

Don't Have "Spring Fever"

"Spring Fever" is just another name for Biliousness, Irregular Bowels, Upset Stomach.

What you must do is to get the blood pure—by stirring up the liver—making the bowels regular and the stomach sweet. The quickest, and surest, and pleasant, way to do all this is to take Abbey's Salt. It's the best spring tonic.

25c and 60c a bottle.

Abbey's
Effer-
vescent Salt

Eddy's Silent Parlor Matches

"Silent as the Sphinx."

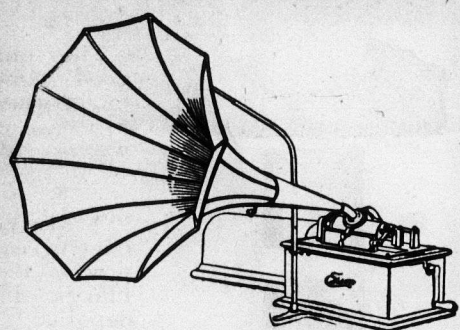
All Good Grocers Sell Eddy's Matches

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Including 12 records of your own choice specially tested by us.

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Celebrated Columbia Graphophone, guaranteed perfect in every detail. A child can operate it. Genuine improved "Lyric" reproducer with real sapphire, highly polished oak cabinet, tandem spring motor, can be wound while playing, large japanned 19-inch steel Floral Horn and Crane of beautiful design. By making special arrangements with the factory for a large number of these, we are able to sell to you at a very low price. We are the only firm in the West selling these on easy terms, and have the largest stock. 10,000 records to choose from. Catalogue Free, No. 72. Recorder for making records in your own home with this machine, \$5.00 extra. Money refunded if not as represented. Reference: Bank of Hamilton.

The Winnipeg Piano Co.,
295 PORTAGE AVENUE.

The Biggest, Busiest and Best Piano and Talking Machine House.

Broadwood, Knabe, Bell-Haines Bros. and Evans Pianos, Columbia, Edison and Victor Talking Machines, sold on Easy Monthly or Fall Payments.

Repairs on Talking Machines a Specialty.

Work Guaranteed.

Hints for the Housewife.

At the Dinner Table.

He sat at the dinner-table
With a discontented frown;
The potatoes and steak were underdone
And the bread was baked too brown;
The pie was heavy, the pudding too sweet,
And the meat was much too fat;
The soup so greasy, too, and salt,
'Twas hardly fit for the cat.

"I wish you could taste the bread and pie
I've seen my mother make;
They are something like, and 'twould do you good
Just to look at a slice of her cake."
Said the smiling wife: "I'll improve with age—
Just now I'm but a beginner;
But your mother has come to visit us,
And to-day she cooked the dinner."

A mustard plaster mixed with the white of an egg will not leave a blister.

If a steel needle is held between the teeth when peeling onions for pickling it will prevent the eyes from watering.

If your cellar is damp, as it is apt to be in the early spring and fall, put a piece of unslaked lime in it. It absorbs the moisture, and keeps the place sweet.

Cheese may be kept from going mouldy by wrapping it in a cloth dipped in vinegar and wrung nearly dry. Cover the cloth with a wrapper of paper, and keep in a cool place.

Hair brushes should be washed, if possible, every day. The best plan is too keep two in use at the same time. Unless a clean brush is used the hair loses the bright, glossy look that it should have.

A veteran housekeeper says that washing lamp-chimneys is a waste of time. Just hold them over the steam from a boiling tea-kettle, then rub them with a dry newspaper folded up into a wad, and lastly with a soft cloth, and they will be all that can be desired.

When your gas burns poorly, probably the mantle is black. If so, remove the globe, get a salt shaker, and with it sprinkle salt on the mantle, as much as will cover it, then light the gas and let it burn till all the black is off. Then replace the globe. Cleaned thus, the mantle should be as good as new again.

It takes less than a minute to put on an old pair of gloves when one has a dirty piece of work, such as dusting or making a fire, to do; but what a saving it is to the hands! Housewives who make a point of thus protecting their skin never have unsightly ingrained blacks on their hands, nor those distressing cracks that get so dreadfully chapped and painful.

If a skirt is much splashed with mud, or stained along the hem, it should never be brushed until the stains are completely dry, prompt treatment while the mud is still wet only causing the dirt to sink into the material. If brushing does not succeed in eliminating the marks when the material is dry, sponging with pure alcohol should be tried, this method succeeding admirably both with serge and cloth costumes in dark colors as well as lighter fabrics.

What to Wear.—Fair women who flush easily should avoid light blue, more especially for evening gowns, and the woman of indefinite coloring should never wear black velvet, while she of brilliant complexion and decided features will probably look splendid in it. Then, again, the dullness of chiffon is trying to some and the sheen of satin to others. The only way to come to a decision in these matters (and once learnt one should bear it in mind) is to hold the various materials up before you and study the effect in the glass.

Sweeping An Invalid's Room.—Every one knows how untidy a sick-room becomes, and how annoying the dust of the sweeping is to the patient. "To remedy this," said a trained and capable nurse, "I put a little ammonia in a pail of warm water, and with my mop wrung dry as possible go all over the carpet first. This takes up the dust and much of the loose dirt. A broom will take what is too large to adhere to the mop, and raise no dust. With my dust-cloth well sprinkled I go over the furniture, and the room is fairly clean."

Soothing for Coughs.—Toffee has a great advantage over cough mixtures, because, as it requires to be slowly sucked away, it has a longer time in which to act on the parts which are irritated by coughing. This simple toffee

is both soothing for coughs and delicious to the palate. Take half a pound of Demerara sugar, one pound of butter, one tablespoonful of treacle, one teaspoonful of ipecacuanha wine. Mix the sugar, butter and treacle together, and boil them slowly for half an hour. Then, add the wine, and when thoroughly mixed with the other ingredients pour the mixture on to a greased plate to cool.

Laying the Cloth.—A table ought first to have a protective covering of thick felt or baize—fastened securely at the corners by tapes—to prevent hot dishes damaging the woodwork, and also to help to deaden the sound of plates and other items being placed upon it. It is not wise to choose a material of bright coloring for this purpose, as when children are present and any liquid gets spilled thereon, the dye from the baize is apt to discolor the white linen cloth. In such cases it may be necessary to have a piece of oilcloth placed between the baize cover and the linen. Spread the linen evenly on the table.

To Remove Stains from the Hands after Peeling Apples.—Rub the inside of the apple peeling on the part stained and you will find that the ugly mark will soon disappear.

Polished tables may be kept in good condition if about once a week they are rubbed with a mixture of turpentine and olive oil. Apply with a piece of flannel, afterwards polishing with a dry cloth.

When washing the hands, rub them over with a bit of lemon, for the juice has a cleansing and softening effect on the skin. Lemon-juice, diluted with an equal quantity of water, is sometimes used to remove freckles, but for many people this remedy would be too drastic and would cause a rash all over the face.

To Make Cold Cream.—Take ½ lb. of the best lard and a little essence of lemon. Put these in a basin and pour boiling water upon them, then set aside, and when cold pour off the water. Twice repeat the process of scalding, then with a fork beat to a soft cream. Put in jars and it is ready for use.

Never give painted toys to very young children. They are a source of great danger, as it is difficult to prevent children from putting them to their mouths, more particularly at teething time. Tin toys are also better banished from the nursery, as many nasty cuts are caused by a fall on the sharp edges of a tin toy badly made.

To Prevent Clothes Iron-Moulding from the Rust off the Boiler.—When the washing is done each week empty all the water out of the boiler, and while the latter is warm rub it all over with soft soap, and let this remain on till the boiler is required again; it is easily washed off. Mutton fat can also be used. If this is done every week the boiler will never iron-mould the clothes.

Cooking Oatmeal.—Oatmeal should be cooked in a double boiler. This is a small boiler hung or placed in a lower boiler, which is partly filled with boiling water. In other words, we give the oatmeal a water bath, which ensures perfect cooking and removes the danger of burning. Stir the oatmeal into boiling water until it begins to thicken. Cook constantly for half an hour. Do not stir after it begins to cook.

Fish Toast.—Take the remains of any cold fish, pound well with butter, pepper, a pinch of mace, a little chopped onion, parsley, and salt. Mix well with some cream, warm it in a pan over fire, and stir in the yolk of an egg. Put it on to hot buttered toast, piled high. It must be thick enough to stand. Sprinkle over with breadcrumbs, pour a little clarified butter on the top, and brown.

Smokers' Wives.—Not every housewife knows that a large bowl of fresh water placed in a room over night will absorb all the smell of tobacco from the evening's pipes and cigars, and prevent that stale smell in the morning which is so difficult to get rid of. At the same time, all ends of cigars and tobacco ash should be cleared away before closing the room for the night. This simple precaution is quite worth while where a small flat is concerned, and where the dining-room is used in lieu of a smoking-room.

Piles are easily and quickly checked with Dr. Shoop's Magic Ointment. To prove it I will mail a small trial box as a convincing test. Simply address Dr. Shoop, Racine, Wis. I surely would not send it free unless I was certain that Dr. Shoop's Magic Ointment would stand the test. Remember it is made expressly and alone for swollen, painful, bleeding or itching piles, either external or internal. Large jar 50c. Sold by all druggists.