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### The Old and the Young ARE ALIKE CURED BY THE USE OF GATES' FAMILY MEDICINES.

AVONDALE, Picton Co., January 14, 1898.

Messrs. G. Gates, Son & Co.

Dear Sirs,—This is to certify that my father had an attack of the La Grippe, about four years ago. The doctor was called and said he could do nothing for him as he was so old, being then 84, but when there is life there is hope, and having your Bitters and Syrup in the house, we began to give them to him, when he got better, and after about three months was entirely recovered. He is now in his 88th year and is well and hearty. Your CERTAIN CHECK speedily cured a neighbor woman of Cholera-morbus. My grandchild, about two months old, was taken with Diarrhoea and was taking doctor's medicine for some weeks, but it continued getting worse and it became chronic, so that the child got to look like an old person; it was plain to be seen its little life was fast ebbing away. Now I had your CERTAIN CHECK in the house but not at that time being acquainted with its use I was for some days afraid to give it to a child so young and weak. I was convinced if the child did not get immediate relief it would die, so I told its mother to put 2 or 3 drops of the CERTAIN CHECK in its bottle (as it drank from the bottle) and in about 24 hours it was noticed the child was a little better, this was continued for about a week when it was all right, and is today a healthy child. I am, Gentlemen, Yours very truly,

DAVID MURRAY.

Sworn before me this 15th day of January, 1898.

ANGUS McDONALD, J. P.

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## The Home

### Eye Don'ts.

Don't read, study or sew lying down. Don't despise the day of little things. The whole system needs to be in good condition to keep each organ right. So keep your body strong, for when the body weakens the eyes weaken; this is the reason of falling sight in old age.

Don't go where there is a glare of either sunlight or electric light more than you can help. The green of the country and of the grass and trees is restful for the eyes.

Don't use the eyes when very tired or weak, from sickness; they are the most sensitive of our organs, and tire as the rest of us tires, and use after a certain point of fatigue or weakness has been reached is injurious to any part of our body.

Don't have the light fall on you work or book from the front; having it slightly back and from the side, preferably the left.

Don't forget that hot water is the most efficacious in case of inflammation or tiredness. Bathing for about ten minutes with water as hot as you can bear your elbow in is almost a sure relief. A boric acid solution that can be obtained at any drug store is also excellent.

Don't go to an optician to get glasses without first being examined and treated by a good oculist. Much harm is often done this way, and your eyes are often to be run any risks with.

Don't neglect or strain your eyes; they are the most precious and useful of your senses. Take as good care of them as in your power in the first place; but, if they are not as they should be, have them attended to at once. Remember, if once injured they are never quite so good as they were before.

### Chilblains.

Chilblains are a slight frostbite. When the system is not in the best condition and the circulation poor they are likely to appear on the hands as well as the feet after exposure to the cold. When they have once begun they are quite likely to return every winter. The remedy for their return is to keep the feet and hands warm by protecting them with heavy woollen stockings and mittens, and whenever the feet or hands become chilled to restore their circulation and warmth by rubbing them briskly before going near the fire.

To remedy the burning and itching, if the skin is not broken, apply a lotion of equal parts of sweet oil and spirits of turpentine. The inflammation may be also reduced by painting the chilblains with iodine, which may be procured for the purpose of any druggist. This leaves a stain on the skin, however, and will spot the stockings or any article of clothing brought in contact with it while it is moist but it is usually effectual.

Do not use any of these applications if the chilblains are ulcerated or the skin is broken, but consult a physician, who will give an ointment for local application, and probably give a tonic for the general health.—For "A Subscriber."

### Celery Salads.

There are several ways to serve celery on the holiday table when it is uncooked and served as a salad. The most ornamental way it can be served is frizzled. It is then used as a garnish to cold meat jellies and other cold savory dishes, or it is simply served in low crystal boats as a garnish to the table and to be eaten with salt. Curled or frizzled celery is easily prepared. Trim off the green portion of the celery and cut off the roots to separate the white stalks. Cut these bleached stalks into pieces about three inches long and split them each lengthwise into four strips. Cut these strips with a fine penknife each into four or six shreds, leaving about three-quarters of an inch of the top uncut. Lay the pieces of celery in ice water for two hours, when they should be well frizzled. They make a very pretty garnish to a rim of red tomato jelly, inside which a mould of mayonnaise of chicken is served.

A plain salad of celery is composed of the white stalks of celery cut in inch lengths and the roots cut into shreds. Dress it with two tablespoonfuls of vinegar two of oil and salt and pepper. Let the celery be very crisp and cold when prepared.

A celery mayonnaise is effectively served in a circle of red tomato or any savory jelly or simply garnished with curled celery. Prepare the celery in the same way it is prepared for a plain salad and dress it with enough mayonnaise dressing to mask all the pieces when they are tossed in it.

### A Complexion Clearer.

A noted medical authority says: "To keep the complexion and spirits good, to preserve grace, strength and agility of motion, there is no gymnasium so valuable no exercise more beneficial in its results than sweeping, dusting, making beds, washing dishes and polishing of brass and silver. One year of such muscular effort within doors, together with regular exercise in the open air, will do more for a woman's complexion than all the lotions and pomades that were ever invented. Perhaps the reason why housework does so much more for women than games seem to do is because the exercise once begun must be carried on to the finish. It often gives women courage to go on living, and makes things seem worth while."

There is always cheer and satisfaction in the accomplishment of almost any home task which no game can give. The woman who makes a perfect loaf of bread or a successful salad must feel a greater sense of satisfaction in thus ministering to the comforts of others than one who has triumphed at croquet or golf. The satisfaction in the latter is just in proportion to the skill required, and is at best but short lived. It is a continual triumph for a good housekeeper to see her work proceed in an orderly manner and to keep the wheels of her many occupations going in a systematic way.

The housekeeper who has not learned to manage her work—and some women never do learn—is the one who is broken down with housework. She wastes about half her strength in useless energy, in unmethodic ways; she takes ten steps where one is necessary; she fritters away her vital force on trifles. A good housekeeper is not a woman who indulges in periodic upheavals of carpets and overhauling of furniture. The scrub pails and weapons of cleanliness are never in evidence in a well-managed house, yet the house is always clean. The cleaning is done on stated days, and there is never any outward evidence to the superficial observer that it is necessary. The systematic housekeeper keeps her house clean, so that it is no necessity for the occurrence of those unfortunate periods when the fumes of soap suds and sand soap fill the house and the regularity of everything is disturbed by "setting things to rights."

It is the disentanglement of snarls of work that wears out the patience, consumes the time and breaks down the strength of body and nerve. When housework is done systematically, so that one detail follows another in regular succession like the work in a well-ordered shop; when housekeepers have learned to economize will and strength so as to make the slightest outlay possible for the work done, then we will hear less of broken-down housekeepers unable to withstand the weight of the toil that falls to their lot.

### A London teacher, giving lessons on physical force, when he had finished asked: "Now, boys, can any of you tell me what force it is that moves people along the street?" He was greatly surprised, and the class highly amused, at receiving from one of the boys the unexpected answer, "Please, sir, the police force."

Many a man knows what is what, but doesn't know which is which. Many a writer knows how to write, but doesn't know when to go to press.



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