Tonight

If your liver is out of order, causing Biliousness, Sick Headache, Heartburn, or Constipation, take a dose of

Hood's Pills

On retiring, and tomorrow your digestive organs will be regulated and you will be bright, active and ready for any kind of work. This has been the experience of others; it will be yours. HOOD'S PILLS are sold by all medicine dealers. 25 cts.

A LITTLE COLD LET RUN.

A little tickling in the throat—now and then a dry, hacking cough—"not bad enough to bother about you say."

But every hack makes a breach in the system, strains the lungs and prepares the way for more serious trouble.

'Twould be wise for you to take Dr. Wood's Norway Pine Syrup now, before the lungs become permanently affected.

It is the most certain and satisfactory remedy for Coughs, Colds, Bronchitis, Croup, Hoarseness, Sore Throat and Whooping Cough.

Mrs. Geo. F. Foster, Lansdowne, N.B., has this to say: "I was taken suddenly with a cold which settled on my lungs. I had a terrible cough and it gave me great alarm. All the remedies I tried seemed of no use. I then started taking Dr. Wood's Norway Pine Syrup, which cured me so promptly that it was a pleasant surprise. I shall always keep it in the house during the winter season."

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.

PUTTNER'S EMULSION

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

Always get PUTTNER'S it is THE BEST.

CURE ALL YOUR PAINS WITH

Pain-Killer.

A Medicine Chest in Itself.
Simple, Safe and Quick Cure for
CRAMPS, DIARRHOEA, COUGHS, COLDS, RHEUMATISM, NEURALGIA.
25 and 50 cent Bottles.
BEWARE OF IMITATIONS.
BUY ONLY THE GENUINE.
PERRY DAVIS'

The Home

Washing Dishes.

Rule and system attend even a process apparently so paltry as the washing of dishes. Have ready a dish panful of clear, hot water, to which have been added a few drops of ammonia. In this first wash the glasses, and turn them upside down on the draining pan—the water to be as hot as may be borne by the hands. Before proceeding to dry the glasses, put into this same water the cups, saucers and silver and a piece of soap, allowing them to remain while drying the glasses with a dry, soft towel. Then remove the soap and with a dish cloth wash well all the pieces which have been lying in the hot suds.

Place the china articles in the draining-sieve and pour clear hot water over all. Now dry the silver. Then pour out the water from the dish pan and lay in it the plates, vegetable dishes and a piece of soap; refill the pan with hot clean water and go on with the drying of the cups and saucers. When these are finished repeat the same process with the contents of the dish pan, and next attend to the cooking utensils. Once every day pour a quantity of hot water and washing soda down the sink drain. Always keep the boiling kettles well filled on the range; hot water is needed for cleansing purposes in all directions in the kitchen.

China decorated in gold should never be rubbed with a cloth. Wash first in the hot water and then rinse in cold, letting remain to drain until dry. The gilding will wear off if treated otherwise. When it grows dull it may be rubbed gently with a piece of chamois. In washing water bottles and decanters use borax and water, and if extra means for cleansing are called for, a little freshly slacked lime will be found beneficial. Glass and dish towels should be washed, dried in the open air, ironed and folded away neatly after usage every day.—The Delinator.

* * *

Home Made Liniments.

It is difficult to find a liniment that will be of more general use than simple camphorated oil or camphor liniment, as it is often called. It is valuable for rubbing on the outside of the throat or on the chest as a gentle stimulant, or it may be used in case of chronic rhuematism, where it must be applied with friction to give any relief. It may be purchased of the druggist, or it may be prepared at home by dissolving one ounce of gum camphor in four fluid ounces of olive oil. In case of a severe cold a piece of flannel dipped in camphor liniment and heated and laid over the chest under a layer of cotton batting will seldom fail to bring relief to a little child or even to an older person. Ammonia liniment is a more powerful stimulant to the skin. It is made by mixing half an ounce of spirits of ammonia with an ounce of olive oil and shaking in a bottle until they are mixed. Apply it with the palm of the hand, using abundant friction.

A compound liniment which is recommended for rhuematism and "numbness" is made of two and a half ounces of gum camphor, one dram of oil of lavender dissolved in seventeen fluid ounces of alcohol. After this add three fluid ounces of a strong solution of ammonia and shake the ingredients thoroughly together in a bottle. Keep it closely corked when not in use. A good liniment for bruises and strains is made of two fluid ounces of alcohol, two fluid ounces of ammonia and two tablespoonfuls of salt. Put these ingredients in a quart bottle and fill it with rain water; shake the bottle every time this liniment is used. Apply it with friction, using the palm of the hand, as the massage nurse does. The efficacy of almost any of the liniments depends considerably on the care and zeal with which it is applied. In all cases the skin should be covered with flannel and often with cotton batting after the liniment has been applied, as it is desirable to keep in the heat of the rubbing. A good healing liniment for chafed skin, burns or scalds is made of three ounces of spermaceti and one ounce of white wax melted into a pint of olive oil by settling them in a bottle uncorked in a can of warm water and repeatedly shaking the bottle, returning it to the warm water until the ingredients are all melted together.

* * *

Indiscriminate Savings.

Saving is not always economy. True economy consists as much in throwing out perfectly worthless articles which draw moths into the house as it does in saving articles that are of value. The woman who hoards up old tincans, with the idea thaf they may be utilized some time as receptacles for food, is an extravagant manager, because she risks the health of her family thereby. The cans are made of inferior material, and it is not safe to use them to hold food or as cooking pans. Their usefulness is past after they are open and their contents poured out. It is economy to burn greasy, old twine, old, dusty paper or anything which represents matter out af place when it is hoarded up.

* * *

Moody's Remarkable Life.

We have received from The Poole Publishing Company, Toronto, "THE LIFE OF D. L. MOODY." The book is attractive, and is well printed on good white paper. Thirty-three pages of illustrations embellish its pages, covering the outstanding features in Mr. Moody's career, home life and religious experience. Its circulation will probably be very large, as Mr. Moody had a powerful influence in Canada, was known here quite as well as across the line, and his was a potent name in thousands of Christian households. The book is published at 25 cents in heavy paper cover, or 50 cents bound in cloth, is for sale at all bookstores or will be sent postpaid by the puplishers on receipt of price.

* * *

Mrs. Rorer's solution of the servant-girl problem will be presented in the May Ladies' Home Journal. She will tell "How to Treat and Keep a Servant," fixing the responsibility for the unsatisfactory domestic service that makes housekeeping such a hardship today. It is Mrs. Rorer's contention, and she thoroughly maintains her point, that it is no more difficult to secure efficient employees in the home than it is for any other kind of work. But the point of view of mistress and maid must be materially changed first.

Convention Hall, in Kansas City, Mo., where the Democratic convention was to have been held July 4th, was laid in ruins Wednesday afternoon by fire. The second Presbyterian church, the parsonage, the Lathrop public school and a half block of three story flat public buildings were also totally destroyed. The aggregate loss is $400,000. Plans are on foot to rebuild Convention Hall immediately and have it ready for the Democratic convention in July.

Delicate Children

They do not complain of anything in particular. They eat enough, but keep thin and pale. They appear fairly well, but have no strength. You cannot say they are really sick, and so you call them delicate.

What can be done for them? Our answer is the same that the best physicians have been giving for a quarter of a century. Give them

Scott's Emulsion

of *Cod-Liver Oil with Hypophosphites.* It has most remarkable nourishing power. It gives color to the blood. It brings strength to the muscles. It adds power to the nerves. It means robust health and vigor. Even delicate infants rapidly gain in flesh if given a small amount three or four times each day.

50c. and $1.00; all druggists.
SCOTT & BOWNE, Chemists, Toronto.

STRENGTHENS WEAK LUNGS.

Many persons are in a condition to invite Pneumonia or Consumption by reason of inherited tendency or other causes. They catch cold easily—find it difficult to get rid of an ordinary cough or cold. We would advise all such people to use Dr. Wood's Norway Pine Syrup.

It is a wonderful strengthener and healer of the breathing organs, and fortifies the lungs against serious pulmonary diseases.

Miss Clara Marshall, Moore, Ont., writes: "I have suffered several years with weak lungs and could get no cure, so became discouraged. If I caught cold it was hard to get rid of it. I started using Dr. Wood's Norway Pine Syrup, and as a result my cough has been cured and my lungs greatly strengthened."

Dr. Wood's Norway Pine Syrup.

25c. and 50c. a bottle. All druggists.

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MURRAY & LANMAN'S Florida Water

"THE UNIVERSAL PERFUME"
For the Handkerchief, Toilet and Bath.
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THE BEGINNING OF THE END

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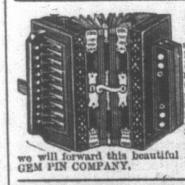

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A complete miniature Printing Office Consisting of 3 Alphabets of Rubber Type, Type Holder, Steel Tweezers, bottle Indelible Ink, Ink Pad, and full directions, all packed in a neat case. Useful in every home for marking linen; also for printing cards, envelopes, etc. Every person should possess an outfit. Mailed, post-paid, for only 15 cents. An elegant premium sent with order for three outfits. Satisfaction guaranteed, or money refunded. Address REX SUPPLY Co., Toronto, Can. (Please mention this paper.)