HOOD'S PILLS

Rouse the torpid liver, and cure biliousness, sick headache, jaundice, nausea, indigestion, etc. They are invaluable to prevent a cold or break up a fever. Mild, gentle, certain, they are worthy your confidence. Purely vegetable, they can be taken by children or delicate women. Price, 25c. at all medicine dealers or by mail of C. I. Hood & Co., Lowell, Mass.

HOUSE CLEANING TIME is a good time also to cleanse the system. Use Wheeler's Botanic Bitters. They prevent and cure all Headaches, Dizziness, Boils, Pimples, etc., and purify the Blood.

MR. J. D. ROBINSON,

DUNDAS, ONT.,

Gives His Honest Opinion of Milburn's Heart and Nerve Pills.

Mr. J. D. Robinson, a resident of Dundas, Ont., has found these pills to do all that is claimed for them and made the following statement of his case:

"Some time ago I obtained a box of Milburn's Heart and Nerve Pills, and I can now without hesitation say that they have been beneficial in relieving me of an obstinate and long standing complaint affecting my heart and nerves.

"I was troubled with sleeplessness, dizziness, palpitation and neuralgia for such a long time that I had really given up hope of a cure. Now, that others may learn of the virtues of this remedy, I give my unsolicited testimony.

"My honest opinion is that there is no cure so good for heart and nerve troubles as Milburn's Heart and Nerve Pills."

Milburn's Heart and Nerve Pills are 50c. a box or 3 for $1.25, at all druggists.

Sold on its merits. Every bottle of Kendrick's Liniment is guaranteed to give satisfaction.

INDIGESTION

CAN BE CURED.

An Open Letter from a Prominent Clergyman.

C. GATES, SON & CO.,
Middleton, N. S.

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.

Sold Everywhere at 50 Cents per Bottle.

OUT OF SORTS?

If you are run down, losing flesh and generally out of sorts from overwork worry or other cause, use

Puttner's Emulsion.

Nothing else will so promptly restore you to vigor and health.

Always get PUTTNER'S it is THE BEST.

The Home

Crackling Bread.

One must have a quart of cornmeal—three pints makes more dough—a pint of buttermilk, a teasponoful of soda, a big pinch of salt, a pint of brown cracklings left from making lard, warm water. Crush the cracklings with a rolling pin, heat them and stir in the dough, which must be thick enough to mould well (thin with the warm water). Mould the bread with the hands in small oblong pones, about three inches thick, putting the pones as you mould them in hot, well greased pans. Bake in a hot oven until brown.

Down here we eat this bread while warm with butter, and sometimes with butter and sorghum molasses. It is light, rich, and, as the negroes say, 'fit fuh de queen,' but take care you don't eat too much!—Ex.

How to Boil Mutton.

Procure the thick end of a leg of mutton, remove the bone and fill the cavity with veal stuffing. Take away any corners that might break through the paste into which you are going to wrap the joint. Make a paste of flour and water, with a little chopped suet and baking powder; roll it out to the thickness of half an inch. Wrap the mutton inside, carefully covering it, so that there is no hole through which the gravy can escape. Wet the edges of paste where they join, then tie in a large pudding cloth which has been wrung out in boiling water and well floured. Plunge the joint into a saucepan of boiling water and cook it for about 2¼ hours. Serve in the paste, which on being cut open will be found to contain excellent gravy and a delicious joint of meat.

Corn Dumplings.

Cook a piece of shoulder of pork in a big pot until tender, then mix the desired quantity of cornmeal to a thick dough, as in making bread (the addition of an egg to the dough improves the dumplings. Drop balls of the dough about the size of a walnut in the boiling water about the meat in the pot and cook twenty minutes, when the dumplihgs will be done and will have a thick gravy around them. Take care not to let the mixtnre burn. The fat and juices of the meat season the dumplings excellently.

How to Bake Beans.

We call these very nice: Three teacups of white beans soaked over night. In the morning boil a few minutes till parboiled. Pare a small onion and place in the bottom of your bean pot. Add to the beans one good tablespoon of molasses, one-half teaspoon of salt and a good half pound of salt pork. Cover them with hot water. They taste more like baked beans. Keep covered with water till one or two hours before supper, but don't let them get dry; only let the pork be uncovered. If done right, every one will call them fine.

How to Keep Cut Flowers.

A lady who has spent a good deal of time in Japan says that she has often kept cut flowers for an abnormally long period by burning their stems with a piece of wood—not with a match, be it observed, for the sulphur would be injurious to the flower. The Japanese say that the charring process causes the water to penetrate the stem and to sustain the flower. Whatever the reason, it is satisfactory to learn that by charring the stems of chrysanthemums we may keep them in good condition for a month or six weeks.

How to Cream Liver.

Cut one pound of calf's liver in inch square pieces and cover with cold water, add one teaspoonful lemon juice and one whole clove and simmer gently for an hour. Add one-half teaspoonful of salt after half an hour. Pour off water and add one-half pint of milk or cream. Mix a heaping teaspoonful of flour with one tablespoonful of butter and add as soon as the milk boils. Add one-fourth of a teaspoonful of salt, a pinch of white pepper and let boil up once. Serve on small squares of crisp toast.

How to Make French Hash.

Two cups of milk, one cup of soup stock, one tablespoonful of chopped parsley, two tablespoons butter, one quart meat, two tablespoons of flour, three eggs, one teaspoonful of salt, a dash of pepper; melt the butter without browning it, add the flour, stir until smooth, and add the milk and stock. Stir until it thickens; add the chopped meat, either chicken or lamb; take from the fire; beat the eggs lightly and add last. Grease a baking dish, turn it in and bake an hour.

How to Make Turkey Molds.

One pound of cold turkey, three ounces of fine bread crumbs, a little chopped onion, two ounces of butter, one egg and one tablespoon of cream. Mince the turkey very finely, put it into a basin with the bread crumbs, onions, butter and egg well beaten; mix thoroughly, then add the cream, put in small buttered cups, bake for twenty minutes, then turn on to a dish and serve.

How to Bake a Ham.

First scrape the ham clean, place in a saucepan of warm water and let it simmer very slowly for about six hours. Take it out, remove the rind and rub into the flesh as much granulated sugar as it will receive. Place in a baking dish, and bake for an hour in a slow oven, basting occasionally.

* * *

A banquet given at the Hotel Cecil, London Monday evening, by the British Empire League, in honor of the colonial troops in South Africa and of the Australian federation delegates, brought together a brilliant gathering. The Duke of Devonshire presided, and there were present the Prince of Wales, the Duke of York, the Duke of Cambridge, the Duke of Fife, the Marquis of Salisbury, Hon. Joseph Chamberlain, Lord Wolseley, Lord Strathcona and Mount Royal, Col. Denison, of Toronto, Hon. Mr. Tarte and Lord Lansdowne. The company included some 250 others.

* * *

How Relief Came.

A WELLAND COUNTY MAN'S INTERESTING EXPERIENCE.

He Had Suffered for Years from Kidney Trouble—Many Medicines Were Tried but Failed—Dr. Williams' Pink Pills Saved Him.

Mr. James Upper, of Allenburg, is a gentleman well known in Welland county. Mr. Upper was proprietor of the village hotel for over thirty years, and no better landlord ever catered to a traveller's wants. Mr. Upper's acquaintance also extends over Ontario as a sequel to his prominence in Orange and Masonic circles. His present vocation is farming and in this calling he has been very successful. Mr. Upper has been a sufferer for years from kidney trouble and began to think that good health had altogether passed him by; but the time came when he found a complete cure and is again strong, happy and vigorous. In regard to Mr. Upper's sickness and cure he says:—"In December of 1897 I was prostrated with a severe form of kidney trouble. Previous to this I was slightly afflicted in the same way, but at this time matters came to a climax as the result of exposure and over-exertion. To say that I suffered does not express it; the pains in my back were terrible. I gradually grew worse and was compelled to keep my bed and for months I existed as though in a hideous dream. I had considerable nausea and loathing for food, was greatly reduced in flesh. The pain daily grew more intolerable. I got little sleep; was left weak and exhausted, and despaired of getting well. Different remedies were tried without benefit. Finally I was persuaded to try Dr. Williams' Pink Pills and procured six boxes. This was about March 1st, 1898. I took the pills faithfully and at the end of two months I felt well again and able to attend to my work. The following autumn I experienced a slight recurrence of the trouble and again used a few boxes of the pills and now consider my cure complete, as a year has since passed and I have not experienced a pain or ache. I am now able to follow farming pursuits with perfect ease. My wife also speaks as warmly in favor of Dr. Williams' Pink Pills as I do, having used them for headache, dizziness and loss of appetite, the pills always giving comfort and relief. Since my illness I have learned that a good remedy is none the less good because its cost was so much less than I expected."

PARSONS PILLS

will cure Biliousness, Constipation, all Liver complaints. They expel impurities from the blood. Delicate women find sure relief from using them

To Cure Sick Headache

and remove impurities from the stomach and bowels. Put up in glass vials. Thirty in a bottle; one a dose. Recommended by many physicians everywhere, as the best Liver Pill made. Sixty-four page book sent free by mail. Sold by all Druggists, or sent post-paid for 25 cents in stamps. I. S. JOHNSON & Co., Boston, Mass.

A clear skin and bright eye usually indicate health, which is obtained by using Wheeler's Botanic Bitters. Large bottles only 25 cents

EARN!

This beautiful Lady's Watch by selling only 3 doz. packages of Sweet Pea Seeds at 10 cents each. Each large package contains 65 most fragrant varieties. All colors. Write and we send seeds. Sell them, return money, and we mail your watch all charges paid. The season is short so order at once. Premium Supply Co., Box Toronto, Can.



WHEELER'S BOTANIC BITTERS

A reliable and effective medicine for cleansing the blood, stomach and liver. Keeps the eye bright and skin clear. Cures headache, dizziness, constipation, etc.

Purely Vegetable, large bottles, only 25 CENTS.

GRIPPE'S LEGACY.

Shattered Nerves AND Weakened System.

A Montreal Gentleman Tells About It.

Mr. F. J. Brophy, a well-known employee in the money-order department at the general post office in Montreal, tells about his case as follows:

"I had a very severe attack of La Grippe, which left me all run down, very nervous, without appetite, and extremely weak. Very often I could not sleep at night, and I was much troubled with profuse perspiration, which naturally caused me much annoyance. Learning of the good effects of Milburn's Heart and Nerve Pills, I began taking them, and much to my gratification they have braced me up, invigorated my entire system, and made me feel like a new man. I am now all O.K., and highly recommend these pills to anyone suffering as I did."

Milburn's Heart and Nerve Pills cure palpitation nervousness, sleeplessness, weakness, anæmia and general debility.

ALWAYS KEEP ON HAND

Pain-Killer

THERE IS NO KIND OF PAIN OR ACHE, INTERNAL OR EXTERNAL, THAT PAIN-KILLER WILL NOT RELIEVE.

LOOK OUT FOR IMITATIONS AND SUBSTITUTES. THE GENUINE BOTTLE BEARS THE NAME,

PERRY DAVIS & SON.

MONT. McDONALD

BARRISTER, Etc.

Princess St St. John



FREE!

This beautiful Opal Ring in a handsome plush lined case for selling 1 doz. dainty packages of Violet Rose and Heliotrope perfume at 10c. each. This ring is made of the wonderful Metal, Goldalloy, which looks like pure gold, and never changes color. It is set with 3 splendid Opals. Send us this ad. with your address and we mail perfume. Sell it return money, we forward ring and case. Home Specialty Co., Box Toronto.



FREE

This beautiful Heavy Gold or Silver Plated Chain Bracelet, for selling only one dozen packages of Sweet Pea Seed, at 10c. each. Large package contains 65 most fragrant varieties. All colors. Write and we send seeds. Sell them, return money, and we mail your bracelet absolutely free. The season is short, so order at once. Premium Supply Company, Box Toronto, Can.