

## Three Economies In Buying Jaeger Pure Wool Underwear



"Jaeger Comfort"—The perfect agreement with nature's conditions and nature's requirements gives the proper feel to the body.

"Jaeger Safety from Colds"—No risk from chills, no danger from sudden changes in temperature or from getting wet.

"Jaeger Money Saving"—The superior quality of the wool and the perfect manufacture makes Jaeger Underwear extremely durable.

Summer weight is light, of porous texture, soothing to the skin and fits perfectly.

Jaeger Wear is sold at fixed moderate prices in most cities in Canada. Ask your dealer—but look for the trademark.

Retail Depots: **MONTREAL:** 316 St. Catherine St. West.  
**TORONTO:** 10 Adelaide St. West.  
**WINNIPEG:** Steele Block, Portage Ave.

## Warm Water Care in Drying AND Baby's Own Soap

—keep the skin perfect  
and effectually  
prevent chapping.

Baby's Own Soap  
Best for Baby  
Best for You

Simple, isn't it?  
Why don't you try  
it?

"Baby's Own" is an absolutely  
pure soap.

Its fragrant creamy lather, which  
is permeated with minute  
globules of healing vegetable oils  
is most beneficial to the skin.

ALBERT SOAPS, LIMITED, MONTREAL  
MANUFACTURERS.

THE MEMORY OF A PLEASANT VACATION  
is kept fresh for years on

**WELLINGTON Photo Goods**

but be sure you ask for Wellington P.O.P.—  
S.C.P. (Gaslight paper) plates and films—they  
are the world's standard. If your dealer does  
not stock write

WARD & CO., 13 St. John Street, Montreal, P. Q.



## Hints for the Housewife.

Should a chimney catch fire, a wet blanket nailed before the grate will soon extinguish the flames.

Before cooking fish, sprinkle lemon or vinegar over and let it stand for ten minutes. This improves both the appearance and flavor.

If a lamp-wick sticks and will not work easily, pull out a thread at each edge. This will often mend matters without any more trouble.

Combs should not be washed with water. This is apt to split the teeth. A stiff nail-brush is a good thing to keep for cleaning them.

When stewing fruit of any kind for the table, do not put the sugar to cook with the fruit, but add afterwards, when cold, as it will then only require half the amount of sugar to sweeten it.

Cold Cream.—Melt in a water bath 4 ounces of spermaceti and one of unsalted lard. Add a little bergamot and rose-water, beat the whole to a thin cream, and put for use.

A good method to purify a drain is to dissolve 4 ounces of copperas in a gallon of water, and pour it down the drain. This treatment should be continued for two or three days.

Wear sufficient clothing. Remember that flannel underwear often saves a doctor's bill, and that warm stockings and weather-proof boots are cheaper luxuries than bottles of cough mixture.

Gilt picture-frames may be revived by beating up the whites of eggs with one ounce of soda, and then, after cleaning well with a dust cloth, rubbing them over with a soft brush dipped in the mixture.

The best means to prevent loss of hair, when it shows a tendency to fall out, is to cut it short and then shampoo the scalp two or three times a day with cold water, dipping the tips of the fingers in ice water, then rubbing the scalp till red.

Silk cannot be successfully ironed out without, first sprinkling it with water, rolling it up tightly in a towel, and letting it rest for an hour. If the iron is at all too hot it will injure the silk, so it should first be tried on an old scrap of the material.

Cure for Chapped Hands.—A tablespoonful of lemon-juice, two ounces of glycerine, one tablespoonful of unsweetened gin, and a teaspoonful of eau-de-Cologne. Put these into a bottle, shake it well, and keep it corked. Apply a little to the hands after washing.

To Clean Knives Easily.—Get a large cork from any empty bottle, and moisten some powdered bath-brick with a little water. Dip the cork in the bath-brick and then rub it up and down the knife. Finally, rub with a little dry bath-brick, and the result will be a brilliant polish with hardly any trouble.

Instead of throwing away the skins and cores of apples a very good jelly may be made from them. Put them in a preserving-pan with a few cloves, and water sufficient to cover them. Simmer until quite soft, strain through a jelly bag, and to every pint of juice allow a pound of sugar. Boil until it stiffens. A few drops of cochineal will improve the color.

To apply lace insertion quickly and neatly it should be laid flat on the uncut material and stitched on both sides, the stuff being then slit up the middle and turned back close to the stitching. If necessary, it may be basted back, but, as a rule, pressing with a hot iron will be sufficient. Stitch again right over the first stitching, and then cut away the material close to the edge.

To make coffee quickly, put two heaped tablespoonfuls of freshly-ground coffee into a jug, and on it pour about a half a pint of perfectly boiling water. Stir all together, and stand on the stove with a cover on the jug for the coffee to settle. After a few minutes add about a tablespoonful of cold water. Stand a minute or two more, and pour off steadily into a clean jug.

Hot water quenches thirst in most instances better than cold. Taken regularly at the rate of one glassful half an hour before meals it promotes digestion, and in catarrhal conditions of the stomach is recommended by physicians. It has also been tried as a remedy for insomnia. Constipation is frequently the result of an inadequate supply of water. One of the reasons people thrive at hydros is that, besides any medicinal properties the springs may possess, they drink much more water than at home.

In fitting on glass globes do not screw them on to the fixture too tightly. If the globe has not room to expand it will break when the gas has thoroughly heated it. Many apparently unaccountable breakages are due to the globes being too tightly screwed on.

With regard to a choice of days, when a wedding is in prospect, perhaps the following old saying may help to a decision: Monday for health, Tuesday for wealth, Wednesday the best day of all; Thursday for losses, Friday for crosses, Saturday no luck at all.

To Clean Patent Leather and Prevent it from Cracking.—Take French harness paste used by saddlers. Apply it sparingly to the leather, and polish it lightly with a piece of black cloth. Patent leather thus treated rarely cracks.

To Exterminate Ants.—Grease a plate with lard and set it where the insects abound. They prefer lard to anything else, even sugar. Place a few sticks around the plate for the ants to climb up on. Powdered borax, sprinkled around the cracks will exterminate ants and beetles.

When a veil has lost its stiffness and become gray from dust, it can be renovated by rolling it smoothly on a paste-board roll, such as is used for mailing a picture, and holding it over the steam of a tea-kettle for a few minutes. After that dry thoroughly.

To keep shirtwaists in place make a band of garter elastic the size of your waist, finishing the ends with a strong hook and eye. Place this band over the shirtwaist, like a belt, and the elastic will keep the waist in place.

Cooking with the furnace may be accomplished where the furnace has a wue ledge inside the door. Meats or puddings that require slow cooking may be put on the ledge in baking-dishes, and the furnace door be left slightly open.

Jam Covers.—Here is a very simple and economical way of covering jams and jellies: Cut plain white tissue paper a little larger than the size of jar. Put a little milk on to a large plate, and dip one side of the paper into this. Then put it on the jar carefully whilst the jam is warm. Many of my friends have tried this with success.

Bilious Headache.—For bilious headache take the juice of a lemon before breakfast, but you must not put any sugar in it. Always sleep with your window open; it is very bad for you to have it shut. You will never feel refreshed in the morning if you do. Take plenty of open-air exercise and live on a plain diet.

Chewing the Food.—Sixty or seventy chews to every bite of food is what we ought to give; instead of that, we scurry through our meals, we bite our food and hastily swallow it with the help of a mouthful of water or other fluid, and what is the result of this? First, there is indigestion, from the stomach receiving improperly chewed food; secondly, all the evils which follow indigestion—namely, muddy complexion, red nose, and lustreless eyes. Then the teeth suffer from lack of use. The teeth are meant for chewing the food, and if not used for the purpose for which Nature intended them will surely decay. Note how much one's looks depend upon chewing one's food.

The attention of every mother and nurse should be given to the state of children's feet, for much pain, lameness and distortion can be prevented if consideration is given in time to the child's boots and shoes. If the footwear is of the proper length and width all will go well, but this must be seen to constantly, as little feet grow rapidly. If children wear shoes, they should be easy across the toes, and of good form in the sole. If the ankles appear weak consult a doctor without delay. In a few months damage may be done to the foot which will never be got over.

For Cleaning Decanters and Toilet Bottles.—A hog's hair paint-brush, such as is used in oil painting, will be of great assistance in cleaning cut-glass toilet bottles, and a little borax in the hot water will also greatly facilitate matters. Potato peelings and soapuds are the best medium for cleaning the inside of the bottle when discolored or stained with toilet vinegar, the decanter being half filled with the peelings and water, and left for some time to soak. Shake well from time to time until the stain disappears, then rinse and wash in the ordinary way.

Dr. J. D. Kellogg's Dysentery Cordial is a speedy cure for dysentery, diarrhoea, cholera, summer complaint, sea sickness and complaints incidental to children teething. It gives immediate relief to those suffering from the effects of indiscretion in eating unripe fruit, cucumbers, etc. It acts with wonderful rapidity and never fails to conquer the disease. No one need fear cholera if they have a bottle of this medicine convenient.