

Dizziness and Nausea

CAUSED BY OVER-STUDY AND CLOSE CONFINEMENT.

How a Popular School Teacher Suffered— And How Acting on a Friend's Advice She Took Dr. Williams' Pink Pills and Was Restored to Health and Strength.

"About the most thorough and popular teacher we have ever had here," is the opinion expressed by the people of Canada, N.S., of their present young lady school teacher, Miss Nellie Outten.

"You see, in addition to my teaching, I had been studying very hard over my 'B' work, and then I was attacked with whooping cough, which did not leave me for a long time, and so I became pretty well run down."

"This condition of things was so different from anything which I had previously experienced that I sought medical advice at once. I was informed that I was suffering from anaemia, and I at once put myself under medical treatment. But although I tried several bottles of prescriptions, my condition seemed to be getting worse all the time."

"I was while I was at home, however, that my friends advised me to use Dr. Williams' Pink Pills. Acting upon their advice, I took up their use. The first box made its effect felt, but I used four or five and then the cure was complete."

CAUSE OF THE TYPHOID.

How Dr. Bryce, the Provincial Health Officer, Accounts for So Much of the Disease.

Speaking of the high death rate from typhoid fever in the province, during the month of October, Dr. Bryce, the Provincial Health Officer, says there can be no doubt but that the unusual length of time during which mild weather continued this autumn, there not being any frosts practically up to the end of October, has played an important part in extending the period during which typhoid fever from polluted wells tend to spread."

From all over the country water samples have been sent to an unusual number, to the provincial laboratory for analysis. In almost every instance the samples have been well watered, and in very few instances have no direct evidences of pollution by waste matters been proven. Speaking generally it may be said that in 110 towns, cities and villages in Ontario where public water supplies exist, typhoid fever cases are almost invariably traced to parts of the places where the wells have not been closed, while of course all water supplied in rural districts is from wells. Until people have learned to prevent the pollution of soil around and in the neighborhood of wells with excremental matters from houses, stables, factories, etc., says Dr. Bryce, the present state of things will continue when conditions of temperature are favorable.

A NEW ARMY RATION.

German Troops Find Upon a Novel Preparation of Chocolate.

German military correspondents speak very highly of a new ration which has been tried during the recent maneuvers of the Austrian troops in Galicia. Owing to the nature of the country and the extensive area covered during the exercises, it became necessary to provide the troops with some portable food which could be prepared in a very short time or even eaten without preparation. Various forms of nutriment were tried, but the one which gained most favor was a so-called "chocolate ration."

This was invented by a doctor, and consists of ordinary chocolate with an admixture of albumen and certain fatty matter. In a few minutes this can be cooked either in milk or water and eaten as it is. The nourishing value of the preparation is very great, 100 grammes affording as much sustaining value as nearly half a kilogramme or five times the amount of beef. Moreover, the chocolate keeps remarkably well, and is affected neither by heat nor by long storage in damp and badly-ventilated magazines.

A woman will usually make ten excuses for her boy to one for her husband.

WATCH WHEELS.

By the aid of modern machinery one man can cut 10,000 watch wheels a day.

Heiress and Wife.

CHAPTER X.

On the evening which followed the one just hurriedly sat in her luxurious boudoir of rose and gold, deeply absorbed in the three letters which she held in her lap. To one was appended the name of Septima Brooks, one was from Rex's mother, and the last—and by far the most important one—bore the signature of Lester Stanwick.

"This is capital!" she cried, exultingly; "even better than I had planned, but now everything is clear sailing." She crossed over to the mirror, looking long and earnestly at the superb figure reflected there. "I am fair to look upon," she cried, bitterly. "Why can't Rex love me!"

"Ah! she was fair to look upon, standing beneath the softened glow of the overhanging chandelier, in her dress of gold brocade, with a pomegranate blossom on her bosom, and a diamond spray flashing from the dark, glossy curls, magnificently beautiful."

"I was so sure of Rex," she said, bitterly; "if any one had said to me, 'Rex prefers your over-seer's niece, Daisy Brooks, with her baby face and pink-and-white beauty,' I would have laughed them to scorn. Prefers her to me, the haughty heiress of White-stone Hall, for whose love, or even smile, men have sued in vain! I have managed the whole affair very cleverly!" she mused.

"You are very kind," she said, sweetly, "to forget that pleasant little episode that happened at the fête, and come to-night. I believe I should never have sent for you, had it not been at the urgent request of your mother, Rex."

"My mother!" he repeated, wondering; "pardon me, I do not understand."

Salada

CEYLON GREEN TEA is pure and uncolored.

Oh, mothers in homes that are happy. Where Christmas comes laden with cheer. Where the children are dreaming already of the merriest day in the year.

Oh, where the stockings hang empty, Where Christmas is naught but a name. And give for the love of the Christ-child; 'Twas to seek such as these that He came.

MENU FOR CHRISTMAS. BREAKFAST. Oat-Meal Mush. Broiled Hamburg Steaks. Potatoes. Hominy Fritters. Vienna Rolls. Coffee.

DINNER. Olives, Celery, Pickles. Baked White Fish. Tartar Sauce. Roast Turkey, or Roast Beef. Cranberry Sauce. Mashed Potatoes. Celery Salad. Peas. Onions. Mince Pie. Plum Pudding. Candies and Nuts. Fruit. Coffee. SUPPER. Fried Oysters. Potato Puffs. Chicken Salad. Finger Rolls. Baked Apples and Cream. Preserves. Angela's Food. Tea.

MENU No. 2. Oyster Soup. Celery, Crackers, Pickles. Bread. Butter. Chicken Croquettes, Green Peas. Roast Duck, Apple Sauce. Boiled Onions, Mashed Potatoes. Plum Pudding, Mince Pie. Fruits, Nuts, Cheese. Coffee.

ENGLISH PLUM PUDDING. Make a batter of four eggs, one pound flour, one pint milk and an even teaspoonful of salt; add one-half pint of suet chopped fine, one pound raisins and one pound currants. Stir all well together, in a cotton cloth, put into a kettle of boiling water and boil steadily four hours. Serve hot with lemon sauce, or any kind of pudding sauce that is preferred.

CELERY SALAD. One head of cabbage, three bunches of celery, chopped very fine. Take one teaspoonful of vinegar, lump of butter the size of an egg, yolks of two eggs; one teaspoonful mustard, one of salt, pinch of cayenne pepper, two teaspoonfuls of sugar. Mix these well; put the mixture on the stove and heat until it thickens, stirring all the time, when cold, add two tablespoonfuls of rich sweet cream. Pour over the salad; if not moist enough add cold vinegar.

VARNISHED PAINT. Can be kept looking as bright as though freshly done by soaking in water for some time a bag filled with flax seed, and then using it as a cloth to clean the paint.

TO PREVENT RUSTING. If screws are warmed and dipped in melted tallow or raw lard, oil, it will prevent their rusting and they can always be unscrewed with ease. A large quantity of screws can be greased in a few minutes and the operation is one which will result in a great saving of time and labour.

CARE OF LAMPS. A frequent cause of the oiliness on the outside of lamps is that the wick is kept too high when unlighted. It should be remembered that the wick draws the oil to the surface, and if it projects too far above the burner it will soon accumulate oil there which will find its way slowly over the outside.

GREASE SPOTS. To remove grease spots from silk, place some coarse brown paper, the soft kind, on both sides of the spots; then press carefully with a hot iron. Change the paper often, as it absorbs the grease. If the goods are so rich or delicate that the iron is likely to injure them, try friction by using raw cotton. Rub the spots off, changing the cotton often. If the material is soiled or stained in any places wash it in tepid water softened with pulverized borax. It can be made to look as good as new.

CARING FOR REMNANTS. To the woman who is not completely satisfied with the "bag system" of caring for the pieces that so unduly accumulate, both for the house and for personal use writes a successful housekeeper I would like to suggest the "bag system" instead. Without any thought on my part, a number of boxes of two sizes came into my possession. They were well made, and most of them had the covers to fold back in my room, in which were four shelves that held all sorts of boxes and left much space unutilized. A trial of the new boxes showed that nine would go on a shelf, leaving some space in front for work and mending basket and some very small boxes that were in almost daily use. On heavy pasteboard I printed labels, putting them on with metal fasteners. A list of the titles runs somewhat in this way: Black Silk, Colored Silk, Wood Remnants, Cotton Remnants, Black Ribbon, Colored Ribbon, New Material, Findings, Neckwear, Material to be Cleaned, and so through all last list. Here all my pieces lie smooth, and one glance along the shelves shows me just where to look for what I want. Much time is saved, both in looking and keeping the shelves clean and orderly. The

It is a Wonder to Everybody How Speedily and Certainly the Wretched Itching and Uneasiness of Piles is Relieved and Thoroughly Cured by Dr. Chase's Ointment!

It seems wonderful that after all these years of investigation and research the physicians are still helpless to relieve and cure one of the most common and most distressing afflictions to which men and women are subject, viz., itching, bleeding piles. In nine cases out of ten the doctor still recommends a surgical operation, wrought through with extreme pain and danger, as the only cure for piles.

About the House.

EMPTY STOCKINGS.

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LUDELLA APPLIES.

Poultry, Butter, Eggs and other Produce. If you have any correspond with us, we want 100 CARLOADS to supply our trade.

The Dawson Commission Co., Limited, Toronto.

ON A SINKING SHIP. Perhaps the most impressive marriage ceremony ever performed was solemnized white Death stork leering by, on the deck of the sinking emigrant steamer St. Levan. The vessel was bound to Australia, with 300 emigrants on board and a heavy cargo.

THE DIVINING ROD MYSTERY. An English Professor's Examination After Care at Bagbury. The second installment of an elaborate report by Prof. W. F. Barrett on the "so-called divining rod" has just made its appearance.

MARKETING IN BUENOS AYRES. Vegetables are usually sold in Buenos Ayres, so that you have to measure quantity as well as quality by the eye; and butchers sell their meat by the chunk, rather than by weight.

FOR OVER FIFTY YEARS. Mrs. Winslow's Soothing Syrup has been used by mothers for their children's teething. It soothes the inflamed membrane, breaks the eruption, and is the best remedy for diarrhea, Sore Throat, and all the ailments of Infants. Be sure you get the genuine.

WOMAN'S WEAKNESS. A woman's reproductive organs are in the most intense and continuous sympathy with her kidneys. The slightest disorder of the kidneys brings about a corresponding disease in the reproductive organs.

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MUSIC TEACHERS WANTED. Send for our Complete Course of Music. Wholesale and Retail. Wholesale and Retail.

PILE CURE. Atrial Pills of Dr. Chase's Positive Cure for Piles will be sent free to any address on receipt of two-cent stamp. No kind, no name, no return.

CARPET DYEING. This is a specialty with our BRITISH AMERICAN DYEING CO. Send particulars by post; we are everywhere.

CATHOLIC PRAYER BOOKS, BIBLES, CRUCIFIXES, ROSARIES, STATIONS OF THE CROSS, etc. Wholesale and Retail.

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