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How important that the Constituents of our Food should be Pure.

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Avoid these by using—

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The Home.

Washing White Lace.—To wash white lace so that it will still look new, procure a round pickle bottle, sew white muslin over it as smoothly as possible, have a piece of good pale yellow soap that is nice and soft, rub it well over the muslin, then commence to wind the lace on to the bottle. This must be done very evenly, and care taken that the edge of the lace is not doubled in anywhere. As it is put on the bottle each layer of lace must have a little soap rubbed on it. Two or three widths of lace may be put on the same bottle, provided the widest is wound on first. When all the lace is on, sew muslin tightly over it, covering the bottle entirely; rub plenty of soap on the outside; then cut the remainder of the piece of soap into shavings, put it with the bottle into a white enamel saucepan, cover with cold water (no soda), let it stand on the side of the stove to get warm very slowly, then boil for two hours (or three if the lace is very dirty) with a plate on the top of the saucepan instead of the lid. Then take out the lace and rinse well—first in warm water and then in cold—until no soap comes out; press out what moisture you can, then stand before the fire, or, preferably, in the sun if the weather permits, until the lace is quite dry. Then take off the muslin and unwind the lace, which will be found quite ready. The under muslin can be left on the bottle for future use. The oldest and most delicate lace may be cleaned in this way. The appearance will be spoilt if the muslin is removed before the lace is perfectly dry.

Hardly any vine is equal to the Japanese honeysuckle for covering porches, being hardy, fast growing, almost evergreen, and producing fragrant flowers.

Flour, like butter, absorbs odours readily. It should not be kept in a place where there are onions, fish, vegetables, or other odorous substances, nor in a damp room or cellar. Keep it in a cool, dry, airy place.

A handy device for lacing the shoes is formed of a button attached to the flap and having a pulley, over which the thread runs, so that a pull on the end of the lace tightens the cord its whole length.

A maid with a duster
Once made a great bluster
A dusting a bust in the hall;
And when it was dusted
The bust it was bustled,
And the bust now is dust.

To make muffins scald one pint of milk, and while hot add two ounces of butter. When luke-warm add half a teaspoonful of salt, half an ounce of compressed yeast dissolved in two teaspoonfuls of warm water, and two cups of flour. Beat thoroughly and stand aside for two hours; bake in greased muffin rings on a hot griddle.

The habit of dressing too warmly within doors in the winter season is earnestly deprecated by physicians. The temperature of modern houses and offices is usually about 70 deg., which is summer heat. Yet both sexes select thick flannels and heavy dresses and coats for house wear and then go out into an atmosphere many degrees colder, with little additional protection, especially for the feet. This is a fruitful source of colds.

Prof. Bellar says: Enough cannot be said of full, deep breathing. It is no hobby or wild notion, but if you will prove its benefits, practice it daily, and you will increase the circulation, purify the blood,

Coleman's SALT Best for Table use Best for Dairy use
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CLINTON, ONT.

and send it rich and hot to warm the feet, make ruby lips, and plant roses on the cheeks. It will aid your digestion, and give you a clear, sweet breath, promote sleep, quiet the nervous system, strengthen the throat and vocal organs, and increase the chest capacity. It will also cure your asthma, catarrh, and bronchitis, and prevent lung trouble.

Bread is commonly made with yeast, because while that raised with prepared powders is sweet and white when perfectly fresh, it does not keep well, and very soon becomes hard and dry. Daily baking becomes an endless task to the housewife, though I dare say she would rather do it than follow the example set in Swiss and German farmhouses, where, "baking day" comes only once in every three weeks. The people there claim that they never have stale bread, either, owing to a peculiar way they have of keeping it. The loaves are packed into empty flour-sacks plentifully sprinkled with flour, care being taken that the top crusts of the loaves touch each other so far as possible. The sack is tied up and hung in a dry, airy place, where it can swing, and the bread is said to keep moist and sweet through all of three weeks when treated in this way.—Woman's Home Companion.

Grouse or Prairie Chicken Pricessae. Mix three teaspoonfuls of flour with one tablespoonful of butter, add a little cream, and salt to taste. Cook this in a skillet, stirring continually; as it thickens add cream until of the proper consistency. To this add the white and dark meat of a cold boiled prairie chicken, cut into dice pieces. Season with salt and pepper, and cook until the meat is thoroughly warmed.

The following will effectually remove dandruff, retard gray hairs, and promote the growth of hair: Tincture cantharides, half ounce; liquid ammonia, one dram; spirits bergamot, half ounce; spirits limonis, half ounce; glycerine (best), four ounces; bay rum (best), ten and a half ounces. Rub well into the scalp every morning.

Onions in Cream.—Wash, peel and cut rather fine, four large onions, put into a stew-pan with enough cold water to cover them; add a little salt and boil briskly for about twenty minutes, or until unions are tender. Drain off the water, add cream enough to cover the onions, let come to a boil, add two tablespoonfuls butter, melt, mix and serve. Season to taste.

Cream Cake.—Beat one tablespoonful of butter, the yolks of two eggs and three-fourths of a cupful of water; add one teaspoonful of baking powder to one or one and a fourth cupfuls of flour and sift carefully. Stir this into the other mixture and beat thoroughly; then stir in the well beaten whites of the eggs, and bake in two or three layers. This may be put together with soft icing or with a mixture of fruit and icing.

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Not to enjoy life but to employ life ought to be our aim and aspiration.—J. R. Macduff.



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BIBLE LI

Adapted from H. Second Q.

Lesson VI.—May 9. [Read chapter]

PAUL PRACHIN GOLDEN

Through this man is pro forgiveness of sin.

1. THE SAVIOUR.

26. BROTHERN—PAUL COURTESIES OF LIFE. STOCK OF ABRAHAM—beriting the rich Me. The Jews prized them cetry. This fact Paul advantage by trying through the vestibule of history into the sanctu WHOSEVER AMONG YO The proselytes from he Jews. They were incl whom the Gospel was Jews had done much work, these converts w YOU—Better, "to us."

27. FOR—This Gospe because, through the ag tants and rulers of Jeru cles concerning the dea have been fulfilled, and him from the dead. Ve ing up the same thou modified form, confirm See also 2, 38 and 3, Gospel is distinctly off and people of Jerusa

THEY THAT DWELL—PA because the foreign Jew the crucifixion of Christ these brethren at Antio their seal to what the ru the metropolis had done. THE PROPHECY, if heede their right. They descri Christ actually received

SABBATH—In their synag the Scriptures was a part service. Let us fear lest indifference prevent our word, and lead us also into

28. THOUGH THEY FOR Observe the working of h Not even suborned witne aught against him, yet the death.

29. FULFILLED—So man and vicious works are used is no intimation, however, filment makes the act LAID HIM IN A SEPULCHER by friendly hands. But Jo thea and Nicodemus were are thus included in that

Moreover, as His enemies body and obtained a milita watch over it as the remain victim, the apostle regards ning manifestation of their Saviour.

30. BUT—A skillful ap judgment of their own Sa God. Christ's resurrection course wrong and set the se ity. Was the Sanhedrin Jesus was infinitely greater.

31. SEEN MANY DAYS—It For forty days he mingled was seen by so many that room for questioning the fac

II. THE PROMISES. VER 32. GLAD TIDINGS—No th more joyful to the Jewish h the Messiah had come, but t recognize him unless he c wished him to come. Th First made to Abraham, and the way down to Jacob, to Mo to Abaz, to Daniel, etc. Th ment is a unit of promise of t come.

33. UNTO US THEIR CHILD Version, "unto our children manuscripts favor this reading that of the Authorized Version change of but a single letter i As Westcott and Hort say, "I was doubted that this was a pri and that the original statemen us their children." THOU AK The psalm quoted from descri as inaugurating his Son upon That Son is heir to the utter the earth, and Gentiles are bi his sway. THIS DAY HAVE THER—"This same passage is in Heb. 1, 5 and 5, 5. The bes tion of its meaning is that in Paul's statement in Rom. 1, 4, to be the Son of God with pow the resurrection of the dead. rection of Jesus from the dea striking proof of his divine s