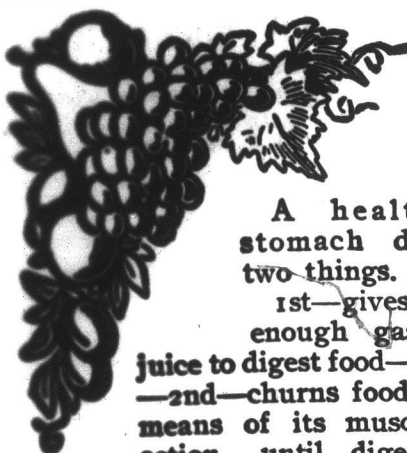


A Proven Cure For Indigestion



A healthy stomach does two things.
1st—gives up enough gastric juice to digest food—and
2nd—churns food, by means of its muscular action, until digestive

they give you a healthy stomach.

"Fruit-a-tives" actually strengthen the muscles of the stomach—increase the power of the churning movement—and also enable the stomach to excrete sufficient gastric juice to completely digest every meal.

Thousands have been cured of Indigestion and Dyspepsia by "Fruit-a-tives" alone.

An unhealthy stomach is either too weak to properly churn the food or it does not give up enough gastric juice to make digestion complete.

Then you have Indigestion—Heartburn—Distress after Eating—Sour Stomach—Headaches—and finally chronic Dyspepsia.

"Fruit-a-tives" cure Indigestion and Dyspepsia because

and Biliousness with which so many Dyspeptics suffer.

"Fruit-a-tives" are intensified fruit juices, combined with tonics and antiseptics—and are an infallible cure for all Stomach Troubles. Try them. 50c. a box—6 for \$2.50. At all dealers or from Fruit-a-tives Limited, Ottawa.

Fruit-a-tives
(OR FRUIT LIVER TABLETS.)

Hints for the Housewife.

Bless Human Sunbeams.

God bless the human sunbeams,
The men both strong and true,
Who daily sing or whistle
At all they have to do.
Their eyes are clear and merry,
Their step is firm but light,
Their laugh's a benediction,
And life once more seems bright.

God bless the human sunbeams,
The women, who, though sad,
Can still be self-forgetful
And other hearts make glad,
Theirs is a blessed mission;
Their smile can make night day,
Their cheery words of comfort
Soon drive all clouds away.

God bless the human sunbeams,
The children fair and fond,
Who come into our presence,
Life's hardest lessons conned,
Their prattle falls like music,
Just as a tear drop starts,
Their kisses and caresses
Can ease poor burdened hearts.

Household Notes.

Grease spots may be removed from wall-paper by rubbing carefully with gasoline.

Small pickles, olives and capers, minced very fine, are an excellent seasoning for a salad dressing.

Wash hair-brushes in hot soda-water, then rinse in cold water, and they will be clean and sweet.

In cold weather when using frail china or glass dishes, rinse first with tepid water before pouring into them any hot liquid.

The resistance of glass jars that refuse to open can be overcome by setting them, top downward, in an inch or two of hot water.

To color lace a cream shade add a few drops of black coffee to the starch. To make the lace a greenish hue use a little cold tea.

To make ironing easier, rub the flat-irons first on fine sand and then over a piece of paper which has been saturated with kerosene.

To remove sewing-machine oil stains rub the stain with sweet oil or lard and let it stand for several hours; then wash it in soap and cold water.

When cooking mush for fried mush do not cook as long as for eating, but pour into a deep pan after stirring ten minutes. When cold, dip the slices in beaten eggs and they will fry crisp.

If you are serving sliced bananas for dessert, try pouring a little juice from oranges or pineapples over them. The flavor is vastly improved.

To serve stewed figs with whipped cream, put each fig on a small square of sponge cake neatly cut and pile whipped cream on the top.

Drain oysters on a napkin before making a stew. Rub the saucepan with butter, heat very hot, put in oysters, and turn and stir until well plumped and ruffled before making the stew proper.

If you need to use plaster of paris for stopping cracks, mix it with vinegar. Vinegar prevents it setting too quickly and makes it easy of manipulation.

Windows can be cleaned in winter and the frost entirely removed by using a gill of alcohol to a pint of hot water. Clean quickly and rub dry with a warm chamois skin.

Carpet beetles can be kept in check by a free use of gasoline. It leaves no stain; do not use it in a room with fire nor enter for twelve hours with a lighted lamp or strike a match.

The really best method of cleaning mirrors and windows is to rub them with a paste of whiting and water. When this dries, polish with dry chamois and remove the powder. A little alcohol in cold water also gives a brilliant polish. Soap-suds should never be used.

Put sugar in the water used for basting meats of all kinds; it gives a good flavor, to veal more especially.

Telegraph wire of galvanized iron is much better to hang clothes on in winter than rope, as the clothes will not freeze to it. Have it hung by a line-man and it will never "give," no matter what the weather may be.

Creaking shoes can be made noiseless by soaking the soles in linseed oil; turn a small quantity into a pan or plate and let the soles stand in it for twenty-four hours. This treatment will also render them waterproof.

Swiss griddle-cakes are really potato croquettes in all except form. Grate four or five large potatoes, press part of the water out of them, and mix with two beaten eggs and a heaping teaspoonful of salt. Drop by spoonful on a hot, greased griddle.

To restore velvet, steam over a hot iron covered with a damp cloth, but do not brush unless crushed badly. If that is the case, brush against the nap, using a soft velvet brush. If very badly soiled, velvet will wash, using any good soap and water; then steam.

Broiling Steak.

As a rule people eat too much fried stuff. A great many housewives don't know how to cook some foods except to fry them. They know no other way of cooking steak except to put it in a skillet and fry it. This makes the steak very indigestible. They perhaps know nothing about broiling steak. If they burn coal in their stoves, of course, there is no place to broil meats like there is when gas is burned. They possibly do not know that they can buy a broiler and broil their meat over the red coals. Perhaps they never think anything about it. They just go on frying meat like their mothers used to do, not knowing that there is a better way to do it. Broiling meat is really cooking it in its own juices. It is juicy and tender and more digestible than when fried.

It is very simple to learn how to broil steak. If your stove has a broiler it renders the task much easier than if you have to hold the broiler over the coals. Salt and pepper the steak and place it on the broiler. Watch it closely, and as soon as it begins to drip turn it. Then if the steak is not more than an inch thick let it cook from five to eight minutes. Remove it from the broiler to a hot platter and run a little melted butter over it and place around it potato chips.

Broiled steak should be served piping hot. Do not allow it to stand after broiling, but have everything ready so the steak can be served immediately. A nice gravy can be made by stirring into the drippings a tablespoonful of butter and a tablespoonful of flour, and when this is well browned add a cupful or more of water. This makes a rich brown gravy.

With a little care and patience any housewife can learn to broil steak and we feel sure that if she has once mastered the art of broiling she will prefer it to her old way of frying.

Odds and Ends.

If the world owed every man a living it would have been declared bankrupt long ago.

It is easier to induce two hearts to beat as one than it is to induce two mouths to eat that way.

The badness in the best of us and the goodness in the worst of us should restrain any of us from throwing mud at the rest of us.

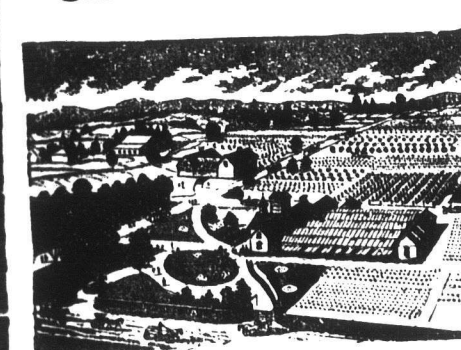
There is nothing equal to Mother Gray's Worm Exterminator for destroying worms. No article of its kind has given such satisfaction.



HARDY TREES FOR A TREELESS COUNTRY

GROWN AND FOR SALE BY

"CANADA'S GREATEST NURSERIES"



Thoroughly tested and recommended by the Western Experimental Stations at Brandon and Indian Head as suitable varieties for MANITOBA, ALBERTA and SASKATCHEWAN.

SALESMEN WANTED

Start now at best selling time.
Big Inducements
Pay Weekly
Permanent Employment
Specially designed Western Outfit Free.
For full information write

Stone & Wellington Fonthill Nurseries
Toronto, Ontario. (Over 800 acres)