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

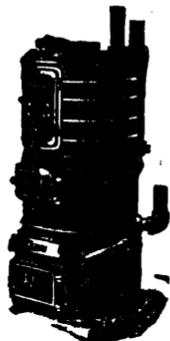
It's Soap that's good for anything. Cleans every-

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SURPRISE is stamped on every cake.

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HEALTH AND HOUSEHOLD HINTS.

An Irish Apple Pie.—Slice the apples, put a thin paste at the bottom of your dish, put a layer of apples, stick three cloves, lemon peel and sugar between each layer, add a cup of water, cover it with puff paste, and bake it.

Boiled Coffee.—Moisten the same quantity of coffee with a little cold water and about a tablespoonful of the white of an egg, or add broken egg shell; pour on the boiling water and let come to boiling point. Serve immediately.

Women need systematic doses of dozings. Lie down half an hour regularly each day; never mind if you can't sleep, your body rests and you can't realize until you try it how much virtue is in that thirty minutes if taken systematically.

Dr. Hutchinson recommends for the treatment of bleeding at the nose the plunging of the feet and hands of the patient, in water as hot as can be borne. He says that the most rebellious cases have never resisted this course of treatment.

Sneezing may be averted by pressing the upper lip, because by doing so we deaden the impression made on a certain branch of the fifth nerve, sneezing being a reflex action excited by some slight impression on that nerve. Sneezing does not take place where the fifth nerve is paralyzed; even though the sense of smell is retained.

Snow Balls.—Take a pint of flour, break up two eggs in the flour, a teaspoonful of salt and roll it thin as possible and cut it in thin slices, then take a fork, take boiling lard and hold it on the fork from the fire till it is light, then twist them into stripes, holding them on the fork; it should be perfectly white when done, sprinkle them with sugar. It requires two large teaspoonfuls of lard.

Parsnip Puffs.—Take two eggs, well beaten, and add without stirring until all the ingredients are in) one pint of cold water, one pint of flour, two heaping teaspoonfuls of Cleveland's or any good baking powder, one small teaspoonful of salt, one pint well mashed boiled parsnips. Stir very lightly, and only enough to mix. Do not let stand long. Drop small tablespoonfuls of the batter into hot melted butter in a frying pan, and bake a delicate brown. They are very delicious, and nice for either breakfast or dinner.

You keep a scrap-book, no doubt, all well regulated boys and girls do. And you will be glad to know how to make a sweet-smelling paste to fasten your treasures in your book. Try this and see if you are not pleased with it: Dissolve in water two square inches of glue, and the same quantity of alum. Boil with flour, just as if you were making flour paste, and stir until very smooth. When cold, stir in two tablespoonfuls of oil of lavender. This ought to make a pint of paste. It will keep as long as you care to keep it—a year if necessary.

How many housekeepers use soda for anything except to make their bread rise? I have found several other uses for it, which are as follows: For scouring stained dishes. For scouring dusty woollen goods. For taking stains off of marble. For scouring brass or copper kettles. As a remedy for burns. As a remedy for heartburn. Use instead of soap when washing the hair. It is an excellent cleanser, making the hair soft. Canned corn is improved in taste by soaking in soda water. Winter beans should be cooked for a while in soda water, then the water is poured off, beans washed and fresh water put on. They will cook tender much quicker. Dried corn and beans dried in husks can also be treated in this way. In making plum preserves, boil them about ten minutes in soda water before putting them in the syrup. They will be much cleaner and sweeter.

C. C. Richards & Co. Gentlemen,—The top of my head was bald for several years. I used MINARD'S LINIMENT, and now have as good a growth of hair as I ever had. Mrs. Albert McKay.

Wheatly River, P. E. I. I have used MINARD'S LINIMENT freely on my head and now have a good head of hair after having been bald for several years. It is the only hair restorer I have ever found. Mrs. C. Anderson. Stanley Bridge, P. E. I.

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