

## A Victim of Insomnia

Mrs. Douglas Kilts, of Perry Station, Ont., says:—"Three years ago I had a very severe attack of la grippe, and the disease left me in an extremely worn out, nervous, and enfeebled condition. The nervousness was so severe as to have almost resulted in St. Vitus' dance. Sleep forsook me. I had had attacks of heart trouble, and the headaches I endured were something terrible. I had no appetite, was not able to work about the house and was so weak that I could scarcely lift a cup of tea. I was treated by a good doctor, but with no benefit. Almost in despair, I resorted to patent medicines, and tried several one after another, only to be disappointed by each. I lingered in this condition until the winter of 1899, when a friend prevailed upon me to try Dr. Williams' Pink Pills, and I began taking them. From the first the pills helped me and I could feel my strength gradually returning. I continued the use of the pills until I had taken eight boxes, when I was again enjoying perfect health. My strength had entirely returned, my appetite was splendid, the heart trouble and nervousness had ceased, while the blessing of sleep, once denied, had again returned. I had gained over thirty pounds in weight, and was able to do all my housework with ease. In fact I had received a new lease of life. I believe my cure is permanent, as more than a year has since passed and I feel so strong and well that I venture to say there is not a healthier woman in this section; and this has been brought about by the use of Dr. Williams' Pink Pills. I feel that I cannot say enough in their praise, for I believe they saved my life. My son has also received the greatest benefit from the use of these pills in a case of spring fever."

## Malarial Fever

From the *Sun*, Orangeville, Ont.

Among the oldest and most respected residents of Orangeville is Mrs. John Huskinson, whose daughter Emma, has for a number of years been an acute sufferer from the after effects of malarial fever. A reporter of the *Sun* hearing of the effects Dr. Williams' Pink Pills have had on Miss Huskinson, called to enquire into the truth of the rumor. After stating the reason of his visit, Mrs. Huskinson gave him the following facts:—"Some years ago, my daughter Emma, who is now captain of a corps of the Salvation Army, was attacked by malarial fever. She was under a doctor's care for a long time and although she recovered sufficiently to go about, the after effects of the fever left her very weak and the doctor did not seem able to put any life into her. She had frequent headaches, was very pale, and the least exertion would fatigue her. We thought a change might do her good, and consequently she went on a visit to Toronto. While there she was advised to try Dr. Williams' Pink Pills. Before she had finished the second box she noted a marked change for the better; her appetite improved and her color returned, the feeling of exhaustion had disappeared, and by the time she had taken half a dozen boxes she was enjoying the best of health, and all her old-time vigor had returned. Although her work in the Salvation Army is hard and exposes her to all kinds of weather, she has since been able to do it without the least inconvenience.

"Some time after my daughter's cure I was myself completely run down, and to add to my trouble was seized with a severe attack of rheumatism. Remembering the benefit my daughter had received from Dr. Williams' Pink Pills, I decided to use them, and before I had taken half a dozen boxes I felt fully recovered and have been in the best of health ever since. My advice to all ailing is to use Dr. Williams' Pink Pills for Pale People."

When varnish gets on any garment the cleansing should be done as soon as possible. Wet the varnish thoroughly with alcohol two or three times and then sponge off with a clean cloth. If the color has been affected the material should be sponged with chloroform unless the color is blue; then vinegar or acetic acid should be used instead of the chloroform. Both of these are hard on the hands and should be used with caution. Muddy spots on white dresses may be removed by washing in a solution of carbonate of soda in water. Lay the soiled part on a cloth and sponge well.

One often notices on new linen, yellow stains left by the sewing machine. Such garments should not be put into the wash until the spots have been well rubbed with liquid ammonia. Repeated applications of fresh lard or butter will come as near as anything to removing tar, though a spot is almost always left.

Fine linen is continually in danger of iron-rust, and unless such spots are attended to at once there is little hope of removing them. Soak the spot well, as if for general washing, pass a hot iron over a wet cloth, and when the latter steams well put it under the stained garment; then on the upper side of the goods, rub a little oxalic acid where the spots show. The action of the acid is hastened by the heat and the moisture. The rust disappears. Then the whole garment should be washed with soap.

Blood stains are about as difficult as any to get out. Here starch comes into use. Make a thin paste and spread on the stain. Leave it to dry. Then brush off. Generally the stain will go with the starch. The worst stains, however, will require several applications of the starch.

Often the shrinking effect of rain drops seems to have ruined light silks, when all that is required is to iron the silk on the wrong side with a piece of muslin between the goods and the iron.