

Rain and sweat have no effect on harness treated with Eureka Harness Oil. It resists the damp, keeps the leather soft and pliable. Stitches do not break. No rough surface to chafe and cut. The harness not only keeps looking like new, but wears twice as long by the use of Eureka Harness Oil.

EUREKA HARNESS OIL

Sold everywhere in cans of all sizes. Made by Imperial Oil Company.



The Whole Story in a letter:

Pain-Killer
(PERRY DAVIS)

From Capt. F. Lyle, Police Station No. 5, Montreal: "We frequently use PERRY DAVIS' PAIN-KILLER for pains in the stomach, rheumatism, stiffness, frost bites, chilblains, cramps, and all afflictions which befall men in our position. I have no hesitation in saying that PAIN-KILLER is the best remedy I have met at hand."

Used Internally and Externally.
Two Sizes, 25c. and 50c. bottles.

Burdock Blood Bitters.

Turns Bad Blood into Rich Red Blood.

This spring you will need something to take away that tired, listless feeling brought on by the system being clogged with impurities which have accumulated during the winter. Burdock Blood Bitters is the remedy you require.

It has no equal as a spring medicine. It has been used by thousands for a quarter of a century with unequalled success.

HERE IS PROOF.

Mrs. J. T. Skine of Shigawake, Que., writes: "I have used Burdock Blood Bitters as a spring medicine for the past four years and don't think there is its equal. When I feel drowsy, tired and have no desire to eat I get a bottle of B.B.B. It purifies the blood and builds up the constitution better than any other remedy."

THE OPTIMIST.

Barefoot and cheerless to and fro,
I tramp through lane and street,
Though shoeless, I rejoice to know,
I still possess my feet.

"Mid plenty, hunger-pinched I stray
As any hobo would—
Though supperless, I joy to say
My appetite is good."

—Toronto "World."

THE HARDEST THING OF ALL.

Teddie had learned to spell a word in a way that was not the right way, and every time he came to it in his writing-lesson he wanted to spell it as he had learned it first.

"It's pretty hard to know all these things, isn't it, Teddie?" said his aunt.

"But it's a good deal harder to know 'em after you once get 'em crooked," said Teddie.—The Little Ones.

The Home

KITCHEN HINTS.

To have the roast beef brown on the outside and juicy and rare within, it should be put in a very hot oven at first, then the heat reduced. The great heat at first hardens and also browns the surface, keeping in the juices. The meat should be basted frequently.

In roasting meat or frying a steak, turn with a spoon; a fork pierces the meat, letting out the juice.

Pouring the thickening in while the pan is over the fire is apt to make the gravy lumpy; the better way is to remove the pan until the thickening is well stirred in, then return to the fire and cook thoroughly.

Before putting food in new tins set them over the fire with boiling water in them for several hours.

The butter will blend more readily with the sugar if you first scald the bowl in which these ingredients are to be creamed for cake.

Try rinsing the cake and bread jar after washing, with boiling water in which a little common soda has been dissolved. Then give them a good sun bath. This will keep the receptacles sweet.

The next time you have raisins to stone, free them from stems, put them in a bowl, cover with boiling water, let stand for two minutes, then pour off the water. You can open the raisins and remove the seeds without the unpleasant stickiness.

To make cake icing that will not crack when cut, add one teaspoonful of sweet cream to each unbeaten egg. Stir together, adding sugar until the icing is as stiff as can be stirred.—Ex

HOUSEHOLD HINTS.

Veal should always have a sliced onion and a sliced carrot cooked with it, whether roasted or boiled, and a little butter added just before serving. The carrot and onion give a peculiar delicious flavor to the rather tasteless meat.

Hot water, according to a cooking teacher, makes an omelet more tender than when milk is used. The rule is a tablespoonful of the liquid to one egg.

A simple luncheon salad common in a family where economy and the serving of nutritious food are carefully studied, is made with cold boiled rice. This is masked with a little mayonnaise and served on a bed of watercress, lettuce heart or curly cabbage leaves. Over the top may be sprinkled a few chopped olives, slices of pickled red beets, or chopped peppers.

The housemother will find her family is better in health if she introduces fish and green salads freely on her table in February and March. Sweet and sour pickles and acid fruit should now be substituted for sweet preserves, and dessert of acid fruits take the place of the sweet plum puddings which were so delicious when the season of cold and frost first began.

The best and healthiest color for bedroom blinds is green, and dark green at that. It is always recommended by both brain doctors and oculists. Dark blue is next best, but not nearly so good as green. To induce the soundest and most restful kind of sleep, however, apart from brain sensitiveness, make the room absolutely pitch dark by means of a thick black blind. If you must have light, let it be green, and you will sleep well and never suffer. Red too, is a great factor in keeping one awake.—Ex.

HOUSEHOLD SUGGESTIONS.

A salad of pineapple and celery is seasonable at the moment. To two cups of shredded pineapple add one cup of chopped celery and one sweet red pepper cut into dice. For the dressing use a mayonnaise cream dressing which is the ordinary mayonnaise slightly reduced with whipped cream. Serve very cold on lettuce hearts garnished with nut meats, or it may be served in cups made of apples peeled and scooped out, or it may be packed in a ring mould, turned out on a platter, the centre piled with lettuce hearts, and a few arranged outside the ring.

The new edict of cooking experts, that a turkey roasted breast down will have the meat of that juicier and better flavored

than one cooked in the usual way, is borne out by experience. The theory that the juices of the fowl find their way downward and, settling in the often dry and tasteless breast to its great improvement, is correct. It will be found, too, that the apparent difficulty of keeping the bird on its breast is only apparent, a little balancing in the pan until the processes of cooking have settled the fowl being all that is needed. The method is equally valuable applied to chickens, and an experiment with roasted goose in that way proved very successful.

The virtue of cranberries as a healthful food admit of reiteration. Many persons consider that they rank first in the list of valuable winter fruit-foods. They are considered to be an excellent remedy for indigestion and biliousness, as they contain certain acid combinations not contained in other fruits. They are also useful as tonics and appetizers. Do not cook cranberries in tin or iron vessels, upon which compositions the acid acts harmfully. One unusual preparation of cranberries is cranberry cottage pudding. Make the pudding as usual by beating together a cup of sugar and two table-spoonfuls of butter with two beaten eggs and a cupful of milk. Sift into it three cups of flour and two teaspoonfuls of baking-powder, adding at the last a cup and a half of cranberries. Put into a buttered pudding-dish and bake in a moderate oven. Serve hot, with a liquid sauce.—Ex.

Genuine flaky pie crust had long been one of the mystic arts which I could not fathom, says N. R. Cochrane in Good Housekeeping. But one day I chanced across a recipe which exceeded all my expectations. Here is the modus operandi: "For two crusts for a large pie, take half a cupful of cold water into which dissolve half a teaspoonful of salt; stir in enough flour to make a soft dough; roll out upon a floured board into a thin sheet. A large half cupful of nice, sweet lard should have previously been melted in a shallow dish (the pie tin will do) and cooled again to the soft white stage. With the tips of the fingers spread a layer of the lard over the sheet of dough; fold half over; spread with another layer of lard; fold again; repeating this process of layering until the dough is in small compass. Flour the dough and rolling pin liberally; roll out again into a thin sheet and proceed as before until all the lard is used. The dough may become troublesome by clinging to the rolling pin, but fear not, nor vex thy soul, for success awaits thee. It will come out of the oven flaky, tender, delicious to the very bottom of the pie."

BABY CONSTIPATION

Can Be Cured Without Resorting to Harsh Purgatives.

Constipation is a very common trouble among infants and small children—it is also one of the most distressing. The cause is some derangement of the digestive organs, and if not promptly treated is liable to lead to serious results. The little victim suffers from headache, fever, pain in the stomach and sometimes vomiting. While in this condition neither baby nor baby's mother can obtain restful sleep. If proper care is taken in feeding the child and Baby's Own Tablets are used, there will be no trouble found in curing and keeping baby free from this disorder. Mrs. T. Guymor, London, Ont., says:—"My baby was a great sufferer from constipation. She cried continually, and I was about worn out attending her. I tried several remedies, but none of them helped her till I procured some Baby's Own Tablets. These tablets worked wonders and now she is in the best of health. I can now go about my work without being disturbed by baby's crying. I consider Baby's Own Tablets a great medicine, and would advise mothers to keep them in the house for they will save baby from much suffering by curing and preventing the minor ailments common to infants and small children."

Baby's Own Tablets are sold under an absolute guarantee to contain no opiate or other harmful drug. They are easy to take, mild in action, promote healthy sleep and will be found a never-failing cure for constipation, baby indigestion, simple fever, diarrhoea, sour stomach, colic, etc. They allay the irritation accompanying the cutting of teeth, break up colds and prevent croup. Price 25 cents a box at all druggists or sent by mail, postpaid, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

Shiloh's Consumption Cure

Cures Coughs and Colds at once. It has been doing this for half a century. It has saved hundreds of thousands of lives. It will save yours if you give it a chance. 25 cents a bottle. If after using it you are not satisfied with results, go to your druggist and get your money back. . . .

Write to S. C. WELLS & Co., Toronto, Can., for free trial bottle.

Karl's Clover Root Tea corrects the Stomach

ALLEN'S LUNG BALSAM

Cures Deep-seated Colds Coughs Croup Bronchitis

LARGE BOTTLES \$1.99
MEDIUM 50¢ TRIAL SIZE 25¢

Carpenters' Kidneys.

Carpentering is not an easy trade. The constant reaching up and down, the lifting and stooping over are all severe strains on the kidneys. No wonder a carpenter exclaimed, recently, that every time he drove a nail it seemed as though he was

piercing his own back. He uses

DOAN'S Kidney Pills

now on the first sign of Backache and is able to follow his trade with comfort and profit.

"I have had kidney and urinary troubles for more than three years with severe pain in the small of my back and in both sides. I could not stoop without difficulty, and I had severe neuralgic pain in both temples. Seeing the advertisement of Doan's Kidney Pills, I got a box. They have given me quick relief, removing the pain from the back and sides, and banishing the neuralgic pains from my head. The urinary difficulty is now entirely gone. I feel fresh and vigorous in the mornings, and am much stronger in every way since taking these pills." CLARENCE E. SEXTON, Carpenter and Builder, Trenton, Ont.

FAVORABLY KNOWN SINCE 1826
HAVE FURNISHED 25,000 BELLS
FOR CHURCHES, SCHOOLS & OTHER
PURPOSES
MCKENZIE & CO., BELLEVILLE
SHEPHERD ST. & RYAN ST.

Use the genuine

MURRAY & LANMAN'S FLORIDA WATER

"The Universal Perfume."
For the Handkerchief
Toilet and Bath.
Refuse all substitutes.

Wanted Everywhere

Bright young folks to sell Patriotic Goo. Some ready, others now in preparation in England.

Address to-day the

VARIETY MFG CO.