## R. R. R. RADWAY'S READY RELIEF, <br> aupe and poctevts

Coughs, Colds, Sore Throat, Infuenza, Bron chitis, Preumonia, Swelling of the Joints, Lumbago Inflammations, RHEUM ATISM NEURALGIA, Frost
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DIFFICULT BREATHING.
cures the Woiss Pains in from one to twenty
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That instantly stops the most excruciating pains, allaya inflammation and cures Congestions, whather organs, by one application.

ALL INTERNAL PAINS, Cramps in the Bowels or Stomach, Spasms, Sour Stomach, Nausea, Vomiting. Heartburn. Diarrhcea, lieved instantly and quickly cured by taking internally as directed.
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Always Reliable.
Purely Vegetable.
Possess properties the most extraordinary in he various organs, the natural conditions of which are so necessary, for health, grapple with and peutralize the impurities, driving them completoly out of the system.

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Have long been acknowledged as the Best Cupe for
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Price 23c, per Eotile. Sold by Drageista.
Fix this name indelibly in your memory
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and remember it is a Food and a Tonic combined.

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Are most competent to fully apprectato tho purlty, sureotness, and dolicacy of Cuticura Sont, and to discover now ases for it dally. In the preparation of curative washes, solutons, ctc., for aunoying irritations, chanugs, and excoriations of the skin and mucous membrane or too freo or offensivo persplia tlon, it has proved most grateful.
Like all others of the Cuticum reme dies, tho Cuticuma Soar appeals to tho refined and cultivated everywhere, and is beyonl all comparison tho most offective skin purifying and beautity ing soap as well as the gurest aud swectest fus tollet and nursery
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 Without the use of elther ay
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Aftor repeated chemical analyser of the vinos made by Robert Bradford of No. 535 Parliamons St., Toronto by any of tho nativo vifines tbathavo como undor my

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neaterially the ofects which would be produced by
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## HEALTH AND HOUSEHOLD HINRS:

## things you should know.

That the goodness of all cake depends upon the eggs being perfectly fresh.

That in making up unbleached muslin, allow one inch to the yard for shrinkage.

That it is said that sprigs of wormwood scattered in places infested with'black ants, will drive these pests away.

That if you want to keep your house free from moths never put down your carpets sill the flooz is thoroughly dry.

That Indian meal is best when it is freshly ground, and thercfore it is bad
buy large quanities of it at a time.

That, for long; slow cooking, porcelain stew-pans are more desirable than tin or grantewear, as the artucle cooking can be kept at a more, even temperature.

That articles that have been been staned with ink or fruit should not be put into soap suds until the stains are removed, as soap has a tendency to " set" the stains.

That iron cooking utensils increase in value, with use, as the surface becomes smodth. In buying them, be careful to see that they
of the best quality, and well finizhed.

That suet may be kept sweet for some time by pulling the skin or membrane from it while it is fresh, sprinkling salt upon it, tying it up in a bag and hangiog in a cool, dry place.

That bar soap should be cut irto pieces of a convenient size for using, and put into a dry place. If the house mistress does not attend o the cutting, her servant wont, but will use a whole bar at
That when bread is baked the loaves should never be set flat on the table or shelf, but should be set on end, one loaf against anther, and wrapped closely around with a clean cloth. This makes the crust tender by keeping in the steam.

That experienced, old-fashioned housekeepers say that the dough for cookies or gingerbread is much more easily handled and rolled and stamped the day after it is made han on the same day. In cold weather it should be set where it will not become hard.
Hot alum water is the best insect destroyer known. Pat alum into hot wates and boil unil dissolved, then apply the water with a brush io all' cracks, closets, bedsteads, and other places where insects may be found. Ants, cockroaches, fleas and other creeping things are killed.

The human heart is a bollow muscle of a conical form, placed between the two lungs, and inclosed in the pericardium, or heart sac. The ordiaary size of the heart in the aduit is about five inches in length, $3 \%$ inches in breadth at the broadest part, and $2 y / 2$ inches in hickness. Its weight is from ten to twelve ounces in men, and from eight to ten ounces in women.

For burat sugar put two tablespoonfuls of sugar into a small pan and set it over the fire, stir or shake the pan a little till the sugar gets all a dark brown, aboutas dark as treacle. That is burnt sugar. If it is to be kept and used for coloring gravies, soups, etc, you then add perhaps half a cup of water, and when it boils it will have dissolved the sugar, and can be bottled and kept.

Tablecloths should be folded once only for ironing, and that lengthrise. They should be ironed with a verg hot iron until'perfectly dry, and then there is no danger of, a rumpled appearance afterward. They should be quite damp and free from starcb. Fold them loosely crosswise, without ironing, and hese folds will-be easily smoothed out with the hand, leaving no crease but the middle one.
Sir Andrew. Clark was wont to prescribe the following regime as to diet and babits to bis numerous literary patiẹnts: "General directions. On first waking in the morning. ip a glass of hot water. "On rising take a epid sponge bath, followed by a brisk general towelling. Clothe loosely and warmly. Break-fast-Wholemeal bread or ioast and butter, with eggs or fresb fisb, or cold chicken, or tresh tongue. Towards the close of the meal balf a pint of black China tea, not infused over five minutes. Breakfast as near eight as possible, that you may have a long forenoon's iterary work. Luach should resemble a nars ery dinner-fresin meal, bread, potato, fellboiled green vegetabiss, and milk pudding or cooked fruit. Sip a small glass of plain frest filtered water. This should be the chief meal of the day."

Coughs and Colds Those who aro ufforing from Couglis, Colds, Bassseness, Sore Throat, otc., should try Brown's Broncuial Trocass, a simplo and offectual remedy. Thoy contain nothing injurious, and may bo used at all times vith perfect saiety.


Turned Upside Down Is your home in this sad plight -many are and house-clean. ing does it. Cold meals and no comfort, sour tempers and aching backs, hard work and too much of it, tired women and "mad" men-all from house-cleaning. And it's all needless. Don't make such a fuss over it. Take a little Pearline, and have it done casily, quickly and quietly. You'll have it done better, too -you won't have to rub the paint off to get the dirt off. You can sáve half your labor and half your time, if you'll clean house with Pearlineand everybody in the house will be thankful for it. Millions use nothing but Pearline for washing and cleaning.
Turn on the pediles and grocers the Key ir firlint in faidice


Error.
Chocolate \& Cócóoa 2re by minny supposed
to be one pand the to be one and the
same only that one is 2 powder, hence morc essily cooked, and the other is not.
This is wrong-.
TAKE the Yolk from the Egg,
take the Oil from the Olive, What is left?
A Residue. So with COCOA: In compraison,
COCOA is Skimmed Milk,
CHOCOLATE; Pure Cream.

CHOCOLAT ${ }^{2 n d y}$ your adaret,
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