

Headache
Is often a warning that the liver is torpid or inactive. More serious troubles may follow. For a prompt, efficient cure of Headache and all liver troubles, take

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While they rouse the liver, restore full, regular action of the bowels, they do not gripe or pain, do not irritate or inflame the internal organs, but have a positive tonic effect. 25c. at all druggists or by mail of C. I. Hood & Co., Lowell, Mass.

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The Best CATHARTIC **SYRUP.**

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WATERFORD, Digby Co., Nov., 1895.
C. GATES & CO.
Gentlemen—Two years ago I was run down, lost my appetite and became so weak that I could not work. Tried many medicines without receiving any benefit. I then got your LIFE OF MAN BITTERS and SYRUP which soon built me up so that I have remained well ever since.
Yours respectfully,
DELANEY H. GRAHAM.

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Has never been surpassed as a remedy for Chronic Coughs, Colds, Consumption, and other disorders of the Lungs and Chest.

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Women Need Not Suffer



From those terrible side aches, back aches, headaches and the thousand and one other ills which make life full of misery. Most of these troubles are due to impure, imperfectly filtered blood—the Kidneys are not acting right and in consequence the system is being poisoned with impurities.

DOAN'S KIDNEY PILLS are daily proving themselves woman's greatest friend and benefactor. Here is an instance:
Mrs. Harry Fleming, St. Mary's, N.B., says: "The use of Doan's Kidney Pills restored me to complete health. The first symptoms I noticed in my case were severe pains in the small of my back and around the loins, together with general weakness and loss of appetite. I gradually became worse, until, hearing of Doan's Kidney Pills, I got a box from our druggist. I am pleased to testify to their effectiveness in correcting the troubles from which I suffered."

The Home

Mashing Potatoes.
There are very few housekeepers who do not believe they know how to mash potatoes, and would not scorn a rule on so simple a matter, yet the fact remains that about one cook in fifty puts this dish on the table as it should be put. In the first place, the potatoes should be properly boiled. Each one should be dry and mealy. You cannot conceal the defects of a watery, overboiled potato by mashing. Treated in this way, it will be heavy and flavorless. Only when the potatoes are mealy can they be successfully mashed. Do not add milk, butter or salt until they are mashed. After the potatoes are drained and dry, mash them perfectly free from lumps with a strong wooden beetle or masher in the iron pot they were boiled in. Push them one side, and put some milk in the same kettle, and when it boils, stir it in the mashed potatoes. Use half a cup of milk to twelve potatoes. Beat the potatoes and boiled milk together with a strong spoon, add a heaped tablespoonful of butter and an even one of salt, and beat the mass with a spoon until the butter is melted. Do all this work in the iron potato kettle in which the potatoes were boiled. It is not necessary to take out any extra dishes or any utensils except the "beetle" to mash potatoes. It ought not to take over five minutes to dry, mash and whip up with a spoon twelve potatoes for dinner. The potato beetle is all the extra article, to be washed. It is true that it is possible to consume considerably more time in this work and make use of several extra dishes in preparing mashed potatoes without improving the dish. In fact, moving the potatoes from one dish to another in order to mash them only chills them. Do all the work, therefore, in one dish, and as rapidly as possible.

Heap the potatoes in a vegetable dish when they are ready to serve, and if they must wait a few moments before they are put on the table set them in the oven, though it is no improvement to do so. Pile mashed potatoes roughly and lightly in the dish they are served in. Do not smooth them down; it makes them heavy, and a mashed potato should be light and feathery in texture. Sometimes the whites of two eggs beaten to a stiff froth are whipped into twelve mashed potatoes prepared with boiled milk, butter and salt as given. It is no advantage, however, to add pepper. Let any person add pepper at the table if he likes. The majority of people probably will not care for it.

It is not an improvement to add the yolks of eggs to mashed potatoes. It only gives them an eggy taste, nor is it an improvement to brown them in the oven. It makes them watery. The only treatment allowable is to brown the top with a red hot shovel so quickly that the potato beneath the surface is not cooked any more.—N. Y. Tribune.

The Lounging Habit.
The habit of sitting in a lounging position is a very bad one, yet it is one into which children and young people are apt to fall. Many mysterious cases of spinal disease may be traced to the practice of lounging in a chair with the spine curved in an unnatural position. The old-fashioned school seats were often so stiffly shaped that in order to obtain any comfortable posture the child was compelled to assume a certain lounging attitude. This old school seat was therefore responsible for many cases of curvature of the spine. The hard, upright-backed school chair of old times is now generally superseded by a chair with a comfortable seat sloping slightly backward, and the school desk is arranged at the proper distance from the floor. The school chair therefore offers no temptation to the child to assume a position that invites spinal disease. Not only does the position of the habitual lounger produce a continual strain on one side of the spine, with corresponding depressions on the other, but it also gives rise to various nervous difficulties and to affections of the brain. One of the indi-

cations of the approach of that dread disease, which will slowly transform the slender, erect figure of the young girl into that of a deformed hump-back, is the lounging habit. It is also one of the causes of the disease, which entails with its deformity a life of the most excruciating suffering. An habitually incorrect sitting position has frequently been the entire cause of the change from a healthy, robust girl to a chronic invalid. Young, indolent people easily fall into the lazy habit of half lolling in a chair or any other place where they are seated. The position is unnatural, but it is very difficult to persuade young people who are inclined to "easy" ways that it is so.

There is a great deal of wisdom in doing everything that you do thoroughly. No one can rest in a half-way manner. The only satisfactory rest is received when the body is in a fully recumbent position, and this is the only natural position for a person in health to rest in. Children should be watched from their earliest childhood. No disease is more stealthy in its beginnings than spinal disease. The little boy that mopes when he should be playing with his mates, who lounges when he should be exercising as all healthy boys delight to exercise, by running and jumping or in other athletic ways, is too often suffering from the first symptoms of some insidious disease which will finally make him a helpless cripple. The warning in this matter cannot come too soon. When disease of the spine is fully developed it is often too late to offer any remedy.

When salad dressing curdles begin it over again with a new yolk of egg and oil. When the mixture is thick add to the curdled mass a little at a time, and beat it in. Let the sauce you are beating stand in a bowl of cracked ice.

To keep hams in summer, prepare stout bags of heavy unbleached cotton, a little longer and a trifle wider than the ham. Make a strong solution of cayenne pepper or long red peppers, and boil these bags in it. When the bags are dry drop the hams in them, and stitch across the mouth of the bags. Gather them up and tie them closely. Hang the hams up in this casing in a cool, dry place. A smokehouse is the best place for them when they are not in regular use.—(For A. L. S.)

Codfish balls are now generally prepared from fish that has been simply "flaked," but not soaked. Peel about a dozen and a half of medium-sized potatoes. Put them preferably in an iron potato pot. Put a pint bowl of well flaked, well washed codfish over them. Cover them all with cold water. When the potatoes are boiled turn off the water. Let the potatoes steam a few minutes to become mealy, and mash the potatoes and codfish together. Add two well beaten eggs, a tablespoonful of butter, a very little pepper. Make the mixture into balls or cylinder-like shapes, and fry them very hot in boiling hot fat for two minutes. Draw them on brown paper or in any way that is thorough, serve at once.—(For A.)

When the children are hungry, what do you give them? Food.
When thirsty? Water.
Now use the same good common sense, and what would you give them when they are too thin? The best fat-forming food, of course. Somehow you think of Scott's Emulsion at once.
For a quarter of a century it has been making thin children, plump; weak children, strong; sick children, healthy.

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The permanent cure after permanent cure that is being published week by week has placed Burdock Blood Bitters far above all other remedies in the estimation of the sick and suffering.

Even the severest and most chronic diseases that other remedies fail to relieve yield to the blood-purifying, blood enriching properties of B. B. B.


Salt Rheum or Eczema—that most stubborn of skin diseases, which causes such torture and is so difficult to cure with ordinary remedies—cannot withstand B. B. B.'s healing, soothing power.

The case of Mrs. Jas. Sanderson, Emerson, Man., shows how effective B. B. B. is in curing Salt Rheum at its worst, and curing it to stay cured.

This is what she wrote:
"Burdock Blood Bitters cured me of a bad attack of Salt Rheum three years ago. It was so severe that my finger nails came off. I can truly say that I know of no more valuable medicine in the world than B. B. B. It cured me completely and permanently, as I have never had a touch of Salt Rheum since."

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