One Dose

Tells the story. When your head aches, and red and bilious, coated, and out of tone, the stomach sour and no appetite, just buy a package of

Hood's Pills

And take a dose from 1 to 4 pills. You will be surprised at how quickly they will do the work, cure your headache and biliousness, tonic the liver and make you feel happier again. 25 cents. Sold by all medicine dealers.



FOR Impure Blood, Thick Water, Swellings, Fever, Cough, Lost Appetite, Etc.

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GRANGER Condition Powder

The Baird Company, Limited, Proprietors.

In the Clutch Of Consumption.



Don't neglect that persistent hacking cough till you find yourself in the clutch of Consumption. It's an easy matter to stop it now by taking

DR. WOOD'S NORWAY PINE SYRUP.

This pleasant remedy heals and soothes the lungs and bronchial tubes, and cures lingering and chronic coughs when other remedies fail.

Mr. W. P. Cann, writing from Morpeth, Ont., says: "I honestly believe I would have died of consumption only for Dr. Wood's Norway Pine Syrup. I have used it for years and consider it has no equal for severe colds and throat troubles."

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.

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The Home

The Hygiene of Sweeping.

Cleanliness is next to godliness; but what is cleanliness. Harmful dirt is not always that which is most evident to the eye. T. M. Johnson, writing in Science and Industry, reminds us of this fact, and thus discourses on the difference between real and false cleanliness: "A certain woman, weary, worn, and sad, spends most of her time stirring up dust in her house, thus keeping the atmosphere of her home almost constantly charged with flocculent solid matter to which germs may or may not be clinging. This part of her appointed task is known as sweeping and dusting, or 'cleanling house.' She takes a broom and works it vigorously over the carpet, displacing dust and dirt in three ways. Part of it works down through the interstices of the carpet and remains there until the carpet is lifted, or, indeed, if the carpet is closely woven on the under side, the upper soft fabric will become so thoroughly clogged with dust that nothing but a good beating or washing will remove it. Another part of the dirt, the larger particles, is swished with measured strokes to the point where the accumulation is gathered up or swept out after it has been separated from the finer particles. Most women take a delight in removing this part of the household dirt in a dust-pan, for it is visible, and, if allowed to remain long, would soon discolor the carpet. Many of them pick up a surprisingly large quantity, too, for they have the knack of throwing it forward, and thus pushing the least possible amount i to the carpet. But some women, and I think it safe to say all man, have the unhappy faculty of sweeping a dirty carpet without taking a teaspoonful of dirt from it; on the contrary, they rub it in. Men are particularly noted for 'rubbing it in.' The third part of the dirt disturbed by the house-cleaner's broom is wafted upwards in air-currents produced by the motion of the broom. This is the fine flocculent dust that is almost invisible in a dingy room, but is very noticeable in a well-lighted apartment."

The writer tells us that if the housewife is desirous of effectively removing dust and dirt from carpeted floors, the carpets must be taken up and shaken outdoors, Mats or rugs are the best floor-covering, because they are not tacked down, and can be lifted easily. The floor should have close joints and an oil finish. Open joints in the floors are receptacles for dirt, and they cannot be cleaned out. The dust on the closely jointed oiled surface can easily be removed with a damp mop, and no dust will rise to vitiate the air or settle on the furnishings. The damp mop is also of service in cleaning an impervious floor, such as oilcloth, linoleum, oiled wood, rubber, flagstones, marble, tile, etc. Linoleum he considers a thoroughly hygienic floor-covering, and especially desirable for kitchens, pantries, dining-rooms, bathrooms, and halls and passages, particularly if there are children around. The best thing with which to sweep a carpet is a modern carpet-sweeper of approved make. This picks up most of the dirt, throws it into a receiving-chamber inside the sweeper, and reduces the amount of floating dust to a minimum. Especially objectionable is the "despicable feather-duster," which simply scatters the dust to other places of lodgment instead of removing it. —The Literary Digest.

A Young Child's Mind.

"A child's mind is like a little clean white page," remarked a successful kindergarten teacher recently. "You can write upon it anything you like." This is undoubtedly true as far as beliefs and impressions are concerned, and the responsibility that consequently devolves upon parents and teachers cannot be under-estimated. It is not to be taken for granted, however, that a small child is by any means angelic. To start with original sin in the way of the passions often clouds over the "white page." Temper, selfishness, jealousy and many other undesirable qualities are born with us, and there must be as much erasure as inscription on the page of a child's mind. Some things, however, there are that can be instilled at the pleasure of the person who instructs the child.

"Yes, my children positively worship me!" exclaimed a pretty, frivolous young matron. "They consider it a positive privilege to do anything for me. You see, my treasure of a governess has taught them that I give them everything. When they eat their supper she says, 'Here is the good bread and milk that your dear mamma gives you'; and when they are wrapped up it is, 'How good your mamma is to get you such nice warm clothes,' and so on with everything—breakfast, dinner and supper. Their clothes, their pleasures, all are spoken of as coming directly from me. And so, of course, they adore me, although I really take little trouble about them. Was it not clever of Fraulein to invent such a lovely theory and put it into practice so successfully? Now, there is my sister, who is devotion itself to her little ones. She gives herself up to them morning, noon and night, and is a perfect slave to their caprices; yet they do not care for her half as much as mine do for me. To tell the truth, I am rather selfish, and do not like to be bothered with them if they interfere with my own pleasures. It is all in the training, for you can make a child believe anything you like, as Fraulein says."—Sel.

* * *

Pronounced Incurable.

THE STORY OF MRS. AGNES FORAN, OF HALIFAX.

Following Inflammation of the Lungs a Severe Cough Set in and Her Doctor Said Her Case Was Hopeless. Dr. Williams' Pink Pills Have Restored Her Health.

From the Recorder, Halifax, N. S.

Mrs. Agnes Foran, who resides at 21 Agricola street, Halisax, N. S., tells a wonderful story of her complete restoration to health, after a protracted and distressing period of extreme illness, and she attributes her present happy condition, under Providence, to the marvellous qualities of Dr. Williams' Pink Pills. When Mrs. Foran was called upon by a representative of the Acadian Recorder, who stated his mission, she cordially welcomed him to her pleasant home, where in the presence of her mother and sister, she freely told the story of her sickness and recovery. She said: "A few years ago I suffered a severe attack of inflammation of the lungs, and was attended by one of the best physicians in the city. I pulled through but was left a complete wreck, so that I could not do any work, suffering all the time from palpitation of the heart, nervous prostration and a ringing sound in my head. I also had a distressing cough and for months I never knew what it was to have a good night's rest. For two years my life was a perfect misery to me and under the doctor's orders I took emulsion till I was nauseated with the sight of it, but all to no purpose. My life was despaired of by all my friends who were assured by the doctor that my case was beyond the reach of human skill. I was visited by the clergy of my church and Sisters of Charity, who were very kind and sympathetic and looked upon me as one whose earthly race was about run. I experimented with all sorts of remedies for my cough, but without avail. My druggist at last advised me to try Dr. Williams' Pink Pills. Being fairly discouraged, nevertheless I was persuaded to make the trial, when to the surprise and joy of myself, family and friends, I began to get better, and by the time I had taken seven or eight boxes I was as well as you see me now, and she laughingly added, "I think you will admit that I don't look much like a sick woman." Her mother, who had been listening to the tale of her daughter's long illness added: "It just seems like a dream to us all that we once despaired of her life, when we now see her the pink of health."

Mrs. Foran said that when on a visit to England about a year ago she contracted a heavy cold and was threatened with a return of her cough, but she at once got some of the pills and by the time she had reached New York she was as well as ever again. She related a number of instances in which she had advised persons suffering from chronic complaints to take Dr. Williams' Piuk Pills and always with the best results. She mentioned particularly a niece of hers living in Boston who was run down and in a wretched condition of health, but was now a healthy young woman who owed the fact to the use of the pills. When the reporter was taking his leave Mrs Foran said: 'I am very glad to have the opportunity to testify what Dr. Williams' Pink Pills have done for me and you can say that I shall never cease to sound their praises, and I bless the good Lord that they were placed in my way at a time when I had not the hope that I could live."



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Every Organ of the Body Toned up and Invigorated by

MILBURN'S HEART AND NERVE PILLS.

Mr. F. W. Meyers, King St. E., Berlin, Ont., says: "I suffered for five years with palpitation, shortness of breath, sleeplessness and pain in the heart, but one box of Milburn's Heart and Nerve Pills completely removed all these distressing symptoms. I have not suffered since taking them, and now sleep well and feel strong and vigorous."

Milburn's Heart and Nerve Pills cure all diseases arising from weak heart, worn out nerve tissues, or watery blood.

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