

Good morning

47/52

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MENIER CHOCOLATE
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WHY? BECAUSE of all CHOCOLATES
It is the purest and best.
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 8 GOLD MEDALS. 23/26
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—FOR SALE EVERYWHERE.
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 OF PURELY VEGETABLE INGREDIENTS
 AND WITHOUT MERCURY, USED
 BY THE ENGLISH PEOPLE FOR
 OVER 140 YEARS, IS

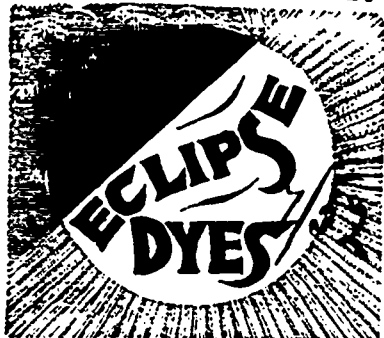
Cockle's
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Pills
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These Pills consist of a careful and peculiar admixture of the best and mildest vegetable aperients and the pure extract of Flowers of Chamomile. They will be found a most efficacious remedy for derangements of the digestive organs, and for obstructions and torpid action of the liver and bowels, which produce indigestion and the several varieties of bilious and liver complaints. Sold by all chemists.

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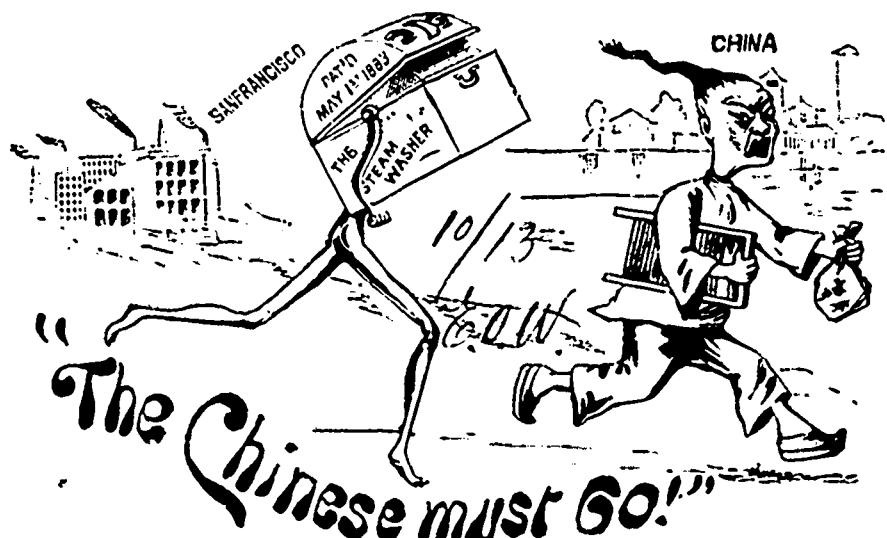
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 FOR HOME DYEING.

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Only Machine Made which does not Wear Clothes.



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57 CHURCH STREET, TORONTO, ONT.

CONSUMPTION SURELY CURED
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TO THE EDITOR:—Please inform your readers that I have a positive remedy for the above named disease. By its timely use thousands of hopeless cases have been permanently cured. I shall be glad to send two bottles of my remedy FREE to any of your readers who have consumption if they will send me their Express and Post Office Address. Respectfully, T. A. SLOOM,
 M.C., 188 West Adelaide St., TORONTO, ONTARIO.

HOUSEHOLD HINTS

CHILDREN'S PUDDING.—One egg, one quart of buttermilk, one cup of sugar, one-half teaspoonful of soda, and flour to make batter. Stir in two cups of fresh or canned fruit. Bake or steam and eat with sweetened cream.

FRIED MUSH.—Take a small bowl of mush, stir in a piece of butter the size of a walnut, add two well-beaten eggs, yolks and whites beaten separately, and a little salt; fry a tablespoonful at a time.

MILK TOAST.—Brown the bread evenly, and butter. Heat the milk very hot; add a pinch of salt; dip the toast quickly in it, and arrange it in a warm dish. A slight thickening of flour or cornstarch is then added to the milk, and when it comes to a boil pour it over the toast.

BREAD PANCAKES.—Soak two slices of stale bread over night in one and a half teaspoonful of sweet milk. In the morning, crumb fine; add one well-beaten egg, a pinch of salt, and flour enough to thicken, into which one teaspoonful of baking powder has been sifted.

SCOTCH BROTH.—Three pounds of soup meat and bone, three quarts of water, one-half cup of barley and the same of green peas. Cook together for an hour, then add one turnip chopped, one-half cabbage, two onions also chopped, one carrot grated; cook slowly for an hour and a half, strain, and serve.

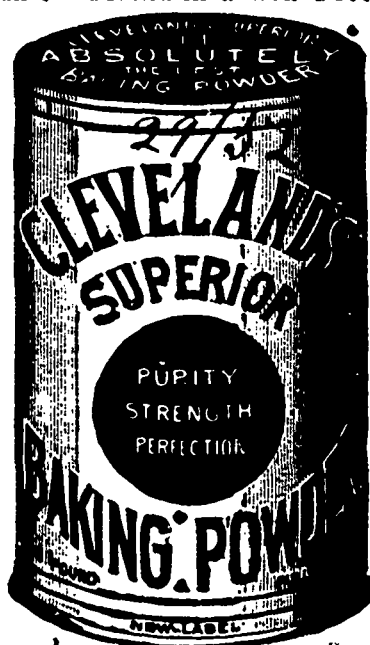
GRAHAM BREAD.—Scald a pint of sweet milk, add a small spoonful of butter and a teaspoonful of salt. Let it cool, pour into a bread pan and add half a cup of yeast, with sufficient flour to make a stiff batter. Beat thoroughly, cover and stand in a warm place over night. In the morning add two table-spoonful of molasses and sufficient Graham flour to make a soft dough. Work well; make in loaves. Put in well-greased pans, let it rise again, and bake in a moderate oven.

CANNED TOMATOES.—Empty a quart can of tomatoes in a saucepan, stew for half an hour, add half a teacup of stale bread crumbs, with a tablespoonful of butter and two table-spoonful of sugar; let cook twenty minutes longer; season with pepper and salt.

SALTED ALMONDS.—Remove the skins from shelled sweet almonds by pouring boiling water upon them, and after letting it stand a few moments on them pour it off and then rub the almonds with a soft cloth; put the almonds in a baking pan with a little butter; set in the oven, and occasionally shake the pan, to insure the even browning of the almonds; while they are roasting sprinkle them with a little salt, and when cooled they will be ready for service.

EGG SLAW.—Chop finely some tender white cabbage. Let it lay in water half an hour before using. Drain all the water from it. To about three cupsful of cabbage add a tablespoonful of sugar, one teaspoonful of salt, one of French mustard or of mixed mustard. After mixing well together add two well-beaten eggs in a cupful of boiling vinegar, a little cayenne and a tablespoonful of butter. Pour this over the cabbage, toss well together and serve.

An Old Friend in a New Dress.



Absolutely the Best.

All the ingredients used are pure and wholesome, and are published on every label. One Trial Proves its Superiority.

HEALTH HINTS.

PROPER FOOD FOR BREAKFAST.—Appetites are apt to be capricious in the spring, especially as regards breakfasts. Don't force the family to eat at this season of the year things which are not relished. It is not difficult to provide dishes which will be eaten with zest. Oat meal should not be served at more than one breakfast in a week. Vary the fare by using hominy, cracked wheat, wheat germ, yellow cornmeal, etc. Eggs creamed, or poached or boiled, and cooked in the form of omelets, should be used freely. Broiled fish, thin slices of ham, of breakfast bacon nicely broiled, boiled chops, and occasionally a steak, salt fish in cream sauce, corned beef hash, hashed meat on toast, fricassee of chicken or veal—here are seasonable dishes. Have potatoes cooked in simple, savoury ways. Let the bread be light and well baked. Always have some kind of coarse bread, either hot or cold. Dry, water, and milk toasts are all good for breakfast. Avoid fried food. When broiled meat or fish forms a part of the breakfast in spring, it is a good plan to have a dish of water cresses or radishes on the table. Have fruit on the table when you can, and a few flowers if possible. A few flowers and a bit of green bring a great deal of sunshine to the table. It takes thought and time to prepare those savoury dishes which are so desirable at this season, but it pays to give the thought and time. To the worker—and we are almost all workers—it makes considerable difference all day long whether a right start is made in the morning. The man or woman who begins the day with a hot, well-cooked, simple breakfast, will get through his or her work in a hundred per cent. better condition than he or she who has a poor meal. As the heaviest part of the daily work usually comes between breakfast and the mid-day meal, all housekeepers should do their part to make the battle of life easy by providing proper food for the morning meal.

GOOD HEALTH AND GOOD LOOKS.—Mme. Patti speaks: "Good looks, which are nothing more than perfect bodily health," she says, "are woman's stock in trade, while her talent, whatever it may be, is her capital. I have treasured both, but in doing so I had to forego many of the pleasures that the multitude of women enjoy. When I do not sing I go to bed as early as an infant, and I always sleep in a room without a fire. I have the window wide open because I do not think it wise or safe to breathe again the same air. In getting fresh supplies for my lungs I frequently experience bodily discomfort. Then I rest, not momentarily, but whole days at a time. Our clothes and furniture are protected from wear by not using them. As I don't care to wear out, I adopt the plan of a good housekeeper, and save myself. I don't rock, I don't fret. I never read or allow people to tell me about the horrible or gruesome, for these things distress and worry me, which agitation can do nobody any good and does me a great deal of injury. I not only believe, but know for a certainty, that women fret away their youth and beauty. Care is a disease of the mind, and as insidious as any that preys upon the body. I have no home cares to bother me, and I don't permit my friends to provide any. Mind, I like women and I love society, but one can pay very dearly for social intercourse and friendship." She has tried all manner of complexion lotions: "I'll tell you this much as an evidence of my caution. I have all my life regarded my complexion as a thing as delicate as a piece of satin. Instead of experimenting on my face, I have tried the creams and balms recommended to me on my arm, and carefully watched the effect. If there was none, I threw the stuff away as useless; if ill-effects, I threw it away as injurious; if desirable, I used it sparingly. My stand-by has always been cold cream made of white wax, with benzoin and a very little attar of roses to remove the fatty odour. With this I clean my face, neck and hands and keep the skin smooth and moist. Traveling, one has all sorts of water, which I carefully avoid. If I can't get rain water or distilled water to wash in, I use a dry cloth and the cream. Water or no water, though, I do not believe in washing myself to death. In the cars I keep my head and face veiled. On the sea I never wash my face; the air is enough and the best cosmetic in the world. In a city with as clean and sweet an atmosphere as New York, I should be able to