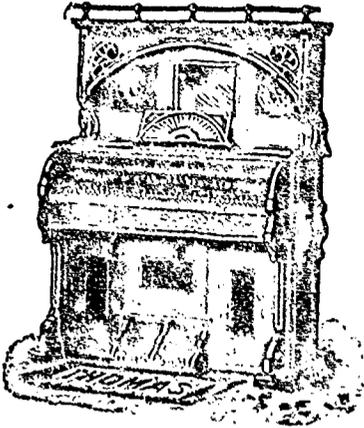


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HE IS PLEASED WITH CANADA.

Talks About Canadian
People.

He Says we Have Too Many Pale and
Half-Dead Women.

HIS EXPERIENCE WITH PAINE'S CELERY COMPOUND.

Thinks it is the Right Medicine for
Building Up Weak and Sickly
Girls and Women.

In the early part of January an English physician of high standing and considerable wealth, visited the principal cities and towns of Canada, after a tour of the United States.

He was exceedingly well pleased with what he saw of the Dominion, and spoke in glowing terms of the good nature and hospitality of our people.

When asked what he thought of Canadians from a physiological point of view, he replied -

"Taken as a whole you have a fine, sturdy population, but there is room for improvement. You have splendid specimens of manhood; your women generally look healthy and vigorous, but you have too many who are pale, listless and half-dead looking, such as I have met in the United States.

"Oh yes! I know something about Paine's Celery Compound. I have used it occasionally myself, and know of its being used in England. I have recommended it to pale, weak and run-down women and girls in England, and it has produced very satisfactory and pleasing results. From what I know of the formula of Paine's Celery Compound, I have no hesitation, as a physician, in prescribing it in cases of general debility, dyspepsia, nervous affections, kidney and liver complaints and general weakness.

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HEALTH AND HOUSEHOLD HINTS.

Ringworms will yield to borax treatment. Apply a strong solution of borax three times a day; also dust on the dry powder very often.

Silver spoons and forks in daily use may be kept bright by leaving them in strong borax water several hours. The water should be boiling when they are put in.

Put a teaspoonful of borax in your rinsing water; it will whiten the clothes and also remove the yellow cast on garments that have been laid aside for two or three years.

One of the best things to cleanse the scalp thoroughly is to dissolve one-half teaspoonful of borax in a quart of water and apply it, rubbing it in well. Rinse thoroughly in clear water.

For washing fine nice flannels nothing will cause them to look so nice as borax in the water, a tablespoonful of borax to a pail of water being the right proportion. Always wash baby's little flannel skirts, shirts, etc., in this.

To Fill Cold Glass Cans Without Breaking.—Place in the empty can a spoon that is long enough to reach from the bottom to the top without breaking; pour in your boiling fruit; remove the spoon and seal. The can will not break.

The base of several approved hair tonics is quinine. A German formula calls for 100 grams of alcohol, 50 of castor oil, 2 of rose water, and a little (about a teaspoonful) quinine. Any druggist can put it up for you with these directions. If the hair comes out very badly, ask him to add a little cantharides; he will be able to estimate the right proportion. Rub well into the scalp three times a week.

A competent authority writes: "There is no cure for wrinkles, but the following balm is slightly stringent, and by lightening the skin presses out a few lines. Boil gum benzoin in spirits of wine until a rich tincture forms; or, better still, buy ten cents worth of tincture of benzoin. Put a teaspoonful in a glass of water, wash the face, neck, and arms, and let it dry. This gives the skin a sweet smell and faded cheeks a bit of bloom."

A good housekeeper is one who not only knows how to make plans for her work, which is, indeed, very important, but knows how to make the order of work sufficiently flexible to meet all the exigencies of daily life, without any serious disasters. She must know how to change her plans, that is without friction; or even to do away with them altogether, for a time, if any circumstances should arise which would make it more desirable to do so. No housewife can hope to have a pleasant home for her family, or have herself anything but a careworn woman, who does not always provide for the unexpected; and one of the important provisions is to always keep her temper. If the unexpected happens, and it is happening in all active and hospitable households, meet it without any fretfulness, and it will not be half so difficult to deal with.

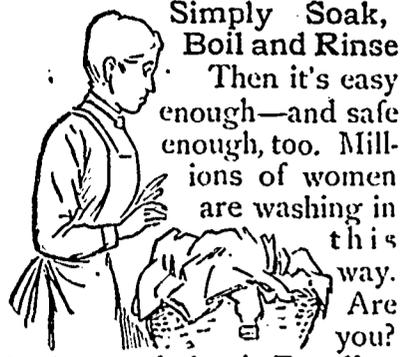
Baked Bananas.—Strip the skin from one side of the bananas, and arrange them in the baking pan. Loosen the skin, sprinkle over each a teaspoonful of sugar, and bake in a moderate oven twenty minutes.

Cream Salad.—Chop fine one-half head of cabbage, and mix thoroughly with one-half cupful of sweet cream and one-quarter teaspoonful of salt. Into one-half cupful of vinegar stir one beaten egg, one teaspoonful of sugar, and one-half teaspoonful of made mustard. Pour this, while very hot, over the cabbage, and serve immediately.

Lemon Dumplings.—Mix half a pound of bread crumbs with a quarter pound of shredded and chopped suet, and a quarter pound of brown sugar; beat two eggs and add a tablespoonful of lemon juice; pour them over the dry mixture; work well until all is well moistened, pack into egg cups that have been brushed with butter; stand in a steamer and steam for one hour; turn out, dust with sugar and serve with them foamy sauce.

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GENTLEMEN,—I was covered with Liver Spots over my back and chest. I took three bottles of your Burdock Blood Bitters and am now perfectly cured of Liver Complaint. I can truly say that I think B.B.B. the best medicine ever discovered.
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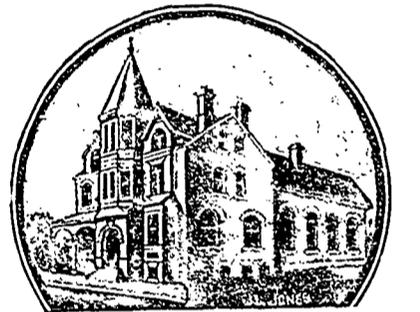


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Department of Militia and Defence.
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