

Health in the Home

The Apple Cure

In these days of indigestion, Of fever and congestion, A new and pleasant remedy has lately come to light, 'Tis a cure-all pure and simple, The very latest wrinkle, Just eat a big round apple and you'll be all right.

Then good-bye to inflammation, To pain and ulceration, The veriform appendix will be forgotten quite;

Throw away your pills galore, You won't need them any more, Just eat a big round apple and you'll be all right.

Then good-bye to all narcotics, To tonics and hypnotics, The medical profession will soon be lost to sight;

Throw away your pills galore, You won't need them any more, Just eat a big round apple and you'll be all right.

Bruises

No treatment is more prompt and efficacious than fomentations as hot as can be borne. Firm compression immediately over the injured place will often prevent discoloration, but the hot applications have the same effect. The sooner the heat can be applied the better. Alternate applications of heat and cold are very effective. For all bruises, except those on the head, heat is the remedy, but for severe blows on the head cold is doubtless better. Fomentations may be used at intervals to lessen the soreness, but should not be continued more than five minutes at a time.

Water as a Nerve Food

"If nervous women would only drink more water they would not be so nervous," remarked a trained nurse the other day.

"Nearly every physician will recommend a woman who is suffering from nervous prostration or nervous exhaustion to drink lots of water between meals, but many women who do not come under a doctor's care would feel better, and look better if they would drink, say, a quart of water in the course of a day. Water is a nerve food. It has a distinctly soothing effect when sipped gradually, as one can test for herself."

Abstinence

A person whose general health is good can cure any slight derangement of the stomach by total abstinence; and it is much better to refrain from food than to take medicine. The habit of dosing yourself when you have eaten imprudently, or taking bitters to produce an appetite, or neutralizing the effects of strong drink with effervescent draughts, is bad for the health. A well-regulated diet and proper exercise will prevent the necessity of any of these nostrums; and when an excess has been accidentally committed, omit the next meal, and that will generally cure you.

Outdoor Bathing

There are some precautions to be observed in all outdoor bathing. One should never take a dip within a short



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As the self-blinding wringing machine is superior to old wringers, so is the New Century superior to the wash board or any other method of cleaning clothes. The New Century Ball-Bearing Wringing Machine is the home standard for clean clothes, lightened labor, quick and satisfactory results.

You sit while using it—and five minutes is sufficient for a tubful. If your dealer has it he will show it to you—if not, write me for descriptive booklet. Sold by dealers for \$1.50. THE DOWNSWELL MFG. CO. LTD., HAMILTON, CAN.

time after a hearty meal, although, on the other hand, bathing on an entirely empty stomach is not well. If the bath be taken before breakfast it is well to eat a couple of crackers and drink a glass of milk beforehand. Another rule, and an important one, is to make the bath brief. Ten minutes should be the limit, and five minutes will be long enough if the water is cold. The rubbing down should be vigorously performed.

To Destroy Ants

If the nest of the insects can be found, make a hole in it with a pointed stick and pour in a table-spoonful or so of bi-sulphide of carbon. In garden paths or cement walks a little bi-sulphide of carbon can be poured along the places of exit. In the house it is a more difficult matter, as the pest is too widespread to reach all of them. A good trap is made from an old sponge saturated with sweetened water. This will attract a great many of them, and when it is full it can be submerged in hot water and the ants killed.

Bacon—"When he was out camping, did your brother kill much?"

Egbert—"He nearly killed every body in the camp. He was the cook."

PRIZE, GILT-EDGED BUTTER

If you are making butter for profit or for your own home supply, and wish to produce a PRIZE, GILT-EDGED ARTICLE that will command the highest price, you must use WELLS, RICHARDSON & CO.'S IMPROVED BUTTER COLOR at each churning in the autumn and winter seasons.

WELLS, RICHARDSON & CO.'S IMPROVED BUTTER COLOR has twice the strength of any other color offered for sale, and at all times gives the true GOLDEN RAY. It is so much admired by all judges of first class butter.

Do not allow any dealer or merchant to convince you that some other color is "just as good." Ask for WELLS, RICHARDSON & CO.'S IMPROVED BUTTER COLOR with the DANDELION trade mark. Sold by all druggists and dealers at 15, 25 and 50 cents per bottle.

Sunday at Home

One Day at a Time

God broke our years to hours and days, That hour by hour, and day by day, Just going on a little way, We might be able all along to keep quite strong.

Should all the weight of life Be laid across our shoulders, and the future lie With woe and struggle, meet us face to face, At just one place, We could not go; Our feet would stop; and so—

God lays a little on us every day And never, I believe, on all the way Will burdens bear so deep, Or pathways lie so threatening and so steep, But we can go, if by God's power We only bear the burden of the hour.

Second Thoughts Not Always Best

Some people never get to the end of their second thoughts. After every thought there is always a second, and so, when a lifetime is well nigh passed away, and the power for doing anything more well nigh spent, a man has to look back upon a life in which nothing important has been accomplished, because though he was always on the very borders of doing something, a second thought came across his mind, and he said "No" to his first thought, and sent him back to think the matter over again.

Thus, from boyhood to old age he has always been thinking of what he is going to do, and a man who thinks of what he is going to do will necessarily succeed in doing nothing at all.

How often the first thought that comes to the mind is prompted by a holy, generous, grand impulse, and if men were more often to act upon it, they might not perhaps be noted as such prudent Christians, but they would be Christians who would write a more glorious page in the history of God's church.

God very often appears to work with a suddenness that is startling. Illustrations of this truth are to be found on every hand.

Rubbish-Holder Minds

"It may be true and it may not. I'm not going to believe or allow myself to remember all that. It isn't worth while to make a rubbish holder of one's mind," said a young woman to a friend after they had parted with one who had been spinning gossip yarns at some length.

One can hear all kinds of news about one's neighbors. One extravagant story is told to-day and another to-morrow. What shall be done about them? To believe everything one hears and allow thoughts about it and questions of conduct in regard to it to occupy one's attention is to make a veritable rubbish catcher of one's mind. To give doubt of others no room, to believe no ill of them as long as possible, is to keep the mind clean, and open for seeing good in others; it is to be free to treat all with unequivocal kindness; it is to be able to draw out the best in those one meets.