

## TEETHING BABIES.

A TRYING TIME FOR MOTHERS WHEN GREAT CARE AND WATCHFULNESS IS NECESSARY.

There is scarcely any period in baby's early life requiring greater watchfulness on the part of the mother than when baby is teething. Almost invariably the little one suffers much pain, is cross, restless day and night, requiring so much care that the mother is worn out looking after it. But there are other real dangers frequently accompanying this period that threaten baby's life itself. Among these are diarrhoea, indigestion, colic, constipation and convulsions. The prudent mother will anticipate and prevent these troubles by keeping baby's stomach and bowels in a natural and healthy condition by the use of Baby's Own Tablets, a medicine readily taken by all children and which, dissolved in water, may be given with perfect safety to even a new-born infant. In every home where these Tablets are used baby is bright and healthy and the mother has real comfort with it, and does not hesitate to tell her neighbors. Mrs. C. J. Delaney, Brockville, says:—"I have been giving my fifteen-months' old baby Baby's Own Tablets, whenever necessary, for some months past. She was teething and was cross and restless. Her gums were hard and inflamed. After using the Tablets she grew quiet, the inflammation of the gums was reduced, and her teeth did not seem to bother her any more. An improvement in baby's condition was noticeable almost at once, and I think there is no better medicine for teething babies." Baby's Own Tablets can be procured from druggists or will be sent post paid at 25 cents a box, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

A GUARANTEE—"I hereby certify that I have made a careful chemical analysis of Baby's Own Tablets, which I personally purchased in a drug store in Montreal. My analysis has proved that the Tablets contain absolutely no opiate or narcotic, that they can be given with perfect safety to the youngest infant; that they are a safe and efficient medicine for the troubles they are indicated to relieve and cure."

(Signed)

MILTON L. HERSEY, M. A. Sc.

Provincial Analyst for Quebec.

Montreal, Dec. 23 1901.

The weaver bird of the Straits Settlements sticks the glow-worm in the clay of its nest and so makes a night-light of it.

Spiced Salmon.—Turn out a pound can of salmon, remove skin and bones and break the fish into good-sized flakes; put into an earthen crock or a wide-mouthed glass jar. Strain the liquid from the fish into a saucepan, add an equal amount of water and twice as much vinegar, a dozen whole cloves, one-half of a teaspoonful of peppercorns, one-half of a teaspoonful of salt and half of a blade of mace. Bring to the boiling point and pour over the fish. Cover closely and let stand twenty-four hours before using.

Brunswick Salad.—Open a can of shrimps, rinse them in cold water, cut in pieces, sprinkle with a French dressing and set aside for two hours. Cut one pint of cold boiled veal into dice, sprinkle with the dressing and let stand. Mix together and add one pint of finely cut celery and sufficient mayonnaise to soften. Arrange on lettuce leaves, cover with more mayonnaise and garnish with olives.

## Health and Home Hints.

Four o'clock Tea Service.—Four o'clock tea usually means the informal serving of a cup of tea with plain sandwiches, wafers or cake of some kind. It is an English importation which is rapidly growing in favor and in many homes the afternoon cup of tea is as regular as lunch or dinner. A simple fashion is to clear off some small, light table, cover it with a square cloth and place on it tiny cups and saucers. If one has a small ornamental tea-kettle which can be heated by alcohol it is pleasant to make the tea there from start to finish; if not it can be made outside and the pot brought in covered with a cosy to retain the heat. With the cups of tea some very light form of refreshment may be passed such as a plate of bread and butter sandwiches, fancy wafers or homemade cake. No formality need be observed at such a service. Of course the cups, teapot and china may be fanciful and beautiful as the hostess chooses.

Fish Souffle.—Put one pound and a half of halibut in a saucepan with one scant teaspoonful of salt, one-half of a bay leaf, one slice of onion and a tablespoonful of vinegar, add sufficient boiling water to cover and simmer gently until the flesh draws away from the bones. Take from the saucepan and when cold remove skin and bones and pass through a chopper. Prepare a sauce with one pint of milk, two tablespoonfuls each of butter and flour, one teaspoonful of salt and a dash of cayenne. Add four tablespoonfuls of fine crumbs from the centre of a stale loaf and one teaspoonful of lemon juice and cook for four minutes longer. Take from the fire, add the fish (which should measure two cupfuls), the beaten yolks of three eggs and one tablespoonful of finely-chopped parsley. Fold in lightly the stiffly whipped whites of the eggs, fill paper cases two-thirds full with the mixture and bake about fifteen minutes in a slow oven. The potatoes which accompany the fish are to be cut in dice, boiled in salted water until barely tender, drained, placed in a saucepan at the side of the fire and Hollandaise sauce poured over them, a little at a time, shaking occasionally that they may absorb the sauce and keeping very hot for ten minutes.

## Almost A Miracle.

Wrought in the case of a Charlotte-town Lady.

HER DOCTOR SAID SHE WAS IN CONSUMPTION AND HELD OUT NO HOPE OF RECOVERY—TO-DAY SHE IS WELL, STRONG AND ACTIVE.

From the Islander, Charlottetown, P.E.I.

Statistics published from time to time show the number of deaths occurring throughout this country from consumption to be as great as the number caused by all other preventable diseases combined. It is no wonder, therefore, that the medical fraternity has at last awakened to the fact that the most urgent means must be taken to prevent its further spread, and to teach the public that while the disease is readily communicated from one person to another, it is not necessarily inherited, though the tendency to it may be. It is therefore, of the utmost importance that people with weak lungs should take the greatest care of

themselves to prevent consumption obtaining a hold upon them. Pure, out-of-door air, lots of sunshine, wholesome food and a good tonic medicine to keep the blood rich, red and pure, will enable anyone to resist the inroads of the disease. As a blood forming tonic, there is no medicine the equal of Dr. Williams' Pink Pills. These pills where freely and fairly used, will strengthen the weakest constitution, and have cured many cases of consumption when taken in its early stages. Proof of this is given in the case of Mrs. Abram Henry, of Charlottetown, P.E.I. To a reporter of the Islander who called upon her, Mrs. Henry said:—"A few years ago I found myself growing weak and pale, and emaciated. I took various medicines on the advice of friends, but none of them appeared to do me any good, and two years ago my condition became so much worse that I was obliged to take to my bed, and call in a doctor, who said that my lungs were affected, and that I was going into consumption, and he told my mother, who was mostly in attendance upon me, that my recovery was very doubtful. I grew gradually weaker and weaker. I could not sit up for five minutes; my lungs pained me; I coughed severely, lost almost all desire for food, and when I did eat I found it difficult to retain food on my stomach. I fell away in weight from 148 pounds to 100 pounds, and I do not think any of my friends expected to see me get better. But some of them urged me to try Dr. Williams' Pink Pills, and I decided to do so. I began by taking one pill a day, for my stomach was very weak, but I was soon able to increase this to three pills a day, and finally as my strength was increasing under their use, I took nine pills a day. The change which came with the use of the pills was little short of miraculous, and so marked and rapid that inside of two months after I began their use, I was able to leave my bed and move about the house, and soon after I was able to walk about in the open air and make short visits to my friends. On one of these occasions I met the doctor who had attended me, and he asked me what I had been taking that had made such an improvement. I replied that I had been taking Dr. Williams' Pink Pills, and he said 'all right, continue them, they won't hurt you anyway.' Well, I continued taking them until I had used seventeen boxes, with the result that I never felt better than I do now—not even in my girlhood days. It is more than a year since I stopped taking the pills, and you can see for yourself what they did for me. I may say, too, that my weight has increased to 137 pounds. I am not anxious for publicity, but when I think of what the pills did for me, I believe I ought to sacrifice my own feelings for the benefit of some other poor sufferer."

Dr. Williams' Pink Pills have produced such remarkable cures as the above, because they are wholly unlike ordinary medicines, which only act upon the symptoms. These pills go direct to the root of the trouble, making new, rich blood, and giving increased strength with every dose. In this way they cure consumption in its early stages, also such diseases as paralysis, rheumatism, St. Vitus' dance, heart trouble, neuralgia, dyspepsia, chronic erysipelas, and all the functional troubles that makes the lives of so many women miserable. The genuine pills are sold only in boxes bearing the full name "Dr. Williams' Pink Pills for Pale People." If you do not find them at your dealers, they will be sent postpaid at 50 cents a box or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.