

HEALTH HINTS.

HOW TO FURNISH.—We may lay it down as a safe rule not to overfurnish, to have nothing that is not good and useful, to eschew collections of worthless bric-a-brac and China, together with cheap fans stuck into all sorts of possible and impossible positions, and bits of drapery hanging where they can be of no use, and only serve to catch dust. Every room in our homes should look as though it were constantly occupied. Pretty etchings and pleasant pictures should adorn the walls; large-subject pictures are, as a rule, unsuitable for private dwellings. Let handsome cabinets stand in prominent places, bearing good specimens of pottery, china, metal-work, etc. Bowls or vases of flowers should enliven the room, and books must have their places in handsome book shelves. Chairs should be solid yet elegant; tables are meant for use, and must stand firmly on their legs. Tasteful decorations should be applied more or less to all furniture, but we must be on the lookout to check the weakness that comes from over-elegance, and, above all, let us beware of the "depraved follies of the Louis XV. period." Have nothing in your houses which you do not know to be useful or believe to be beautiful. Rest content with little if necessary, but have that little of the very best you can afford. The English are essentially a practical people, and our houses should express the lives we lead. It is absurd for an English home to imitate the palaces of the Borgias or the style of Louis XV., what may suit one country and one people is ridiculous in another, and under different rules of life. So, let us be consistent and make our homes, so to speak, the reflection of ourselves. Let us take Nature as our model in our decorative art, "for this is the root of the matter; as anything made by man's hands must be either beautiful or ugly—beautiful, if it is in accord with Nature, and helps her; ugly, if it is discordant with Nature, and thwarts her." If we do this, although at times the prospects of art may look gloomy, let us remember that art grew through "one long tragedy of hope and fear, joy and trouble." "This," says Mr. Morris, "was the growth of art; like all growth it was good and fruitful for a while; like all fruitful growth it grew into decay; like all decay of what was once fruitful, it will grow into something new."

Woman's World.

A TRIED CURE FOR INSOMNIA.—Every night, at an early bed-time, take a five-grain pill of asafetida—be careful to take no strong medicine after three o'clock in the afternoon; half-an-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, completely cured the insomnia of a friend, who had run the entire gamut of narcotics, stimulants, eating before retiring, and tiring himself out.—*Ladies' Home Journal.*

A HINT FOR THE HOUSEHOLD.

It is to be supposed that every lady would be quick to adopt any suggestion from science which would tend to lessen her labour and to ensure unvarying success in all matters pertaining to the culinary department.

For about a century cream of tartar and soda have been used for leavening purposes, and if pure nothing but a pure cream of tartar baking powder can be a satisfactory substitute for them. Now-a-days, however, so much adulteration is practised by unscrupulous manufacturers that it is very difficult to purchase, in small quantities, cream of tartar which is pure and of uniform strength.

Many housekeepers are puzzled to know why they succeed one day and fail the next, though using the same ingredients. Frequent failures in cooking result not so much from lack of care on the part of the housekeeper as from the fact that the materials used are more or less adulterated.

An honestly made, perfectly pure cream of tartar baking powder like Cleveland's never fails to make delicious bread, light and flaky biscuit and wholesome food. There are, to be sure, many adulterated baking powders in the market, but a simple test can always detect the adulteration, and again, the manufacturers of Cleveland's baking powder, having nothing to conceal, publish all the ingredients entering into the composition of their powder. This is a very important fact, and should have great weight with housekeepers.

5/152

Good morning

HAVE YOU USED PEARS' SOAP?

THE GREAT ENGLISH REMEDY

OF PURELY VEGETABLE INGREDIENTS
—AND WITHOUT MERCURY, USED
BY THE ENGLISH PEOPLE FOR
OVER 120 YEARS, IS

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Cockle's Pills

COMPOUND ANTIBILIOUS

These Pills consist of a careful and peculiar admixture of the best and mildest vegetable aperients and the pure extract of Flowers of Chamomile. They will be found a most efficacious remedy for derangements of the digestive organs, and for obstructions and torpid action of the liver and bowels, which produce indigestion and the several varieties of bilious and liver complaints. Sold by all chemists.

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MONTREAL.

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Only Water required in Using.

10¢ a package. For sale everywhere. If your dealer does not keep them, send direct to the manufacturers,
GOTTINGHAM, ROBERTSON & CO.,
MONTREAL.

EXERCISE OUT-DOORS.—From an acorn weighing a few grains a tree will grow for a hundred years or more, not only throwing off many pounds of leaves each year, but itself weighing several tons. If an orange twig is put in a large box of earth, and that earth is weighed, when the twig becomes a tree, bearing luscious fruit, there will be very nearly the same amount of earth. From careful experiments made by different scientific men, it is an ascertained fact that a very large part of the growth of a tree is derived from the sun, from the air, and from the water, and very little from the earth; and, notably, all vegetation becomes sickly unless it is exposed to the sunshine. Wood and coal are but condensed sunshine, which contains three important elements, equally essential to both vegetable and animal life—magnesia, lime and iron. It is the iron in the blood which gives the durability necessary to bodily vigour, while the magnesia is important to many of the tissues. True it is, that the more persons are out of doors the more healthy, the more vigorous they are, and the longer they will live. Every human being ought to have an hour or two of sunshine at noon in winter, and in the early forenoon in summer.

A FREE TRIP TO EUROPE.

The publishers of *The Canadian Queen* will give a free trip to Europe to the person sending them the largest number of words constructed from letters contained in the name of their well known Magazine "THE CANADIAN QUEEN." Additional prizes consisting of Silver Tea Sets, Gold Watches, China Dinner Sets, Portiere Curtains, Silk Dresses, Mantel Clocks, and many other useful and valuable articles will also be awarded in order of merit.

Webster's Unabridged Dictionary to be used as authority in deciding the contest.

This is a popular plan of introducing a popular publication. Every one sending a list of not less than ten words will receive a present. Inclose thirteen 2 cent stamps for Illustrated Catalogue of presents and three months' trial subscription to *The Queen*. Address—*The Canadian Queen, Toronto, Ont.*

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Besides being good looking, you like to be considered, and generally are, wise in all things that you do. But in purchasing you sometimes make a mistake, and go for Quantity instead of Quality. Now, if you will buy

"SUNLIGHT" SOAP,

you will find that while it may cost a trifle more than ordinary Soaps, it is WORTH A GREAT DEAL MORE, because it is made of different material; because you can use it for every purpose of the household with perfect safety—because it requires no washing powders; because it will go further; do what no other Soap can do; give better results, and please you more. Just try it (we don't care how) and you will agree that while every Soap is called the best, "Sunlight" is the best of them all.



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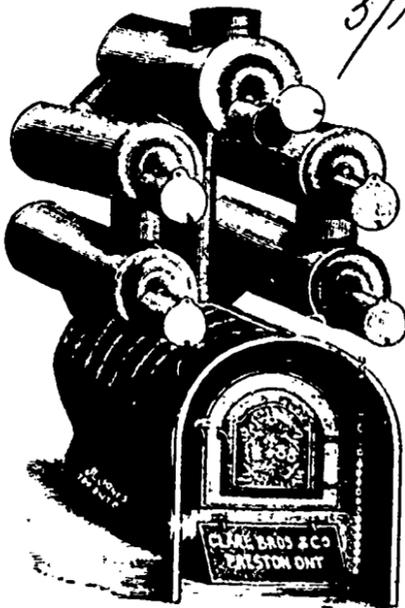
BEAUTIFUL WOMEN.

THEIR INFLUENCE ON LONDON SOCIETY.

[From the London Saturday Journal.]

"The tendency of the present day is the laxity of conversation permitted by many ladies of society in their male friends. This evil has been of very rapid growth, and has spread in many cases from the married women even to the girls, who think they can thus make themselves as agreeable to the men as their successful rivals. This, to a great extent, is attributable to the rage for beautiful women which is dominating London society, as well as elsewhere throughout the world. A woman, if she is extremely lovely, can always get an introduction, and is sure to be a star in society. This rage for beauty has been a grievous bane in London society for a long time, and has been a great source of annoyance to many women who felt themselves shelved and neglected by the men in favour of fashionable beauties.

"Society has lately advanced a step further, and the beauties of London society, whose faces are their fortunes, are now becoming more numerous. Many women with brilliant minds and goddess-like forms have been neglected and passed by unnoticed for the women who could only claim a beautiful face.



3/13

"HILBORN" HOT AIR WOOD BURNING FURNACE.

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WILL SAVE FIRST COST WITHIN A FEW YEARS

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This is the only Furnace made that can be cleaned out at any time satisfactorily. Its heating capacity is enormous, there being more radiating surface than in any other Wood Burning Furnace made.

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