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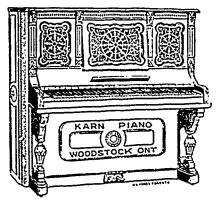
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## HEALTH AND HOUSEHOLD HINTS.

There are only two ways in which you can improve your health, although thousands of suggestions and remedies are offered—be careful of your diet and sleep well.

Use warm rain-water for bathing. Eat in moderation, avoiding indigestible food and strong tea and coffee. Get as much out-door exercise as possible when weather permits.

Baked Bananas.-Peel the banana and lay it in half the skin, rejecting the other half. Over each banana sprinkle a tablespoonful of sugar, and bake in a quick oven about twenty minutes.

The value of butter milk is steadily growing in appreciation. A medical writer claims its use will sometimes cure the craving for alcohol, and that it has seemed to effect a cure in cases of Bright's disease.

Do not wear the same stockings on two successive days, but keep two pairs going alternately, hanging each to dry and air when not in use. Every night bathethe seet in tepid water and rub hard with a coarse towel.

The next time you get a speck of dust or metal in your eye just shut it and keep it shut for over a minute. Nature will then come to your relief, and there will be enough tear-like moisture to get rid of the obstruction, which will be found in one of the corners when the eye is finally opened.

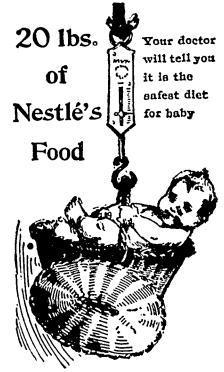
Rice Cakes.-Dissolve a cup of cold boiled rize in a little milk, pour this into a pint of flour, add two well-beaten eggs, a teaspoonful of salt, a tablespoonful of melted butter or nice drippings, and enough milk to make a thin batter. Beat all well together and bake in mussin rings on a hot griddle.

Instead of throwing away tin cans when emptied of their contents, save them. Melt off the tops and bottoms, paste stout cloth over the bottoms, fill the cans with well prepared soil, and plant in each one, two or three Transplant all the surplus growth and set the can, without disturbing the central plant, into the garden bed, first cutting open the clothbottom. The growth of the plant is not checked by transplanting, and is protected from cut worms.

Cornstarch Blanc Mange.-Into a quart of boiling milk stir four tablespoonfuls of cornstarch wet in a little cold water, add a salt-spoonful of salt, and set it into a kettle of boil-ing water, and boil five minutes, then add the volks of three eggs well beaten, with a cup of sugar; boil two minutes longer, stirring constantly, and remove from the fire; then stir in the whites of the eggs beaten to a foam; add vanilla or other flavoring to taste. Wet the mold with cold water, pour the mixture into it, and set in a cool place. Serve with sweetened cream.

Before closing the city house for the warm season, a thorough ventilation should take place, so thorough that good air may penetrate to the darkest recesses. Corners should be left as clean as centres, plumbing as carefully scrubbed as though occupancy were to continue, and every room left with ventilation of outside air through the whole season. The kitchen and cellar should be especially cleaned and renovated, and let it be said right here that to clean a cellar is not merely to sweep the floor clean and pack rubbish away under the stairs. It means to unearth every nook and corner, lift every box and board, wash out and off old dust-covered bottles and various utensils if they are to be kept (better still to throw away everything not expected to be needed in a reasonable length of time), and the whole place to be whitewashed with good lime. This sends a sweet, clean air through the house, and is a better beginning than doing up the parlor curtains or having the furniture shrouded in linen. The back yards should be freed of old plants and rubbish. Don't throw old pieces of carpet and oil cloth out in the court that not you, but your less fortunate neighbors, have got to look at all summer. This cleaning and clearing are better done at the closing than at the opening of the housekeeping year, if only one scouring is permitted. It is a selfish policy which reasons that as there must be an autumn cleaning, the spring renovation may be slighted, since it will have to be done again. There is a menace to health in a house closed up and left with all the winter's effluvia and dust-generating microbes by the heat of the summer's

JAMES E. LESLIE, Richmond street, Toronto, writes:—"It affords me great pleasure to attest to the benefit I derived from your Guaranteed Acetic Acid in a case of Pleurisy. It was decidedly effectual; nothing more need be said. I have also recommended the Acid Cure system of treatment to many of my friends and in no case has it failed. You are at liberty to give this certificate publication."



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