

Mr. W. J. Bradley, Manager Clothing Department for Messrs. R. Davis & Sons, Brockville, Ont., writes us:—"We have used Baby's Own Tablets with our boy in all his baby troubles, since he was two months old, and they have always helped him."

CONSTIPATION.—Mrs. Alex. Lafave, Copper Cliff, Ont., says:—"I would advise all mothers to keep Baby's Own Tablets in the house at all times. When I began giving them to my baby he was badly constipated, and always cross. He is now four months old, has not been troubled with constipation since I gave him the Tablets, and he is now always happy and good natured. Mothers with cross children will easily appreciate such a change. I enclose 50 cents for two more boxes of the Tablets, and will never be without them in the house while I have children."

INDIGESTION.—Mrs. Robert Gibbons, Brockville, Ont., says:—"I feel that I should add my testimony to the many you must receive for such a wonderful preparation as Baby's Own Tablets. I walked the floor night and day with my baby, had every medicine for indigestion we could hear of and received no benefit until we tried Baby's Own Tablets, and the change was wonderful. I would not be without a box of Baby's Own Tablets as long as we have a baby in the house."

INFANTILE CHOLERA.—Mrs. Rachel Broderick, 400 Centre St., Point St. Charles, Montreal, writes:—"I am pleased to be able to testify to the benefit Baby's Own Tablets have been to my children. When I purchased the first box my youngest child was very ill with infantile cholera. By giving him the Tablets and dieting him according to directions, he was quite well in a few days. In my opinion there is no medicine equal to Baby's Own Tablets for little ones."

COLIC.—Mrs. John P. McEwan, Bathurst Village, N.B., writes:—"I am sending for another box of Baby's Own Tablets because they are the best medicine for children I know of. When I got the first lot my baby was suffering from colic, and a few days put him all right. Mothers will make no mistake in keeping these Tablets always at hand."

CONVULSIONS.—Mrs. A. Boutiller, Ingram River, N.S., writes:—"Baby's Own Tablets have been a great benefit to my baby. Before I gave him the Tablets he was troubled with convulsions at frequent intervals, but has since been free from them. Every mother should use these Tablets for her little ones."

FROM A TRAINED NURSE.—The following is from a lady who graduated as trained nurse from the Western Hospital, Montreal:—"Having used Baby's Own Tablets for several years in the course of my professional experience as sick nurse, and latterly with my own baby, I wish to testify to the superiority of the Tablets over any other medicine for babies. They both prevent and cure the ailments to which babies are liable, with certainty and promptness, and are free from all objectionable action."

(Signed) MRS. MARTHA SOPER.

Any mother who will send us her name and address, plainly written on a post card, will be sent free of all cost, a valuable little book upon the care of infants and young children.

Baby's Own Tablets may be had from druggists or will be sent post-paid on receipt of 25 cents, by addressing

THE DR. WILLIAMS' MEDICINE CO., Brockville, Ont.

How to Make Poultices.

BREAD AND MILK POULTICE.—Put a tablespoonful of the crumbs of stale bread into a gill of water, and give the whole one boil up. Or, take stale bread-crumbs, pour over them boiling water and boil till soft, stirring well; take from the fire and gradually stir in a little glycerine or sweet oil, so as to render the poultice pliable when applied.

HOP POULTICE.—Boil one handful of dried hops in a half pint of water, until the half pint is reduced to a gill, then stir into it enough Indian meal to thicken it.

MUSTARD POULTICE.—Into one gill of boiling water stir one tablespoonful of Indian meal; spread the paste thus made upon a cloth, and spread over the paste one teaspoonful of mustard flour. If you wish a mild poultice use a teaspoonful of mustard as it is prepared for the table, instead of mustard flour. Equal parts of ground mustard and flour made into a paste with warm water, and spread between two pieces of muslin, form the indispensable mustard plaster.

WORMWOOD AND ARNICA are sometimes applied in poultices. Steep the herbs in half a pint of cold water, and when all their virtue is extracted stir in a little bran or rye meal to thicken the liquid; the herbs must not be removed from the liquid. This is a useful application for sprains or bruises.

GINGER POULTICE.—This is made like a mustard poultice, using ground ginger instead of mustard. A little vinegar is sometimes added to each of these poultices.