

Home and Health Hints.

Cure for Insomnia.

Science and common experience agree in teaching that sleeplessness is the result of over-activity of the brain, says a writer in the London Spectator. We are told, and we know, that we cannot go to sleep unless we are in a quiescent state. But I think that we do not sufficiently recognize how much power resides in us for chasing away the ideas which, as soon as we lie down in the hope of rest, crowd into the brain and keep it awake. Those suffering from insomnia are apt indignantly to deny that they possess this power. Of course, as for everything else, practice is required in its exercise; but some persons have a wonderful facility for sleeping at will. The stock remedies for sleeplessness, such as counting sheep or repeating verses, demand too much effort, and sometimes proves more exciting than soothing. I can suggest a simpler plan, which has been found efficacious. It is this: To fix the attention for some minutes on the return of circulation to the hands or the feet. I say on the return, for when the head is once relieved from thinking the blood resumes its normal flow. Perhaps for sometime only quietude, not sleep, will be secured, but the one usually leads to the other. And this method has excellent results when rest is sought in daytime for the tired brain. After it has been carried out as completely as possible for ten minutes one, is pleased to find that the faculties are surprisingly revived; whereas a much longer rest, without control of mental activity, does little good. The repose thus obtained is even preferable to sleep, because an excited brain is sure to fatigue itself by dreaming. My suggestion is in accordance with the well-known fact that undivided attention to the one object produces somnolence

A very pretty coloring for kitchen and pantry walls can be made by dissolving whiting or lime in cold water and adding to it enough permanganate of potash to give it the desired shade. Add a little liquid glue, and apply as you would whitewash. A pale yellow shade can be made by substituting a very little yellow ochre for the permanganate, and the ordinary blue bag will supply that shade.

Don't Drink Ice-Cold Water.—Ice-cold water is not so good as iced water—that is, water cooled by ice without coming in contact with it. The less of either the better. It is an excellent practice to drink water—an abundance of it—just before retiring, also the first thing in the morning. It is a cleanser of the system, and is a good diuretic.

To clean and restore the elasticity of cane chair bottoms, turn the bottom upward and with hot water and a sponge wash the cane. Wash well so that it is well soaked. Should it be dirty use soap. Let it dry well in the air, and it will be tight and firm as new.

Cream colored Spanish lace can be cleaned by rubbing it into dry flour. Rub it as if washing in water, then take it out of doors and shake the flour out. White knitted goods can be cleaned in this way also the baby's socks if only slightly soiled.

Cement for Broken Marble.—Take gum arabic, one pound; make into a thick mucilage; add to it powdered plaster of paris, one and a half pound; sifted quickly, five ounces; stir well. Heat the marble and apply the mixture.

"Yours in all Truth."

is rendered more emphatic—and appeals infinitely more to the recipient of the letter when the words are written upon good and stylish notepaper . . .

Our new Papeteries, the "Military" and "Imperial" cream, white and nebula blue, with envelopes to match, are in special demand because they are unprecedented in value. Handled by all up-to-date stationers and booksellers.

—MANUFACTURED BY

The BARBER & ELLIS CO., LIMITED, TORONTO, ONT.

THE PROVINCIAL BUILDING & LOAN ASSOCIATION

Head Office, Temple Building, Toronto

INCORPORATED 1891.

Subscribed Capital, \$2,276,400. Assets Over \$750,000.00

DIRECTORS :

Thos. Crawford, M.P.P. (President.) - Ald. John Dunn (Vice President)
Rev. W. G. Ibraith, E. C. Davis, J. S. Deacon.

DEBENTURES :

By-law passed at Annual Meeting of Shareholders, March 14th, 1900:
The Board of Directors may, in pursuance of the Loan Corporation Act, and are hereby authorized in their direction to issue debentures of the Association for any period, from one to ten years, but for no sums less than \$100 each, interest thereon at a rate not exceeding 5% per annum, being payable on the 1st April and 1st October each year by surrender of the coupon attached to the certificate for the period covered.
In accordance with the above the Directors have decided to issue \$100,000 at par.
Half yearly coupons payable at the Imperial Bank (Yonge St. branch), Toronto.
Full particulars from E. C. DAVIES, Managing Director.
TEMPLE BUILDING, TORONTO, May 31st, 1900.

Rice Lewis & Sons

LIMITED

Brass and Iron Bedsteads
Tiles Grates Hearths Mantles

Cor. King & Victoria Streets
TORONTO

The City Ice Company, Ltd

26 Victoria Square
Montreal

R. A. BECKET

Manager.

PURE ICE—Prompt delivery.

KINDERGARTEN & SEE HOEL SUPPLIES } SELBY & CO.

23 Richmond St., West, Toronto

NEW BOOK

By F. B. MEYER, B.A.

The Prophet of Hope

Studies in Zechariah 75c

JUST READY

the Second Series of

Dr. George Matheson's

Studies of the Portrait of Christ \$1.00

Upper Canada Tract Society
102 Yonge St., Toronto.

THE INGREDIENTS OF THE... COOK'S FRIEND



are equal in quality to those of the highest priced brands on the Market.

It is sold at a more moderate price and therefore the more economical to use. It is the best to buy and best to use.