

**Health and Home.**

Raw whites of eggs is an excellent nourishment for ailing children.

Do not startle a child. Many nervous diseases may be traced to that source.

If salt gets moist and refuses to be shaken, add a pinch of baking powder.

Pure butter eaten in moderation, will furnish the oils required by the human system.

In cleaning a sewing machine with paraffin, never allow it to remain on the machine, as it heats the bearings and causes them to wear out.

A good way to extract the juice from beef for those who require that nourishment is to broil the beef on a gridiron for a few minutes, and then squeeze with a lemon squeezer. Add a little salt.

A useful washing fluid is made by boiling together half a pound of slacked lime and a pound of soda in six quarts of water for two hours. Let it settle and then pour off the clear liquid for use.

A cupful of left over mashed potatoes may be made into croquettes by the addition of the yolk of two eggs, a little grated nutmeg, a half spoonful of onion juice, a pinch of salt and a little chopped parsley.

In polishing walnut furniture, take three parts of linseed oil to one part of spirits of turpentine. Put on with a woolen cloth, and when dry, rub with woolen. The polish will conceal a disfigured surface.

A Medicine Closet.—A well-equipped medicine emergency closet is one way of being ready, and below is a list that may help young mothers and house-keepers. A roll of old linen handkerchiefs, perfectly clean and sweet, and smoothly ironed. A roll of old linen of any sort—old fine darnask napkins being always the most precious and the most desirable, all clean, and all well ironed and smoothly folded. Wrinkled old linen is seldom as useful as if put away properly. Some old flannel, and at least a yard or two of new flannel, of medium quality and all wool. Flannel made of half wool and half cotton is not always so soft as that which wears entirely of wool. Some soft old towels; a cake of surgeon's soap; a small soft sponge, to be bought of any good chemist; several rolls of cotton bandages, five yards long and from two to four inches wide. They can be bought, but are easily rolled with a little practice, and are much cheaper when bought in that way. The end should be fastened down with a bit of adhesive plaster. A roll of surgeon's adhesive plaster; some large, small and medium nursery safety-pins; a paper of pins of medium size—English are better than American, as they have sharper points; a bottle of arnica, and one of witch hazel; a small bottle of the very best brandy, and one of aromatic spirits of ammonia; a bottle of lime-water, and one of sweet oil; a jar of vaseline; a pair of sharp scissors of medium size; a good spool of coarse cotton, and needles to carry it. These things will equip the emergency shelf, and a strict rule should be made that, unless needed for illness or accident, not one of these articles should ever be touched, or if used, should be replaced as soon as possible.—Living Church.

**MERIT WINS THE SOUL**  
 THAT ACCOUNTS FOR THE GREAT POPULARITY OF

# "SALADA"

**CEYLON TEA**

Which has the merit of being absolutely Pure and free from all coloring matter and adulteration.

**Sealed Lead Packets Only. All Grocers.**

25c, 30c, 40c, 50c and 60c.

**The Latest Fancy...**

English and American elite society have gone wild over the newest creation in fashionable stationery—Wedgewood Notepaper. We are manufacturing the old

**ORIGINAL ENGLISH WEDGEWOOD**

The most meritoriously beautiful line of goods yet offered. We are making

**A SPECIALTY**

of it, and at the same time producing the new and artistic lines, with envelopes to match

**OXFORD VELLUM, ORIGINAL PARCHMENT VELLUM, PORTIA AND NEBULA BLUE**

Ask your Stationer to show you these Elegant Notepapers.

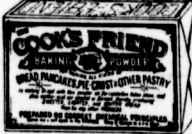
**The BARBER & ELLIS CO., LIMITED.**  
 TORONTO, ONT.

**Rice Lewis & Son**  
 (LIMITED)

**BRASS AND IRON**  
**BEDSTEADS**  
**TILES, GRATES,**  
**HEARTHES, MANTLES.**

Cor. of King & Victoria Sts.  
 TORONTO.

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 best to buy and best to use.

**HELPFUL BOOKS.**

MOUNTAIN TOPS WITH JESUS, Rev. Theo L. Cuyler, D.D. ....	25
HISTORICAL GEOGRAPHY OF THE HOLY LAND with 42 illustrations by Rev. S. R. Macphail, M. A., Paper, 2/c, cloth ....	25
THE TOOL BASKET for Preachers, S. S. Teachers and Christian Workers ....	35
STUDIES IN THE FOUR GOSPELS by Prof. W. G. Moorehead, D.D., .....	\$ 1 00
OUR LORD TEACHING, His Manner, Method, Subject, Basis, about Himself, about Man-Righteousness, etc., etc., by Rev. Jas. Robertson, D.D., cloth, .....	60
A HANDBOOK OF COMPARATIVE RELIGION by the late Rev. S. H. Kellogg D.D. ....	75
A SUMMARY OF CHRISTIAN DOCTRINE by F. L. Patton, D.D., LL.D., of Princeton Cloth .....	25

*Upper Canada Tract Society,*  
 102 Yonge Street, Toronto.

**THE CITY ICE COMPANY, Limited**  
 26 VICTORIA SQUARE,  
 MONTREAL

R. A. BECKET,  
 MANAGER.

PURE ICE—Prompt Delivery.

**SELBY & COMPANY** 23 RICHMOND ST. WEST, TORONTO.  
 EDUCATIONAL PUBLISHERS  
 SCHOOL AND KINDERGARTEN FURNISHERS  
 BOOKBINDERS AND MANUFACTURING STATIONERS