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The true-to-name kind.

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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."

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Dr. Burgess, Med. Supt. of the Prot. Hospital, St. Louis, Mo., prescribes it constantly and gives us permission to use his name.

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The Home

OLD AND TRIED.

Clothes-lines are made much more durable by boiling for ten minutes before they are used.

Irons should not be allowed to become redhot, as they will never retain the heat properly afterward.

Embroideries should be ironed on a thin smooth surface over the flannel, and only on the wrong side.

Wash fabrics that are inclined to fade should be soaked and rinsed in very salty water, to set the color, before washing in suds.

Silken fabrics, especially white silk handkerchiefs, should not be dampened, but ironed with a moderately warm iron when taken from the line.

When the fingers are stained in peeling fruits, preparing green walnuts or in similar ways, dip them in strong tea, rubbing them well with a nail brush, and afterwards wash them in warm water and the stains will disappear.

Nothing is so easily spoiled or made shabby as a veil. Instead of tossing it into a crowded drawer, to lie in a tumbled heap until wanted again, stretch it carefully over a bit of cardboard or other stiff material, as is always done in the stores. —Ex.

HOUSEHOLD SUGGESTIONS.

A milliner restores soiled and crumpled ribbon by sponging first with ammonia and water, and then pressing with a heavy iron. The iron is not passed over the ribbon, but the ribbon is drawn slowly from beneath it, and care should be taken to put a piece of unused tissue paper between the ribbon and the iron. Shiny streaks in ribbon may be removed by sponging with alcohol.

An emergency that a mother has sometimes to meet is that of a foreign body in the ear. Children are quite apt to push small articles, peas, beans or something of that sort, in the ear, or occasionally an insect will find its way there. If the latter, a bright light held to the ear will often make the creature crawl out; or the ear may be syringed with salt and water, or warm olive oil to drown him out. In case, however, of any vegetable body like a pea or bean being in the ear, a syringe should not be used, for the fluid will swell and soften it, making it difficult as well as dangerous and painful to extract.

Stuffed steak is an excellent and economical dish, but too often comes to the table with the meat dry and tasteless, and the stuffing a soggy mass. The meat should be taken from the upper round, and should be fully two and a half inches thick. Have the butcher cut a pocket in the steak, which may be stuffed with a mixture of one cupful of fine bread-crumbs, two tablespoonfuls of sausage meat, and one tablespoonful each of onions and mushrooms finely chopped. Season well with salt and pepper, fasten with tooth-picks, and brown all over in a little hot fat in a deep skillet. Pour in sufficient boiling water to stand a half inch deep in the pan; cover closely, and simmer very slowly for three hours, adding more water as it boils away. Thicken the gravy with a little browned flour, and flavor with a pinch of kitchen bouquet.

Cherry fritters, as demonstrated at the Boston Cooking School, are particularly delicious and the formula not so elaborate as it sounds. Stone a pound of cherries and make a thick syrup of their juice with one cup of sugar. Add the cherries, and stir over a moderate fire until the syrup is again very thick; then set aside to cool. Have ready some quarter-inch slices of stale bread, which have been cut with a fancy cutter into hearts, diamonds, disks or rounds. Cover the pieces with the cherries and some of the thick syrup, fitting an uncovered piece over the top and pressing the two together gently in sandwich style. Dip these in fritter batter and put in a wire basket to fry in smoking hot fat. They should be drained on butcher's

paper and served piled on a paper napkin on a platter. Dust them lightly with powdered sugar before sending them to the table, but no sauce is needed with them.

The gelatine added to strained tomatoes to make tomato jelly gives it a flavor that many persons do not like. The tomato juice may be frozen instead, if preferred. It should be seasoned with lemon juice, cloves, and paprika, sweetened very slightly, strained, and frozen in molds. A thick mayonnaise is served with this salad.

Cake tins with an adjustable bottom prevent the old trouble of getting layer cake out in shapely form. No matter how delicate the cake, by the use of these tins, it may be removed without breaking.

Onion juice improves the flavor of scrambled eggs, if onion is liked at all. While a tablespoonful of butter is melting in the chafing dish, add a teaspoon of onion juice or grated onion. This quantity is sufficient for six eggs. —W. in New York Post.

The English baby-carriage, with its leather-covered top, through which no rain can penetrate, and its wooden body which is proof against the most insinuating of winds, is more and more finding favor among those mothers who do not believe in bringing up their children like hot-house plants. The lusty youngster who can be sent forth in one of these useful vehicles on a rainy day is almost certain to return home with a stock of amiability to last him through the remainder of the twenty-four hours, while the poor little ones who are deprived of their daily outings grow fretful and cross from the confinement. Certain physicians prescribe the usual amount of fresh air, even if the day be stormy, and say it can easily be obtained indoors by dressing the child as if for the street, and then opening all the windows of the room in which it is to play for the next two or three hours. This treatment is even recommended for the baby in arms.

The Belgian hare fad is still as popular as it was last year, and the industry appears to have come to stay. But the hare will never supplant the chicken as long as the chicken lays eggs. — Ex.

ADVICE TO MOTHERS.

How to Keep the Baby Healthy and Happy—Avoid the So-called Soothing Medicines.

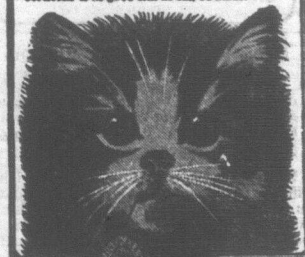
Every mother is naturally solicitous as to the health of her children, but not everyone treats their little troubles in the right way. The so-called soothing remedies are still used altogether too much, although physicians have preached against them for many years. The fact that they put children to sleep is no sign that they are helpful. On the contrary, soothing drugs are dangerous and distinctly harmful. At the slightest sign of ill health or disorders, give the little ones Baby's Own Tablets. This medicine is purely vegetable, and is guaranteed to contain no opiate or poisonous soothing stuff. For indigestion, sour stomach, colic, constipation, simple fevers, diarrhoea, the irritation accompanying the cutting of teeth, there can be no better, no safer remedy than this. Baby's Own Tablets are a sweet, pleasant little tablet which any child will take readily, and dissolved in water, may be given with absolute safety to the youngest infant. Mothers who have used these tablets cheerfully testify to the benefit their little ones have derived from them. Mrs. R. L. McFarlane, Bristol, Que., says:—"In my estimation Baby's Own Tablets have no equal as a medicine for little ones. In cases of children teething I would not be without them on any account, as they keep my baby healthy and happy." Druggists sell them, but if you cannot find them conveniently send 25 cents direct to us and we will forward a box by mail prepaid. The Dr. Williams' Medicine Co., Brockville, Ont.

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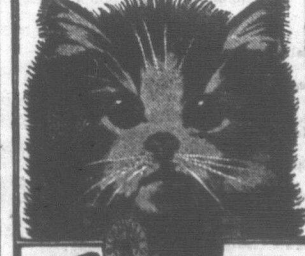
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