

Health Department.

Diet for the Sick.

Milk is a diet in universal favor, and should never be forgotten as a food at once highly nutritive and easy of digestion.

In diseases of the kidneys milk is always a valuable article of diet.

In spite of some adverse criticism, beef tea holds its place as a stimulant and nutrient for the sick.

Good beef, finely ground, is itself almost the essence of nutrition.

Ground meat may be gently pressed into cakes which, when carefully broiled, make a most palatable article of diet for the sick.

The stimulating value of hot water is to be utilized with the sick wherever possible.

Dry bread, at least two days old, is more easily digested, and more nutritious, than almost any other article of food.

Sugar, except in very small quantities, makes poor food for the sick on account of its proneness to fermentation.

Fruits and thoroughly-cooked vegetables are allowable only in convalescence.

THE GRIP.

Strong Reasons that it be Considered as a Contagious Disease.

Many physicians still fail to believe in the profound difference between genuine grip and a heavy, sudden cold.

Value of Apples.

There is no better aid to digestion, in certain cases, than the cooked apple.

A Juvenile View.

First Boy—How did your sled get broke? Second Boy—Don't know.

"Dr. Agnew's Cure for the Heart Relieved Me of Aching Pain in 20 Minutes, and Was the Means of Saving My Life."

About three months ago I was attacked with nervous heart trouble.

If your heart flutters, palpitates or tires out easily, it is diseased, and treatment should not be delayed a single day.

Folks are sometimes sorry to get what they pray for.

Get Rid of Neuralgia.

There is no use in fooling with neuralgia. It is a disease that gives way only to the most powerful remedies.

Raise the flour barrel a few inches from the floor.

Charlatans and Quacks.

Have long plied their vocation on the suffering people.

Mrs. Watts—"Don't you ever do anything at all?" Weary Watkins—"Oh, yes, mum. Sometimes I does time."

Don't Tobacco Spit or Smoke Your Life Away

Is the truthful, startling title of a book about No-To-Bac, the harmless, guaranteed tobacco habit cure.

A. P. 756.



A Marvelous Medicine

Whenever Given a Fair Trial Hood's Proves Its Merit.

The following letter is from Mr. J. Alcide Chausse, architect and surveyor, No. 153 Shaw Street, Montreal, Canada:

HOOD'S Sarsaparilla CURES

(Began to take Hood's Sarsaparilla it has increased to 165. I think Hood's Sarsaparilla is a marvelous medicine and am very much pleased with it.)

Hood's Pills cure liver ills, constipation, biliousness, indigestion, sick headache, indigestion.

SAUSAGE CASINGS—Finest, Imported English Sheep and Narrow American Hog Casings at right prices.

STAMMERING—Permanently cured by a strictly Educational System.

MAGICAL APPARATUS. Latest European and American Novelty Card Tricks.

WANTED—Bright, active, energetic men in every section of the country to introduce in the neighborhood an article of universal usage.

MUSKOGEE SUMMER HOUSE FOR SALE.—I have one of the finest properties in Muskoka.

G. DUTHIE & SONS Slate, Sheet-Metal, Tile & Gravel Roofers

LOCOMOTOR ATAXIA.

A Disease Long Held by Physicians to be Incurable.

His Harrows are These of a Living Death—The Victim Helpless, His Torture Intense—Losses Control of Bowels and Bladder and is a Source of Constant Worry to Family and Friends—A Remedy for the Disease Discovered.

Mr. James McLean, of LeRoy, Simcoe County, Ont., is known to everyman, woman and for miles child around the vicinity of his home.

"In the year 1880 I was thrown from a scaffold, falling on my back on a stone pile.

Mr. James McLean, of LeRoy, Simcoe County, Ont., is known to everyman, woman and for miles child around the vicinity of his home.

"In the year 1880 I was thrown from a scaffold, falling on my back on a stone pile.

I was badly hurt, and narrowly escaped death. Plasters and liniments were applied, and I seemed to get somewhat better.

My feet began to get unusually cold, and nothing that could be done would warm them.

The trouble then spread to my legs, and from the waist down I was attacked with shooting pains flying along the nerves in thousands.

Six physicians treated me at different times, but appeared only to faintly understand my trouble.

Mr. James McLean, of LeRoy, Simcoe County, Ont., is known to everyman, woman and for miles child around the vicinity of his home.

"About this time I was strongly urged to try Dr. Williams' Pink Pills, and oh how I wish I had known of this great remedy years ago!

My stomach trouble has all left me, and I can eat as heartily as ever in my life.

My friends, who never expected to see me about again, are astonished at the wonder Dr. Williams' Pills have wrought in me.

I began the use of the pills my weight was reduced to 136 pounds, and it has now increased to 165.

Dr. Williams' Pink Pills are a certain cure for all diseases such as St. Vitus dance, locomotor ataxia, rheumatism, paralysis, sciatica, the after effects of a gripe, loss of appetite, headache, dizziness, chronic erysipelas, scrofula, etc.

For an old CANADIAN STAMP LOOK UP YOUR OLD LETTERS and old collections of stamps and get the highest cash price for them from

C. A. NEEDHAM, 124 Main St. E., Hamilton, Ont.

TO PRINTERS!

THIS page of this Newspaper is printed with Ink manufactured by the

Bayles Manufacturing Co. 16-30 NAZARETH ST., MONTREAL.

Recipe—For Making a Delicious Health Drink at Small Cost.

Adam's Root Beer Extract.....one bottle Fleischmann's Yeast.....half a cake Sugar.....two pounds Lukewarm Water.....two gallons

Disolve the sugar and yeast in the water, add the extract, and bottle; place in a warm place for twenty-four hours until it ferments.

Catarrh—Use Nasal Balm. Quick, positive cure. Soothing, cleansing, healing.

Advertisement for KARL'S GLOVER ROOT BLOOD PURIFIER. It gives freshness and clear skin. Cures constipation, indigestion, dizziness, eruptions on the skin, beautifies complexion, etc.

Consumption.

The incessant wasting of a consumptive can only be overcome by a powerful concentrated nourishment like Scott's Emulsion.

Scott's Emulsion

of Cod-liver Oil, with Hypophosphites, does more to cure Consumption than any other known remedy.

CAUTION

Owing to the enormous sale of our famous

"Something Good" Cigar

Other Manufacturers are putting on the market inferior goods under this name.

A poor article is never imitated, therefore the fact that "Something Good" is being counterfeited is a guarantee to smokers that it is the best 5c. Cigar on the Market.

Empire Tobacco Co., Montreal

SNOW WAGON BALL.

We intend to make a thousand farmers happy this season. Why not be one of them by buying a

SNOWBALL WAGON.

It will please you, give you satisfaction, and save you money.

THE SNOWBALL WAGON COMPANY.

ST GEORGE, ONT.

To Lease for Season or Term of Years.

That Magnificent Hotel at St. Leon Springs, Most attractive Summer Resort in Canada.

ST. LEON MINERAL WATER CO., (LTD.) TORONTO, ONT.

FISHING TACKLE. SPECIAL OFFER. 1 Fine Bass Rod, Lancelwood Tip.....\$1 50

GRANBY RUBBERS

Better this season than ever. Everybody wants the Very dealer sells them. They wear like iron.

WALTER BAKER & CO.

The Largest Manufacturers of PURE, HIGH GRADE COCOAS AND CHOCOLATES

On this Continent have received HIGHEST AWARDS from the great Industrial and Food EXPOSITIONS in Europe and America.

Unlike the Dutch Process, no Alkali or other Chemicals or Dyes are used in any of their preparations.

WANTED—OFFICE MANAGER in every City and County. Fortune for good Agents.

Dr. Lavolette's Syrup of Turpentine

The most palatable, the most reliable the safest and the most efficacious remedy for Coughs, Colds, Bronchitis, Loss of Voice, Croup, Whooping Cough, Catarrh

Dr. Lavolette's Anti-Catarrh Balm

The cheapest and best remedy for Catarrh, Cold in the Head, etc.

Dr. Lavolette's Norway Tar Liquor

The great Blood Purifier (only 25 cents for large bottle) cures all maladies of the skin and mucous membranes.

J. GUSTAVE LAVOLETTE, M.D. 232 and 234 St. Paul St., Montreal.

DUNN'S BAKING POWDER THE COOK'S BEST FRIEND

- 50c. Bargains in Bulbs and Plants. The Maximum of Worth at Minimum of Cost. No. B—15 Gladiolus, finest assorted, for 50c.

THE MONEY-MAKER KNITTING MACHINE

HUNDREDS OF THOUSANDS OF DOLLARS doing galvanizing, for which we made no extra charge.

Advertisement for GALVANIZING. 8 Ft. for \$15. This is a good price for an 8-foot painted windmill.