory that I have not used any other medicine since. My baby girl is now regular and healthy, and getting her teeth seems much easier, and she rests a great deal better. These Tablets are a great help to little ones when teething."

Baby's Own Tablets are guaranteed to contain no opiate or other harmful drug. They produce natural sleep, because they regulate the stomach and bowels and comfort the nerves. They promptly cure such troubles as colic, sour stomach, constipation, diarrhoea, worms, indigestion and simple fever. They break up colds, prevent croup and allay the irritation accompanying the cutting of teeth. Dissolved in water, they can be given with absolute safety to the youngest infant. Sold by druggists, or sent postpaid at 25 cents a box, by addressing the Dr. Williams' Medicine Co., Brockville, Ont. Free sample sent on application. Mention this paper.

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