

ALWAYS KEEP ON HAND

## Pain-Killer

THERE IS NO KIND OF PAIN OR AGUE, INTERNAL OR EXTERNAL, THAT PAIN-KILLER WILL NOT RELIEVE.

LOOK OUT FOR IMITATIONS AND SUBSTITUTES. THE GENUINE BOTTLE BEARS THE NAME,

**PERRY DAVIS & SON.**



A powerful lung healing remedy that cures the worst kinds of coughs and colds of young or old more promptly and effectually than any other medicine. Price 25c.

**Laxa-Liver Pills** cure Constipation and Dyspepsia. Do not gripe. Price 25c.

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## CATES' Invigorating Syrup,

Well known throughout the country, is an excellent

**TONIC, PHYSIC AND APPETIZER.**

**Safe and Reliable**

and should be in every house. For Coughs, Colds and La Grippe a little night and morning will soon break them up.

**DYSPEPTICS** will find great relief by taking a little after eating.

For Irregularities of the Bowels nothing can be found to excel it, as it causes no griping or pain.

For Asthma and Palpitation of the Heart one swallow gives instant relief. It is an invigorator of the whole system, has been well tested already, and will do all that we say of it.

Put up in large bottles at 50 cents each and sold everywhere.

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## 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 BEST.

FOR SCIATICA, PLEURISY, STITCHES, CRICKS, NEURALGIA, RHEUMATISM, LAME BACK.

## MENTHOL D & L PLASTER

THE BEST ANTI-RHEUMATIC PLASTER MADE

EACH BOX PRICE 25¢ ALSO IN 1/4 YARD ROLLS PRICE \$1.00

**DAVIS & LAWRENCE CO. LTD.** MANUFACTURERS MONTREAL

**A Bulb Window Garden.**

A window garden of growing bulbs is one of the most attractive of home gardens. The kitchen windows offer a good place for them. The moisture from the steam of cooking and the warmth of the kitchen are both conducive to the growth of plants. It requires some time, and trouble to start a good root growth in hyacinth and many other bulbs, but there are some bulbs that grow easily without any such trouble. Narcissus, hyacinth, tulips and crocus all do well in the house if they are started in a dark, cold place, where there is a chance for the roots to grow before the top starts. These plants generally do well if they are put in a cellar and well covered up for six or eight weeks after they are first planted. A 5-inch pot is the proper size to use for a hyacinth bulb, for six or eight cones of crocus or bulbs of Freesia. And for from three to five tulip bulbs. All these bulbs require rooting first, except the Freesia, which will do well planted and exposed in a shady window for three or four weeks, and then brought directly into the sunshine. Plant all such bulbs in what is called "sandy loam." Rich, sandy garden soil will do. Do not add any barnyard fertilizer unless it is thoroughly rotted. Put plenty of small stones or coal, and a little charcoal for drainage in the bottom of the pots. Plant the bulbs in the flowerpots. The tops of the hyacinths, narcissus or tulips should be on a level with the soil in the pot. Crocus and Freesia should be planted a little deeper. The Freesia is a beautiful, fragrant flower. It grows in clusters of six or eight on a strong stem. The flowers are either pure white or clear primrose yellow. The bulbs are among the cheapest in the florist's lists, costing from 2 to 3 cents each, or from 25 to 30 cents a dozen. Crocus bulbs are a little cheaper, being 10 cents a dozen, but they are much more difficult to force for winter blooming.

No bulb is easier to force into bloom than the Chinese narcissus. It is not strange that the Orientals called this the "Flower of the Gods." It grows easily in water. Put it in any good sized bowl of shallow depth. It should be about four times as large as the bulb. Four bulbs in an old blue china bowl make a very pretty show. Keep them balanced by plenty of pebbles and cover them with water. Set the bowl in a sunny window, and in six or eight weeks the snowy, golden hearted blossoms of the narcissus will bloom in profuse clusters. These bulbs seldom fail under the simplest treatment, though they cannot be forced a second time with any certainty of success.—N. Y. Tribune.

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**Three Cakes**

There are three kinds of cake which every housekeeper ought to know how to make correctly, for from these cakes can be evolved, with slight trouble, nearly all the fancy forms of cake known.

A perfect cup cake—or what old-time housekeepers call a one-two-three-four cake—calls for one cup of butter, two of sugar, three of flour and four eggs. This is a poor coarse cake or a fine delicious one, according to the way the ingredients are mixed. It is as delicious as pound cake if properly mixed. Cream the butter and sugar, add the strained yolks of the eggs. Sift in the flour, stirring the cake well, and finally add the whites of the eggs, beaten to a stiff froth. Fold them in. If a cup of milk is added to this rule another cup of flour can be used, but about three teaspoonsful of baking powder must be sifted with the flour. This makes an excellent layer cake. Half the rule is sufficient for a loaf of three layers.

Old-fashioned pound cake is seldom seen today, except in the form of black cake. Imperial pound cake was light and one of the most delicious cakes ever made. To make this, beat to a cream a scant pound of butter and two pounds of granulated sugar. Do not use powdered sugar. The coarse grain of granulated sugar assists in the creaming process, and thus makes a much lighter cake than powdered

sugar. Add the yolks of ten eggs, a pound of sifted flour, and finally the whites of ten eggs, beaten to a stiff froth and folded in. Blanch and shred into thin strips a pound of Jordan almonds, weighed in the shells, seed a pound of raisins, and slice in fine strips half a pound of citron. Put a layer of the cake and a layer of the fruit into a well buttered cake pan. Sprinkle a very little dry sifted flour over the raisins to prevent their clinging together. Bake this cake slowly, until it is thoroughly done. Ice it with a thick white icing.

A perfect sponge cake is made of a pound of granulated sugar, or the weight of ten eggs, half a pound of sifted flour or half the weight of ten eggs, ten eggs, yolks and whites beaten separately, and the juice and half the grated peel of a lemon. Beat the yolks of the eggs and lemon for one moment after adding the sugar to them and set the dish containing them in a warm place—a pan of hot water is a good place—stirring the mixture sharply and continually for four minutes. Take off the fire and add, alternately, a little at a time, the whites of the eggs beaten to a stiff froth, and the flour warmed and sifted. Continue beating all the time until the mixture is cold. Pour it at once into a square cornered baking pan and bake it rather slowly for about an hour.—(N. Y. Tribune.)

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**Food for the Sick.**

The first chill breezes of winter are keenly felt even by the invalid within doors. The cold is depressing to the spirits and calls for more stimulating diet for the invalid as well as the strong man who works outdoors in the cold. Where it is possible, considering the state of an invalid's health, use richer, more nutritious broths and serve a little game if possible, in autumn. A broiled venison steak is just as nutritious as one of beef. A broiled quail is a bird as nutritious as a chicken and always better if it is properly killed and cooked. Most invalids who are confined long to their rooms weary of broiled chicken, and a quail is welcome because it is new. Perfectly cooked and perfectly fresh button mushrooms are easily digested and can appear on an invalid's table in a mushroom sauce served with a tender piece of beefsteak, if so substantial a food is allowable. The proper serving of the proper variety of food together has considerable to do with its good digestion. Many a sick one has suffered from receiving food excellent by itself, but indigestible when eaten in conjunction with a certain sauce or other accompaniment.—(N. Y. Tribune.)

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## COCOA AND CHOCOLATE.

A Short History of their Production and Use is an interesting and highly instructive booklet issued by Walter Baker and Company of Dorchester, Mass. Among its contents is a chapter upon the production and consumption of these staple products. About 150,000,000 pounds of crude cocoa are exported from the tropical regions. The annual consumption is over 100,000,000 pounds. Other chapters are entitled "The Cocoa Tree and its Fruit," "The Early Use of Cocoa and Chocolate," "A Perfect Food," "Valuable properties of Cocoa Butter," "The House of Walter Baker & Co." Much valuable information is given concerning these favorite and healthful beverages. They have been prepared for a large and constantly extending market by this well known firm of manufacturers for over 230 years, at one place under the same name. They furnish free to any one applying for it a little book of choice receipts for using cocoa and chocolate in many new ways, both for cooking and drinking. Miss Maria Parloa and Miss Burr have compiled this booklet. Our readers should find it worth having and should send a post card request for it to Walter Baker & Co., Dorchester, Mass.

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We believe **MINARD'S LINIMENT** is the best.

Matthias Foley, Oil City, Ont.  
Joseph Snow, Norway, Me.  
Chas. Whooten, Mulgrave, N. S.  
Rev. R. O. Armstrong, Mulgrave, N. S.  
Pierre Landry, senr., Pokemouche, N. B.  
Thomas Wasson, Sheffield, N. B.

## RADWAY'S READY RELIEF

Radway's Ready Relief cures the worst pains in from one to twenty minutes. Not one hour after reading this advertisement need any one suffer with

### Aches and Pains.

For Headache (whether sick or nervous) toothache, neuralgia, rheumatism, lumbago, pains and weakness in the back, spine or kidneys, pains around the liver, pleurisy, swelling of the joints and pains of all kinds; the application of Radway's Ready Relief will afford immediate ease, and its continued use for a few days effect a permanent cure.

### A Cure for All

Colds, Coughs, Sore Throat, Influenza, Bronchitis, Pneumonia, Swelling of the Joints, Lumbago, Inflammations, Rheumatism, Neuralgia, Prostrations, Chills, Headaches, Toothache, Asthma, Difficult Breathing. Cures the worst pains in from one to twenty minutes. Not one hour after reading this advertisement need any one suffer with pain.

Radway's Ready Relief is a sure cure for every Pain, Sprains, Bruises, Pains in the Back, Chest and Limbs.

### IT WAS THE FIRST AND IS THE ONLY PAIN REMEDY

That instantly stops the most excruciating pains, allays inflammation and cures Congestions, whether of the Lungs, Stomach, Bowels or other glands or organs, by one application. A half of a teaspoonful in half a tumbler of water will in a few minutes cure Cramps, Spasms, Sour Stomach, Heartburn, Nervousness, Sleeplessness, Sick Headache, Diarrhoea, Dysentery, Colic, Flatulency and all internal pains.

There is not a remedial agent in the world that will cure Fever and Ague and all other Malarious, Bilious and other fevers, aided by Radway's Pills, so quickly as Radway's Ready Relief.

50 cents per bottle. Sold by druggists.

## Radway's Pills

Always Reliable. Purely Vegetable

Perfectly tasteless, elegantly coated, purge, regulate, purify, cleanse and strengthen. RADWAY'S PILLS for the cure of all disorders of the Stomach, Bowels, Kidneys, Bladder, Nervous Diseases, Dizziness, Vertigo, Constipation, Piles.

**SICK HEADACHE. FEMALE COMPLAINTS: BILIOUSNESS**

**INDIGESTION, DYSPEPSIA, CONSTIPATION**

—AND—

**All Disorders of the LIVER.**

Observe the following symptoms, resulting from diseases of the digestive organs: Constipation, inward piles, fullness of blood in the head, acidity of the stomach, nausea, heartburn, disgust of food, fullness or weight of the stomach, sour eructations, sinking or fluttering of the heart, choking or suffocating sensations when in a lying posture, dimness of vision, dots or webs before the sight, fever and pain in the head, deficiency of perspiration, yellowness of the skin and eyes, pain in the side, chest, limbs, and sudden flashes of heat, burning in the flesh.

A few doses of RADWAY'S PILLS will free the system of all the above named disorders. Price 25c. a Box. Sold by Druggists, or sent by mail.

Send to DR. RADWAY & CO., Lock Box 36 New York, for Book of Advice.

## SMOTHERING

## SENSATION.

**A Kingston Lady's Experience with Milburn's Heart and Nerve Pills in Relieving this Distressing Condition.**

"I have suffered for some years with a smothering sensation caused by heart disease. The severity of the pains in my heart caused me much suffering. I was also very nervous and my whole system was run down and debilitated.

"Hearing that Milburn's Heart and Nerve Pills were a specific for these troubles, I thought I would try them, and got a box at McLeod's Drug Store. They afforded me great relief, having toned up my system and removed the distressing symptoms from which I suffered. I can heartily recommend these wonderful pills to all sufferers from heart trouble.

(Signed) MRS. A. W. IRISH, Kingston, Ont.

**LAXA LIVER PILLS** cure Biliousness, Constipation and Sick Headache.

## Cowan's

**Royal Navy Chocolate and Hygienic Cocoa**

are always the favorites in the homes. The COWAN CO., TORONTO.