

HOUSEHOLD HINTS.

OVEREATING BAD FOR THE COMPLEXION.—Too much food of any kind is never good for the complexion. Fruit is good, and should be eaten in moderation.

OLD-FASHIONED FURNITURE POLISH.—Good furniture polish of the old-fashioned kind, and which has been used in some families for many years, is made with one ounce of beeswax, half an ounce of white wax, half an ounce of castile soap, half a pint of turpentine and half a pint of boiling water. Cut the soap and wax very finely; dissolve the wax in the turpentine, and the soap in the water. Mix well, in a jar, and put it at the back of the range for a couple of days.—Pittsburg Leader.

TO RAISE THE PILE OF VELVET.—See first of all that it is free from dust, and then dampen slightly the smooth side, and pass it rapidly over the hot surface of an iron standing on its end. The hot vapor passing through the velvet causes the pile to stand up. When quite dry brush well in the direction of the pile.

AN EXCELLENT DARNING HINT.—How to darn merino underwear thoroughly and neatly. Procure some white mosquito netting. Tack on a sufficient size to cover the thin place or hole, and darn through the net, taking every other hole, basket fashion, with the usual mending wool and a fine darning needle.

TO REMOVE PANES OF GLASS.—Panies of glass may easily be removed if soft soap be laid over the putty and left for several hours.

KEEPING MEAT FRESH.—Fresh meat may be kept for several days by sprinkling a very little salt on it and then wrapping it in a cloth wet with vinegar.

HOW TO WASH FLANNELS.—To wash flannels without shrinking them, soak new flannel for many hours in a moderately concentrated solution of soda, to which add half a tumblerful of liquid ammonia, more or less, according to the quantity of material treated. The fabric is then to be washed out after the addition of more warm water, and is finally rinsed in fresh warm water. It is said any woolen material treated in this way is proof against shrinkage. Of course, it is in the piece not yet converted into garments.

TO CLEAN LIGHT SILK.—An old-fashioned recipe for cleaning lavender or other light silk garments is to mix quarter of a pound of soft soap and half a pound of gin. Remove the dust from the surface then with a small, hard brush scrub it with the mixture. Have at hand two pailfuls of cold water; dip the silk in one, shake it well to remove the lather, then dip it in the other, hang up to dry without wringing it. Finally iron it between paper before it is quite dry.

TO RELIEVE ACHING EYES.—When the eyes ache, from prolonged exposure to the wind, bathing them with a hot salt water solution will give much relief. Use a teaspoonful of salt to a cupful of water, and bathe the lids for several minutes, letting some of the water run into the eyes.

POWDER FOR PERSPIRING FEET.—Persons troubled with perspiring feet should use a powder composing of four ounces of alum exsiccatum and four drams of powdered zinc oleate. This should be sprinkled into the stockings or whenever there is unnecessary per-

spiration. Bathe the feet or affected parts before using.

TO BEAUTIFY THE HANDS.—To whiten and soften the hands give them a vinegar rub after being thoroughly cleansed and dried. Soaking the feet in hot water also whitens.

RASPBERRY CREAM.—Soak a half box gelatine in cold water to cover for half an hour. Then stand over boiling water until dissolved. Add a half cup sugar and a pint of raspberry juice, strain, set in a pan of cracked ice and stir until thickened. Add a pint whipped cream, and mix thoroughly. Pour in a mould and set in a mixture of ice and salt to harden.—New York Telegram.

EVIL OF OVER-EATING.—Eminent medical authorities say that people eat too much. While this has a bad effect upon young and old alike, to those who have reached or are in the middle life self-restraint is specially advisable. As the fire of life burns less fiercely and the output of energy is smaller, the fuel supplied should be reduced, in order that the system may not be clogged with ashes and half-burnt cinders.

ORANGE PIE.—Take one cupful of sugar, three level tablespoonfuls of flour, the yolks of three eggs, one cupful of milk, one cupful of orange juice, and the rind of one orange. Cook in a double boiler. Bake the crust, and put in the filling. Cover with a meringue made of the whites of the eggs, two tablespoonfuls of soft sugar, and a little of the rind of the orange.—Selected.

CONTENT.

Violets are very nice:
So are roses, too;
But I like dandelions best,
Don't you?

Red-leaf weather's very nice:
White snow weather, too;
But I like green-grass weather best,
Don't you?

Mildred's mother's well enough:
So is Walter's too;
But I like Mother-Mine the best,
Don't you?

—Fannie Stearns Davis, in Good House-keeping.

BLYMNER CHURCH  **UNLIKE OTHER BRANDS**
DYEABLE, WASHABLE, LOWER PRICE,
DURABLE, DOES NOT FAD, DOES NOT
WRITE TO CINCINNATI BELT FOUNDRY CO., CINCINNATI, O.

"Let the GOLD DUST Twins do Your work"



GOLD DUST
"WASHING POWDER" "CLEANS EVERYTHING."
The N. K. FAIRBANK COMPANY
MONTREAL

COMPELLED TO

ABANDON WORK

A Very Severe Case of St. Vitus Dance
Cured by Dr. Williams' Pink
Pills.

St. Vitus dance is a common disease in children and is also found in highly strung men and women. The only cure lies in plenty of pure blood, because pure blood is the life food of the nerves. And Dr. Williams' Pink Pills is the only medicine to make this life food because they contain the elements that actually make new, rich, red blood. This statement has been proven over and over again and now from Port Maitland, N.S., comes another remarkable piece of evidence of the power of Dr. Williams' Pink Pills over disease. Mr. Lyndon E. Porter, is one of the best known residents of that town. He suffered from a severe attack of St. Vitus dance, and got no help from medicine until he began using Dr. Williams' Pink Pills. He says:—"My case was unusually bad. I was compelled to abandon work. I found it impossible to sleep, and night would follow toss about in bed. I was receiving medical attention, but in spite of the careful treatment I gradually grew worse. My limbs jerked and twitched to such an extent that I could not cross the floor without falling or coming in contact with some piece of furniture. I could not raise a glass of water to my lips so badly did my arms and hands tremble and shake. I cannot imagine more severe suffering and inconvenience than one endures who has St. Vitus Dance. My father being a druggist knew of the many cures effected by Dr. Williams' Pink Pills, and advised me to try them. I did so, and with the most happy results. In less than two months from the time I began the use of the pills I was a well man, and I have not had the slightest symptom of the trouble."

All over the world Dr. Williams' Pink Pills are making just such cures as Mr. Porter's. They go right down to the cause of the disease in the blood. In this way they have proved in thousands of cases to cure, anaemia, headache and backaches, rheumatism, lumbago, neuralgia, nervousness, indigestion, decline and the special ailments of growing girls and women. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

SABBATH OBSERVANCE.

The Lord's Day Alliance of Canada has published a pamphlet for free distribution entitled "Scriptural Reasons for Observing the Lord's Day as the Christian Sabbath."

Seventh Day people are accustomed to publish the challenge "Show from the scriptures any authority for the observance of the first day of the week as the Sabbath." By this means they annoy some serious minded people, and lead others astray.

This pamphlet has been prepared to meet such a situation, and enable the ordinary reader of the English Bible to satisfy his own mind that there are sound, scriptural reasons for observing the Lord's Day.

Defenders of the Lord's Day who find Seventh Day people in their communities would do well to obtain a supply of this pamphlet for distribution among the people.