

HEAD BACK LEGS ACHE
Ache all over, Throat sore, Eyes and Nose running, slight cough with chills; this is La Grippe

Painkiller
taken in hot water, sweetened, before going to bed, will break it up if taken in time.

There is only one Painkiller. "PERRY DAVIS"

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Norway Pine Syrup

Cures Coughs, Colds, Bronchitis, Hoarseness, Croup, Asthma, Pain or Tightness in the Chest, Etc.

It stops that tickling in the throat, is pleasant to take and soothing and healing to the lungs. Mr. E. Bishop Brand, the well-known Galt gardener, writes:— "I had a very severe attack of sore throat and tightness in the chest. Some times when I wanted to cough and could not I would almost choke to death. My wife got me a bottle of DR. WOOD'S NORWAY PINE SYRUP, and to my surprise I found speedy relief. I would not be without it if it cost \$1.00 a bottle, and I can recommend it to everyone bothered with a cough or cold."

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The Home

THE WEIGHT OF CLOTHING.

There is a good deal seriously to be said about feminine clothing. As regards the general public, the most important indictment is against the trailing skirt, which rescues tubercle bacilli from the sunlight and brings them into the nursery and living room. But as regards the woman herself, a German doctor has just published an exhaustive study of, among other things, the weight of feminine clothes, which weigh, on the average, 30 percent, more than men's though woman is smaller and less muscular.—Chicago News.

A REACTION.

A reaction against the ceaseless golling, cycling and out door doings which have been the order of late years appears to be setting in in English society, and as a substitute the women of the great world have taken to embroidery and enamel work. Mrs. Percy Windham, mother of the Chief Secretary for Ireland, and Princess Louise of Schleswig Holstein are experts at enameling, and the beautiful Countess of Lytton excels at needle work.—N. Y. Tribune.

SOME USES OF OLIVE OIL.

A tablespoonful of olive oil a day, taken internally, will help liver trouble and indigestion. It is also healing for throat or stomach catarrh. Serve it frequently in salad dressings, where it will be both an appetizer and medicine. For severe internal disorders or emaciated and run down condition of the body, rub the patient every morning for twenty minutes with the oil, then with a bath towel; at night rub the spine for ten minutes, and in two months you will see great improvement. Mixed with quinine, then rubbed on the chest and back, it prevents cold; mixed with camphor then applied to the throat, it cures soreness; mixed with kerosene and turpentine, then used on the throat and chest, it relieves the most obstinate cough. Heated and applied to the bowels, it helps constipation. Try it for chapped hands and roughened or burned skin. Before putting away the stove, rub the nickel parts with the oil, also the gasoline oven or other sheet iron, and you will see no rust. Use it on shoes instead of blacking. It is especially good on patient leather; apply at night, rub off and polish in the morning.—Woman's Home Companion.

BARED BANANAS.

Place in a bowl three tablespoonfuls of butter, six tablespoonfuls of sugar and three tablespoonfuls of lemon juice, set the bowl in a pan of hot water to allow the butter to melt. Peel the bananas and lay them in a shallow baking pan. Having the pan perfectly clean and place the bananas so that they will not touch each other.

Baste the bananas with the mixture in the bowl, place in the oven and bake for half an hour, baste three times while cooking. This dish can be used as an entree or as a desert.—Ex.

BANANA AND PLUM TART.

Prepare a syrup of half a pint of water and six ounces of granulated sugar; boil until thick, which will take about six minutes, add one pound of plums and four bananas, the bananas should be cut into thin slices; stir the fruit carefully, and when it boils put it into a pie dish and when quite cold cover the fruit with a flaky piecrust and bake at once in a well heated oven.—Ex.

BANANA PUDDING.

Add to one quart of scalded milk the well beaten yolks of three eggs, one tablespoonful of cornstarch, and granulated sugar to taste. Boil all long enough to make a thick cream. Slice three fine ripe bananas thin and arrange them in a pudding dish, then pour over them the boiled custard. Make a meringue of the whites of the eggs. Cover the top of the pudding and bake in a moderate oven until a rich brown. To be served cold with or without whipped cream.—Ex.

BANANAS WITH CORN STARCH.

Peel and cut in four pieces as many bananas as will be required, selecting fine large firm ones for the purpose. To one quart of boiling water add half a cup of gratulated sugar and the juice of half a lemon; boil the bananas in this until tender, but not broken; drain them and place on a pretty glass dish.

Boil the water down one half in which they were cooked, then stir into it one tablespoonful of arrowroot or corn starch, moisten in a little water; allow it to cook until the starch is clear, remove from the fire and flavor with lemon or orange juice; allow it to stiffen a little, then pour it over the bananas; sprinkle with sugar and chopped English walnuts and place in the oven for a moment to brown. If preferred the bananas can be stuck full of split blanched almonds.—Ex.

BANANAS A LA CONDE.

Wash thoroughly ten ounces of rice, place in a saucepan with water to cover; well and boil for five minutes rapidly, drain in a colander and rinse with cold water; return the rice to the saucepan and add a pint and a half of rich milk or cream and boil until tender and thick, then add one and one half tablespoonfuls of butter, four tablespoonfuls of sugar, a pinch of salt, two teaspoonfuls of lemon juice and the yolks of four eggs; butter a border mould, dust well with flour, put in the rice and bake 15 minutes; then put in a warm place.

Peel and cut in half one dozen ripe bananas and boil them in sugar syrup until they can be pierced with a straw; take the bananas out carefully and place on a plate to drain; boil the syrup slowly until it begins to thicken, then put back the bananas and set them in a warm place; just before serving turn the rice onto a chop platter or large round plate, place the bananas in the centre and pile them high, pour the the syrup over the fruit, also over the rice, and serve at once. A very dainty entree.—Ex.

FLEMISH SAUCE.

Cut a cupful of carrots into very small dice. Cover with boiling water and simmer one hour. Put three tablespoonfuls of butter, two of flour, a slice of carrot, an onion cut fine, a blade of mace, and twenty peppercorns in a saucepan. Stir over the fire one minute and add two cupfuls of any kind of seasoned meat stock. Simmer gently half an hour. Add a cupful of milk, boil up once and strain. Now add the carrot, one tablespoonful of chopped parsley, two or chopped cucumber, pickles, and, if you like, one of grated horseradish. Taste to see if salt enough.—Ex.

CONDENSED FOR FOUR DAYS.

"There was a good old lawyer of the good old Southern type," said President Woodrow Wilson, of Princeton College, the other evening, "who had a most eloquent way of pleading. His brief for three days had been a marvel of classical allusion and legal erudition."

"The judge, however, became a trifle impatient, and as gently as he could, intimated that the docket was somewhat crowded, and it might be to the client's interest if the lawyer could contrive to end his plea. And do you know, the old barrister declares that the last four days of his argument were a marvel of condensation."

"Didn't she have trouble in hiding from her husband the present she was going to give him?" Not a bit. She put it in one of the pigeonholes of his desk.—Chicago Tribune.

"That dress is becoming, my dear," said the man who thinks he is a diplomat. She looked at him coldly for a moment and then replied: "Yes it is becoming threadbare."—Washington Star.

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Pulmonary Disease.

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Mr. J. G. Clunis, Barney's River, N.S., tells of what this wonderful remedy has done for him:—"It is with gratitude that I can testify to the wonderful curative powers of B.B.B. I was so badly troubled with indigestion that whatever I ate caused me so much torture that eating became a dread to me. I tried numerous physicians, but their medicines seemed to make me worse. I thought I would try B.B.B., so got a bottle, and after taking a few doses felt a lot better. By the time I had taken the last of two bottles I was as well as ever, and have had no return of the trouble since. I recommend your medicine to the highest degree. B.B.B. is for sale at all dealers."

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