

Hush money proves that silence is on, day and night without relief, golden. the conditions become worse and Too much pride is nothing to be worse, and finally deadly. Childproud of. ren, especially babies, suffer most, but, all, young and old alike, are his bad habits. threatened at such a time. The two chief ' ills are sunstroke,

Dimensioned Lumber

Sawn Spruce Shingles,

THOS. W. FLEET,

the direct result of the stifling heat, and digestive disturbances caused by food which has begun to spoil. velops into a crowing hen.

A man's bad luck is often due to A donation party-The fellow who is out for the dough.

A whistling girl sometimes de-

the stomach, bad taste in the mouth, and coated tongue. I was pale, nervous, irritable, easily exhausted, was reduced to a mere skeleton of skin and bone, and my heart would palpitate as though it was about to stop beating. My greatest suffering was caused by the dreadful pains in my head, neck, and back, and all this was in spite of the best efforts of three leading doctors of this city.

"For the past nine months I have used Dr. Chase's Nerve Food, and for a considerable time I have not

It would be impossible, we believe, to produce stronger evidence to prove the wonderful power of Dr.

spices. Bake in puff paste, without the. Heat through thoroughly, but

Sour Cream Spice Cake-One half juice. Heat a panful of granulated

cup each of sugar and molasses ; sugar in the oven. When the juice

three-fourths cup sour cream, one is ready measure it and allow part

teaspoonful of soda, half teaspoon- for part of sugar, but do not mix

ful salt. two cups flour and mixed them. Return the juice to the kettle

spices to suit the taste. Bake in a and boil ten minutes, or until clear.

do not boil. Strain and measure the

experienced a headache, or any of the symptoms mentioned above. From a mere skeleton this medicine has built me up in flesh and weight, until now I am strong and well, do my own housework, walk out for two hours without feeling tired, and amthoroughly restored to health. Is it any wonder that words fail to express my gratitude for this remarkable cure ? You can use this testimonial for the benefit of other sufferers."

shallow pan. Skim and add the sugar, leeping out Crullers .- One cup each of sugar the last half pint. Let beil up,

previous cooking.

