USEFUL THINGS WORTH KNOWING.

Just a few short paragraphs, yet to many may the following prove at some time of value as well as of

HOW TO HAVE A CLEAR SKIN.

You want to keep your skin nice all summer? Well, then, here are some rules for you.

Don't bathe in hard water; soften it with a few drops of ammonia, or a little borax.

Don't bathe your face while it is very warm, and never use very cold water for it.

Don't wash your face when you are traveling, un-less it is with a little alcohol and water, or a little

Dont attempt to remove dust with cold water; give your face a hot bath, using plenty of good soap, then give it a thorough rinsing with water that has the chill taken off of it.

Don't rub your face with a coarse towel; just remember it is not made of cast-iron, and treat it as you would the finest porcelain-gently and delicately.

Don't use a sponge, or linen rag for your face; choose instead a flannel one.

Don't believe you can get rid of wrinkles by filling in the crevices with powder. Instead give your face a Russian bath every night; that is, bathe it with water so hot that you wonder how you can stand it, and then, a minute after, with cold water that will make it glow with warmth; dry it with a soft towel and go to bed, and you ought to sleep like a baby while your skin is growing firmer and coming from out of the wrinkles, and you are resting.

A TRIED CURE FOR INSOMNIA.

Every night, at an early bed-time, take a fivegrain pill of asafetida-he careful to take no strong medicine after three o'clock in the afternoon; halfan-hour before getting into bed take a hot foot-bath. Let the water be as hot as can be borne at first, and add a little very hot water as it cools. Be sure to keep well covered up, and to have the feet in the water for a full half hour. A month of this treatment under the most adverse circumstances, com-pletely cured the insomnia of a friend who had run the entire gamut of narcotics, stimulants, eating before retiring, and tiring himself out.

CROSSING THE LIMBS WHEN SITTING.

Women who sit with their legs crossed, to sew or to read, or to hold the baby, are not aware that they are inviting serious physical ailments; but it is true, nevertheless. When a man crosses his legs he places the ankle of one limb across the knee of the other, and rests it lightly there. A woman, more modest, and restricted in her movements, rests the entire weight of one limb on the upper part of the other; and this pressure upon the sensitive nerves and cords, if indulged in continued lengths of time, as is often done by ladies who sew or embroider, will produce disease. Sciatica, neuralgia, and other serious troubles frequently result from this simple cause. The muscles and nerves in the upper portion of a woman's leg are extremely sensitive, and much of her whole physical structure can become deranged if they are overtaxed in the manner referred to.

MAKING HARD SHOES SOFT.

To a pair of shoes that have become stiff and uncomfortable by constant wear in the rain, apply a coat of vaseline, rubbing it in well with a cloth, and in a short time the leather will become as soft and pliable as when it was taken from the shelves of the shoe-dcaler.



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Noxt fifty, each a Half Dozen Silver Plated Forks, \$3.

SECOND REWARDS.

First one, Fifty Dollars Cash
Next ten, each Five Dollars in cash.
Next ten, each Five Dollars in cash.
Next ten, each a Superbly Bound Family Bible, beautifully illustrated, usually sold at \$15.

Next seven, each a Gentleman's Fine Gold Open Face Watch good movement, \$45.

Next nincteen, each an Elegantly Bound Volume in Cloth and Gold, Dore Bible Gallery, \$7.

Next twenty-one, each a Fine Silver Plated Sugar Shell.

THIRD REWARDS.

First one, an Elegant Upright Piano, by celebrated Canadian item. 225

First one, an Elegant Upright Piane, by elebrated Canadian firm

Next eleven, each a Fine Quadruple Plate Individual Salt and Popper cruct, new design, \$5.

Noxt flive, each a Beautiful Quadruple Silver Plated Tea Service (4 pieces) \$40.

Next twenty-flve, each a Queen Victoria's New Book, \$3.

Next eleven, each a Gentleman's Open Face Solid Silver Watch, \$15.

Next thirty, each a Silver Plated Pickle Cruct, \$5.

FOURTH REWARDS.

First seven, an Elegant China Dinner Service of 101 pieces, especially unde for Tauru Second five, each a Fine Preuch China Tea Service of 44 pieces, specially imported, \$10.

Next seventeen, each a Coleridge's Ancient Mariner, beautifully illustrated by Gustave Dore, handsomely bound with glit edges, a nost beautiful book, \$10.

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Next one, Family Knitting Machine.

FIFTH REWARDS.

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Next flive, each Ten Ioliars in cash.

Next flive, each a Gold Plated Lead Poncil, \$1.

SIXTH REWARDS.

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Lionary, S.

Next eleven, each a Gold Plated Lead Pencil, \$1.

SIXTH REWARDS.

First one, an Elegant Upright Piano, by celebrated Canadian
Firm.

Next eleven, each a Fine Quadruple Plate Individual Salt
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Next five, each a Beautiful Quadruple Silver Plated Tea Service (5 pieces) \$10.

Next five, each a Well-bound copy of Queen Victoria's
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Watch, \$15.

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next twenty-nine, each an initiation Steel Engraving, "Asking a Blessing," \$1.

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Next fifteen, each a Fine Black Cashimere Dress.

Next fifteen, each a Fino Black Cashmere Dress.

NNTH REWARDS.

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Next cloven, each a fine Black Silk Dress, 330.

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Next seven, each a Beautiful Dozen Silver Plated Forks, \$3.

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Next eleven, each a World's Encyclopedia \$5.

firm

Next eleven, each a World's Encyclopedia \$5.

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