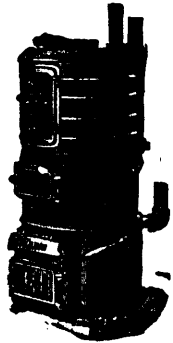


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Don't hurry. "Too swift arrives as tardy as too slow."

Don't think there is a better beverage in the world, than pure, cold water.

Every kitchen should have a generous supply of holders and large coarse towels, for use about the oven.

The air in a room may be greatly purified by setting a pail of water in the room for a few hours. It will absorb all the poisonous gases.

Moulds should be wet with cold water when used for jellies or creams, greased if for a strained mixture, and left with neither wetting nor greasing if they are to be lined with cake.

Fish pie is made by using the cold, cooked fish and potatoes, sliced thin and parboiled; put them into the baking dish in alternate layers, season with salt, pepper and butter, cover with milk, and bake an hour.

The leaves of geraniums are an excellent application for cuts, where the skin is rubbed off, and other wounds of that kind. One or two leaves must be bruised, and applied on linen to the part, and the wound will become cicatrized in a very short time.

Mountain Dew Pudding: One pint milk, yolks of two eggs, two tablespoonfuls cocoanut, one half cup rolled cracker crumbs, one teaspoonful extract lemon or vanilla. Bake half an hour. Beat the whites with one cup of sugar, spread over the top, and brown in the oven.

For a felon, take common rock salt such as is used for salting down pork, dry it in the oven, then pound it fine and mix with spirits of turpentine in equal parts. Put it on a linen rag and wrap around the felon. As it dries put on more, and if followed up the felon will be dead in twenty-four hours.

Corn Cakes: Three teacups of corn meal, one cup of wheat flour, two of milk, one of cream, or a tablespoonful of shortening, one egg, one teaspoonful of salt, one tablespoonful of sugar, two teaspoonfuls baking powder mixed with the meal. Bake in small pans in a brisk oven. Nice for breakfast and lunch.

To roast green coffee perfectly put it in the oven until thoroughly hot, then turn it into a corn-popper and shake over a hot fire until evenly browned. Take from the stove, add quickly a teaspoonful of granulated sugar, shake until dissolved, turn into a glass self-sealing fruit jar and grind only as required.

Tapoca Cream: Two tablespoons of tapoca dissolved in water till very soft. Yolks of three eggs, beaten and sweetened to taste. Boil one quart milk; when cool, stir in the tapoca and a tablespoonful of flour mixed with a little water. Beat the whites lightly and mix all together. Let boil ten minutes and pour into molds.

Moths have a dislike to newspapers, and it is well to lay them upon the shelves and in the bottom of the drawers. Packing boxes and trunks should be carefully lined with them, care being taken that they are pasted air tight, or you may provide, by leaving them loose, a place for some insect to nest in the winter where you little suspect.

Nervous people should eat fat food. Every irritable and exhausted nerve, should, if possible, be coated with fat. Fat is to a tender nerve what an air cushion is to a tired invalid; it eases jolts wonderfully. With the fat should be combined grain foods and vegetables for strength, and fruits to keep up a healthy consistency of the blood.

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Wrong action of the stomach and digestive organs causes Dyspepsia and kindred diseases, such as Sour Stomach, Waterbrash, Heartburn, Dizziness, Constipation,
SICK HEADACHE,
Lost Appetite, all-gone feeling at pit of stomach and distress after eating. To be dyspeptic is to be miserable, hopeless, languid and depressed in body and mind. No case, however, is so obstinate or severe that B. B. B. cannot cure or relieve it. I was in misery from Dyspepsia but two bottles of B.B.B. entirely freed me from it.
MISS L. A. KUEN, Hamilton, Ont.
B.B.B. Cures Dyspepsia.

Burdock BLOOD BITTERS, AS A **SPRING MEDICINE.**
No other remedy exercises so powerful an effect on the entire system as Burdock Blood Bitters. It purifies, cleanses, tones and strengthens.
IN SPRINGTIME
various disorders may attack the liver. The strong food taken during winter overloads the system, clogs the bowels and produces biliousness, constipation, sick headache, boils, pimples, bad blood, skin diseases, etc.
Burdock Blood Bitters unlocks all the clogged avenues of the system, carries off all foul humors and impurities, and cures the above named diseases, while at the same time giving health and strength to the entire system.
B.B.B. Best Spring Tonic.

Burdock BLOOD BITTERS CURES **BAD BLOOD.**
Dyspepsia, Constipation, Biliousness are causes of Bad Blood. Good Blood cannot be made by any one suffering from these complaints. The results of Bad Blood are
BOILS, PIMPLES, BLOTCHES.
Eruptions, Sores, Skin Diseases, Scrofula, etc. Burdock Blood Bitters really cures bad blood, driving away every vestige of it from a common pimple to the worst Scrofulous sore. It is the kind that cures.
Mr. H. M. Lockwood, of Lindsay, Ont., had 53 boils in one year but was entirely cured by B. B. B.
B.B.B. Cures Bad Blood.

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FAMOUS **COD LIVER OIL**
IT IS INVALUABLE IN CONSUMPTION, CHRONIC COLDS, OBSTINATE COUGHS, WHOOPING COUGH, PULMONARY SCROFULOUS COMPLAINTS AND WASTING DISEASES GENERALLY.