

HOUSEHOLD.

How to Gain Flesh.

A girl who was thin to a really painful degree gained thirty pounds in sixty days on the following regime:—Twelve hours' sleep a day. A well-ventilated and cool room to sleep in, with lots of fresh air all night; light down coverlets for warmth, and hot-water bags at the feet if they were cold. Loose, light clothing at all times, with plenty of space about the chest, shoulders and waist; a diet of cereals, cocoa, fresh fruits, and starchy vegetables, potatoes, beans, etc., milk, and cream—everything of a warming, fat-producing nature in the the way of food; warm baths, though not too frequently; moderation in work and play, and plenty of out-door exercise.—Mrs. Humphrey, in 'The Young Woman.'

Laundry Bag.

Take a Turkish towel of pretty design, sew it together on each side (on the wrong side), then turn the fringed ends over and make a hem in the folded part about two inches deep, leaving a space for strings on each side. Use ribbon of contrasting color or colored cord to hang by. Run this draw string in at each end so that it will draw up snug and tight and leave strings to hang up by. This is very pretty and quickly made. — 'N. E. Homestead.'

A Candid Newspaper

'The Montreal 'Witness' is a candid newspaper, and its statement is undoubtedly correct.'

—The (Rochester, N.Y.) 'Chronicle.'

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About 'World Wide.'

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Dear Sir,—I have received a copy of 'World Wide,' which I find so interesting that I am enclosing a postal order for seventy-five cents for a year's subscription.

Sincerely yours,
SARA B. ROGERS.

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(REV.) JOHN W. LITTLE.

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Your subscriber,
ROBERT FERRIS.

Egerton, Ont.

Please find enclosed my subscription for the 'Weekly Witness.' I am an old subscriber to the dear old 'Witness.' I could not think of farming without it, as I get so many valuable pointers from it. I think it should be read by every farmer in Ontario.

JOHN McLUHAN.

Bentpath.

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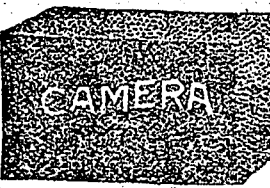
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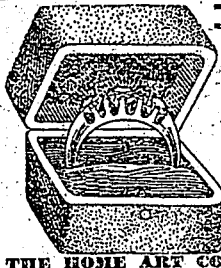
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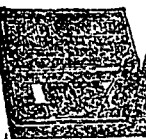
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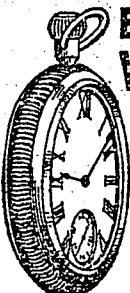
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F. URQUHART.