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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These pills are a specific for all diseases arising from disordered nerves, weak heart or watery blood.

They cure palpitation, dizziness, smothering, faint and weak spells, shortness of breath, swelling of feet and ankles, nervousness, sleeplessness, anæmia, hysteria, St. Vitus' dance, partial paralysis, brain fag, female complaints, general debility, and lack of vitality. Price 50c. a box.

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CAN BE CURED.

An Open Letter from a Prominent Clergyman.

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Dear Sirs,—Please pardon my delay in answering yours of weeks ago. Yes, I have no hesitation in recommending your

Invigorating Syrup.

During the fall and winter of '96 and '97 I was greatly distressed with indigestion. I tried several remedies, each of which gave me no relief. I was advised to try your Invigorating Syrup, which I readily did, and have felt grateful ever since to the one who gave such good advice. The very first dose helped me, and before half of the first bottle was used I was completely cured. Have not been troubled with the disease since. I have taken occasion to recommend your medicine publicly upon several occasions, and heartily do so now. You are at liberty to use this in any way you please.

Yours truly,
(REV.) F. M. YOUNG,
Pastor Baptist Church, Bridgetown. N. S.

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Commencing June 5th there will be a combination first-class and sleeping car leave St. John at 4.10 p. m., week days, and run through to Levis, P. Q., via Megantic.

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The Home

THE BEST DISINFECTANTS.—The best disinfectants are pure air and sunshine. Without the aid of disinfectants the most powerful chemicals used to purify a pest place may prove of no avail. It is more necessary that a house sewer should be ventilated than that the waste pipes that lead into it be trapped. A strong solution of potash and boiling water poured down the sink and into waste pipes will disinfect them sufficiently for the season. If about four quarts of boiling water are poured over five cents' worth of copperas, and the solution scattered over the ground where the garbage pail has sat during the winter, and into cesspools or any similar spot that needs disinfection, it will be usually all that is necessary, provided air and sunshine can also reach the place. It is not safe to trust the eyes; that which looks clean may be very unclean, but there is usually a foul odor to any spot needing disinfection.—(For L. A. A.

HINTS FOR BREAD-MAKING AND BREAD-KEEPING.—A stoneware jar glazed inside, with lid, makes a fine, "bread-raiser," better than those of tin designed for the purpose. It retains the heat longer than tin, and having straight sides, it is easier to guage the rising—to tell when it has doubled in bulk.

When bread comes from the oven, rub, the tops over with good, sweet butter, lean one end of each loaf on the bottom of the inverted pan, the other end on the bread-board, and cover with a fresh towel, then with a thick bread-cloth, old table-cloth, and let them stand until perfectly cold. If a hard crust is preferred, do not use the butter nor covers.

Keep bread in a stone jar with close-fitting lid, or in a regular tin bread-box—either of which should be kept as sweet as a rose by thoroughly scalding twice a week, and then sunning or by heating on the stove. A general rule regarding time for bread-making is this: In winter mix bread in the evening; in spring and fall-late at night (or very early in the morning); in summer, in the morning.—Ella Morris Kretshmar, in Woman's Home Companion.

BAD COMPLEXIONS.—A writer to the journal, Life and Health, says that the cause of unsightly complexions is bad digestion, and we generally trace that to a bad liver. One of the best remedies for a sluggish liver is cheap and pleasant. Dieting is the secret of the cure. The best liver regulator for persons of sedentary habits—and those are the ones whose complexions are muddy—is to be found in apples, eaten baked if they are not well digested when eaten raw. "I attended the pupils at a well-known boarding school, and among them was a country girl whose complexion was the envy of all her associates. I found that she was a very light eater at her meals, but she had a custom of taking a plate of apples to her room, and eating them slowly as she studied her lessons. This was her regular practice. Some of the other girls in the institution took it up; and I know, as a result of my personal investigation, that the apple-eating girls had the best complexions of any in the school."

THE USE OF WATER.—The noted physician, Dr. Austin Flint, Sr., recommends "plenty of water, outside and in, for health." Most authorities agree that the majority of people drink too little water for the needs of the system. Wonderful cures are reported resulting from the regular and persistent use of this beverage. One of these is a young girl, slender, pale and delicate, with little appetite for food, whose days were heavy and spiritless and whose nights were unrestful, who had exhausted the value of many different patent medicines in her effort to restore her system to a normal condition. Her physician induced her to try pure water as a remedial agent. His directions were to disregard all drugs, to directly after meals drink slowly two glasses of pure cold water, not ice water, and before going to bed consume the same amount. He said that it would be difficult at first to consume the whole quantity, but told the patient to keep at it, for he was sure of the beneficial results. She faithfully complied with his advice, not noticing any material benefit during the first few weeks, but in five or six months a change so marked had been effected that one could hardly recognize the frail girl of the half year previous in the rosy, plump, energetic, perfectly well girl who had taken this simple cure.—Methodist Protestant.

Pies.

Take one pint of flour, one-fourth of a pint of lard, one teaspoonful of salt. Mix these with the hand thoroughly, the longer the better; at any rate, until it is a mass of fine crumbs. Then add as much cold water as will make it stick together; the less you work it after adding the water the more flaky your crust will be, and do not put in enough water to make it soft. This will make two ordinary sized pies, with two crusts. Break off one-fourth of it and roll out. Do not turn it over on the board; that is, keep the same side up while rolling out. It should roll hard. If it rolls easy you have too much water, and your crust will be tough and become soft after it is baked. For all kinds of fruit except apples and fresh peaches, stir one tablespoonful of flour into your sugar, and that will make the juice nicer; that is, rhubarb, currant, gooseberry, cherry, blackberry, plum, and all the juicy fruits. If you will follow these directions, you will have a nice, dry, flaky crust, fit for any one.—Journal and Messenger.

A Really Sick Man.

SUFFERED TERRIBLE AGONY DUE TO KIDNEY AND LIVER TROUBLE.

Medicines Apparently Had No Effect, Until at the Solicitation of a Friend He Used Dr. Williams' Pink Pills and Was Cured.

From the Mail, Granby, Que.

Mr. Albert Fisher, accountant at Payne's cigar factory, Granby, Que., is known to almost every resident of the town, and is held in the highest esteem by all who know him. In conversation with the editor of the Mail recently, something was said concerning Dr. Williams' Pink Pills, when Mr. Fisher remarked that he had found these pills a very valuable medicine. It was suggested that he should make his experience known, and to this he readily consented, handing to the Mail the following letter for publication:—

Granby, March 16th, 1900.

In justice to Dr. Williams' Pink Pills, I think it my duty, in view of what they have done for me, to add my testimonial to the many which I have seen in print. For some months I suffered most severely from pains up and down my back. As a result, I could get little rest; my appetite was much impaired, and I was really a sick man. I tried many different remedies, without effect, and which disgusted me with medicine. A friend suggested that I try Dr. Williams' Pink Pills. I was not easily persuaded, for I had given up the use of medicine, as nothing had helped me, but as he insisted, I finally concluded to give them a trial. I purchased one box, and was astonished to find that before it was entirely used, I was quite a bit relieved, and after using six more, was fully restored to my former good health. I take great pleasure in recommending this valuable remedy, that others may profit by my experience, and not suffer the tortures that I did.

Yours sincerely,
ALBERT FISHER.

Dr. Williams' Pink Pills cure by going to the root of the disease. They renew and build up the blood, and strengthen the nerves, thus driving disease from the system. If your dealer does not keep them, they will be sent postpaid at 50 cents a box, or six boxes for $2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.



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