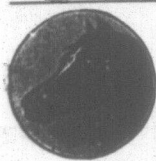


## Constipation, Headache, Biliousness, Heartburn, Indigestion, Dizziness,

Indicate that your liver  
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Condition Powder

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## B.B.B. Cures to Stay Cured

The most chronic diseases of  
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Thousands of testimonials from  
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Hives, Ringworms, and all blood  
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If you want to be cured to stay  
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## INDIGESTION CAN BE CURED.

An Open Letter from a Pro-  
minent 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 invigora-  
ting 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 pub-  
licly 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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per Bottle.

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Our new Catalogue is ready  
for distribution.

We will be glad to mail a  
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**CHURCH BELLS, CHIMES  
& PEALS**  
Purest copper and tin only. Terms, etc., free.  
McSHANE BELL FOUNDRY, Baltimore, Md.

### Garnishing.

In the midsummer, when the appetite is  
apt to flag, it is especially desirable to do  
everything in one's power to make food  
tempting in appearance as well as in taste.  
A little green garnish in its place does  
much to make food attractive.

The art of garnishing food as it is under-  
stood in France is seldom practised in this  
country. The impression seems to prevail  
that it requires a great deal of time to gar-  
nish dishes. The remark is often made,  
"I have no time for fussy dishes: we do  
not live to eat." Those who say this mis-  
take the use of garnishing, and its proper  
application. No garnish, not even parsley,  
should be allowed which has not a purpose  
in suggesting additional flavor or piquancy,  
or in keeping the food—as the silver or  
wooden skewer in the meat does—in the  
best shape for carving. Useless garnish,  
such as the "fussy" white roses of paper  
and various so-called ornaments, which  
cheap restaurants use to advertise their  
wares in the window, are to be avoided.  
The ruffle of twisted paper around the  
hambone or cutlet has a distinct purpose  
to cover the bone and give it a dainty  
finish. The parsley, olive or other green  
pickle or the slices of cut lemon served  
with boiled or fresh fish are an appetizing  
addition to the dish as well as an ornament-  
al one.

The various garnishes now used in the  
fashionable clear soups as well as in the  
pretty cream soups are all delicious if pro-  
perly made, whether they be appetizing  
bits of vegetables, tiny puffballs, squares or  
the daintiest brown toast, an egg perfectly  
poached or any of the dainty tidbits now  
used as soup garnishings.

There is no excuse for ornamenting food  
with flowers that bear no relation to it. A  
salad may be appropriately garnished with  
nasturtium flowers, but never with ver-  
benas. It is allowable, perhaps, to gar-  
nish a delicate dessert in a picturesque  
shape with roses or violets, if candied  
rose leaves or candied violets could be ap-  
propriately used with the dessert, but  
under no other circumstances. A garnish  
of candied fruits or candied flower petals  
is appropriately used with any delicate  
cold dessert, but would be out of the  
last extreme with a hot pudding.

It was long ago decided by the canons  
of good taste that flowers with decided  
perfume should not be allowed on the  
table. Violets and roses, the petals of  
which are more or less used in fashionable  
confectionery, are exceptions. These  
favorite flowers are used either in the  
jardinière in the centre of the table or in  
the slender vases or bowls of crystal  
placed at the corners of the table. Green  
ferns, especially, those planted in  
jardinières, with small woodland flowers  
and vines, and used as a table centre, are  
always in good taste. Perhaps the reason  
for this is their suggestion of ever deligh-  
tful picnic days. Neither ferns nor roses  
nor violets, however, would be a proper  
garnish around a platter of cold meat, or  
even around a salad, while they would be  
strikingly out of place decorating a hot  
dish of any kind. The most appropriate  
garnish for a hot dish is a hot one. In  
the case of hot meat or fish served with a  
cold sauce green herbs, lettuce, water-  
cress, chevril and cooked or uncooked  
vegetables that may be appropriately  
served in a salad form a most appetizing  
garnish.

In short, a garnish to fulfil its mission  
must make the dish with which it is served  
taste better as well as look better.—N.  
Y. Tribune.

### Something About Mushrooms.

A Brooklyn woman has a mushroom bed  
which was discovered by accident four  
years ago outside a fence surrounding her  
property. In it grows the Agaricus Cam-  
pestris, the commonest variety.

This woman's favorite way of cooking  
mushrooms is creaming them. She first  
boils them in a little salted water until  
they are tender, and then turns over them  
a cream sauce. Another method which  
one often employs is to put them into a  
baking pan, add a little salted water and  
cover the pan tightly, allowing the mush-  
rooms to steam until they are tender.

For broiling she cuts the stem rather  
short, and broils them first on one side  
and then on the other.

Mushrooms are also excellent roasted.  
To do this the gills are sprinkled with  
salt, and they are laid head down on a  
pan and put into a medium oven. There

is no end to the more elaborate ways of  
preparing them for the table, but a genu-  
ine mushroom lover prefers the simpler  
methods.

Mushrooms should be gathered while  
they are young and fresh, as they be-  
come wormy very early. The Agaricus  
Campestris abounds on old farms and pas-  
tures, but does not grow in the woods.

Puff balls, also common to pastures, are  
delicious when they are new. These often  
grow to a large size, and are sliced and  
sauteed in butter. They are also good  
stewed.

All the clavaria, or coral, mushrooms  
are edible. These are common in deep  
forests, and grow on old logs. They  
appear in white, yellow and a sort of  
lavender. These should be looked over  
carefully, washed thoroughly and soaked  
in salt and water for a time. If one worm  
is discovered it is well to throw away the  
whole mushroom, as the insects are al-  
most microscopical, and will be pretty  
sure to have invaded the entire head. The  
coral mushrooms are cooked the same as  
other kinds. The white clavaria are pre-  
ferred by most people, as they have a more  
dainty appearance than the colored ones.

## Hope Had Departed.

THE STORY OF A WOMAN'S RESCUE  
FROM GREAT SUFFERING.

For Years Her Life Was One of Misery—  
Her Feet and Limbs Would Swell  
Frightfully and she Became Unable  
to do Her Household work.

From the Enterprise, Bridgewater, N. S.

It is appalling to think of the number of  
women throughout the country who day  
after day live a life almost of martyrdoms  
suffering but too frequently in silent,  
almost hopeless despair. To such sufferer;  
the story of Mrs. Joshua Wile, will come  
as a beacon of hope. Mrs. Wile lives  
about two miles from the town of Bridge-  
water, N. S., and is respected and esteem-  
ed by all who know her. While in one of  
the local drug stores not long ago, Mrs.  
Wile noticed a number of boxes of Dr.  
Williams' Pink Pills in the show case, and  
remarked to the proprietor "If ever there  
was a friend to woman, it is those pills."  
She was asked why she spoke so strongly  
about the pills, and in reply told of the  
misery from which they had rescued her.  
The druggist suggested that she should  
make known her cure for the benefit of  
the thousands of similar sufferers. Mrs.  
Wile replied that while averse to public-  
ity, yet she would gladly tell of her cure if  
it would benefit anyone else, and she gave  
the following statement with permission  
for its publication:—

"My life for some years was one of  
weakness, pain and misery, until I obtained  
relief through the use of Dr. Williams'  
Pink Pills. From some cause, I know not  
what exactly, I became so afflicted with  
uterine trouble that I was obliged to  
undergo two operations. A part only of  
the trouble was removed, and a terrible  
weakness and miserable, nervous condition  
ensued, which the physician told me I  
would never get clear of. I tried other  
doctors, but all with the same result—no  
betterment of my condition. The pains  
finally attacked my back and kidneys.  
My legs and feet became frightfully  
swollen, and I cannot describe the tired,  
sinking deathly feeling that at times came  
over my whole body. I became unable to  
do my household work, and lost all hope  
of recovery. Before this stage in my ill-  
ness I had been advised to try Dr. Wil-  
liams' Pink Pills, but like thousands of  
other women, thought there could be no  
good in using them when the medical men  
were unable to cure me. At last in de-  
spairation I made up my mind to try them,  
but really without any faith in the result.  
To my great surprise I obtained some  
benefit from the first box. I then bought  
six boxes more, which I took according  
to directions, and am happy to say was  
raised up by them from a weak, sick, des-  
pondent, useless condition, to my present  
state of health and happiness. Every  
year now in the spring and fall I take a  
box or two, and find them an excellent  
thing at the change of the season. Other  
benefits I might mention, but suffice it to  
say I would strongly recommend Dr. Wil-  
liams' Pink Pills to all ailing women."

Dr. Williams' Pink Pills surpass all  
other medicines as a cure for the troubles  
that afflict womanhood. They quickly  
correct suppressions and all forms of  
weakness. They enrich the blood,  
strengthen the nerves and restore the  
glow of health to pallid cheeks. Sold by  
dealers in medicine, or sent postpaid at  
60 cents a box, or six boxes for \$3.00.  
Dressing the Dr. V. L. Shaffner,  
Brockville, Ont.

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JOHNSON'S Anodyne  
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oldest, safest and  
most reliable liniment  
on earth. It is  
made of pure  
vegetable ingre-  
dients. It is the  
first thing needed in  
all the accidents at-  
tributed to horse-  
rides or exercise of any  
kind, brisky rubbing the muscles with

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will double the value of  
the muscles.  
It should be kept on hand  
for prompt treatment of  
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tism, morning bites,  
bruises, burns, stings, chil-  
blains, chilblains, colds,  
croup, catarrhs, bron-  
chitis, in grippe, lame-  
ness, muscle soreness,  
and pain and inflamma-  
tion in any part of  
the body. In two  
size bottles, 50 cents  
and 10 cents.  
J. S. JOHNSON & CO.,  
25 Custom House St.,  
Boston, Mass.

## KIDNEY DISEASE FOR TEN YEARS.

A Glen Miller Man's Terrible  
Trial.

He Found a Cure at Last in  
Doan's Kidney Pills.

Mr. P. M. Burk, who is a well-known  
resident of Glen Miller, Hastings Co.,  
Ont., was afflicted with kidney trouble for  
ten years.

So pleased is he at having found in  
Doan's Kidney Pills a cure for his ail-  
ments, which he had begun to think were  
incurable, that he wrote the following  
statement of his case so that others simi-  
larly afflicted may profit by his experience:  
"I have been afflicted with kidney trouble  
for about ten years and have tried several  
remedies but never received any real  
benefit until I started taking Doan's  
Kidney Pills. My back used to constantly  
ache and my urine was high colored and  
milky looking at times. Since I have  
finished the third box of Doan's Kidney  
Pills I am happy to state that I am not  
bothered with backache at all and my  
urine is clear as crystal. I feel confident  
that these pills are the best kidney specific  
in the country."

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As an internal and ex-  
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