

Spring Lassitude

This is an infallible sign of health below par—a condition needing care. It may be remedied by an occasional cup of

A pure preparation of beef in a highly palatable form. It gives vigor and tone to the whole system and is the best safeguard of health.

Keep a and **BOVRIL** in the house—take a cup when-run down. ever you feel

THE MOST RELIABLE



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JOHN A. BRUCE & COMPANY
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You Can Be Well Without Medicine

NO MATTER WHAT YOUR DISEASE MAY BE

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Hercules Sanche
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Mrs. Anson Wiltes, Neapolis, Alta., writes: "Received the Oxydonor all O.K., and find it a source of great relief, although I have had it hardly a month. My general health is greatly improved. For years I have been compelled to take a physic every day, and have been subject to severe headaches and nervousness, but find them all disappearing. My children say I look ten years younger, and I was just 68 years old the 5th of May."

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Watch for



Testimonials

A sturdy Cape Bretoner says "K.D.C.

gave me a

Stomach like a Pig

that could

DIGEST the TROUGH

and all! TRY IT!

Hints for the Housewife.

Miscellaneous.

In blowing out a candle hold it aloft and blow upwards. This will prevent scattering of the grease.

If feather pillows have an unpleasant odor give them a thorough drying before a clear fire.

Dry salt, applied with a flannel, will clean an enameled bath which has become stained. Wash well afterwards.

To prevent shoes from making holes in the heels of stockings sew a piece of wash-leather inside the heels of the shoes.

Varnished wall paper may be washed with tepid water and any good soap. It will stand the usual treatment given to paint.

Instead of brushing a silk skirt or petticoat, use a pad made of a bit of velvet, which will remove the dust quickly without injuring the silk.

Metal teapots, if disused for some time, give a musty flavor to the tea when next used. This may be prevented by placing a lump of sugar in the teapot before putting away.

Not many mothers know that if stockings are washed before they are worn the threads will be tightened and they will last much longer in consequence.

A good way to keep silver bright that is in daily use is to place it in hot borax water occasionally and allow it to stand an hour or two; rinse with clear, hot water, and then wipe with a clean, dry towel.

A good floor-stain that goes right into the wood, and is very durable, is made of linseed oil colored with ground burnt umber. Rub thoroughly into the boards with a flannel pad, and next day polish with beeswax and turpentine.

Never use soap in washing silk stockings. Bran in water is the proper fluid to use—four tablespoonfuls to a quart of water. Rinse in several clear waters, pressing the water out. Dry stockings in the sun.

How to Mend a Stove.—If the stove is cracked, a good cement is made for it as follows: Wood ashes and salt in equal proportions, reduce to a paste with cold water, and fill in the cracks when the stove is cool. It will soon harden.

To prevent brass tarnishing try a preparation made by dissolving an ounce of shellac in a pint of methylated spirit. Cork the bottle tightly and leave it till next day; then pour off the clear liquid. Heat the brass slightly, and paint the solution over it with a camel's hair brush.

Brass pans that have stood for some time should be rubbed with vinegar and salt to remove verdigris. Clean with polishing paste or with bathbrick dust and water; then rinse out well with hot water and polish with soft cloths. Treated like this your brass pans will be perfectly safe for any kind of cookery.

Kitchen paints will soon acquire a shabby, dull look from the frequent cleaning that is necessary in this room. The use of soap only increases the difficulty, especially if the paints are varnished. A good plan is to boil one pound of bran in a gallon of water for an hour, then wash the paint with this bran water, and it will not only be kept clean, but bright and glossy.

In cleaning the brass around a keyhole it is almost impossible not to soil the surrounding wood. Get a piece of cardboard about four inches square, cut a hole in it the shape of the brass, and put it over the keyhole when cleaning, and the wood will not be touched.

A good idea, particularly in the winter-time, when the washing of windows is always unpleasant work, is to frequently wipe off the inside of the glass with a dry cloth. It is surprising to find how much dust and dirt can be removed. In cleaning the windows, if a little soda and a tablespoonful of alcohol are added to each pail of water, the glass will be much brighter.

It seems that handles of umbrellas and sunshades are nowadays so elaborately jewelled that a case of equal costliness is required for their care and preservation. These cases are covered with moss-green morocco, pig-skin, or buff cowhide, and lined with velvet. They will hold six umbrellas or sunshades, and are fitted with two locks and a handle, so that they are easily portable.

French Chalk for Mud Stains.

When a skirt is mud-stained, let the marks dry, then strew plentifully with French chalk, letting it remain on a day or two. When it is finally brushed off the ugly marks will disappear too.

Washing Chamois Gloves.

Make a lather of castile soap—or of any fine white soap. Put the gloves on and proceed as if you were washing your hands. When the gloves are clean, take them off and rinse them thoroughly in tepid water. Hang them out in the sun to dry. But while they are damp remove them from the line. Put them on your hands and let them dry. When you take them off pull gently into shape, just as you treat a new glove.

To Clean Light Furs.

For light furs mix together a pint of flour, a pint of hot bran, and a tablespoonful of Fuller's earth.

Brush and shake furs; then lay them on a table and rub with the mixture, using a coarse piece of flannel, and rubbing the wrong way of the fur.

Shake thoroughly, and then go over again in the same way, using only the warm bran this time. Shake out bran and rub fur with cheese cloth. For the dark furs use the warm bran alone.

To Shrink Cloth.

Broadcloth must always be sponged and shrunk before it is cut. Lay the cloth on a table, dip a square of rather heavy muslin in water, let it get thoroughly wet, then wring it out and lay it over the cloth. Press all over the muslin with an iron that is hot but not scorching, then remove the muslin and iron the cloth until it is dry. Keep the iron moving, and do not let it rest on any spot for any length of time, or it will mark the cloth with the imprint of the iron. Be careful not to stretch the cloth out of shape when pressing. If this process has been accurately followed out, the seams in the finished garment will not spot when dampened for pressing.

The Most Popular Pill.—The pill is the most popular of all forms of medicine, and of pills the most popular are Parmelee's Vegetable Pills, because they do what it is asserted they can do, and are not put forward on any fictitious claims to excellence. They are compact and portable, they are easily taken, they do not nauseate nor gripe, and they give relief in the most stubborn cases.