

It's Soap, pure Soap, which contains none of that free alkali which rots the clothes and hurts the hands.

It's Soap that does away with boiling or scalding the clothes on wash day.

**It's Soap** that's good for anything. Cleans every-

thing. In a word—'tis **Soap**, and fulfils it's purpose to perfection.

SURPRISE is stamped on every cake: 148 ST. CROIX SOAP M'FG. CO., St. Stephen, N. B.



## HEALTH AND HOUSEHOLD HINTS.

If the oven should be too hot at any time, place a pan filled with water in it, and the heat will be lessened.

To make pies or biscults a nice colour, moisten the top of them with a little sweet milk just before they are put into the oven.

For iron rust, lay in kerosene and let it remain covered for some time. The oil will loosen the rust so that it will come off.

A tablespool of powdered borax dissolved in the bath will prove very invigorating, as well as soften the water so that it will feel like velvet.

One of the best and simplest remedies for torpid liver or billousness is a glass of hot water with the juice of half a lemon squeezed in it, but no sugar. This is to be taken night and morning.

French Toast : One egg, well beaten, and added to one pint sweet milk. Cut the crust from thick slices of bread, dip them into the milk, and then into fine bread or cracker crumbs. Heat fresh lard or butter in a iryingpan, and fry the slices of bread a nice brown. Serve hot, with or without powdered sugar.

Egg Salad: Cut three large stalks of celery into pieces, and put in a saladbowl. Chop the whites of five hard-boiled eggs and add to the celery, with a little salt and pepper; slice the yolks of the eggs in thin rounds, lay carefully over this salad, pour over a plain salad dressing, and garnish with celery leaves.

Cheese Straws: Mix three ounces of flour with four ounces of grated cheese, Parmesan being the best; add half a tablespoonful of salt, a dash of cayenne, and the yolks of two eggs. Work this to a smooth paste stiff enough to roll, add a very little water if necessary, roll out in very thin strips and cut into straws; place on a greased tin and bake ten minutes in a moderate oven. They should be a straw colour and very crisp.

The following is the receipt used in making soup for the halfpenny dinners at the West Ham Schools: To make one gallon—Take 1-2 lb. of grains (wheat, barley, oats, maize, rice), 1 lb, of pulse (peus, beans, lentils), and boil sharply for two hours. Then add 1 lb. of potatoes (mashed), and 1 lb. of mixed vegetables (turnips, parsnips, carrots, onions, etc.); these should be grated or cut up small. Boil for another hour. Flavour to taste with butter, sweet herbs, etc. That this soup with a slice of wholemeal bread and another of currant loaf, can be supplied in reasonable quantity to the scholars at a cost of halfpenny per head for material is shown by the subjoined list of prices : Soup, (37 1-2 gallons).—18 lbs. of lentils, 18 lbs of rice, 8 lbs. of peas, costing 4s 3d; 8 lbs. of turnips. 8 lbs. of carrots, 8 lbs. of potatoes, 2 lbs. of onions, and salt, costing 9d; oil or butter, Sd; 12 quarterns of wholemeal bread (at 4 1-2 per quartern), cut into 25 slices, 4s 6d: 12 half quarterns currant wholemeal bread (4 3-4d per quartern), cut into 25 slices, 2s 4d; total, 12s 6d.

INDIGESTION CURED. Gentlemen:—I was thoroughly cured of indigestion by using only three bottles of B. B. B., and truthfully recommend it to all suffering from the same malady. Mrs. Davidson, Winnipeg, Man.

He had the manners of an earl or prince, In divers tongues he talked my cares

away, Then lisped good-night, and I have not.

seen since The twenty dollars that I lent that day.

THE BEST REMEDY. Dear Sirs, -I was greatly troubled with weakness, loss of appetite, restlessness and sleeplessness, and found B. B. B. the most strengthening and beneficial medicine I have taken. Miss Heasilp, 34 Huntley St., Toronto, Ont.

Tramp: Beg your pardon, sir, but——." Affable Party: Oh, that's all right, certainly; don't give it another thought. When you stopped me, I didn't know but you wanted a quarter or something of that sort, and you only wanted to beg my pardon? Granted freely! God bless you, my man.

HIGHLY SPOKEN OF. Dear Sirs:--I have used your Hagyard's Yellow Oil for sprains, bruises, scalde, burns, rheumatism, and croup, and find it an unequalled remedy. My neighbours also speak highly of it. Mrs. Hight, Montreal, Que.



