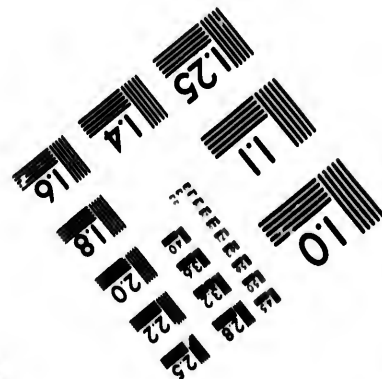
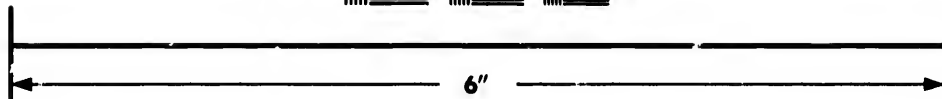
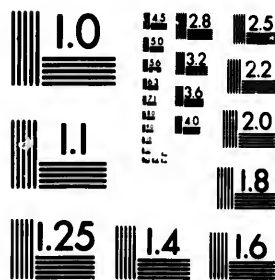


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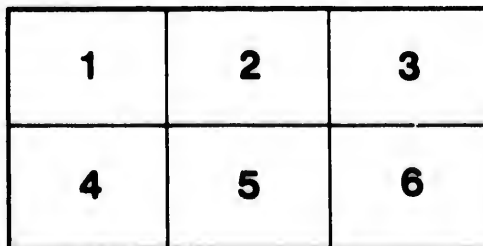
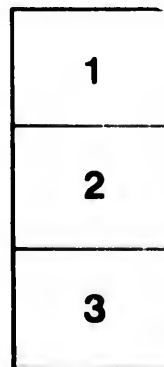
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Information
for
OLD
and
YOUNG

PRESENTED BY THE MAKERS
OF
CARTER'S LITTLE LIVER PILLS.

TO THE PUBLIC ▶

This little book is not an Almanac, neither is it a cook book.

For years you have been deluged with both of these, so we have decided to give you something different,—a book of

INFORMATION

For

OLD and YOUNG

You will find here items of interest affording food for study and contemplation enough for a year. Read them aloud to your children, and you will fill their young minds with a store of knowledge which will stand them in good stead in after years

In compiling and distributing this little book, involving much labor and large expenditure of money, we have an object in view. We make no secret of it, — it is to call to your attention the great value of our family medicines, viz—

**CARTER'S LITTLE LIVER PILLS,
CARTER'S LITTLE NERVE PILLS,
CARTER'S IRON PILLS,**

CARTER'S Smartweed and Belladonna Backache Plasters

Please read what we have to say about them, and if we succeed in furnishing food for your minds, and cures for your body, surely our labor will not have been in vain.

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HOW'S YOUR LIVER?

Some years ago, William Gillette wrote a play which he called "The Private Secretary." It set the whole country laughing. The catch phrase in this clever piece—the one which provoked probably the most merriment—was, "How's your liver." It was the favorite expression of old man Cattermole, an irascible bachelor, who ascribed all the ills and disorders of life to the liver.

He was nearer right than wrong. The liver is the largest organ of the body, weighing between 50 and 60 ounces, and it is quite as important as it is large. It is situated on the right side of the body, below the heart and lungs, and around it as a centre are clustered all the vital organs of that machine of most marvellous adjustment and delicacy called man. It is the fountain head of health, the seat of war or the pedestal of peace, according as it is, ill or well, clogged or clear. It is an organ of splendid precision when in health, or of dire disorder when its functions are impaired or interrupted. It is divided into two main parts called lobes—a large right lobe and a smaller left lobe. These lobes or divisions of the liver are an intricate system of blood vessels, secreting cells, tiny ducts, nerves and lymphatics. Resting in a niche in the side of the liver, is the gall bladder, in which the bile is secreted and from which it flows into the bowels to act as a natural laxative to keep the waste matter moving on its journey out of the system.

The Ancients believed the liver to be the seat of love and courage, and they considered its preservation in a state of health of vital necessity. They were right. The man with a healthy liver has a distinct advantage over him who suffers from torpidity, dyspepsia, kidney trouble, constipation and the thousand and one ills that trace their origin to disease of this very sensitive organ.

For such, Carter's Little Liver Pills were compounded. They were not a chance discovery nor are they a quack remedy of passing value and limited scope, but the result of Dr. Carter's life study of liver troubles and the best means of curing them. They act gently but surely on the liver, stimulating it to healthy, normal action.

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DIGESTIBILITY of FOODS

The time required for digesting, in the stomach, the several kinds of food in common use in this country. From actual experiments :

ARTICLE	How PREPARED	TIME	
		H.	M.
Apples, sour, Mellow	Raw	2	00
Apples, sour, Hard	Raw	2	50
Apples, sweet, Mellow	Raw	1	30
Bass, striped.	Broiled	3	00
Beans, pod	Boiled	2	30
Beans and green corn	Boiled	3	45
Beef	Fried	4	00
Beef steak	Broiled	3	00
Beef, fresh, lean, dry	Roasted	3	30
Beef, fresh, lean, rare	Roasted	3	00
Beef, with mustard	Boiled	3	10
Beef, with salt only.	Boiled	3	30
Beets	Boiled	3	45
Brain, animal.	Boiled	1	45
Bread, corn.	Baked	3	15
Bread, wheat, fresh	Baked	3	30
Cabbage	Raw	2	30
Cabbage, with vinegar	Raw	2	00
Cabbage	Boiled	4	30
Carrot, orange	Boiled	3	15
Cartilage	Boiled	4	15
Catfish	Fried	3	30
Cheese, old, strong	Raw	3	30
Chicken, full grown	Fricassed.	2	45
Codfish, cured, dry.	Boiled	2	00
Custard	Baked	2	45
Duck, tame	Roasted	4	00
Duck, wild	Roasted	4	30
Eggs, fresh	Raw	2	00
Eggs, fresh	Whipped	1	30
Eggs, fresh	Roasted	2	15
Eggs, fresh	Soft Boiled.	3	00
Eggs, fresh	Hard Boiled	3	30
Eggs, fresh	Fried	3	30

FUNCTIONS of the LIVER

The liver is the great purifier of the body and is sometimes termed the gateway of health. It is the filter through which the food and blood must pass on their way to perform their various duties in promoting the functions of the organs of the body. You will therefore realize, dear reader, the importance of keeping this vital organ in good working order. It may appropriately be termed the "mill of life," for it is the only door through which two of the great essentials of life—food and blood—must pass. Like every other delicate piece of machinery, the liver is easily deranged, and when this contingency arises there must be a speedy remedy, or a breakdown will surely follow, bringing in its train the whole catalogue of diseases known as liver troubles.

The most important functions of the liver are the manufacture of urea, bile acids, glycogen and pepsin. These functions must not be interrupted, because such interruption means the retention in the blood of the poisons, uric acid and urate of sodium, and their diffusion thereby throughout the system, causing biliousness, rheumatism, gout and kidney disease.

The incalculable value of **Carter's Little Liver Pills** is never more clearly manifested than when such conditions exist. In the first place, they're little and therefore gentle in their action. A tired liver is not to be forced into action by a crowbar, it must be persuaded, coaxed, quietly stimulated. Did you ever notice an engineer starting his engine? He doesn't throw the throttle wide open with one grand sweep. The result would be a rending wrench and a disastrous breakdown. The violent purging of the usual enormous cathartic pill has a similar effect on the liver—the reaction is more serious than the original trouble.

But **Carter's Little Liver Pills**, like the prudent engineer, apply the motive power gently and gradually until the liver is moving safely and surely along the lines of health.

DIGESTIBILITY of FOODS

CONTINUED

ARTICLE	HOW PREPARED	TIME	
		H.	M.
Fowls, domestic	Roasted	4	00
Fowls, domestic	Boiled	4	00
Gelatine	Boiled	2	30
Goose, wild.	Roasted	2	30
Hashed meat and vegetables .	Warmed	2	30
Heart, animal	Fried	4	00
Lamb, fresh	Broiled	2	30
Liver, beeves, fresh	Broiled	2	00
Marrow, spinal, animal.	Boiled	2	40
Milk	Boiled	2	00
Milk	Raw	2	15
Mutton, fresh	Broiled	3	00
Mutton, fresh	Boiled	3	00
Mutton, fresh	Roasted	3	15
Oysters, fresh	Raw	2	55
Oysters, fresh	Roasted	3	15
Oysters, fresh	Stewed	3	30
Parsnips	Boiled	2	30
Pig, Sucking	Roasted	2	30
Pig's Feet, soused	Boiled	1	00
Pork steak	Broiled	3	15
Pork, fat and lean.	Roasted	5	15
Pork, recently salted	Stewed	3	00
Pork, recently salted	Broiled	3	15
Pork, recently salted	Fried	4	15
Pork, recently salted	Boiled	4	30
Potatoes, Irish	Roasted	2	30
Potatoes, Irish	Baked	2	30
Potatoes, Irish	Boiled	3	30
Salmons, salted	Broiled	4	00
Sausage, fresh	Boiled	3	20
Soup, barley	Boiled	1	30
Soup, bean	Boiled	3	00
Soup, chicken	Boiled	3	00
Soup, mutton	Boiled	3	30
Soup, oyster	Boiled	3	00
Soup, beef and vegetable	Boiled	4	00

Symptoms of Liver Complaint

Dyspepsia, indigestion, rheumatism, gout, skin eruptions, sallowness, constipation, dizziness, vertigo, headache, piles, pain in the back, melancholy, bad breath, furry tongue, horrid taste, unpleasant dreams, insomnia, undue sleepiness, nausea, flatulence, swelling of the abdomen, colicky condition of the bowels, pain and soreness in the stomach, liver spots on the skin, loss of memory, impaired vitality, dire forebodings, lack of energy, indecision, crankiness, blood poisoning, nervousness, falling hair—oh, there are lots of them, and each one emphasizes the importance of having **Carter's Little Liver Pills** constantly within reach. They are the right thing at the right time, sure and certain in effect, pleasant and perfect in action.

For your own sake, don't neglect any of the symptoms of liver disorder or the complaint will become chronic, and the ultimate, after untold sufferings, is **DEATH**.

When the liver is torpid or congested the bile is deficient in quantity or vitiated in quality or both. Sometimes the duct which conveys the bile from the liver into the bowels becomes clogged by a thick tenacious slime and at others by gall stones. The bile is then thrown back into the gall bladder where it is absorbed and carried into the thoracic duct and from thence conveyed by the blood to the heart, causing heart disease and death.

Or, the bile, thus diverted from its natural course, attacks the health in other ways almost if not quite as serious.

Its coarse particles in the blood obstruct the pores of the skin, causing loathsome skin diseases—erysipelas, eczema, itch, blotches, pimples, scurvy, boils, sore eyes and ulcers of various sorts. The skin becomes yellow, dark, greasy and jaundiced. The whites of the eyes are tinged with green or yellow, the urine is affected and the kidneys diseased.

Prevent all this by taking **Carter's Little Liver Pills**. They are harmless, absolutely pure and their price is within easy reach.

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DIGESTIBILITY of FOODS

CONTINUED

ARTICLE	HOW PREPARED	TIME	
		H.	M.
Soup, marrow bones	Boiled	4	15
Tripe, soused	Boiled	1	00
Trout, salmon, fresh	Boiled	1	30
Trout, salmon, fresh	Fried	1	30
Turkey, wild	Roasted	2	18
Turkey, domestic	Roasted	2	30
Turkey, domestic	Boiled	2	25
Turnips	Boiled	2	30
Veal, fresh	Boiled	4	00
Veal, fresh	Fried	4	30
Venison steak	Broiled	1	35

PERIODS of DENTITION

FIRST DENTITION.

As a rule, the teeth of the lower jaw precede those of the upper, except in the case of the lateral incisors.

Central incisors	5th to 8th month.
Lateral incisors	7th to 10th month.
First molars	12th to 14th month.
Canines	16th to 20th month.
Second molars	20th to 30th month.

SECOND DENTITION.

First molars	5th to 7th year.
Central incisors	7th to 8th year.
Lateral incisors	8th to 9th year.
First bicusps	9th to 10th year.
Second bicusps	10th to 11th year.
Canines	11th to 12th year.
Second molars	12th to 13th year.
Third molars	17th to 21st year.

CURE of LIVER COMPLAINT

Carter's Little Liver Pills—that's what they were made for and that's what they'll do. Dr. Carter was a physician of extraordinary skill in dealing with liver disorders, and the "little liver pills" are the remedy he found most powerful, successful and safest in his long years of practice.

Just before retiring, take two to three pills to start with, and then one each night following until the tongue clears and the disagreeable symptoms disappear.

The length of time necessary to effect a cure will vary with the severity of your case, but the cure will come if you stick to **Carter's Little Liver Pills**. The flabby, pasty look will give way to firm, healthy, glowing flesh, the movement of the bowels will become regular and easy, your head will stop aching and you'll feel like a new person ready to do and dare things that recently seemed beyond possibility, and life will take on a tinge of *couleur de rose*.

But remember one thing—medicine is only an *assistant* in the removal of disease. Nature herself is the best mender of her own ills. Occasionally she needs assistance. Then good medicines, like **Carter's Little Liver Pills** are useful and necessary, and they should be promptly and persistently taken until Nature is able to bear her burdens unaided.

Remember also that in every disease, attention to the laws of nature is most essential. The skin should be kept clean. A free action of the vessels of this part of the body exerts a great influence in the removal of disease from the liver as well as in keeping it healthy. If the two pounds of poisonous matter which daily pass through the pores are not removed by frequent bathing and dry rubbing, disease will result, or if it already exist, will be aggravated.

Every person, particularly a sick one, should breathe pure air. The purer the blood that courses through the body, the greater the energy of the system to prevent and remove disease, and pure blood cannot exist without pure air.

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SYMPTOMS of DISEASES

The following table may help in determining the existence of any one of six diseases :

Character of Rash or Eruption	Date of Appearance	Disease	Duration in days	REMARKS
Small rose pimples changing to vesicles	2d day of fever or after 24 hours illness	Chicken Pox	6-7	Scabs from about 4th day of fever
Diffuse redness and swelling	2d or 3d day of illness	Erysipelas		High fever and severe pain
Small red dots like flea bits	4th day of fever or after 72 hrs. illness	Measles	6-10	Rash fades on 7th day
Bright scarlet diffused	2d day of fever or after 24 hrs. illness	Scarlet Fever	8-10	Rash fades on 5th day
Small red pimples changing to vesicles then pustules	3d day of fever or after 48 hrs. illness	Small-Pox	14-21	Scabs from 9th or 10th day, fall off about 14th
Rose colored spots, scattered	7th to 12th day	Typhoid Fever	22-30	Accompanied by diarrhoea

THE PULSE

AGES	BEATS PER MINUTE
At birth	130 to 140
One month	120
One year	120 to 108
Two years	108 to 90
Three years	90 to 80

AGES	BEATS PER MINUTE
Seven years	85
Puberty	85 to 80
Adult age	75 to 70
Old age	65 to 60

DIGESTION

During digestion the food is subject to five changes :

1st. In the mouth by the action of teeth and saliva.

2nd. The action of the stomach and the gastric juice change it into a pulpy mass.

3rd. In the larger power, the bile and pancreatic juice change the pulpy mass into a milky substance called chyle.

4th. By the action of the lacteal vessels and thoracic duct, the chyle is sucked up and poured into a vein behind the collar bone, and passes through the heart and lungs; here by the action of the air, it becomes blood.

5th. The separation of the residuum or waste matter and its excretion from the system.

The perfection of the digestive process and the health of the body requires the observance of certain conditions :

1st, Quantity of Food; 2nd, Its Quality; 3rd, the manner in which it is taken; 4th, the condition of the system when food is taken.

The *quantity* of food varies with age, occupation, habits, temperament, temperature, health and disease. The child requires more food than the aged, the laborer than the student; more food in cold than in warm weather.

As to *quality*—that depends on season, climate, age, &c. The food should contain nutritious matter to build up the system and innutritious matter to distend the stomach and bowels. Consequently hot flour bread, rich pies and jellies are not so good articles of food as the unbolted wheat bread, ripe fruits and berries.

Upon the *manner* of taking food much depends. It should be eaten at regular intervals. It should not be taken too frequently—"pieces" between meals are bad. It should be well chewed. The chewing should be moderate. Tea, coffee, water or other drinks should not be taken during a meal.

The *condition* of the system should be regarded when food is taken. Don't eat immediately before or after severe exercise of body or mind. Breathe pure air. Stop eating at least three hours before retiring. When traveling in railroad coaches, eat sparingly of mild food. See that the bowels move regularly once in 24 hours. Keep **Carter's Little Liver Pills** constantly on hand.

ANTIDOTES FOR POISONS

In case where other articles available for antidotes are not in the house, give two table-spoonsful of mustard mixed in a pint of warm water. Also give large draughts of warm milk or water mixed with oil, butter or lard. If possible, while waiting the arrival of the doctor, give as follows :

For Bed Bug Poison.

Blue Vitrol.	} Give milk or white of eggs in large quantities.
Corrosive Sublimate	
Lead Water	
Saltpetre	
Sugar of Lead	
Sulphate of Zinc.	
Red Precipitate	
Vermilion.	

Fowlers solution.	} Give emetic of mustard and salt—table-spoonful of each ; follow with sweet oil, butter or milk.
White Precipitate	
Arsenic	

Antimonial Wine	} Drink warm water to en- courage vomiting. If vomit- ing does not stop, give grain opium in water.
Tartar Emetic	

Oil Vitrol.	} Magnesia or soap, dissolved in water, every two minutes.
Aqua-fortis.	
Bicarbonate Potassa	
Muriatic Acid	
Oxalic Acid.	

Caustic Soda.	} Drink freely of water with vinegar or lemon juice in it.
Caustic Potash.	
Volatile Alkali.	

Carbolic Acid	} Give flour and water or glu- tinous drinks.
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Chloral Hydrate	} Pour cold water over the head and face, with artificial respiration, Galvanic Battery
Chloroform	

INDIGESTION and DYSPEPSIA

Carter's Little Liver Pills, first, last and all the time. Happy that individual whose digestion is unimpaired. But alas, how few there are. We Americans are a nation of dyspeptics. We are in too big a hurry. In the few years of our history as a nation we have accomplished results in material growth and prosperity that seem incredible and which have given us a place in the front rank of the world's powers. But we are a nation of dyspeptics. The feverish energy which has packed several centuries of progress into one has played havoc with our digestion. We need medicine. We need **Carter's Little Liver Pills**. We hurry through our meals. The food goes into the stomach improperly chewed. The gastric juices are unable to digest it thoroughly. The half digested mass decays—gases are formed, the breath is bad, the tongue coated, a dark brown taste is in the mouth, the head aches, constipation follows, and piles and melancholy, and crankiness—in short, we are dyspeptics. We do and say things we're sorry for, and no one can blame us, for dyspepsia is enough to make anyone disagreeable.

Prevent it all by selecting sensible foods. Chew slowly and thoroughly—first to reduce the food to fine particles and second to permit the saliva to soften it so that when it reaches the stomach, digestion can be accomplished without difficulty and without fail.

If you are already a dyspeptic, take three **Carter's Little Liver Pills** to-night and one each following night for several days. They will gently stimulate the tired liver and enable it to perform its work. The putrid, decayed mass of undigested food will thus be expelled from the system through the bowels and the digestive apparatus will have a chance to begin anew. The appetite will increase, the tired, weary feeling will give way to vigor and courage, the pale, thin, emaciated figure will regain its lost tone, the complexion will clear, the headaches cease and pure red blood will course through the veins, giving all the bodily organs renewed vitality.

Don't despair—**Carter's Little Liver Pills** have cured just as desperate cases as yours.

ANTIDOTES FOR POISONS CONTINUED

Carbonate of Soda.	} Prompt emetic; soap or mucilaginous drinks.
Copperas	
Cobalt.	
Laudanum	} Strong coffee, followed by ground mustard or grease in warm water to produce vomiting. Keep in motion.
Morphine.	
Opium.	
Nitrate of Silver.	Give common salt in water.
Strychnine	} Emetic of mustard or sulphate of zinc, aided by warm water.
Tincture Nux Vomica	



WHY IS FOOD REQUIRED?

The question seems almost absurd, so familiar is the fact; and yet the answer to it involves one of the grandest chapters in the history of science. In its simplest form, it may be given in three words; it is fuel. We require food frequently for just the same reason that a fire requires coal frequently, and a lamp oil—because we are burning away. The air that we breathe into our lungs contains oxygen, and this oxygen combines with, or burns, the muscles of the other organs of our bodies just as does the coal in fire. About 30 oz. of oxygen a day are thus consumed, requiring about 12 oz. of carbon to replace the waste, or say 3 lbs. of bread. The heat produced in a man's body in the course of a day is considerable in quantity. Taking the average, it is enough to raise five and a half gallons of water from freezing point to boiling point, and this is about the heat that would be given off during the burning of a pound of coal. All this heat comes from slow wasting or burning of the substance of the body, so that it is evident that if we did not make up for this constant loss by eating food, our organs would soon be wasted away or consumed.

Sick Headache and Biliousness

Sick headache means, that your brain is poisoned. A startling statement, but it's true. The brain is the centre of the nervous system. Undigested food in the stomach turns sour, putrifies and creates poisons which get into the blood and irritate the nerves, and the sad news is instantly telegraphed to the brain, and the head aches and aches, there is dizziness, nausea, there are black spots before the eyes, and a general depression of the entire system.

Don't take stimulants. They simply dull the effect temporarily, leaving the exciting cause undisturbed to create further trouble. **Carter's Little Liver Pills** remove the cause, stimulate the liver to action and impart tone and energy to the entire digestive system.

BILIOUSNESS

It means that the bile has been diverted from its proper channel and diffused throughout the body where it doesn't belong. Bile is a very useful servant but a relentless master. When the liver is working right, the bile flows from the gall bladder into the bowels and acts as a natural laxative or lubricant. When the liver becomes clogged, the bile flows into the stomach and gets into the blood, causing that long train of bilious disorders whose ultimate is sometimes jaundice and again fevers and death. Bilious fever is serious enough in itself, and besides, if it is not checked it very soon runs into typhoid fever and all too frequently into total dissolution. The symptoms of bilious fever are reduction of vital energy, alternate chilliness and feverish flushes, pains in the back, arms and legs, nausea, weakness and prostration.

Carter's Little Liver Pills, backed by pure air and nourishing food, will correct the trouble. They act directly on the liver, one of whose functions is the secretion of bile, they restore the fluid to its proper course and the poisonous matter, by the action of the pores of the skin, the kidneys and the bowels, is speedily excreted from the system and health returns.

Receipts for Housekeepers

ANTS, RED.—Sprigs of wintergreen or ground ivy will drive away red ants. Branches of wormwood will serve the same purpose for black ants. The insects may be kept out of sugar barrels by drawing a wide chalk mark around the top, near the edge.

BILIOUSNESS.—For biliousness, squeeze the juice of a lime or small lemon into half a glass of cold water, then stir in a little baking soda and drink while it foams. This receipt will also relieve sick headache if taken at the beginning.

BITES AND STINGS OF INSECTS.—Wash with a solution of ammonia water.

BITES OF MAD DOGS.—Apply caustic potash at once to the wound, and give enough whiskey to cause sleep.

BOOTS.—To make leather boots water proof, saturate them with castor oil; to stop squeaking, drive a peg into the middle of the sole.

BOTTLE CLEANING.—Bottles are easily cleaned with hot water and fine coals.

BURNS.—Make a paste of common baking soda and water, and apply it promptly to the burn. It will quickly check the pain and inflammation.

CHARCOAL.—It is well to keep large pieces of charcoal in damp corners and in dark places.

CHIMNEY ON FIRE.—Throw salt or a handful of sulphur on the grate.

CLEANING LAMP CHIMNEYS.—Newspapers are the best thing for cleaning lamp chimneys. When filling the lamp, drop the least kerosene on a piece, then rub the chimney till it shines.

CLINKERS.—To remove clinkers from stoves or fire brick, put in about half a peck of oyster shells on top of a bright fire.

COLORS FADED.—Hartshorn will usually restore colors that have been taken out by acid.

SKIN DISEASES

Again the liver is responsible. It certainly has a deal to answer for. The blood has been aptly termed the "stream of life." If that stream is poisoned at its source there is serious trouble all along its course.

When the blood has been tainted by the putrefaction of undigested food in the stomach and intestines, the liver, kidneys and skin are sadly overworked in trying to carry off this deleterious matter. The pores of the skin become clogged and diseased, producing pimples, blackheads, boils, carbuncles, itch, salt rheum, scald head, erysipelas, ulcers, eczema, and the long list of loathsome disorders which make life a burden. The suffering is intense and the sufferer becomes dejected and disheartened.

EXTERNAL APPLICATION and CURE-ALLS ARE of NO AVAIL

The disease cannot be cured from without. The pimples, the blotches, the disfigurements are but the outward manifestations of the poison within. The blood must be cured. It must be cleared of its poisonous solution and the supply thereof shut off forever before relief can be hoped for.

The pestilential army must be attacked through the liver. **Carter's Little Liver Pills** are the most powerful and effective ammunition ever devised for carrying such a campaign to success. Throw away the washes and lotions. They are a waste of time and money. Get right down to the root of the trouble—move the liver. Cleanse it, purify it, heal its ills, renew its strength and energy, stimulate it to healthy, normal action, see that it supplies untainted chyle to the blood, and the muddy, sallow, greasy complexion will become clear, the pimples will dissipate, the blotches, the itchings, the blemishes will quickly and certainly disappear.

Three pills the first night, one each succeeding night—harmless, powerful, sure.

Receipts for Housekeepers CONTINUED

COLD ON CHEST.—A flannel rag wrung out in boiling water and sprinkled with turpentine, laid on the chest, gives the greatest relief.

COUGH.—Boil one ounce of flaxseed in a pint of water, strain, and add a little honey, one ounce of rock candy and the juice of three lemons. Mix and boil well. Drink as hot as possible.

CUTS.—A drop or two of creosote on a cut will stop its bleeding.

DISINFECTANT.—Chloride of lime should be scattered at least once a week under sinks and wherever sewer gas is likely to penetrate.

FLIES.—20 drops of carbolic acid evaporated from a hot shovel will go far to banish flies from a room; while a bit of camphor gum, the size of a walnut, held over a lamp until consumed, will do the same for the mosquito.

FURNITURE TO CLEAN.—First rub with cotton waste dipped in boiled linseed oil; then rub clean and dry with a soft flannel cloth. Care should be taken that the oil is removed.

GILT FRAMES.—To restore gilt frames, rub with a sponge moistened in turpentine.

GREASE SPOTS.—To remove grease spots, thoroughly saturate with turpentine, place a soft blotting paper beneath and another on top of the spot, and press it hard. The fat is dissolved, then absorbed by the paper and entirely removed from the cloth.

HAIR.—To clean hair, wash well with a mixture of soft water, one pint; sal-soda, one ounce; cream of tartar, one ounce.

MOTHS.—Thoroughly beat furs and woollens before putting away. Put them in a paper bag and fasten up tight. If there are no moths or eggs inside the bag, the furs will be safe.

POLISHING FLAT IRONS.—Black flat irons, when rusty, with stove polish, and rub well with a dry brush.

CONSTIPATION

Fight it as you would death itself. Don't let anything interrupt the regular evacuation of the bowels once in twenty-four hours. The bowels are the main sewer for the carrying off of the waste matter of the body, and that sewer must not be clogged. The longer the residuum is allowed to remain in the body the harder and more immovable it becomes, and the more poisonous and dangerous to health. Its pressure on the delicate walls of the rectum produce piles, moisture being the first symptom, then intense itching, then tumors, bleeding and ulcers.

Other direct results of constipation are biliousness, jaundice, coated tongue, pimples, headaches, dizziness, nausea, vomiting, waterbrash, sour stomach, cramps, colic, neuralgia, nervousness, insomnia, kidney trouble and often appendicitis and peritonitis.

The IMPORTANCE of A SPEEDY RELIEF of CONSTIPATION

cannot be too strongly emphasized. Don't wait—do it at once. You need a physic and you need it at once. But you should select one that relieves naturally, without violence, gripe, cramp and a general upset of the stomach. Take **Carter's Little Liver Pills**. Their action is gentle but absolutely sure. Unlike many cathartics, they leave no train of disorders behind them which have to be cured in their turn.

CARTER'S LITTLE LIVER PILLS

do all the curing themselves. They attain the end in view with absolute certainty. They act harmlessly and effectively. They restore the digestive organs to health, so that medicine is unnecessary. They stimulate nature to the performance of the functions intended by the great Creator.

Receipts for Housekeepers

CONTINUED

PAINT.—Chloroform will remove paint. When the color of a fabric has been destroyed by acid, ammonia is applied to neutralize the same; after which an application of chloroform will, in almost all cases, restore the original color.

PILE OF PLUSH OR VELVET.—To raise the pile of plush or velvet, dampen on the wrong side with clean cold water, then hold tight across the face of a hot iron, and rub up the compressed part with a stiff brush.

POLISHING STOVES.—For polishing heating stoves, hardware dealers use turpentine and black varnish. Properly put on it will last throughout a season.

RATS.—Chloride of lime is an infallible preventative against rats, as they flee from its odor as from a pestilence.

SCREW.—To remove an obdurate screw, apply a red hot iron to the head for a short time, the screw driver being applied immediately while the screw is hot.

SILVERWARE.—Silverware can be kept bright for months if placed with a largish piece of camphor in an air-tight case.

To prevent articles of silverware from tarnishing, first warm them and then paint them over with a thin solution of collodion in alcohol, using a wide soft brush for the purpose.

SMELL OF ONIONS.—Rub the hands on a stick of celery after peeling onions, and the smell will be entirely removed.

SORE THROAT.—Cut slices of fat boneless bacon, sprinkle pepper on it, and tie around throat with a flannel cloth.

SOUP.—If the cover is removed from soup dishes in the process of making, the soup will not get soft.

STARCH.—To prevent starch from souring when boiled, add a little sulphate of copper.

DIZZINESS AND VERTIGO

The distress signals of an irritated brain. The great centre of the nervous system is annoyed by poisonous matter floating in the blood on which it depends for nourishment and energy. There is a jangle among the delicately attuned nerves and the evidence of this disorder is dizziness or, in more advanced stages, vertigo.

Back of it all is a laggard liver. For some reason or other, it has become negligent and has allowed hurtful matter from the food to go out by the wrong gate and a distressing disturbance is the result. You have alternate attacks of constipation and diarrhoea; there is annoying wind in the stomach and bowels; piles often form; the tongue is covered with a white or brown scurf; irritation and chronic inflammation of the inner surface of the stomach and bowels, with tenderness on pressure and soreness along the lower edge of the ribs; food is often loathed and at other times an unhealthy appetite exists which food does not satisfy; belchings and a spitting up of sour matter follow meals; there is sleeplessness at night and sleepiness in day time; face flushed, with more or less fever, dizziness or vertigo; not infrequently a hacking cough with huskiness of the throat often mistaken for consumption; an expectoration of tough ropy phlegm; abscesses stud the liver sometimes, and breaking, discharge their contents into the lungs, producing gravest danger to life.

WHAT'S THE MATTER ?

What causes all these frightful symptoms? The liver. Set it right immediately. Don't waste a day. Time is precious. The system cannot long withstand such frightful drains on its vitality. Begin at once with **Carter's Little Liver Pills**. Use them faithfully until the very last symptom completely disappears, as it surely will. Liver complaints never have and never can resist the wonderful power of these gentle little pills. Take three to-night—one to-morrow night, and the next and so on. 25 cents a trial. Little in size but big in effect.

Receipts for Housekeepers

CONTINUED

STAINS.—To remove stains of ink, wash carefully with pure water, and apply oxalic acid. If the latter changes the dye to red tinge, restore the color with ammonia.

To take out ink or iron mould stains from white goods, wet with milk and cover with salt.

To remove egg stains from spoons, rub with common salt.

STAINS.—Buttermilk will take out mildew stains.

To remove the stains of acid fruit from the hands, wash your hands in clean water, dry slightly, and while they are yet moist strike a match and hold your hands around the flame.

For stains on the hands, nothing is better than salt, with enough lemon juice to moisten it, rubbed on the spots and then rinsed off with clean water.

WASHING.—Three teaspoonsful of kerosene put in the wash boiler will greatly assist in the last rubbing.

TO SAVE DOCTOR'S BILLS

Never go to bed with cold or damp feet.

Never lean with the back upon anything that is cold.

Never begin a journey until the breakfast has been eaten.

Never take warm drinks and then immediately go out into the cold.

Never omit regular bathing, for unless the skin is in regular condition the cold will close the pores and favor congestion or other diseases.

After exercise of any kind never ride in an open carriage, or near the window of a car for a moment; it is dangerous to health and even life.

Never stand still in cold weather, especially after having taken a slight degree of exercise, and always avoid standing on icy snow, where the person is exposed to the cold wind.

NERVOUS PROSTRATION and KIDNEY TROUBLE

The cause can generally be summed up in two words—sick liver. It "lays off" and the other organs are overworked and complain. If the liver is not speedily set in motion again, the complaint becomes very serious. The continual nagging of the nerves by poison in the blood causes untold suffering. The poisons come from undigested food which a careless liver has permitted to pass into the blood instead of the bowels, and from a diversion of the bile into parts of the body where it has no business to be. Doctor up your liver with

CARTER'S LITTLE LIVER PILLS

and you must soothe and quiet those tingling distraught nerves with **Carter's Little Nerve Pills**. Then, after things begin to straighten out a bit, the proper course to pursue is a campaign with **Carter's Iron Pills**. The system is necessarily weakened after any tussle with disease, and nothing in materia medica will so quickly and completely tone up the constitution and restore its strength and vitality. Take rest, fresh air and exercise and cultivate happiness. Don't think you're sicker than you are. Look on the bright side of life.

KIDNEY TROUBLES

are dangerous. They steal upon us unawares. Until the disease is well advanced, the symptoms are more or less obscure. The exciting cause is generally the liver. You have read the signs of disordered liver in a previous article. The moment they appear, resort at once to **Carter's Little Liver Pills**, and the chances are that you will never have to doctor kidney disease. When the liver works badly, the kidneys have more to do than they can stand, and they succumb to the strain. **Carter's Little Liver Pills** are the quickest road to health in such cases. If you have pain in the back, **Carter's Smartweed and Belladonna Backache Plasters** will be found a very grateful addition to the treatment. When you are convalescent use **Carter's Iron Pills**.

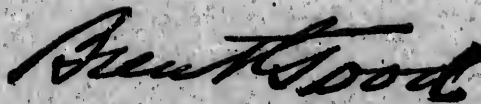
Caution!

In order to protect the public from counterfeits and imitations of our

Carter's Little Liver Pills.

We have adopted a wrapper which bears the fac-simile signature of our President, Mr. Brent Good.

Before purchasing, always examine the wrapper and be sure that it bears the fac-simile signature.

A fac-simile signature in cursive script, reading "Brent Good".

Very truly yours,

Carter Medicine Co.

CARTER'S LITTLE LIVER PILLS FOR CHILDREN

Excellent. Safe and sure. And they're pleasant, too. Children hate "bad medicine," but they like **Carter's Little Liver Pills**. They swallow them without effort, which fact every parent will appreciate. What mother but can remember the struggle she has had with her little one before she could induce it to swallow the nauseous dose deemed necessary to the child's well being?

CHILDREN LIKE CARTER'S LITTLE LIVER PILLS

and take them readily. These pills, being small, are particularly well adapted for the treatment of juvenile ills. Their action is so easy and moderate that there is no after effect of upset stomach and weakened bowels.

The many slight troubles resulting from constipation and over eating which children are so subject to, are speedily and safely relieved and cured by **Carter's Little Liver Pills**. They often bring away worms without recourse to any other medicine. They are always useful to follow after the administration of worm medicine, because they cleanse the stomach, liver and bowels so thoroughly and without annoyance, griping and purging. The bowel movements they induce are perfectly natural and easy. They clear the coated tongue, and drive away the distressing headaches and the child rests comfortably at night, dreaming of fairies, flowers and gardens rather than of ogres, boogies and terrible monsters. It is only necessary to give one or two pills at a dose. When a child has been indulging too freely in sweets, one pill, taken before going to bed, will, in nine cases out of ten, prevent ill consequences from such indiscretions. If the child were given a pill at the very first sign of disordered stomach, many a case of serious sickness might be successfully warded off. Mothers, give your children **Carter's Little Liver Pills** the moment the little one feels nausea, when the tongue is coated, and the breath bad. Give them if the child is restless at night and cries out in its sleep. Give them if there is constipation. Keep them always on hand. Their prompt use will save you many a doctor's bill.

What Many Women Need

Iron for the Blood, Sleep for the Nerves, Color for the Complexion, Strength for the Body

It is a fact that there are thousands of women who are weak and tired all day long; who never feel strong and well; and who, when night comes, and they ought to get rest and be refreshed by sleep, find themselves so weak and nervous that sleep is impossible, and their lives are miserable, indeed. To this very large and worthy class of persons, we offer **Carter's Iron Pills** as just the remedy they need. These pills are entirely free from opium or any injurious narcotics, do not affect the bowels in any manner whatever, are inviting in appearance, and are made expressly to relieve those troubles, which by day and by night harass and annoy a weak and nervous woman.

Special Indications for the use of Carter's Iron Pills

While **Carter's Iron Pills** are intended for all who are afflicted with **Nervous Weakness**, they are particularly adapted to the cases of **WOMEN** suffering from a weakened condition of the **Nervous System**, with **Prostration**, **Faintness**, etc., and may be used with great benefit in the following complaints, viz.: **Fluttering or Palpitation of the Heart**, **Tremblings**, **Nervousness**, **Nervous Headache**, **Leucorrhoea**, **Cold Hands and Feet**, **Pains in the Back**, and other forms of **Female Weakness**, all, or any of which render one **Easily Tired or Overcome**, **Easily Grieved or Vexed**, **Easily Startled or Alarmed**, etc.

These troubles are, in most instances, brought on or greatly aggravated by **overwork**, **care**, **anxiety**, **grief**, **sorrow**, **unkindness**, etc., and if not removed by the use of proper medicines, soon take away all of life's ambition, and make the sufferers burdens to themselves and their friends. To the large number of women whose lives are made miserable by the diseases we have named, **Carter's Iron Pills** are not only recommended, but are guaranteed to give immediate help, and while a few doses will show improvement, time and patience may be required to effect a cure. Be particular to follow both the **Directions** and **Suggestions** which accompany the medicine. **Persevere** in the use of the Pills, and in a short time you will feel like a different person.

CARTER'S IRON PILLS

Carter's Little Liver Pills have undoubtedly proven a blessing to humanity by the certain cure of so many of its ills, but they cannot do everything. They often need assistance. In many cases—particularly women—a medicine is needed to strengthen, to allay nervous irritation. There are thousands of women who are weak and tired all day long, who never feel strong and well. To these we offer **Carter's Iron Pills**. They are entirely free from opium or any injurious narcotics, yet they induce sleep. They never affect the bowels in any way, but they produce strength and vigor. They are particularly beneficial to women suffering nervous prostration, faintness, fluttering or palpitation of the heart, tremblings, nervous headache, leucorrhœa, cold hands and feet, pains in the back and other forms of female weakness.

These pills are guaranteed to effect a cure. Don't become discouraged after the first few doses, but persevere, and you will surely be rewarded. Be particular to follow the directions and suggestions which accompany the medicine, and you will soon feel like a different person.

CARTER'S IRON PILLS FOR MEN

They contain just the medicinal qualities needed by old and young. Many forms of nervous debility will yield to their action, and the patient will feel renewed strength and vigor of both mind and body. Those who have been victims of early evil habits, or over-indulgence in tobacco or liquors or those who from hard study or close application to business find themselves weak and nervous, with loss of vital force, impaired memory, pain in the back and nightly emissions, will find in the persistent use of **Carter's Iron Pills** a welcome relief from these troubles.

Carter's Iron Pills contain, in condensed form, all the elements necessary for producing new blood and nerve tissues. People who are pale and weak speedily find, under a course of these pills, a return of strength and the glow of health soon tints their cheeks. These pills are nerve and muscle builders.

INFORMATION FOR the NURSE

To change the under-sheet, roll it lengthwise—that is, begin at the side. Push soiled sheet and all coverings toward the patient, leaving the mattress bare. On this lay the clean roll, tucking one side under the mattress, unroll it towards the patient, and move him over the roll on the smooth space, keeping him covered with the top blanket. Go to the other side of the bed, put out the under blanket and soiled sheet, finish unrolling clean sheet and tuck it in. Lay the clean upper sheet over the top blanket and cover it with another blanket and thin spread. When these are in place remove the blankets that are next to the patient, and he will be left lying between clean sheets, in a clean night dress and thoroughly bathed, without having been exposed for an instant to the chance of taking cold.

Open the window at the top, and if there seems too much air near the bed, place a screen between that and the window. If none is at hand, improvise one by throwing a shawl over a clothes horse, or fastening a cord between two convenient points and hanging a blanket over it. If the window will open only at the bottom, tack the flannel there. The pillow case should be changed frequently, and the pillow turned as often as can be done without disturbing the patient. A cool, fresh surface near the face is very refreshing.

Keep the pillow well under the shoulders; nothing is more tiresome to a weak person than to have the edge come just in the hollow of the neck, throwing the chin forward on the breast. Gently brush and comb the hair, and if there is a beard, keep it washed and free from tangle. If the patient is a female, part the back hair and braid each portion. It can be coiled high in the head or allowed to hang in two tails. The nails of both hands and feet should be carefully attended to.

If the carpet cannot be removed, sweep it daily with a carpet sweeper or broom with a cloth wrapped around it, and burn the dust. Wipe the wood work and furniture daily with a damp cloth. Never leave milk stand in a sick room; it quickly absorbs impurities. If obliged to wait a few moments until the

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INFORMATION FOR the NURSE CONTINUED

invalid is ready to take it, cover the glass containing it. Make it a rule to leave nothing in the sick room that is not positively needed there. Remove every cup, glass, as soon as used, and wash all bottles when empty. Keep the little table beside the bed covered with a white cloth and see that it is always spotlessly clean. Be as cheerful as possible, and try to leave worries on the other side of the door. Remember while there is life there is hope, and never give way to despair while life remains.



TO GIVE a FOOTBATH in BED

Physicians agree that a hot foot bath is one of the most efficacious means of restoring warmth and circulation to the extremities on certain conditions of disease, but probably not one doctor in a thousand knows that a hot foot bath can be easily and conveniently given in bed. Patients who are so weak that they can scarcely sit are consequently assisted out of bed in order to have a foot bath administered, and the greatest care must be taken to avoid draughts and the taking of cold. To give a foot bath in bed, first lay a large bath towel smoothly in the bed at about the place where the knees of the patient come; then, having prepared the bath of the right temperature, slide the foot tub in beneath the covers, letting it rest upon the towel you have already arranged. At the same time, the patient lying upon his back, draws up his feet, bending his knees so that the feet will rest in the tub placed about where the knees were. Another towel can now be placed over the top of the tub, to prevent the steam dampening the sheets. When the nurse removes the tub, the patient's feet rest upon the towel. The feet are wiped dry, the towel removed and not a drop of water need be spilled upon the sheets. The whole thing is so simple that you wonder that you had not thought of it before.

Carter's Little Nerve Pills

**FOR NERVOUS and DYSPEPTIC MEN
and WOMEN**

They fill a place not before supplied.

A cheap but valuable nervine *and* tonic.

The only 25 cent remedy for the purpose.

Every nervous person who has used **Carter's Little Liver Pills** and experienced their effect should try **Carter's Little Nerve Pills** and enjoy the comfort they are sure to bring. They are as good in their special field as the Little Liver Pills are in curing liver troubles. They may be used alone or in combination with the Little Liver Pills, and, in either case, will give perfect satisfaction.

You need them if you are in the least degree nervous or irritable, if you are unable to sleep at night, if your hands tremble, if your nerves are unsteady. They are a boon for mothers suffering from the nerve-trying care of children, for men with nerves strained to the utmost tension by business worries. If you fail to gain proper strength from your food, take

CARTER'S LITTLE NERVE PILLS

Take them in connection with the Little Liver Pills if you suffer from weak stomach, indigestion, dyspepsia, nervous and sick headache and insomnia.

They are easy to take—small pink granules, good to look at, homeopathic in size but allopathic in effect. They combine the best knowledge on the subject of nerve cure of both schools of medicine.

Carter's Smartweed & Belladonna Backache Plasters * MADE POROUS

A superior plaster for weak or lame back, back ache, rheumatism, neuralgia, soreness of the chest or lungs, asthma, pleurisy, kidney troubles, crick in the back, stiffness of the joints and in fact any pain or ache to which a plaster is accessible. ♣ ♣ ♣ ♣ ♣

We believe we have one of the best plasters in the world and our customers who have used them think likewise. Their action is prompt, powerful and pleasant. They give relief almost as quickly as mustard, yet they are free from the pain and other objectionable features attendant on the use of that article. They can be worn for weeks, like the ordinary porous plaster. They contain no capsicum (red pepper) nor mustard, but are composed of time tried and reliable remedies that everybody knows and trusts, namely, galbanum, hemlock gum, Burgundy pitch and arnica combined with rubber to give consistency. To this already excellent plaster, extract of Smartweed and Belladonna are added.

Smartweed has proved itself a valuable addition, because it shows, in plaster form, the same superior medicinal qualities which have made it so popular as a fluid extract. Dr. J. S. Carter was the first to bring to public notice the virtues of Smartweed or water pepper in a form convenient for family use. He called his preparation Carter's Compound Extract of Smartweed. It was very successful. Its use in the plasters has been equally so.

If you wish a strengthening plaster that will give you quick relief from pain, ask your druggist for Carter's Smartweed and Belladonna Backache Plasters. They are 25 cents.

DROWNING & SUFFOCATION

The treatment for drowning and suffocation from gas, etc., is the same. First, restore breathing; second, promote warmth and circulation.

At once place the patient on his back in a lying position, with a pillow or cloak rolled up underneath the shoulder blades, and with the head hanging back slightly; remove any sand, or mud, or salt water, etc., from the mouth, by turning the face over to one side, so that it runs out, and undo all tight clothing from the chest and neck; then try and induce the action of breathing in the following manner: take hold of the arm by elbows (standing behind the head of the patient); and draw the arms gently and steadily upward until they meet above the head. Keep the arms up in that position for two seconds, then draw down the patient's arms and press them firmly against the sides of the chest; repeat these movements steadily and slowly about 15 times in a minute, until the patient begins to breathe, or until the doctor arrives and pronounces life to be extinct.

If there is a second person present, he can assist by placing one hand below the chest and pressing gently while the arms are coming down; he should also raise and rub the legs. As soon as the patient begins to breathe, leave off the movement to induce breathing and go on to the

TREATMENT to PROMOTE WARMTH and CIRCULATION

If possible give a warm bath for five minutes; wrap the patient in warm dry blankets, rub the limbs, under the blankets, firmly upwards. Put hot bottles or bricks to feet, to pit of stomach, under arm pits. When able to swallow, give small quantities of warm wine and water, or spirit and water, or coffee. Keep the patient in bed, and let him sleep if possible. If there is distress in breathing, put a mustard plaster on chest and on back below shoulders.

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CARTER'S LITTLE CURES

Carter's Little Liver Pills.
Carter's Iron Pills. ❀ ❀
Carter's Little Nerve Pills.
Carter's Smartweed and
Belladonna Backache
Plasters. ❀ ❀ ❀ ❀ ❀

Purging is a mistake. It tends to weaken the bowels and produce either constipation or chronic diarrhoea. Medicines that simply purge and pass out of the system should be let severely alone. If you would derive real benefit, use **Carter's Little Liver Pills**. They are in small, non-purgative doses which induce a regular habit of the body, avoid constipation and leave the bowels in a healthy and natural condition. Because of their small size, they are much easier to take than the enormous, griping cathartic pills you are usually asked to swallow. Then they are neither bitter nor nauseous to the taste, in fact, they are as easy to take as sugar. Children are not the only ones who dislike unpleasant doses.

Carter's Little Liver Pills gently stimulate the liver and free the stomach from bile. Other liver pills sadly upset the stomach, purge and weaken the bowels and leave the patient feeling sick and sore. They do not constipate as most purgative pills do, but on the contrary, they are a certain cure for constipation. They are purely vegetable, containing absolutely no calomel nor mercury in any form. In many pills, calomel is a main ingredient.

And lastly, **Carter's Little Liver Pills** are neat and inviting in appearance. No trifling advantage in any medicine.

While **Carter's Little Liver Pills** are far reaching in their benefits, they of course have limitations, and, in certain cases, need help. Such help is secured in **Carter's Iron Pills**, to give the system tone, and strength; **Carter's Little Nerve Pills**—a splendid nervine; and **Carter's Smartweed and Belladonna Backache Plasters**, which are powerful allayers of pain.

A PERFECT COMPLEXION

It is largely a matter of healthy liver. Keep it well and comfortable, and the clear, glowing complexion follows as naturally and purely as sunshine after rain. There is no impossibility about a good complexion. It is attainable by all who will take the trouble to work for it. And it takes work and care and self-restraint. Beauty of feature is beyond our power of regulation, but a beautiful, health-tinted skin can be won by everyone.

Now for the means. Begin with the liver. Tonight, before you go to bed, take a dose of three **Carter's Little Liver Pills**. Follow that up with one pill each succeeding night. In a short time, the bowels will evacuate regularly, and naturally the stomach, liver, kidneys, bowels and blood will be clear and pure. This condition is absolutely essential, and must not be neglected. A fine skin is utterly impossible if the body is not clean inside as well as out.

While this internal cleansing process is going on, the laws of health must be strictly obeyed. Eat regularly of wholesome food; chew it slowly and thoroughly, allowing the saliva to soften it before swallowing. Avoid late suppers of rich indigestible stuffs that clog up the system with their poisonous residue. Keep regular hours. Plenty of sleep is necessary to the end you have in view. Bathe thoroughly and often, cleansing the skin of the whole body with lukewarm water and good castile soap. Avoid highly perfumed so-called cheap soaps—the sweet odor often covers skin-irritating qualities which frequently cause lots of trouble. Rub the skin to redness and warmth with a Turkish towel. This is necessary to relieve it of the waste matter that is emitted through the pores and of the scaly, scurfy dead skin which resembles dandruff.

You must take sufficient physical exercise to induce free perspiration, thereby flushing out the pores and giving the muscles the vibration essential to their health and development.

Breathe pure fresh air—as much as possible, day and night. Never sit or sleep in a poorly ventilated room. Vitiated air poisons the blood.

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Very small and as easy
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FOR DIZZINESS.
FOR BILIOUSNESS.
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FOR CONSTIPATION.
FOR SALLOW SKIN.
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- Carter's Little Nerve Pills 25 cents
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