

# Good morning

4/5/2

## HAVE YOU USED PEARS' SOAP?

FOR BREAKFAST, LUNCH, DINNER, AND ALL TIMES.

### MENIER CHOCOLATE

THE HEALTHIEST AND THE BEST.

Paris Exposition, 1889 } 3 GRAND PRIZES. 22/26  
5 GOLD MEDALS

ONCE USED, NEVER WITHOUT IT.  
ASK FOR YELLOW WRAPPER.

For Sale Everywhere.

BRANCH HOUSE, UNION SQUARE, NEW YORK.

DAVID CRAWFORD, MONTREAL AGENT.

THE GREAT ENGLISH REMEDY

OF PURELY VEGETABLE INGREDIENTS  
AND WITHOUT MERCURY, USED  
BY THE ENGLISH PEOPLE FOR  
OVER 140 YEARS.

## Cockles

4/5/2

### Pills

COMPOUND  
ANTIBILIOUS

These Pills consist of a careful and peculiar admixture of the best and mildest vegetable aperients and the pure extract of Flowers of Chamomile. They will be found a most efficacious remedy for derangements of the digestive organs, and for obstructions and torpid action of the liver and bowels, which produce indigestion and the several varieties of bilious and liver complaints. Sold by all chemists.

WHOLESALE AGENTS:

EVANS & SONS, LIMITED,  
MONTREAL.

THE WONDER OF THE AGE!



A NEW IMPROVED DYE  
FOR HOME DYEING.

Only Water required in Using.

10¢ a package. For sale everywhere. If your dealer does not keep them, send direct to the manufacturers,  
COTTINGHAM, ROBERTSON & CO.  
MONTREAL.

## Confederation Life

ORGANIZED 1871.

HEAD OFFICE, TORONTO.

REMEMBER, AFTER THREE YEARS 10/26

### Policies are Incontestable

Free from all Restrictions as to Residence, Travel or Occupation.

PAID-UP POLICY AND CASH SURRENDER VALUE GUARANTEED IN EACH POLICY.

The New Annuity Endowment Policy

AFFORDS ABSOLUTE PROTECTION AGAINST EARLY DEATH

PROVIDES AN INCOME IN OLD AGE, AND IS A GOOD INVESTMENT.

Policies are non-forfeitable after the payment of two full annual Premiums. Profits, which are uncalled by any Company doing business in Canada, are allocated every five years from the issue of the policy, or at longer periods as may be selected by the insured.

Premiums allocated are absolute, and not liable to be reduced or recalled at any future time under any circumstances.

Participating Policy-holders are entitled to not less than 90 per cent. of the profits earned in their class, and for the past seven years have actually received 95 per cent. of the profits so earned.

W. C. MACDONALD,  
Actuary.

J. K. MACDONALD,  
Managing Director.

### ONE POUND OF JOHNSTON'S FLUID BEEF

Contains as much actual and real nutrition as FOURTEEN AND A QUARTER POUNDS OF PRIME BEEFSTEAK.



The value of a Food like this to INVALIDS, DYSPEPTICS, and all needing Strong Nourishment in an easily digested form, must be apparent.

#### HOUSEHOLD HINTS

**CODFISH.**—Cut in tiny pieces a piece of codfish, and pour over it boiling water, to freshen it; pour off the water, add some cream. This is nice poured over the toast.

**BROILED MUTTON CHOPS.**—Cut the steaks, season with pepper and salt. Broil on hot coals, baste with butter and sprinkle with grated bread-crumbs. Serve with stewed onions.

**OMELET.**—Allow a tea-cup of milk to three eggs; beat the whites and yolks separately; add the milk and a little salt, pour into a buttered frying-pan, and cook very slowly until the egg is set.

**BOUILLON.**—Five pounds of juicy beef cut out in small pieces, and simmered slowly for two and one-half hours, in two quarts of water. Remove every bit of fat, strain through a cloth, season with salt, no pepper.

**MUCILAGE.**—Two tablespoonsful laundry starch, one tablespoonful gum arabic dissolved in hot water; mix, adding three drops of clove oil to prevent discoloration. There are sufficient ingredients for a bowl full of mucilage.

**CHOCOLATE JELLY.**—Four small cakes of chocolate grated and one and a half pints of milk boiled together. Then add sugar and vanilla to taste, and one box of gelatine dissolved in a little water. Boil all together for a few minutes then set away to cool.

**SEA MOSS BLANC-MANGE.**—Wash thoroughly a cup of Irish moss. Put a quart of milk in a farina-kettle, and add the moss: when the milk is well thickened, strain and cool. It can be served with powdered sugar, or sugar, cream and a bit of fruit jelly. This will be found nutritious, and acceptable to the most sensitive stomach.

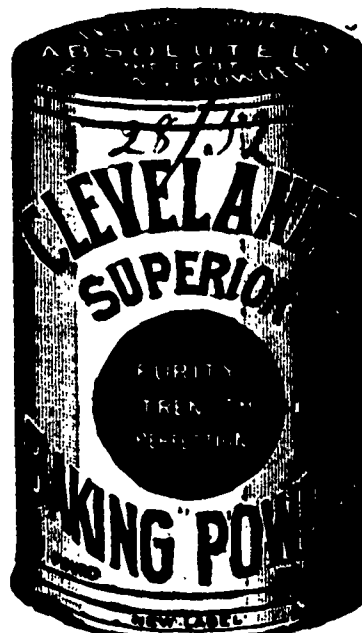
**MUSHROOM SAUCE.**—Put a tablespoonful of butter in a frying-pan and let it brown, add a tablespoonful of flour and brown again, add a half-pint of stock, stir continually until it boils, strain, add a tablespoonful of mushroom catsup, and a half can of mushrooms; simmer gently for five minutes, add a palatable seasoning of salt and pepper, and pour it over the broiled steak.

**A GOOD SALAD DRESSING.**—Yolks of two eggs beaten thoroughly, one level teaspoonful of salt, one half teaspoon of pepper, two teaspoonsful of white sugar, two of made mustard, one tablespoonful butter. Stir into the mixture four tablespoonsful best vinegar, put dressing in a bowl, set in a kettle of hot water, and stir constantly till it thickens; set away, and when cool it is ready for use.

**FRENCH TOAST.**—This is nice for breakfast or tea, and is a good way to utilize baker's bread that is a few days old. Beat two eggs very light, and stir with them one pint of sweet milk. Slice bread and dip each piece in the milk and eggs, allowing it to remain long enough to be thoroughly moistened, but not soft enough to fall to pieces. Fry in hot, fresh suet until it is a delicate brown. Some prefer a little sugar sprinkled over it, some find bits of jelly a pleasant addition, and others prefer it without either.

**MACARONI WITH CHEESE.**—Break the macaroni into short pieces, and put it into a saucepan full of boiling water to which a little salt has been added, and leave it to cook until tender. Take it out and steam: have ready a flat pie-dish well buttered, and with this put a layer of macaroni, then a layer of grated cheese, and upon the cheese small pieces of butter; repeat the layer of macaroni and cheese till the dish is filled, finishing with the cheese. Put a little melted butter on the top, and bake a golden brown in a moderate oven.

An Old Friend in a New Dress.



Absolutely the Best.

All the ingredients used are pure and wholesome, and are published on every label. One Trial Proves its Superiority.

#### HEALTH HINTS.

**LIME WATER FOR BURNS.**—The readiest and most useful remedy for scalds and burns is an emulsion of lime water and linseed oil. These simple agents combined form a thick, cream-like substance, which effectually excludes the air from the injured parts and allays the inflammation almost instantly. The mixture may be procured in the drug stores, but if not thus accessible, slack a lump of quick-lime in water, and as soon as the water is clear mix it with the oil and shake well. If the case is urgent use boiling water over the lime, and it will become clear in five minutes. The preparation may be kept ready bottled in the house, and it will be as good six months old as when first made.

**CARING FOR A COLD.**—Always treat a common cold with great respect. Ninety-nine times out of a hundred it will get well anyway; but the hundredth cold, if neglected, may lead to bronchitis, pneumonia or consumption. It is best to take no such chances. A gargle of salt and water used before retiring will strengthen the throat and keep off bronchial attacks. If the throat is inflamed and there are no white spots to be seen, use the following: One ounce each of chloride of potassa, borax and sugar. Dissolve one third of this in one quart of water and gargle the throat frequently. In fevers one blanket is enough for warmth, since it is an old axiom that people with fevers cannot take cold; but there should always be a store of soft woollen covers close at hand, and, if possible, an eider-down quilt—for there is no knowing the hour when the temperature will fall, or when a collapse will occur, and in either case you need instantly all the artificial heat you can supply.

**VALUE OF THE FLESH-BRUSH.** It is well-known that muscles put to any unusual or severe strain are likely to suffer lameness and soreness. Sometimes this paves the way for rheumatism. A brisk rubbing of the parts that have been overworked will save subsequent lameness. If the lower limbs are treated in this way after an unusual and fatiguing walk and naturally expected lameness will be quite sure to be missed the following day. Those who find it difficult to get to sleep at night should try the experiment of giving the body a brisk and thorough rubbing just before retiring, using the palm of the hands or a moderately stiff towel, or a flesh brush, while the effect in freeing the pores of the skin from deleterious matter would be beneficial to the general health. With babies, a gentle but thorough rubbing of the whole body with the hands at night not only quiets the nerves and renders the little ones generally comfortable, but induces refreshing sleep. This is a fact with which many mothers are unfamiliar, but which, if followed, would add much to the comfort and well being both of themselves and their children. Harsh or long-continued friction is to be avoided, since this would irritate the skin and cause discomfort. To assist in freeing the pores of their impurities, a gentle pressure or kneading of the surface of the body is beneficial for those who are somewhat advanced in years.

**ABOUT FILTERS.**—Dr. Currier of New York, has recently devoted considerable attention to the investigation of filters and all other means employed for the purification of drinking water. In a paper upon the subject, published in the *Medical News*, he summarizes some of the results of the investigations as follows: Boiling sterilizes water, and within thirty minutes will have killed harmful bacteria. Drugs and other agents acting chemically, if used in amounts which are commonly safe, do not sterilize water, the prolonged heat which water undergoes in the usual process of distillation destroys all germs which may be in the water undergoing the process. Ordinarily, filters, even if satisfactory as strainers, fail to remove all bacteria from drinking water. So far from lessening the number in the original water the filtering substance may allow a more rapid multiplication than these micro-organisms would ordinarily undergo in the unfiltered water on standing; and the germs of disease, even if held back by the filtering substance, may be harbored in all filters. The finer the substance through which the water passes, and the lower the pressure, the more perfect is the action of the filter in holding back the bacteria. Of all substances thus far furnished for domestic filters, porous re-baked porcelain, carefully selected, has been found to be the best.

#### HOME SEEKERS' EXCURSIONS.

The Burlington Route, C. B. & Q. R. R. will sell on Tuesdays, April 22 and May 20, Home Seekers' Excursion Tickets at *Half-Rates* to points in the Farming Regions of the West, North-West and Southwest. Limit thirty days. For folder giving details concerning tickets, rates and time of trains, and for descriptive land folder, call on your ticket agent or address P. S. Eustis, General Passenger and Ticket Agent, Chicago, Ill.