

Home and Health Hints.

Many people spend double as much as is necessary from lack of care in domestic matters.

A few drops of vinegar added to the water for poaching eggs makes them set properly, and keeps the white from spreading.

In selecting flour look to the colour. If it is white with a pale straw tint, buy it. If it is white with a pale blue tint, have nothing to do with it.

The requirements of health can be counted on the fingers of one hand. They are—Good air, good food, suitable clothing, cleanliness, and exercise and rest.

Four oranges eaten every day are effective in removing the desire for intoxicants. One should be eaten before breakfast, one each at 11 a. m., 3 p. m., and 6 p. m.

Potatoe Salad.—Two teaspoonfuls of sugar, a half teaspoonful of salt, a half cupful of sweet cream. Stir in two or three tablespoonfuls of vinegar. Pour over cold boiled sliced potatoes.

Neapolitans.—Make enough puff-paste for two pies, roll out half an inch thick and cut into strips three by one and one-half inches. Bake in hot oven. When cold, spread half of the strips with jam or jelly; lay the others over with the jelly between. Cover the tops with frosting.

Chicken Fricassee.—Cook a young chicken until very tender, with only sufficient water to keep from browning. Season plentifully with butter, salt and pepper. For gravy, take a pint of milk, thicken with two tablespoonfuls of flour, and stir into the chicken and boil.

The New York Press sounds a note of warning against much drinking of strong tea. "The highly astringent quality of strong tea," it says, "produces an unhealthy constriction of the alimentary canal, obstructs digestion and leads to more than half the diseases of the human race. Necessity is the mother of invention, experience is the mother of learning, constipation is the mother of maladies."

If you have an accident with a piece of china, you can mend it so that it will not show, and cannot be broken again in the same place. Make a solution of gum arabic into which stir plaster of Paris until it becomes a thick cream. Apply to the broken edges with a brush, hold together for a few minutes, set it away for three or four days, when the mended place will hardly be seen, and will be perfectly firm. The mixture must be made and used at once, as plaster of Paris becomes hard very quickly.—Table Talk.

EPILEPTIC
LIEBIG'S
FIT CURE
Will cure Epilepsy, F. F. S., St. Vitus Dance and Falling Sickness. A TRIAL BOTTLE sent FREE of ALL CHARGE to any sufferer sending us their name and address and mentioning this paper.
Address The LIEBIG CO.
179 King St. W., Toronto.

FITs.

Your Notepaper

Is representative of you and your friends, therefore it ought to be correct and harmonious. It will be if you insist upon your stationer giving you one of our aristocratic lines.

Oxford Vellum

Is an immense favorite with ladies who desire a particularly stylish paper. Ask for "Oxford Vellum" with envelopes to match. Refuse inferior out-of-date substitutes; insist upon having this or another society notepaper manufactured by

The BARBER & ELLIS CO., LIMITED, TORONTO, ONT.

Warming Up



You'll warm right up to the bargains we have for you. Can't tell you as much as we want to in this limited space. Come in and see for yourself "The proof of the pudding is in the tasting," and we are very certain you will like and desire many of the things we offer below:

MILES BIRKETT

Hardware, Etc.

334 Wellington St., Ottawa.

Rice Lewis & Sons

(LIMITED)

Brass
and
Iron
Bedsteads

Tiles
Grates
Hearths
Mantles

Cor. King & Victoria Streets

TORONTO

HELPFUL BOOKS

- Why Should We Worry?
By J. R. MILLER, D.D. 20c
- Four Psalms
Interpreted for Practical use
By GEO. ADAM SMITH, D.D. 50c
- In His Steps
A book for young Christians
By J. R. MILLER, D.D. 25c
- The Seven Words From the Cross
By W. ROBERTSON NICOLL, D.D. 50c
SENT POSTAGE PAID
- Upper Canada Tract Society
102 Yonge St., Toronto.

The City Ice Company, Ltd

26 Victoria Square
Montreal

R. A. BECKET

Manager.

PURE ICE—Prompt delivery.

For First-Class
MILLINERY
CALL AT
MISS WALKER'S
143 Sparks St., - OTTAWA.

THE INGREDIENTS OF THE... COOK'S FRIEND



are equal in quality to those of the highest priced brands on the Market.

It is sold at a more moderate price and therefore the more economical to use. It is the best to buy and best to use.

SEBLY & COMPANY 23 Richmond St West, Toronto
Educational Publishers
School and Kindergarten Furnishers
Bookbinders and Manufacturing Stationers