

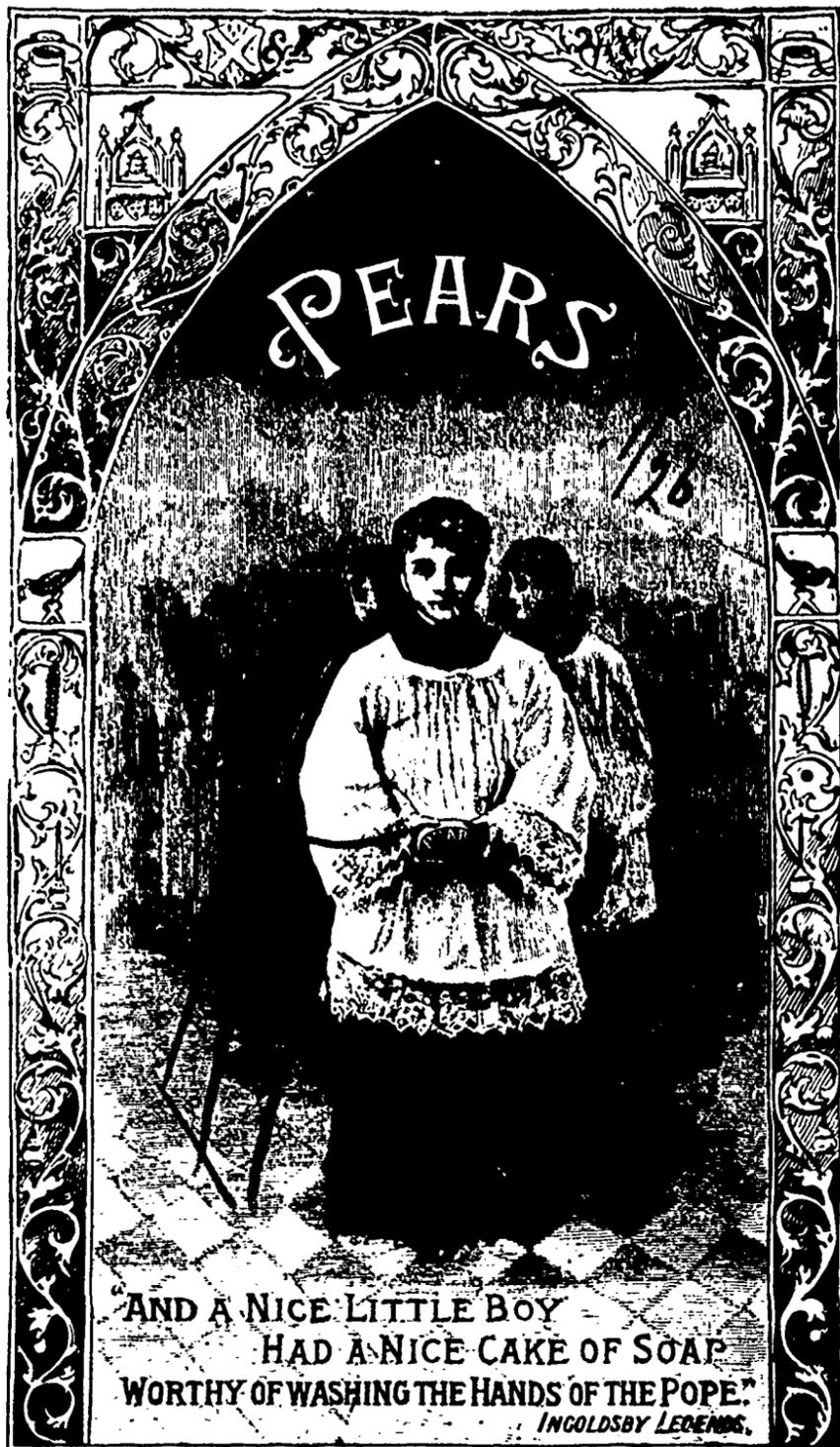
HEALTH HINTS.

HOW TO FURNISH THE SICK ROOM.

The room should be light and, if possible, sunny. Sunshine has a "royal touch" for curing diseases. The windows should have two sets of shades, light and dark. By drawing the latter the room may be darkened more readily and neatly than by pinning up a black shawl, and the sick one will get a more refreshing nap if the glare of the light is softened. Keep the air fresh and sweet. In addition to the windows, it is well to have a transom, or, still better, ventilators at the top and bottom of a room. An open grate fire is the best mode of heating, and, even if furnace or steam heat be used, a slight grate fire improves the ventilation. Even in summer a small lamp may be kept burning in a grate to advantage. If the room contains a set bowl, attention to the plumbing and draining must be most careful. The plug should always be kept in, and the holes at the top of the bowl stopped up as an extra precaution. Rather than get one whiff of noxious gas, the pipes should be cut and sealed. If the walls are papered, be sure there is no arsenic in the paper. Have a sample examined by a chemist. Take care, also, that the figure is not annoying to the invalid. A painted wall is much cleaner, and is more easily kept clean by wiping with a damp cloth. The hardwood or painted floor seems to me best. Have rugs enough about so that no disturbance will be caused by footsteps. The rugs should be frequently shaken, and the floor wiped with a damp cloth. In gathering up and laying the rugs, do not raise a dust, as it is very annoying and, with a consumptive, very likely to cause a fit of coughing. All hangings should be made of "wash" fabrics. Woolen hangings serve only to collect dust, retain odors and interfere with free circulation of air. If a *portiere* seems advisable, it must needs be of heavy material, but keep it well shaken. The bed should be long enough. Too short a bed is no uncommon occurrence, and produces much discomfort. A somewhat narrow bed is best. It should be wide enough to turn or roll over in, yet so narrow as to allow free access to the invalid from either side. An open bedstead is desirable, that is, one in which the mattress is thoroughly exposed to the air. The metallic, iron or brass bedsteads are excellent in this respect. Let the mattress be not too soft, and free from lumps. Have it made over if necessary for comfort. By the bedside, within easy reach of the sick one, should be a little table or stand. On account of the liability to accident from overturning things, this is best covered with a washable cover. Keep this fresh and clean. Avoid letting this stand get littered up, especially with soiled medicine glasses and bottles. Wash the medicine glasses as soon as they are used and keep them well polished. The invalid should have some means of calling her nurse or friend. The best arrangement is an electric bell, with the push-button at the head of the bed. This will do away with much tinkling of highly chased silver (plated) bells—more elegant than useful. To ring a toy bell for fifteen minutes is not conducive to calmness of spirit. Heavy upholstered chairs are out of place in the sick room, with the exception of one for the invalid. Rattan chairs are light, clean and durable, and do not retain odors. Nothing need be said in regard to the other furniture, such as bureau, wardrobe, commode, etc., except keep it clean. A screen is to the sick room what a pin is to a woman—ever useful. It should be light, strong, not too heavy, and six feet high. Its uses are many, and it is also artistic. It shields from drafts, from sight, from interruption; it may have a beauty in itself; it may hide a skeleton. A very handsome screen may be had at slight expense, and will soon pay for itself in comfort. Make the room bright and attractive, keep it clean and homelike, and you will be doing much for the patient. Hang a quiet, restful picture upon the wall where the eye falls most frequently, and, if the illness is of long duration, change the pictures in the room occasionally. A growing plant also affords great pleasure to an invalid. If flowers are introduced, let them be perfectly fresh and of not too heavy odor.

NOT A CYCLONE.

If I were Queen of France,
Or what's better, Pope of Rome,
I would buy Imperial Cream Tartar
Baking Powder,
For my Cook, and take it home.



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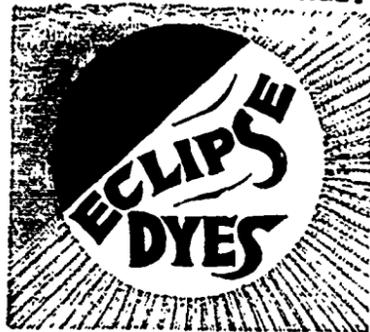
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HOUSEHOLD HINTS.

BAKED INDIAN PUDDING.—Five table-spoonsful of Indian meal, two table-spoonsful of flour, two eggs, one cup of molasses, one teaspoonful of salt. Mix well together and pour on one quart of boiling milk. When mixed well together stir in one quart of cold milk, but do not stir it.

ORANGE CAKE.—One-half cup butter, two cups sugar, three cups flour, one cup sweet milk, two eggs, two teaspoonsful yeast powder, and the juice of one orange. Sift the yeast powder into the flour, cream the butter and sugar, add to the milk and the flour the well-beaten egg and the orange juice. Bake in layers and put together with long and very thin slices of orange; also cover the top with icing.

MOLASSES SPONGE CAKE. One and a-half cups of flour, one-half cup sour milk, one half cup molasses, one-half cup sugar, one egg, one table-spoonful of butter, a little salt, one-half teaspoonful soda; mix well. Flavour with nutmeg. Bake in a moderate hot oven. This makes a delicious, cheap cake, and is quickly made.

SPONGE CAKE.—Following is the recipe for a sponge cake that is very nice and easily made: Beat the whites of four eggs to a stiff froth and the yolks of the same until they are very thick. Add to the yolks one and one-half teacupsful of white sugar and three table-spoonsful of cold water. After they are thoroughly mixed, add the whites and stir well. Add to two cupsful of sifted flour two heaping teaspoonsful of baking powder; stir well and sift again. Stir this flour into the mixture, and when well stirred put immediately into a well-heated oven.

INDIAN PUDDING BAKED.—One quart of milk, seven even table-spoonsful of sifted Indian meal, teacupful of molasses, small teaspoonful of ginger, pinch of cinnamon, little salt, table-spoonful of butter; cream the meal, spices, molasses and butter together. Put the milk on to boil. When it begins to boil stir in gradually, the creamed ingredients. Let it boil just ten minutes, stirring all the time. Then put in the baking dish and set it in the oven. When quite hot stir in an extra tumbler of cold milk and bake three hours. The cold milk makes the whey. Don't heap the spoon-fuls of meal.

CHOCOLATE CAKE.—Three-quarters of a cup brown sugar, one table-spoonful butter, four eggs (the whites of two kept for the filling), two table-spoonsful water, one coffee cup flour, and two teaspoonsful yeast powder, which sift well into the flour. Mix the butter and sugar, add the beaten yolks, then the flour and water, and the beaten whites of two eggs. Filling—Boil one-half cup sugar with three table-spoonsful cream and one-half cake chocolate grated until it will strand; pour this over the beaten whites of two eggs, add one teaspoonful of vanilla, beat until it thickens, put between the layers, over the top and on the sides. Coconut can be used instead of chocolate.

HOW TO INSURE HEALTHFUL FOOD.

That peculiar dryness frequently noticed in biscuit is due to the presence of ammonia, while alum gives a bitter taste. Both these noxious drugs are extensively used as cheapeners in baking powders. They irritate the stomach, producing heart-burn, dyspepsia, and other harrowing ailments. Cream of tartar and bicarbonate of soda, properly combined with flour, are the only articles which produce a pure, healthful, and efficient baking powder. The merit and success of Cleveland's superior baking powder are due to the forcible fact that it is made only of purest cream of tartar, purest bicarbonate of soda, and a little wheat flour to preserve it.

Less medicine and fewer doctor's bills would be required were people more particular regarding the purity and healthfulness of their food. When persons unthinkingly take alum, ammonia, and other harsh chemicals into their systems, through adulterated baking powders, they ultimately pay the penalty of their folly in sickness and suffering. The moral is plain to those who desire to avert such disaster: use Cleveland's superior baking powder, the published formula of which is in itself an ample guarantee as to its purity.