## WOMAN and HER WORK.

way of hitting the nail on the head. But. point of view I must differ from our Celestial friends and draw attention to the fact that the sick person usually has some voted and attentive the invalid's family are, the more he usually has to suffer at their hands. I don't know why it should family make up their minds that he takes mind, judgment, nor will of his own The ancients regarded sickness as a disillness was powerless to attack a person whose mind was sound, and therefore whom the gods wished to destroy, they first made mad, after which the body became an easy prey to sickness. Consequently they treated the sick as lunatics.

Savage tribes retain this idea in a different form, and believe that the sick man is tormented by evil spirits, therefore instead of trying to cure him they sit around his hut pounding on tin pans, or whatever they use in place of tin pans, and make all the row possible, in order to scare his tormento: s away. If the sick man has a headache at all, I should think the treatment would be efficacious in driving him out of any mind he may possess, but I suppose if he is conscious he derives satisfaction from the knowledge that his friends are doing all they possibly can for him, and if he does not get well it is no fault of theirs.

teenth century one's friends simply assume mind until he is no longer in a responsible condition and they decide that the most rational, and healthful treatment consists in forbidding him to do everything that he shows the least inclination to do, and combatting every expression of preference the poor creature shows. Not being well, it is impossible that he should know what is best for him, therefore it is the wisest plan to take care that he does not have his own way in anything lest he might do himself some harm. It is so soothing, and so delightful when you are oppressed with illness, and too weak to take your own part, to be opposed in everything! And the more your family love you, the worse your sufferings!

Perhaps you are tormented by that bane of all invalids, sleeplessness! You have just succeeded in finding a comfortable position and are getting a little drowsy when your sister steals softly into the room. listens a moment, and ejaculating "good gracious, her pillow is all down under her shoulders" she grasp you by the shoulders, lifts you tenderly with your aching head hanging anywhere at all, turns your pillow over, shakes it vigorously and settles you entirely to her satisfaction thoroughly shaken up and wide awake, leaving you with the tender injunction to be sure and have a nice nap, because it will do you so much good.

Perpaps the upper button of your night dress is tight, or else you think it is which amounts to the same thing and you imagine it is choking you. You loosen it, breathe a sigh of relief, and are just revelling in the comfort of a loose collar when some watchful member of the family observes that your neck is slightly open and pouncing upon the pin cushion secures a safety pin, and utterly regardless of your feelings proceeds to pin your collar securely up around your ears. You may be sufferinfrom the heat, sick people generally do, and having laboriously hunted out a spot in the bed which seems cooler than the rest you have freed one arm, and are resting peacefully until some one of your guardians observes you, and immediately seizing the free elbow crowds it firmly down underneath the clothes, rolls you right over and tucks the bedclothes carefully round your neck incidentally forcing in a long loose lock of hair which declines to come out by the roots, at the same time. 'Now I'm going to give you this powder" announces one of your nurses, "and I shall come back in five minutes and see whether you are asleep or not." It is scarcely necessary to add that at the expiration of the five minutes you are not asleep, the mere fact that you knew somequite sufficient to keep you awake.

of a person who is nearly out of her mind oven. with headache, and after holding it directly in front of her eyes, in order to find out how she is looking, place it so that its light

The Chinese have a proverb which says | commonest animal displays when it is sick? that it is better to be sick than to wait up- In short why is the invalid not allowed to on the sick! Now I have a great respect have any say in the disposal of his own for the wisdom of the disciples of Con- suffering body, or to have one wish gratifucius, and I think they have a wonderful | fied? Surely his nature must be indeed perverted it he is not capable of judging looking at the matter from the sick man's intelligently in the smallest matters coneerning himselt! Usually you are not even allowed to describe your own symptoms to the doctor, some other member of the famthing to endure also, and the more de- | ily generally feeling far more competent to tell him how you feel than you can possibly be yourself, and even when be asks you a direct question, your mind is not supposed be, I am sure, but it seems to me that the to be in a sufficiently lucid state to answer moment a person is taker ill the invalid's him, so the kind relative removes all responsibility of that nature from your have of his senses at the same time and shoulders and tells him all about your becomes an irresponsible being with neither symptoms, even following him out to the landing to give him further information, in a whisper which is just sufficiently inaudible ease of the mind. They considered that to prevent your gaining the drift of it but quite audible enough to let you know you are being talked about, to make you wonder fretfully what is being said about you, and long, after the manner of invalids, to contradict it, whatever it is.

> In short the invalid's lot "is not a happy one" under the most favorable circumstances, but the well meant ministrations of his family often make it harder than it

I believe if I were formulating a scheme for the management of invalids who were not dangerously ill, I would write thus-First see that the room is neither too warm, nor too cold, and free from drafts; leave a warm coverlet which can be drawn fill them half tull with the batter. Pake in up easily if the patient feels chilly. Lower a hot oven. the blind, place a tumbler or pitcher of cold water within reach, and leave the sufferer alone with his misery.

Of course I am fully aware that individual cases call for individual treatment. In the higher civilization of the nire- and that every invalid might not care to have this form of treatment adopted in his that illness has weakened the patient's case, but such at least are the sentiments

> P. S. When the interesting invalid has recoverd sufficiently to come down stairs and prowl feebly about the honse, then indeed are the tables turned and the rest of the family entitled to the deepest sympathy; some day I think I will set forth their woes during this trying season.

> Hot rolls, hot bread, and hot biscuits are all unwholesome, as most of us know to our cost, but then lots of other things we eat are unwholesome, buckwheat pancakes doughnuts, etc. and yet we have no intention of giving them up on that account. Therefore if we are determined to ruin our digestive organs with hot bread, we might as well have it made in the very best manner, and here are some very excellent recipes for that especial form of "slow poison" as physicians are fond of calling it.

Breakfast Rolls. Breakfast rolls may be quickly made by the following rule: Sift one quart of flour with three teaspoonfuls of baking powder, and rub into this a tablespoonful of butter and a saltspoonful of salt. Moisten with milk until just stiff enough to roll out in sheets about a half inch in thickness. Cut the rolls out with a large round cutter, spread with butter, and fold over in half circles. Place them on buttered tins and

bake in a quick oven.

White muffins are made thus: Beat one egg very light and add to it one tablespoonfull of sugar. Melt a piece of butter the size of an egg and thoroughly stir into the egg mixture before adding one cup of milk and one and one-half cups of flour, into which one and one-half teaspoonfuls of baking powder has been sifted. Bake in patty pans in a hot oven.

l'aised Muffins. Delicious raised muffins may be made by putting a pint of sifted flour into a large bowl and mixing into it half a cup of butter, one teaspoonful of sugar and a salt spoon of salt. Dissolve half a yeast cake in a little lukewarm water and add it to the mixture with two eggs well beaten; mix very thoroughly and add enough flour to make it into a very soft batter. Cover and let it stand in a warm place over night. In the morning heat gem irons or tins and batter them, and with a spoon half fill them with the raised mixture, not stirring it more than is necessary. Let them rise in the tins about half an hour before putting them in a hot oven to bake.

Rice Muffins.

Pour one pint of sweet milk over one cup of cold boiled rice and let it stand over night, or for several hours at least. Then one was coming in in that time has been mix with it one tablespoonful of butter, warmed, one tablespoonful of salt, two solved. Add a saltspoon of salt and pour I am sure people mean to be kind, I eggs well beaten, and one pint of flour into a buttered basin and steam two and know they do, they are willing to wear which has been sifted one teaspooful of one-half hours without lifting the lid of the their very souls out in waiting on their baking powder. Beat together very thor- steamer. sick, but yet why will they persist in carry- oughly and add milk enough to make a ing a brightly lighted lamp into the room | thin batter. Bake in gem tins in a quick

Hominy Muffins.

with one cup of milk until it is smooth; talls directly on her face and then leave the then stir in two tablespoonfuls of melted room? Why will they persist in denying butter, one teaspoonful of salt and two of to the human sufferer the right to exercise sugar. Beat three eggs light and add with dry ingredients a generous tablespoonful of known that medical practitioners do not

flour and one and one-half teaspoonfuls of baking powder. Have the muffin pans buttered, and fill two-thirds full with the mixture. Bake in a hot oven.

Corn Muffins.

Excellent corn muffins are made thus; To a scant half cup of sugar add one-third of a cup of butter, and when creamed mix in it three beaten eggs, a half teaspoonful of salt, and one pint of milk, in which has been dissolved one and one-fourth teaspoonfuls of soda; put in a sieve one cup of yellow cornmeal, one and two-thirds cups of flour, and two and one-half teaspoonfuls of cream tartar, and sift twice before mixing with the other ingredients; butter muffin tins, and fill them a little more than half full, and bake in a moderate oven half Graham Muffins

Graham muffins tried in hot lard are light and excellent. To make them take one and one-half cups of graham flour and the same quantity of white flour, half a tea spoonful of salt, three teaspoonfuls each of baking powder and white sugar and sift them into a bowl. Pour over them a generous cup of milk and two well beaten eggs; mix them thoroughly together. Have the fat smoking hot and put in the mixture by the spoonful, taking care not to crowd them. Cook to a light brown and place on brown

To make a delicious corn bread. stir to a cream half a cup of butter and threequarters of a cup of sugar. Add to this three eggs beaten well, a pinch of salt, and one pint of sweet milk. Mix together two cups of flour and a scant cup of yellow bolted meal. Sift into the four three teaspoonfuls of baking powder and add it to the first mixture. Butter biscuit pans and

paper to drain. Serve them very hot.

Whole wheat gems are considered very wholesome. Mix two cups of flour with half a teaspoonful of salt and two teaspoonfuls of sugar. Beat the yolks of two eggs light, and stir into them a cup of sweet milk. Add this to the flour, and when smooth add a cup of lukewarm water. Beat the whites of the eggs to a froth and stir them in very lightly. Have buttered

hot gem pans or irons, and fill two-thirds

full with the mixture and bake in a hot

Whole Wheat Gems

oven twenty-five minutes. Sally Lunns.

> An old Southern and always good sweet bread is Sally Lunn. Cream four ounces of butter with one cup of sugar. Add to this the yolks of three eggs and one cup of milk. Sift two teaspoonfuls of baking powder into one pint of flour and add to it the whites of the three eggs beaten to a stiff froth. Putt he mitxure into buttered bread tins and bake in a hot oven threequarters of an hour. To make a Sally Lunn to melt a piece of butter as large as and with a half cup of sugar stir them into the milk. Dissolve a yeast cake in lukewarm water and add it with flour enough | centre. to make the batter as stiff as pound cake. Place in buttered pans. It will be five hours before it is ready to bake.

Newport Loaf

An excellent hot sweet bread is called Newport loaf. Cream together a half cup each of butter and sugar and add the yolks of two eggs and one cup of sweet milk. Then add one and one half pints of flour, with two teaspoonfuls of baking powder Last add the beaten whites of the two eggs. Bake in a basin or cake tin in a moderate

To make graham biscuit rub together with the fingers one cup of graham flour, half a cup of white flour one and one-half teaspoontuls of baking powder, and one heaping tablespoonful of butter or lard when they are thoroughly mixed stir in one tablespoonful fof sugar and a balf teaspoonful of salt. Gradually add one and one-half cups of milk and, last, one beaten egg. Butter a pan and put spoonfuls of the mixture over it, leaving a space between them, and bake them in a quick

Steamed Brown Bread.

Steamed brown bread is delicious for luncheons or teas. Place in a dish two cups of yellow Indian meal, one small cup of flour, and a half teaspoonful of salt. Mix into this one cup of sweet milk. Put two teaspoonfuls of soda into a cup of sour milk and a half cup of molasses and add to the other ingredients. Mix thoroughly and pour into a buttered mould and steam two and one-half hours. Then bake for

A simple but excellent steamed bread is made thus: To one and one-half cups of graham flour add one cup of sour milk in which a teaspoonful of soda has been dis-

Sweedish Coffee Bread.

A Sweedish or coffee bread is usually made with raised dough, but it may be made as follows with excellent results: Put Beat two cups of cold boiled hominy into one pint of flour one and cne-half the so-called proprietary preparations, I shall, nevertheless, give you an account of some of my wonderful experiences with spoonful of sugar, and a saltspoonful of salt : rub through a sieve, and mix with the

## Worn Shoes Indicate Exercise.

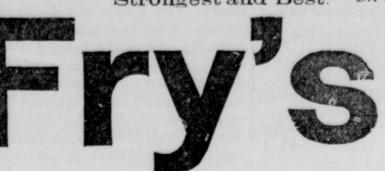
The school boy can't get the exercise he needs without wearing his shoes out. It's expensive at best, but extravagant if you buy wrong. We make a special effort on our School Shoes. We honestly believe we give you more wear for the money than anybody else does. Such shoes cost too. The higher priced ones are very dressy. If they're unsatisfactory-you

We can suit all shoe needs, all tastes, all pockatbooks. No matter how fine a shoe you wan you'll find it here at prices that fit the quality.

Precisely the same thing is true if you want strong, long-wearing shoes in which there is no much style, but plenty of durability.

## Waterbury & Rising.

"Strongest and Best."-Dr. Andrew Wilson, F. R. S. E., Editor of "Health."



PURE CONCENTRATED COCOA.

100 PRIZE MEDALS AWARDED TO THE FIRM. Purchasers should ask specially for Fry's Pure Concentrated Cocoa, to distinguish it from other varieties manufactured by the Firm.

\*

ONE GIVES RELIEF.

milk. Roll the dough out one-third of an inch thick. Spread this sheet of dough with a tablespoonful of soft butter, and sift over it one tablespoonful of ground cinnamon mixed with two of powdered sugar. Roll up the dough and cut into slices one inch in thickness; place on a buttered biscuit pan and bake in a hot oven for twenty-

Popovers. Place in a bowl two heaping cups of flour and gradually pour into it two cups of milk, stirring all the time to avoid lumps. Add a pinch of salt, and, last, three beaten eggs, and "beat like mad." Butter earthen with yeast warm a pint of milk sufficiently cups or popover irons, and have them hot when the mixture is put into them. Bake good-sized egg. Beat three eggs lightly from thirty to forty minutes. They should come from the oven three times their originar size and all shell and hollow in the

Graham P. povers.

Graham popovers are considered by many a great treat. Beat three eggs very light, and add to them one tablespoonful of sugar, one pint of milk, and a saltspoonful of salt, Put in a large bowl half a pint each of sifted white and graham flours, gradually pour the egg mixture into the flour, and stir constantly until smooth. Then add one tablespootul of melted butter and beat very hard. Butter and heat the cups as for popovers and fill with batter. Bake in a quick oven, fifty minutes at least.

Apple Gems.

Apple gems are nice for breakfast on a crisp winter morning. Chop very fine four sour apples and stir into them one beaten egg, one-quarter of a cup of molasses and one and one-half cups each of yellow cornmeal and sitted flour. Dissolve a teaspoontul of soda in warm water and fadd it, using enough water to make a thin batter. Bake in buttered gem pans in a moderate oven.

Plain Raised Rolls.

For raised rolls take half a cup of finely mashed potato and beat into it half a cup of lard or butter, a teaspoonful of salt and the same quanity of sugar. Beat until light and add one pint of boiled milk, one cup of flour, and half a yeast cake dissolved in lukewarn water. Mix together and let the mixture stand over night. In the morning add flour enough to it to roll out and form in long or round rolls and let them again rise; then bake in a brisk oven.

BROAD-MINDED DOCTOR

RELATES SOME EXPERIENCES IN HIS OWN PRACTICE.

Believes in Recommending Any Medicine That he Knows Will Cure His Patients Great Discovery. "AKRON, Pa., April 24, '95.

Dr. Williams' Medicine Co. GENTLEMEN, - While it is entirely contrary to the custom of the medical protession to endorse or recommend any of your preparation, Dr. Williams' Pink the ordinary instinct, which they admit the two cups of milk and one heaping cup of butter; moisten with a half pint of sweet as a rule recognize, much less use pre-

parations of this kind, consequently the paste over and press body of them have no definite knowledge of their virtue or lack of it, but soundly condemn them all without a trial. Such a course is manifestly absurd and unjust, and I, for one, propose to give my patients the best treatment known to me, for the particular disease with which they are suffering, no matter what it is, where or how obtained. I was first brought to

prescribe Dr. Williams' Pink Pills about two years ago, after having seen some remarkable results from their use. Reuben Hoover, now of Reading, Pa., was a prominent contractor and builder. While superintending the work of erecting a large building during cold weather he contracted what was thought to be sciatica, he having first noticed it one morning in not being able to arise from his bed. After the usual treatment for this disease he tailed to improve, but on the contrary grew rapidly worse, the case developing into hemiphlegia, or partial paralyis of the entire right side of the body. Electricity, tonics and massages, etc., were all given a trial, but nothing gave any benefit and the paralysis continued. In despair he was compelled to hear his physician announce that his case was hopeless. About that time his wife noticed one of your advertisements and concluded to try your Pink Pills.

"He had given up hope and it required a great deal of begging on the part of his wife to persuade him to take them regu-

He, however, did as she desired, and if appearance indicate health in this man. one would think he was better than before his paralysis.

'Why,' says he, 'I began to improve in wo days, and in four or five weeks I was entirely well and at work.

"Having seen these results I concluded hat such a remedy is surely worth a trial at the hands of any physician, and consequently when a short time later I was called upon to treat a lady suffering with palpitation of the heart and great nervous prostration, after the usual remedies failed to relieve, I ordered Dr. Williams' Pink Pills. The result was simply astonishing. Her attacks became less frequent and also less in severity, until by their use for a period of only two months, she was the picture of health, rosy-cheeked and bright eyed, as well as ever, and she has continued so until today, more than one year since she took any medicine. I have found these pills a specific for chorea, or as -Thinks Dr. Williams' Pink Pills a more commonly known, St. Vitus' dance. as beneficial results have in all cases marked their use. As a spring tonic any one who, from overwork or nervous strain during a long winter has become pale and languid, the Pink Pills will do wonders in brightening the countenance and in buoving the spirits, bringing roses to the pallid

lips and renewing the fountain of youth Yours respectfully, J. D. ALLRIGHT, M. D."

Chairs Reseated, Cane, Splint, Perforated by Duval, 17 Waterloo Street.

Place them on a flow them touch and ball

To prevent the under crust of a r egg, and before the crust with crust also, an

Threat, Tonsilitis and Deaf-

o Make a Squeak t said," said Mr. Goslinggo some people used to that the squeak was tion of newness; and

of thin leather and outer soles. said that people when they did Women who drove tacks trated for long

qeak, or wet lapsus Uteri, and in its train, need n body should the ranks of the s think I em; warm (Can.) Vegetable ( he other day not perform a useles radiator: ation, but it does a fa able service.

It strengthens the Uterus, and thus li into its proper and or Heart Disand by relieving the pain. Women who

dread of PAIN, recui LAR PERIODS, man pass that stage with pleasant sensation. The case of Four tablespoonfu nto Junction, Vegetable Compour down in bed for (3) three days no mmothering will render the utm thougans ex-

For sale by all druggis remie of Prepared by the A. M. C. MEDICINE CChle

136 St. Lawrence Main &

Price 75 cents. Montre

Letters from suffering women wi be opened and answered by a confidential lady clerk if addressed as above and marked "Personal." Please mention this paper when writ ing. Sold by all druggists.

OOT, M.C., 186 West Adelaide Street, T

Miss Jessie Campbell whitlock

TEACHER OF PIANOFORTE.

ST. STEPHEN, N. B. The "Little laky Method"; also "Synthe

System," for beginners. Apply at the residence of

Mr. J. T. WHITLOCK