

HOUSE AND HOUSEHOLD

SEASONABLE SUGGESTIONS.

Do not make too many visits, and where you go be sure that your visit is a convenient one. Do not entertain too generously; summer should be a time of rest, and it is difficult to rest with a house full of guests.

Before going for a midday sail rub your face, neck and hands with simple cream and powder gently with corn-starch. Wipe the powder off, and on returning wash the complexion well in warm water and with castile soap. Camphor ice and buttermilk both give relief from sunburn.

Place a large dish of water in a room where the heat is very oppressive. Change once or twice, and the temperature will be perceptibly lowered.

Sponge your babies with cold water at bedtime.

Give your children water to drink during the hot weather. They need this to make up for the loss from perspiration.

In washing summer frocks, if the colors run, put half a cupful of salt in the last rinsing water.

For insomnia in summer time take a cold bath at bedtime.

Press towels, folded as usual, through your clothes wringer and save your laundry dress.

Have mercy on your cook in your arrangement of meals for hot days.

Bathe daily.

Have your house gowns made with open necks and elbow sleeves.

Save your steps.

Allow double the amount of time in catching boats and trains that you do in winter.

Eat your meals slowly.

Drink milk slowly.

To wash summer silks remove all grease or other spots with soap and water before proceeding. Make a solution of a teaspoonful of ammonia and a little soap in a pail of water, and in this dip the silk again and again until the dirt is removed. Do not wring out, but press between the hands. Rinse in water from which the chill is gone, and hang in a shady place until partly dry, when lay between two cloths and press with a hot iron.—*Ladies' Home Journal*.

GIRLS YOU ARE WATCHED.

A young lady sends the following item to the Ironton Register. It is full of important suggestions: "Beware, you are watched! How do you sit, how do you walk, how do you stand and how talk! There is always some silent observer who is making note of the above. Your every motion, your very manner betrays character. Hide it, you cannot. A weakness mentally, morally, or physically, is easily detected by the keen observer."

"Your handshake is a key to your character, your attitude in greeting, the look from your eye, lays bare the truth. There is no use in setting down the 'do's' and 'don'ts'; you know them very well; if you do not it is because you have not cared to recognize them. If a pure, noble nature is not inborn, cultivate such. Bear yourself honorably, face the people, pick out the good and true, and nourish it in all things; be courteous, gentle, sympathetic; strive for the highest not for mere selfish purposes, but do help others who may be weaker than yourself, always reverent. Be all this, and prompted by an earnest desire, your visible form will reveal the character which you need never wish to conceal."

The Weakest Spot

in your whole system, perhaps, is the liver. If that doesn't do its work of purifying the blood, more troubles come from it than you can remember.

Dr. Pierce's Golden Medical Discovery acts upon this weak spot as nothing else can. It rouses it up to healthy, natural action. By thoroughly purifying the blood, it reaches, builds up, and invigorates every part of the system.

For all diseases that depend on the liver or blood—Dyspepsia, Indigestion, Biliousness; every form of Scrofula, even Consumption (or Lung-scrofula) in its earlier stages; and the most stubborn Skin and Scalp Diseases, the "Discovery" is the only remedy so unfailing and effective that it can be guaranteed.

If it doesn't benefit or cure, you have your money back.

Settled.—C., looking at a picture of the impressionist school: If that's high art, then I am an idiot. B.: Well, that's high art.



Quick as a wink

the clothes are washed, the paint scoured, the dishes washed, the house itself and every thing in it made bright and clean.

Not with soap—you know better than that. But with Pyle's *Pearline*. Dirt leaves, and the work is done—easily, quickly, safely, thoroughly.

You save time with *Pearline*—but you save more than that. You're spared the endless rub, rub, rubbing, that tires you out and wears out what is rubbed.

It's money in your pocket to use *Pearline*. If it cost more than soap, if it were dangerous—then you might hesitate. But you needn't. It's as cheap as any soap, and just as harmless.

Beware of imitations. 244 JAMES PYLE, N.Y.

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Address A. W. KNOWLES.

WINDSOR, Ont.
17-34—Marie

HOUSEHOLD HINTS.

A piece of soft flannel is the best thing to use for wiping dust off silk dresses; better than any brush ever made.

MUFFINS.—Two cups of sweet milk, two cups of flour, four eggs, one-half teaspoonful of salt. Bake in gem tins.

LEMON FRITTERS.—Two cups of milk, two well-beaten eggs, two lemons grated. Add flour enough to make a batter and fry in hot butter.

TYLER PUDDING.—Four eggs, three cups sugar, one cup melted butter, one of milk, one-half nutmeg, to be baked in small pies, without top crust.

OATMEAL CAKES.—Soak for four hours two cups of oatmeal in one quart of water. Butter a pie tin; season the batter with salt and bake three-quarters of an hour.

STRAW CAKE.—Six eggs, one pound sugar, quarter pound butter, three-quarters pound flour, one cup milk, facing the whites of two eggs, half-pound pulverized sugar.

RAISIN CAKE.—One pound sugar, half pound butter, five eggs, one pound flour, two pounds raisins, with a half pound of flour extra, one cup milk, two teaspoons yeast powder, flavor with lemon. Bake one and one-half hours.

POTATO PUFFS.—Take half a dozen medium-sized cold potatoes, boiled the previous day; and grate. Mix with these three eggs, the yolks and whites beaten together, and seasoned with pepper, salt and a trifle of nutmeg. Work well with the hands; a spoon will make the mass light. Flour the hands, work the potato into balls, and lay on a floured-board until they are dropped into hot fat. These balls puff out beautifully, and are as different from the usual potato croquettes as cream from milk.

A LA MODE BEEF.—Take out the bone from a thick round, fill the place with force meat. Slash the meat, inserting strips of salt pork with a larding needle. Stick cloves over the top, sprinkle with a little cinnamon. Pin a cloth around tightly. Add one pint of water to the meat, and simmer three and one-half hours, adding water as needed. Before serving add one glassful of current jelly (red or black), putting some spoonful of jelly on top. Garnish with parsley.

The public are cautioned against imitations of the Pain-Killer, and to be suspicious of persons who recommend any other article as "Just as Good;" many of these they make a little more profit upon, but which have no qualities in common with the Pain-Killer. 25c. Bottle, New, large size.

MONTREAL, December, 1891.—I was suffering, for more than a year, from an obstinate cough, an abundant expectoration of a very bad appearance, night sweats, pain in the chest, debility and a progressive wasting, which caused me to dread consumption. I took several remedies unavailingly. I am now perfectly well, to the great surprise of my friends, and have been cured by Dr. Lavolette's Syrup of Turpentine. I took 5 bottles of 50 cts. each. I can recommend this precious syrup to those who are coughing and think themselves in consumption. W. DASTOUS, No. 90 St. Antoine Street.

SOREL, 11th February, 1892.—I, the undersigned, have used Dr. Lavolette's Syrup of Turpentine for bronchitis, from which I was suffering for over one year. This syrup not only cured me of bronchitis but also of gravel and calculus in my kidneys, which had caused me intense sufferings for over 3 years and from which I was very near dying 2 years ago. I am now in perfect health, all symptoms of those diseases having completely disappeared for over three months. J. B. ROUILLARD, Inspector-General of Mines for the Province of Quebec.

MONTREAL, 15th February, 1892.—I, the undersigned, certify to my little boy, seven years old, having been cured by Dr. Lavolette's Syrup of Turpentine. Had caught "la grippe" last winter, took several remedies unavailingly. Cough most violent and very painful for us to hear. Towards month of July last, when cough was at its worst, made use of this marvelous syrup and was completely cured by two bottles. Never coughed since, and consider his lungs much strengthened by that wonderful remedy. J. A. DESROSIERS, No. 111 St. Christophe Street, [Agent of Estate-Skelly], 1598 Notre Dame Street.

A Serious Case of Bronchitis Cured.—Suffering since a long time with an obstinate cough which allowed me very little rest, I was advised to try Dr. Lavolette's Syrup of Turpentine. After the use of a few bottles the cough completely disappeared. PHILOMENE ROGER, Lay Sister, Providence Asylum, cor. of St. Hubert and St. Catherine Sts.

Had Just Got a Bicycle.—"I got tired of riding home in crowded 'busses, so I bought a bicycle." "So you are going to ride home on that hereafter?" "Well, I don't know. I got it only yesterday, and last night I rode home in an ambulance."

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