



HOUSE AND HOME CONDUCTED BY HORTENSE

Mothers and fathers, remember that the minds of your children are like the plate of the camera. The objects you put before it, whether noble or paltry, will be imprinted on it. What kind of impressions do you want engraven there?

OLD IRISH PROVERBS.

The rare jewel is the most prized. A blind man is no judge of colors. When the cat is out the mice dance. Even a fool has luck. A mouth of ivy, a heart of holly. The historian's food is truth. There is often anger in a laugh. A good dress often hides a deceit.

THE UPLIFT OF SUNSHINE.

Sunshiny persons and places are a reflection of heaven. One of the new Canadian provinces goes familiarly by the name of Sunny Alberta. Immigration promoters make use of this charming epithet to attract new settlers, and to it they attribute much of their success.

HOW TO CLEAN MATTING.

One way is to sweep it twice, first with the grain of the texture and then across the grain, the second time using a soft broom dipped in warm water with a little borax. If there are any grease spots on the matting cover them with chalk moistened with turpentine.

MAGNESIA.

For cleaning laces and delicate fabrics magnesia is perhaps the most reliable substance. It may be bought either in powder or in lumps.

The magnesia absorbs the dust or grease, which is thus shaken out of the garment.

If it is not all removed before wearing, the powder left will go on absorbing dust from the air with which it comes in contact, leaving a dirtier spot than before.

It is a good plan to put the magnesia on party dresses and other light frocks that have become partly soiled when putting them away whether they need to be cleaned or not.

Value of Newspapers in the Home.

Aside from covering pantry shelves and wrapping up garments in the spring, as a prevention from moths, writes Miss Martha, Frances Rankin in the New York Observer, I have seen in the almost inestimable find very few housewives who know value of the every day newspaper in the home.

When strolling through the rural districts during the canning season, at its height, I learned that screen doors, important as they are as a aid for keeping out flies from the kitchen, are not infallible. The little pests find their entrance in spite of care and caution every time the door is opened.

FINE FILLING FOR CRACKS.

Newspapers soaked to a pulp are fine for filling up cracks in floors or apertures from old nail heads. While wet fill the crevices, and when the pulp is dry go over it with a floor varnish.

Nothing protects ice from melting too rapidly in refrigerators more than wrapping it in newspapers. One must see that the paper does not get into the drain pipe, but with ordinary care this will not happen.

Ladies who prefer thin shoes to heavy soles keep their feet protected from the damp and frost by placing paper soles inside their shoes during the coldest months of winter.

Kitchen stoves may be kept in good condition and creditably well blackened, if, after the first polish on clean-up day, it is well wiped with newspaper each following day through the week.

Ice cream may be kept firm and solid for hours if, after freezing and ready for packing, newspapers are torn into medium sized pieces and stuffed firmly around the ice.

Good housewives lay newspapers on the floors under matting and carpets for cleanliness.

In the warm weather it is most desirable to wrap all kitchen refuse in newspapers before placing it into the garbage pail.

I know a good housekeeper who always sees that a newspaper is placed on the floor in front of the kitchen stove door when roasting meat or fowls to prevent drippings of grease upon the floor.

Damp newspaper is fine in polishing windows, as it removes all lint that remains after washing with cotton cloth or flannel.

A GEM IN THE COOK BOX.

But the crowning delight of the newspaper is its service in the "cooking box." Straw, which was first recommended for the box was found disagreeable on account of its permeating odor, while the newspaper commends itself for lack of odor and also for the fact that it is always at hand and may be

frequently changed for cleanliness. This is very important, to prevent sourness from accidents from spilling. Therefore, the newspaper substitute for straw has proved equally practicable and more desirable.

Any clever woman may provide herself with one of these boxes at small cost. A common dry goods box will answer. It should be at least thirty-six inches long and twenty inches deep, and the same in width.

DON'T DESTROY NEWSPAPERS.

To the house-mother who does her own work the "cooking-box" is a delight, if not a thing of beauty. She may start her dinner on the fire and when partly cooked may transfer it to the box, cover securely, and then pack newspapers snugly and generously around the dish, or pot, and put down the box cover.

A lady who has had considerable experience with the cooking-box confided to me her way of preparing chicken. After drawing and cleaning it she cuts it into pieces and browns it in frying pan with the chicken fat; as each piece is browned she puts it in a kettle with a little boiling water, when all is browned she adds enough hot water to cover, and let all boil twenty minutes, removes from the fire and places in box, well covered and well wrapped with paper, and then packs paper and every possible crevice, around and on top, leaving it till chicken is tender.

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THE FRUIT CURE.

According to a health expert, blanched almonds give the higher nerve or brain and muscle food, and the man who wishes to keep up his brain power will do well to include them in his daily bill-of-fare.

is one of the neatest little novelties as regards handkerchiefs created in the Rue de la Paix. As regards hats, the same rule prevails; flowers are anathema on a Scottish moor, and only wings (not ostrich feathers) and ribbon bows are permissible on shapes of straw or felt.

Serge and tweed are the best materials for wear in a shooting lodge, and the latter is more to be recommended than the former on account of its broken surface, and the beautiful mixtures of colors which can now be obtained in many kinds of tweeds.

What is Worn in Paris. Soft Leather Suited For Inner Binding on Skirts. Proper Garments for General Outdoor Sports.

Petticoats are best reserved for evening wear; satin knickerbockers will be found far more comfortable and convenient in every way. It is also well to tell one's tailor to put a deep border of soft leather inside the hem of one's skirts, which can be easily sponged and is far more easily kept clean than an ordinary hem of tweed.

The chief thing to remember as regards day wear in the Highlands is that it should be absolutely simple and workmanlike. In many of the smaller shooting lodges simplicity also reigns as regards evening wear, and two or three tea-gowns and bridge coats will be amply sufficient especially with a couple of ball gowns in reserve, should any "meetings" be within reach.

One of the first danger signals that announce something wrong with the heart is the irregular beat or violent throb. Often there is only a fluttering sensation, or an "all gone" sinking feeling; or again, there may be a most violent beating, with flushings of the skin and visible pulsations of the arteries.

Mrs. Arthur Mason, Marlbank, Ont., writes:—"Just a few lines to let you know what Milburn's Heart and Nerve Pills have done for me. I have been troubled with weakness and palpitation of the heart, would have severe choking spells and could scarcely lie down at all. I tried many remedies but got none to answer my case like your pills did. I can recommend them highly to all with heart or nerve trouble."

Advertisement for Surprise Soap, featuring an illustration of a woman washing clothes and text describing the soap's benefits.

POET'S CORNER

THE FUTURE—HOW WILL IT BE? If the Future could open its peerly gates, And reveal to my eyes all its shadow and light, Would I see stretched before me a passage of glory, All strewn with the laurels of honor and might?

If the Future could fling back its curtains so dark, And show to my vision the picture of life, Would I rest in the golden frame of joy, Undimmed by the dust of toil and strife?

Or would the setting be one of sorrow, A sombre black frame of pain and grief, All dulled by the tears of ceaseless anguish, And the pangs of a heart that could find no relief?

If the Future could lift the mists that hang And show me its days in Truth's clear light, Would life be waiting to crown me with years Made glad by sweet acts of virtue and right?

For God, Who is Infinite Wisdom and Love, Has hidden from men His plans so just, Where the shadows grow dimmer and fade away, 'Neath the silvery rays from the summit of light?

TO-MORROW. To-morrow never comes? Yet hold it dear— The try again and further chase of men, The flame of hope that lights the bit'rest tear, Setting the task, and dancing on again.

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Advertisement for Barrard & Co., featuring a list of services and contact information.

Advertisement for Conroy, featuring a list of services and contact information.

Advertisement for Lawrence, featuring a list of services and contact information.

Advertisement for D. H. Wells, featuring a list of services and contact information.

Advertisement for St. Patrick's School, featuring a list of services and contact information.

Advertisement for the Home Stead, featuring a list of services and contact information.

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