

Chase & Sanborn's

HIGH GRADE COFFEE

The best part of breakfast, to most people, is their cup of Chase & Sanborn's Coffee.

Perfect berries, careful selection, expert blending, insure the rich color and delightful flavor of this best coffee.



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CHOCOLATE.

JOHN P. MOTT & CO.
HALIFAX, N.S. CANADA
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$\frac{1}{4}$ lb. makes 1 qt.
of delicious Chocolate
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Hints for the Housewife.

If women would remember the physics lessons on the lever, and regard them not as theories, but as practical hints, there would be less suffering with strains and sprains brought on by the unwise and unnecessary lifting we do about the house. Keep a strong stick and a block of wood to serve as a lever and fulcrum—a broomstick and a small end of a six-by-six studding fill the place for me. With this simple apparatus I can raise a trunk or box to unrope it or to hold it up while some one else cleans under it, can pry open a paint-stuck window, or do any of a dozen things that most people waste their strength upon, not to mention the permanent injuries frequently incurred in the foolhardy efforts at lifting.

By turning the garden hose to a fine spray, and with it sprinkling the clothes on the line, folding them at once neatly, and packing into the basket ready to be ironed, I save one handling of the week's wash and fully half the time that would be used.

On the two posts supporting the clothes line I have wooden boxes, with tight-fitting hinged lids, nailed at a convenient height, in which I keep my clothes pins. Until you try the same plan you will not realize the number of steps this saves.

A Good Household Paste

A good paste is always in demand for a variety of uses in the household. I have always found my paste highly satisfactory. To two cupfuls of winter-wheat flour add one cupful of cold water, two teaspoonfuls of powdered alum, and one teaspoonful of saffras oil. Mix with the hands until perfectly smooth, then add two cupfuls of boiling water stirring all the time. Put on the stove, and stir until the entire mixture boils. Then put in a glass jar or some vessel, and keep covered when not in use. This makes about one quart of paste and will keep indefinitely.

"Erect Upon Two Legs"

Hanging side by side on my front hall hat rack are two home-made conveniences we could not well afford to do without—the shoe duster and the rubber horn. The duster is made of gray flannel—the remains of a worn-out lounge blanket—cut into narrow strips and mounted on the handle of an old feather duster. It is very useful for flicking the street dust from our shoes. The rubber horn consists of a stick about three feet long, the lower end of which is cut to the shape of a shoe horn. By the aid of this long-handled arrangement one can draw on one's rubbers while standing comfortably erect.

Stitch in Time Saves Ironing

When making a washable plaited skirt, mark with a thread on the under side of hem where the perforation of pattern for each plait comes. Every time it is laundered it is an easy matter to iron each plait into its exact place.

Sit While Working

A friend who is far from strong, and who does her own housework, accomplishes wonders in her kitchen with ease and apparently without fatigue. On inquiring the secret of this, I learned that she attributes most of her comfort in doing housework to the use of the high chair used by her little boy when two years old. It is in shape like an ordinary light dining-room chair, differing only in having a considerably higher seat. She draws it to the sink when washing dishes, sits in it when ironing or making up pastry, and even using it beside the stove when working there. The point she makes in its favor is the height of the seat, which raises her almost to the level of standing.

Thread Twisted and Knotted

When my thread twisted and knotted as I sewed, a friend asked if I had ever tried stretching the cotton before beginning to use it. She took from the spool the usual needleful, and holding each end firmly, stretched the cotton as tightly as possible two or three times. I threaded and used it without a single snarl, and have never had trouble since.

Here is a Good Scheme

Instead of running to a pile of magazines to hunt for recipes for cleaning sinks, destroying ants, removing ink stains, etc., if every housekeeper would cut out such recipes when she reads them, and have a neat little scrap book suspended on the wall of the kitchen, and paste such recipes in them, much time would be saved, as well as labor.

Scraps

Egg Stains—to remove egg stains from silver, rub the stained part briskly with salt, then wash in warm soapsuds.

To Whiten Clothes, put one teaspoon-

ful of borax in the last rinse water. Powder the borax, so that it will dissolve easily.

For Settling Coffee—When eggs are high, one may be economical in this way: Break an egg in a jelly glass, fill it with granulated sugar, mix, then cover closely. Use one half teaspoonful to a pot of coffee. This keeps any length of time.

Apple Jelly—When making apple jelly, try putting a drop of oil of cinnamon in it. It improves the flavor.

Sunshine Rolls

Put two cupfuls of cooked squash through a sieve, add one cupful of sugar and three-fourths of a cupful of butter. Mix well. Add one cupful of soft yeast, and flour to make a stiff batter. Let rise over night. In the morning add one small teaspoonful of soda dissolved in two teaspoonfuls of warm water. Make into a large loaf. When light mix into rolls. Cover the tops with melted butter, and dip into granulated sugar. Bake when sufficiently light.

These rolls are a beautiful golden color, and as attractive in appearance as they are toothsome.

Cottage Cheese With Mayonnaise—At a luncheon recently, cottage cheese with a dressing of two parts mayonnaise to one part whipped cream was attractively served in a salad dish with a border of nasturtium leaves, with two or three bright blossoms in the centre.

The Care of Linoleum

Never try to lay linoleum when it is cold. It should be left for at least twenty-four hours in a warm room, that the heat may thoroughly penetrate to the centre of the roll, for it will crack and peel off when unrolled.

The floor should be scrubbed, and before it is entirely dry the linoleum should be unrolled slowly and carefully, then cut and laid in place. The slight dampness will not injure the linoleum, but will cause it to stretch. In a couple of days it can be tacked down, no wrinkles then appearing, as would be the result were it tacked as soon as laid. Every wrinkle will sooner or later crack.

If you can obtain it, use skim milk to wet the cloth with which you wipe the linoleum. It tends to preserve the gloss and coloring. Kerosene is also good for this.

Once in a while in wet weather it is necessary to give a good scrubbing with plenty of warm water and soap.

At least once a year the linoleum, after being thoroughly cleaned, should be given a light coat of some kind of varnish. If the work is done in the evening, it will be dry the next morning.

An Easy Way to Fumigate

Where there has been sickness, and especially any contagious disease, fumigation is absolutely necessary. The best preparation for this purpose is formaldehyde, burning which produces a gas (formaline), in which no germ can live. One large formaldehyde candle (it may be had at almost any drug store for fifty cents) will fumigate a room sixteen by eighteen. Open wardrobe doors, bureau drawers, etc., and throw the bedding loosely around. Then secure all openings, so the gas cannot escape. Cut strips of newspaper about two inches wide, dip into hot water, and stick on the edges and cracks of the windows. The heat makes the paper stick, and it does not disfigure the varnish in the least, peeling off perfectly after it dries. Stuff newspapers up the chimney of the open fireplace or grate, or if there is a stove, up the pipes. Then light the candle according to directions on the box, and leave the room. As quickly as possible paste up the keyhole from the outside, and the cracks of the door. After four hours the room may be aired, but it is best to let it remain closed twelve hours.

This gas does not tarnish metals or change the color of clothing, and an airing will remove the slight odor.

Kartoffel Salad

One dozen small potatoes (cold); one fourth pound of bacon; two onions; a small piece of bacon (for frying); parsley; French dressing (oil, vinegar, pepper, salt, chopped parsley and a very little mustard). Cut the one-fourth pound of bacon into small dice, and fry not too brown, mixing both the bacon and fat with the salad. Serve with hot buttered crackers sprinkled with paprika.

Trial is Inexpensive.—To those who suffer from dyspepsia, indigestion, rheumatism or any ailment arising from derangement of the digestive system, a trial of Parmelee's Vegetable Pills is recommended, should the sufferer be unacquainted with them. The trial will be inexpensive and the result will be another customer for this excellent medicine. So effective is their action that many cures can certainly be traced to their use where other pills have proved ineffective.