

Health and Home Hints

Taking Out Stains.

Here is a serviceable list to be kept for reference: To take out grass stains use ordinary coal oil; wet the spots thoroughly just before putting in the wash tub.

For iron rust wet the spots with lemon juice, lay the garment in the sun, and spread thick with salt; every now and again squeeze lemon juice over, keeping it wet. Two or three exposures may be necessary.

When your tablecloth and nice napkins are stained by fruit, have a small bottle of javelle water prepared at the druggist's and saturate the spot, letting it lie awhile before the laundering. If fruit stains are taken in time, however, have someone holding the spot over the sink and pour boiling water slowly through. Oxalic acid eats a hole in a few moments unless washed out.

Glycerine takes out coffee and tea stains. First soak in cold water, then spread with glycerine and leave all night. The stains will disappear in the laundering. Those who have used vaseline know what an ugly stain it leaves on linen. This can be removed with chloroform or ether, but must be used with care. Have a cup or bowl handy; pour a few drops of ether on the stain, invert the bowl over the spot to keep the fumes from evaporating and leave some time.

When a garment has been scorched in the ironing, unless too deep, a hot sun bath will effectually draw out the spot. If not quite gone, wet the place and rub laundry soap on it! then lay it in the sun.

A Few Hints.

Cheese may be prevented from becoming moldy if wrapped in a piece of clean linen soaked in vinegar.

In sweeping matting always make the strokes across the breadths. Use a soft broom; a hard and stiff one wears and breaks the fiber.

Water rots the fiber of matting, therefore in wiping it wring the cloth very dry. Salt and water will brighten matting. Grease spots can be removed with blotting paper and a warm iron.

In buying matting, allow fully six inches to turn under each breadth. The ends should be hemmed like a carpet, then they do not ravel out. It is a mistake to think matting needs no lining. It wears much longer and treads better if the floor is spread with news papers and these overlaid with a good carpet lining.

"Let the GOLD DUST twins do your work."



Are you a slave to housework?
GOLD DUST

has done more than anything else to emancipate women from the back-breaking burdens of the household. It cleans everything about the house—pots, pans, dishes, clothes and woodwork. Saves time, money and worry.

Made only by THE N. K. FAIRBANK COMPANY,
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Makers of COPCO SOAP (oval cake).

Joy Succeeds Despair

In the Home of Mr. Joseph Hilton, Thorold, Ont.

His Daughter, Florence, was all but Dead from Dropsy—Her Doctor had Given her up—Dr. Williams' Pink Pills were then Used and To day She is well and Strong.

From the Post, Thorold, Ont.

Everybody believes in a dreamy sort of way of the efficacy of a well and wisely advertised medicine, when the recorded cases of restored health are at a distance; but when a case comes up in the home town, when the patient is known to everyone, and when the cure is not only positive but marvellous, the efficacy of the medicine becomes a fact—a decided thing. For many years the Post has advertised Dr. Williams' Pink Pills for Pale People; large quantities of them have been sold by the local drug stores, and many remarkable cures have been effected. One of these attracted the attention of our reporter and he investigated. Miss Florence Hilton, the eighteen year old daughter of Joseph and Mrs. Hilton, living in the west part of the town, was taken ill early last summer with dropsy, coupled with heart trouble. She was compelled to give up one duty after another, and finally became unable to walk or to lie down. Her suffering was intense and medical skill did all that could be done. Florence, however grew worse, sitting in her chair day and night for five long months to get her breath, and the parents despaired. At last the doctor gave her up and said further visits were futile. The poor girl's limbs were pitifully swollen and finally burst below the knees. She sat helpless and weak, gasping for breath and at times could not breathe at all only with the greatest difficulty. One night the neighbors came in and said she could not live till morning. But to-day she is alive and well, moving about among her young companions a remarkable and miraculous contrast to what she then was. The reporter called one evening at the Hilton home, but Miss Florence was out visiting. The father and mother were in, however, and freely told him of the cure, which they attribute entirely to Dr. Williams' Pink Pills. The first box was brought to her by her grandmother, who urged their use. Then Mrs. Hilton herself remembered that she had the previous winter been cured by Dr. Williams' Pink Pills of a slight attack of dropsy and also remembered the many cures advertised in the Post. She bought two boxes and Florence took them, three pills at a dose. In two weeks she felt a slight decrease in the pain in her limbs, and more pills were procured. For five months—five long painful months—the weary girl had sat day and night in her chair, but now she began to feel the pain leaving her and to see her limbs resume their natural size. Fourteen boxes of the pills were taken and at last her perseverance was rewarded. She rose from her chair; her former strength gradually came back; one by one her household duties were taken up again, and when The Post representative called he was met by beaming faces and thankful hearts and a grateful readiness to give to the world the facts that had saved a bright young life and had brought joy instead of grief to a Thorold home.

In thousands of other homes, scattered over the length and breadth of Canada, Dr.

Williams' Pink Pills have brought health and joy and gladness and in every home in the land where sickness and suffering enters new health and strength can be had through a fair use of this medicine. Remember that substitutes can't cure—they make the patient worse, and when you ask for this medicine see that the full name "Dr. Williams' Pink Pills for Pale People" is printed on the wrapper around the box—then you are sure you have the genuine pills. Sold by all medicine dealers or by mail post paid at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams Medicine Co., Brockville, Ont.

Bible Translation.

The whole Bible has been produced in ninety-seven languages, the New Testament in ninety-three, and various portions have been translated into one hundred and eight. In all the tidings of salvation have been spread abroad in three hundred and seventy tongues. It is much to thank God for, but how far off is still the day when "the earth shall be full of the knowledge of the Lord, as the waters cover the sea!" In India there are one hundred and fifty languages, as different from each other as Italian is from French, and no portion of the Scriptures has yet been translated into a hundred of these, spoken by seventy millions of people. In South America there are estimated to be four million Indians who speak about three hundred languages and dialects, and in no more than three of these has any small beginning of Bible translation been made. Polynesia buzzes like a hive with countless forms of speech. Among them there are said to be a hundred, which are sufficiently distinct in character and prevalent in use to warrant the labor and cost of versions: up to the present there are only ten Bibles, eight New Testaments, and thirty portions in the tongues of Oceania. Briefly, there are more than four hundred millions of immortal creatures for whom Christ died who have yet no word of the sacred volume translated into any of the sixteen hundred languages spoken among them.

On all sides from nations to peoples for whom versions have been printed, there comes an ever-increasing and more earnest demand. Beyond these there is a silence—the silence of a mental and moral darkness—which is the only indication of a need perhaps even more imperious—William Canton.

When hot cloths are needed in sickness it is often difficult to wring them as hot and as dry as they are wanted. One way is when the cloth becomes cool to lay it on a board and put a hot iron on it. This heats it again as hot as it can be borne. Cloths should be used in alternation, one being heated while the other is in use, or just before that in use is removed.

VASES

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N.B.—Our Silver Polish is unsurpassed.