

HOOD'S PILLS

House, the for pld liver, and cure
biliousness, sick headache, jaundice,
nausea, indigestion, etc. They are in-
valuable to prevent a cold or break up a
fever. Mild, gentle, certain, they are worthy
your confidence. Purely vegetable, they
can be taken by children or delicate women.
Price, 25c. at all medicine dealers or by mail
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GATES' CERTAIN CHECK CURES

DIARRHOEA
DYSENTARY
CHOLERA
CHOLERA MORBUS
CRAMPS AND PAINS
and all SUMMER COMPLAINTS.
Children or Adults.
Sold Everywhere at
25 CENTS A BOTTLE.
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MIDDLETON, N. S.

NERVOUS INVALIDS

Find great benefit from using

Puttner's Emulsion

which contains the most effective Nerve Tonics and nutritives, combined in the most palatable form.

Always get **PUTTNER'S**, it is the Original and BEST.

Cramps and Colic

Always relieved promptly by
Dr. Fowler's Ext. of Wild Strawberry.

When you are seized with an attack of Cramps or doubled up with Colic, you want a remedy you are sure will give you relief and give it quickly, too.

You don't want an untried something that may help you. You want Dr. Fowler's Extract of Wild Strawberry, which every one knows will positively cure Cramps and Colic quickly. Just a dose or two and you have ease.

But now a word of proof to back up these assertions, and we have it from Mr. John Hawke, Coldwater, Ont., who writes: "Dr. Fowler's Extract of Wild Strawberry is a wonderful cure for Diarrhoea, Cramps and pains in the stomach. I was a great sufferer until I gave it a trial, but now I have perfect comfort."

FARM FOR SALE

On account of change of condition and decline of life, I offer for sale my FARM of 100 acres, admirably situated in one of the most productive and beautiful sections of the Annapolis Valley, 2 1/2 miles from Kingston Station—one of the large fruit centers. Two churches, school and new hall, all within one mile. Description, terms, etc., on application.

JOHN KILLAM,
North Kingston, N. S.

WHAT! ROB A POOR MAN OF HIS BEER?

What! rob a poor man of his beer
And give him good victuals instead?
Your heart's very hard, sir, I fear,
Or at least you are soft in the head.

What! rob a poor man of his mug
And give him a house of his own,
With kitchen and parlor so snug,
'Tis enough to draw tears from a stone!

What! rob a poor man of his glass
And teach him to read and to write?
What! save him from being an ass?
'Tis nothing but malice and spite!

What! rob a poor man of his ale
And prevent him from beating his wife,
From being locked up in a jail,
With penal enjoyment for life?

What! rob a poor man of his beer
And keep him from starving his child?
It makes one feel dreadfully queer;
And I'll thank you to draw it more mild.
—John Ploughman's Talk.

Invalid Rights.

We hear a great deal of the rights of various members of the community. The rights of the invalids are something that should be seriously considered. Every sick person should have suitable food properly served and quiet, restful surroundings. Invalids should be kept free from visitors that will in any way interfere with their restful surroundings. There are a great many people who should never be admitted to the sickroom. The presence of the trained nurse in the sickroom who insists that visitors should be strictly prohibited when there is the slightest risk from their presence, has done more than anything else to establish a precedent in this matter. It is no longer the custom to visit the sick, to their own destruction. A great many people in former times were visited to death. Cheerful people are welcomed at a proper time in the sickroom, but at no time should an invalid be bored with people who come out of curiosity or any but kindly intent. Any physician will issue orders if requested to do so that no visitors shall be admitted, and this is excuse enough for excusing one's self to unwelcome visitors.

The food for invalids should be daintily served, and only a small amount should be served at once. It tempts the appetite to bring a dainty allowance, which may be easily supplemented with more if needed. A complete change of fare, or even a meal served on different dishes, with a cluster of bright flowers added to the tray, will often induce a languid invalid to eat who would otherwise refuse food.

As soon as an invalid is convalescent enough to do something to occupy time and hand, and the physician will allow it, she should be allowed to do so. Nothing is more dangerous than the brooding habit to which so many convalescents are prone. Work of the simplest kind may weary a sick person, but the weariness that comes from doing absolutely nothing is worse. An aquarium, a window garden or any object of living growing things is a boon for an invalid. Crocheting, tatting and knitting are all employments that do not require an undue exertion of the body and occupy the mind enough to keep away ennui. Often the worst trouble of a convalescent is described in the old rhyme:

Doing nothing was his curse,
Is there a sin can vex us worse?

Damp Cellars.

Cellars are very apt to be damp in summer during the driest weather. This is caused by leaving windows open in the daytime, thus allowing the heated air of midday to rush in and strike the cold walls of the cellar, depositing moisture on them in the same way moisture is deposited on the outside of a pitcher of ice water or an dish containing ice and standing in a hot room. The beads of moisture on the walls of the cellar into which the hot air of midday is admitted often run in streams to the floor, and are visible in tiny pools of water. The remedy for this is to keep the cellar carefully closed during the day and open at night, when the outside air is almost as cold as the air of the cellar. A cellar cold and dry treated in this way will be cold and dry at all times unless there is some cause by which moisture is admitted inside the cellar in the daytime. Damp, mouldy cellars have been converted into dry, wholesome ones by simply whitewashing them, closing them up during the day, and airing them during the night.—Ex.

The Home

A Codfish Dinner.

There has been a fashionable fad for old-fashioned Colonial cookery and the "codfish dinner" of New England has been one of these revivals. Outside of the New England States this kind of dinner is hardly known. Even in New England the people of the coast believe that this dinner cannot be properly cooked away from the "sound of the waves" by New Englanders so unfortunate as to live in the interior. This dinner consists of salt codfish with egg sauce and served with various vegetables. Usually potatoes, beets, carrots, onions and sometimes turnips are served with this dinner. The codfish is the only fish served with this dinner. A whole cod is selected. A dun dish, Miss Parloa, certainly one of our best authorities in New England cookery, tells us, is always preferred by New Englanders to the white fish. The difference in color is produced by a difference in the process of curing. The process that gives a dun fish produces a richer as well as a darker fish.

The night before this dinner is to be served scrub and wash carefully the codfish selected, using a brush. Cut off the fins and tail and soak the fish with the skin side up in an abundance of clear, cold water. Put the beets, carrots and potatoes to soak, each by themselves if they are winter vegetables; if summer roots is used this is not necessary.

The next day put the fish, still skin side up, in clear, cold water in a large pan or fish kettle, and let it slowly come to a boiling point, but do not let it boil. Set it where it will keep hot, without actually boiling for five minutes. The fish at the end of this time, will still be whole, but when touched with a knife on serving it will break into tender gelatinous flakes. Serve it, without breaking it, on a huge platter, heated for the purpose. Put about a quarter of a pound of nice salt pork into little cubes and fry them slowly until they are brown and crisp, and serve them with the fish. To make the egg sauce to use with the codfish melt a half cup of butter, stir in a teaspoonful of flour and add slowly a cup of boiling water. Let it cook over the fire until it boils. Remove it immediately. Add two eggs which have been boiled twenty minutes, cooled and chopped fine, and half a teaspoonful of salt and a half-a-teaspoonful of pepper. The beets, onions, carrots and other vegetables served with this dinner are boiled. The carrots are served in cream sauce, as are the onions. The potatoes are boiled dry and mealy, and the beets are boiled and seasoned with salt, pepper and butter. Remnants of the fish and potatoes left after this meal are made into fishballs. Sometimes scraps of the pork are added to the fish. This recipe is published at the request of "M. E. B." and others—Sel.

Private Secretary For Many People.

"Few trades are so overcrowded as that of stenography, because twenty girls can be found for each position offered," writes Frances E. Lanigan in the September Ladies Home Journal. "A new branch of regular stenography is that of the typewriter-stenographer who works by the piece. She visits her customers each morning, takes notes, and does her work upon her own typewriter, returning the letters promptly for signature. She also does copying. To business men who have not sufficient work, nor office room sufficient to share with a typewriter, she is invaluable. She is also a valued assistant to women who are busy with club work, answering their letters, copying rules and regulations, and filing away their business papers."

Sunday-school teachers will find the Baptist Teacher, published by the American Baptist Publication Society, 1420 Chestnut Street, Philadelphia, to be a most admirable guide to the study of the International Lessons. It is scholarly, suggestive and very helpful. Teachers of all the different grades will find it just suited to their special needs. The price is 50 cents per year, single copy, 40 cents per year in club of five or more.

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It will heal your lungs and give you rich blood in summer as in winter. It's cod liver oil made easy.

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Is absolutely pure. It costs only one-tenth cent a day per hen if you buy it in large cans. It will increase the profit from your poultry this winter. To be profitable your pullets should lay now. All your hens should be in condition to lay daily while eggs are high. It assures perfect assimilation of the food elements needed to produce eggs.

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AND THOSE TROUBLED WITH

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Remember Milburn's Heart and Nerve Pills cure the worst cases after other remedies fail.

Laxa-Liver Pills cure Constipation.

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