

**FOR WHIMSICAL APPETITES.**

The appetite of sick persons is capricious and whimsical. No question as to preferences should ever be asked. Their tastes should be studied without their knowledge, and their preferences should furnish the working basis. Everything about the sick diet should be dainty and attractive. The napkins used for the tray cannot be too crisp and fresh. The most delicate china and silver are not too good. No warmed-over food should appear; everything should be fresh. Hot things should be hot and

**KICK AND SCREAM**

**Baby's Awful Suffering from Eczema.**

**Could Not Hold Her. She Tore Her Face and Arms.**

**Cuticura Saved Her Life, So Mother Says.**

"When my little girl was six months old, she had eczema. We had used cold-creams and all kinds of remedies, but nothing did her any good, in fact, she kept getting worse. I used to wrap her hands up, and when I would dress her, I had to put her on the table for I could not hold her. She would kick and scream, and when she could, she would tear her face and arms almost to pieces. I used four boxes of Cuticura Ointment, two cakes of Cuticura Soap, and gave her the Cuticura Resolvent, and she was cured, and I see no traces of the humour left. I can truthfully say that they have saved her life, and any one suffering as she did, I should advise them to give Cuticura a fair trial." MRS. G. A. CONRAD, Lisbon, N. H., Feb. 7, 1898.

Five years later, viz., Feb. 23, 1903, Mrs. Conrad writes:

"It is with pleasure that I can inform you that the cure has been permanent as it is now six years since she was cured, and there has been no return of the disease since, and I have advised a lot of friends to use the Cuticura Remedies in all diseases of the skin."

Instant relief and refreshing sleep for skin-tortured babies, and rest for tired, fretted mothers, in warm baths with Cuticura Soap and gentle anointings with Cuticura Ointment, the great skin cure and purest of emollients, to be followed in severe cases by mild doses of Cuticura Resolvent. This is the purest, sweetest, most speedy, permanent and economical treatment for torturing, disfiguring, itching, burning, bleeding, scaly, crusted and pimply skin and scalp humours, eczemas, rashes and irritations.

Cuticura Resolvent, liquid and in the form of Chocolate Coated Pills, Cuticura Ointment and Cuticura Soap are sold throughout the world. Deposits: London, 27 Charterhouse Sq.; Paris, 5 Rue de la Paix; Australia, R. Towne & Co., Sydney; Boston, 137 Columbus Ave.; Foster Drug & Chemical Corp., Sole Proprietors. Send for "Cuticura Skin Book."

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**BARRISTER-AT-LAW,**  
**NOTARY PUBLIC, Etc.**

**Woodstock, N. B.**

cold things cold. This is very important. Always have too little food rather than too much. Better to have the patient say, "See I've eaten it all!" than "I couldn't eat it at all; my appetite is so poor." The moment the meal is finished all food should be taken from the room.

Gruels that are properly made, delicately flavored and well served are valuable for the sick, especially where the appetite is nil or solid foods prescribed. But such gruels are too seldom seen. In their place one finds too often sloppy, tepid and even lumpy concoctions miscalled "gruel." In the first place milk, or milk mixtures for the sick—and for any one else, for that matter should never be heated in any dish or basin which has been used to cook vegetables or meats. A double boiler is the best utensil for the purpose. It should be absolutely clean and odorless. Gruels are made of flour—arrow-root, farina and other flours. Since these materials are composed chiefly of starch they must be cooked thoroughly in order to be digestible. Milk, on the other hand is rendered indigestible by boiling. Consequently, the cooking of the flours should be done in water, and the milk should be added the last thing, and only brought to scalding point.

To make flour gruel mix into a paste with cold water one tablespoonful of flour, one saltspoonful of salt and one teaspoonful of sugar. Add a half a square of cinnamon and a cupful of boiling water. Boil the mixture slowly for twenty minutes. Then stir in a cupful of milk and let it come to the scalding point. Strain and serve very hot.

In place of cinnamon, nutmeg, almond or vanilla flavors may be used. For a fever patient a little lemon juice will be liked best. Arrowroot and farina gruels are made in the same way.

Sweetbreads, broiled fillets of chicken and squabs all furnish variety to the sickroom's bill of fare. All are easy of digestion and more or less nutritious.

Raw beef sandwiches have been eaten with relish by many a sick person, who, if he or she had understood their composition would have refused them. If beef is desirable scrape it in the manner described above, salt it delicately and spread it on thin slices of buttered brown or white bread or toast. Delicious sandwiches may be made of bacon cut very thin and toasted very crisp. With brown bread these furnish valuable food agents.

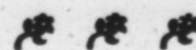
Toast made of stale bread is more easy of digestion than if made of the fresh kind. If it is wanted soft, dip it quickly into boiling salted water before it is buttered.

Uncooked beef juice is never delicious but in many wasting diseases it is of great value. Of consumption this is especially true. A flavor of cooking may be gained by heating the beef before the juice is extracted from it, either on a broiler or in a hot frying pan. Only the outer surface should be scorched. The inside should be warmed only enough to start the juices."—*New York Tribune.*

**A WORD TO THE WISE.**

Never eat until hungry; nature knows best. It takes nearly five and one-half hours for food to dissolve and leave the stomach; during the time the food is dissolving the stomach is working strenuously and after five and one-half hours of this action, it cries for repose. Its muscles are often fairly trembling with fatigue, especially after disposing of a hearty dinner. Of

course this teaches one the error of nibbling between meals. Again, do not err as to the quantity of food—few people ever die of hunger, while thousands make their lives a burden by overeating. Live simply; and do not overeat. —*Ex.*



**Why We Should Discard Blinders.**

1st. Because they are unsightly. The beautiful eye of the horse is exchanged for a piece of leather.

2d. Because they are a cruelty to the horse. All animals enjoy the use of their eyes.

3d. Because they frequently injure the eyeballs by pressure, and, when out of order, by flapping against them. When close to the head also, the nervous irritation causes inflammation.

4th. Because animals are often terrified by what they see imperfectly, or hear and do not see.

5th. Because veterinarians discovered long ago that blinders are a common cause of disease of the eyes. Cavalry, police and fire department horses have no blinders.



**BABY'S OWN TABLETS.**

**For Weak Sickly Children during the hot weather months.**

Thousands of infants and children die through the hot weather months, because summer complaints and stomach troubles come suddenly, and mothers do not have the means at hand to promptly check and cure them. In homes where Baby's Own Tablets are used these little lives can be saved, and no home in the land where there are children should be without the Tablets. They promptly cure all stomach and bowel troubles and give relief to teething children, and the mother has a guarantee that they contain no opiate or harmful drug. You can crush the Tablets to a powder and give them with perfect safety to a new born babe. Mrs. S. M. Black, St. Peters, N. S., says: "I have used Baby's Own Tablets for most of the troubles from which little ones suffer, and I find them the best medicine I have ever tried." All medicine dealers sell these Tablets or you can get them by mail at 25 cents a box by writing the Dr. Williams' Medicine Co., Brockville, Ont.



**A THOUGHTFUL MOTHER SAYS.**

That if you want your children to be courteous, you must treat them with respect.

That you should be careful of their feelings as you wish them to be of the feelings of others.

That when it is necessary to administer reproof it should be given in private.

That most children are sensitive on this point; it injures their self-respect and they feel it acutely, though they are not able to express it in words.

That to tell a child in public that it has been rude or lacking in good breeding is as unwarrantable as it would be to tell a guest so.

That it is no excuse to argue that you are doing it for the purpose of making the child better and more thoughtful.

That this can be accomplished much better if you take the child aside at the first convenient opportunity and gently but firmly point out what the error was, and what should be done on the next occasion.

That it is possible to callous a child's conscience by too rigid discipline, and this is a mistake made by too many mothers.

**CROUPY COUGHS OF CHILDREN**

The tendency to croup is a foe that all parents have to fight. Croup comes in the night when the help must be right at hand if it is to be helped at all. Adamson's Botanic Cough Balsam is a blessing to all families where there are children subject to attacks of croup or any mean cough. It has a wonderful reputation for its efficiency and fully deserves it.

You cannot tell what night your child may wake up choking to death with croup. In such a case what do you do? Send for a doctor and wait an hour, or perhaps two hours, while the child is gasping for breath. How much simpler where the true specific for croupy coughs and all throat troubles is right at hand. Indeed, no other way is safe with young children in the house.

Adamson's Cough Balsam is a most delicate medicine for children, relieving the little throats at once. Its action is soothing and certain. It clears out the phlegm, which produces the croupy condition, and is a safeguard which no mother who knows about it will dispense with. All coughs and inflammation of the throat or bronchial tubes are cured by the Balsam with promptness that surprises. All druggists sell it. 25 cents. The genuine has "F. W. Kinsman & Co." blown in the bottle.

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**UNION BELL'S** **CHIMES and PEALS, Best Superior Copper and Tin. Get our price McSHANE BELL FOUNDRY Baltimore, Md.**

**BRECHE A MANON LADY**

**Tells of Her Experience WITH**

**DOAN'S KIDNEY PILLS**

**The Great and Well-Known Kidney Specific for the Cure of all Kidney and Bladder Troubles.**

Mrs. P. Bertrand, Breche A Manon, Que., writes:—I think it nothing but right for me to let you know what DOAN'S KIDNEY PILLS have done for me. For five months I was badly troubled with a sore back, and such severe pains in my kidneys that I could scarcely walk at times. I got a box of DOAN'S KIDNEY PILLS, and before I had them half taken I was greatly relieved, and with another box I was completely cured. I cannot help but give them all the praise I can, and will never fail to recommend them to all kidney sufferers.

**DOAN'S KIDNEY PILLS.** are 50c. box, or 3 for \$1.25; all dealers or The Doan Kidney Pill Co., Toronto, Ont.