

## Constipation

Causes fully half the sickness in the world. It retains the digested food too long in the bowels and produces biliousness, torpid liver, indigestion, bad taste, coated tongue, sick headache, insomnia, etc. Hood's Pills cure constipation and all its results, easily and thoroughly. See All Druggists. Prepared by C. I. Hood & Co., Lowell, Mass. The only Pills to take with Hood's Sarsaparilla.

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### The Old and the Young ARE ALIKE CURED BY THE USE OF GATES' FAMILY MEDICINES.

AVONDALE, Pictou Co., January 14, 1896.

Messrs. C. Gates, Son & Co.:

Dear Sirs:—This is to certify that my father had an attack of the La Grippe, about four years ago. The doctor was called and said he could do nothing for him as he was so old; being then 94, but when there is life there is hope, and having your Bitters and Syrup in the house, we began to give them to him, when he got better, and after about three months was entirely recovered. He is now in his 98th year and is well and hearty. Your CERTAIN CHECK speedily cured a neighbor woman of Cholera morosa. My grandchild, about two months old, was taken with Diarrhoea and was taking doctor's medicine for some weeks, but it continued getting worse and it became chronic, so that the child got to look like an old person; it was plain to be seen its little life was fast ebbing away. Now I had your CERTAIN CHECK in the house but not at that time being acquainted with its use I was for some days afraid to give it to a child so young and weak. I was convinced if the child did not get immediate relief it would die, so I told its mother to put 3 or 4 drops of the CERTAIN CHECK in its bottle (as it drank from the bottle) and in about 24 hours it was noticed the child was a little better; this was continued for about a week when it was all right, and is today a healthy child. I am, Gentlemen, Yours very truly,

DAVID MURRAY.  
Sworn before me this 15th day of January, 1896.  
ANGUS McDONALD, J. P.

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answer with the glad refrain, "To us is born a Saviour." The Christ spirit, "not to be ministered unto, but to

## The Home

### Profitable Losses.

The following good speech is nearly a verbal report of one heard at a temperance meeting:

"I have been thinking since I came into the meeting to-night, about the losses I've met since I signed the total abstinence pledge. I tell you there isn't a man in the society who has lost more by stopping drink than I have. Wait a bit until I tell you what I mean. There was a nice job of work to be done in the shop to-day, and the boss called for me.

"Give it to Law," said he. 'He's the best hand in the shop.'

"Well, I told my wife at supper-time, and she said:

"Why, Laurie, he used to call you the worst. You've lost your bad name haven't you?"

"That's a fact, wife," said I. "And it ain't all I've lost in the last sixteen months, either. I had poverty and wretchedness, and I lost them. I had an old wraggled coat and a shockin' bad hat, and some waterproof boots that let the wet out at the toes as fast as they took it in at the heel. I've lost them. I had a red face, a trembling hand, and a pair of shaky legs that gave me an awkward tumble now and then; I had a habit of cursing and swearing, and I've got rid of that. I had an aching head sometimes, and a heavy heart, and worse than all the rest, a guilty conscience. Thank God, I've lost them all."

"Then I told my wife what she had lost."

"You lost an old ragged gown, Mary," said I. "And you had trouble and sorrow, and a poor, wretched home and plenty of heartaches, for you had a miserable drunkard, Mary, Mary, thank the Lord for all you and I have lost since I signed the temperance pledge!"—Chase City Progress.

### Christmas Candies.

The secret of making delicious Christmas bon-bons consists in preparing the fondant or foundation of sugar properly. Recipes for this have been frequently given. We need only recall the rule which call for a cup of cold water and a pound of granulated sugar, with a speck of cream tartar, melted to a syrup and boiled until a drop forms a dry creamy ball rolled between the finger and thumb. When the syrup reaches this stage let it cool until you can bear your finger in it. Then stir it until it is a thick paste of about the consistency of lard. Knead it a few minutes on a large platter or a marble board, and it is ready to roll into candies. It may be put in a bowl and set in hot water to soften if it becomes too hard to handle.

To make almond creams, wrap blanched almonds in fondant, and when a sufficient number of these candies are prepared dip them each in melted fondant. It makes a pretty variety in these almond candies to have one bowl of white fondant, one of yellow and one of pink. Yellow fondant is obtained by using a little Spanish saffron to color it, and pink by the use of cochineal. Pretty little cubes of fondant in these colors are made by pouring layers of fondant, each about a quarter of an inch thick, over one another. Allow each layer to harden a little, and crease it in three-quarter-inch squares before adding another layer, and when the last layer is poured over set the candy away to harden. When it is hard break it into cubes. A great many other combinations of fondant will suggest themselves.

To make almond chocolate fudge put a cup of milk and two cups of sugar over the fire to boil, adding half a cake or four ounces of unsweetened chocolate, scraped fine. Stir the mixture until it is melted smooth. When it has boiled enough to harden in cold water add a tablespoonful of sweet butter and a teaspoonful of vanilla sugar. Let it cool a little, and then begin to stir it. Beat it until it thickens, then turn it into greased pans. Scatter blanched almonds cut in fine pieces over the candy, and when it is cold cut it into little squares

of uniform size. Squares of fudge dipped in melted fondant of various colors make very pretty bonbons. English walnuts covered with fudge gives another variety, and walnuts covered with white fondant another.

A very nice maple sugar candy is made of milk and maple sugar boiled together in the same way as in chocolate fudge. Omit the chocolate. Tutti-frutti candy is made of about equal parts of blanched almonds, citron raisins and a few currants chopped and mixed into an equal mass of white fondant flavored with orange extract. Form the candy in even bars about a third of an inch thick.—N. Y. Tribune.

### True Bravery.

In the heat of passion Robert had done something that he was ashamed of and sorry for after the excitement had passed away.

"I wish I hadn't let my temper get away with my good sense," he said; but it's done, and what's done can't be undone."

"But isn't there a way to overcome the effect of wrong-doing, to a great extent?" asked a voice in his heart.

"How?" asked Robert.

"By owing to one's blame in the matter," answered the voice. "Confessing one's fault does most to set wrong right. Try it."

Now, Robert was very much like all the rest of us—he hated to admit that he was in fault. "I'm wrong—forgive me," is a hard thing to say. But the more he thought the matter over the more he felt that he ought to say just that.

"It's the right thing to do," he told himself. "If I know what's right and don't do it I'm a moral coward. I'll do it!"

So he went to the one he had wronged and confessed his fault frankly, and the result was that the two boys were better friends than before, and his comrade had a greater respect for him because he had been brave enough to do a disagreeable thing when it was presented to him in the light of a duty.

My boys, remember that there's quite as much bravery in doing right for right's sake as there is in the performance of grand and heroic deeds that the world will hear about.—Eben E. Rexford, in the New York Observer.

### A Dog's Friendship for a Cow.

A gentleman living in Pangor, Me., tells in an exchange a story about a little dog which he owns that illustrates again the devoted friendship often noticed to exist between dumb animals. He owns a cow as well, and the dog and cow are great friends. Not long ago the cow was sick, and the owner thought best to keep her grain from her for a time. The dog, however, did not approve of this, not understanding it, and decided to attend to his friend's wants himself, as his owner discovered one day when he entered the stable by chance. There was Master Doggie in the act of giving Boss her meal, which he did by filling his mouth as full as he could carry it from the barrel where the fodder was kept, and dropping it in front of the cow, who was eating with relish the food she had much missed.—New York Times.

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