

The Housekeeper

A delicious sour cream dressing for fruit salad is made with a cup of rich sour cream into which a half cup of melted butter is stirred gradually.

When eggs are scarce, a dessertspoonful of corn starch may be substituted for one egg.

If clothes are to be ironed soon after they are dry use hot water for sprinkling them.

To keep white enamel ware looking new and immaculate, fry scouring it with vinegar occasionally.

A new teapot has a perforated shelf in the upper part on which to put the tea leaves.

To remove rust from steel, cover it with sweet oil and let it remain covered for a day.

Minard's Liniment for sale everywhere

HOT WEATHER RULES FOR HORSES.

As Compiled by Boston Work-Horse Parade Association.

- 1. Load lightly, and drive slowly. 2. Keep your horse as cool as possible. 3. Water your horse as often as possible.

Famous Echoes.

Among the most noted echoes is that heard from the suspension bridge across the Menai Strait.

Care of the Hair.

Air it. Sun it. Wash it. Massage it.

SUFFRAGE MAKING PROGRESS.

Mr. H. E. Keith, proprietor of the big theatrical circuit, has just issued orders that in none of his many theatres will any ridicule of the women's suffrage movement be allowed on the stage.

SOCIETY DOWN ON VICE.

In spite of all efforts to blacken the reputation of the girls who the two young men took to Reno, and the sacrifices of the wives of the prisoners who tried to save their husbands, big game has been found guilty.

"Do you think worry makes a man bald-headed?" "It's hard to say," replied the man who gives every question cautious consideration.

PILES CURED AT HOME BY NEW ABSORPTION METHOD

If you suffer from bleeding, itching, blind or protruding piles, send me your address, and I will tell you how to cure yourself at home by the new absorption treatment; and will also send some of this home treatment free for trial.

Now is the Time to Start Your Child.

This is the time of year to start a habit which will be of lifelong benefit to the child, the habit of taking a daily cold bath.

It is absurd to preach the cold bath for every one. Many adults are injured by subjecting themselves unwisely to a cold plunge or even a cold shower in any but warm weather.

The child of 4 years, according to a physician versed in children's needs, is old enough to have a daily cold bath; but it should be started in warm weather.

The bath should not at first take the form of a cold plunge. The child should stand in a tub partly filled with warm water—enough to come to the hips of the child.

Most children are interested in the "needles" from the watering can, which come with less shock than so much cold water poured from a pitcher.

The child who learns to enjoy this sort of bath will have a simple means of keeping his system "toned up," which he will probably not give up so long as he lives.

Here it is! A Costume Kink.

Say a rig is of silk. Or say it is of ratine. Or say it is of newest rep.

Then the blouse is made of chiffon. And the coat lining is of the same chiffon.

FLAWS IN OUR BANKING SYSTEM

There are good points in Canada's methods of managing her banks, and these are points of danger as well. The drift toward monopoly is one of the latter.

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DODD'S KIDNEY PILLS. CURES KIDNEY DISEASE. BRONCHITIS, RHEUMATISM, BRIGHT'S DISEASE, DIABETES, GRAVEL.

WILL SHE WEAR 'EM? Paper Thinks Women Won't Use Trousers.

Almost every day there is a declaration from some advanced person that women will soon be wearing trousers.

Queen Cleopatra of Sweden wore male attire, and Dr. Mary Walker has long been proud of her trousers.

The history of clothes is always interesting, and trousers afford an excellent example of evolution from the ornate to the practical.

But the old three-cornered hat, and the breeches and all that, are no longer.

A garment for men extending on each leg separately to or just below the knee is the accepted definition of breeches.

It is inconceivable that women will want to subject themselves to the tyranny; it will not allow them opportunities for new styles and it will rob them of the indefinable charm that goes with their own distinctive dress.

For Women's Ailments

Dr. Martel's Female Pills have been the Standard for 20 years and for 40 years prescribed and recommended by Physicians.

SILLY U. S. FEARS.

It is no less silly to suppose that Great Britain has any designs upon American territory that it mentions in the United States.

He Didn't Know

Judge—Were you ever up before this court?

Tired Thomas—Can't say, yer honor. What time do you get up?

Complaints.

They devour time. They lacerate nerves.

Comrades in Ignorance.

Jasper couldn't tell time—neither could Sambo.

A SAD TRAGEDY

It often happens—your sore corn is stepped on. Why not use "Putnam's Corn Extractor?"

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NERVOUS CHILDREN

Are Often in the Early Stages of St. Vitus Dance.

They Need a Tonic to Strengthen the Weak Nerves and Restore Them to Natural Health.

Many a child has been called awkward, has been punished in school for not keeping still, or for dropping things, when the child is not really at fault.

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SOUTH POLE RELICS.

Part of Equipment of Scott Expedition Being Exhibited.

A big plain cooking pot, whose interior has been scraped clean and bare by men at the point of death by starvation; an empty provision bag, a sledging shovel, the inner lining of the tent in which the remains of Capt. Scott and his companions were found by the search party.

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ISSUE NO. 36, 1913

HELP WANTED.

WANTED: EXPERIENCED WEAVERS; also apprentices to learn weaving; good wages paid while learning, and experienced weavers make the highest wages. For full particulars, apply to The Singsby Mfg. Co., Ltd., Brantford, Ontario.

FIGHT ON CANCER.

American Society Plans Campaign of Education.

The American Society for the Control of Cancer is planning a campaign of education of the people and medical profession on the subject of cancer.

A statement from the society says that an eminent authority, a statistician of an insurance company, recently brought together in a most convincing way the statistical evidence of not only the frequency of cancer, but its increasing frequency.

From these figures it would seem that at ages over 40 cancer is a greater menace to human life than tuberculosis," continues the statement.

"During the last five or more years there have been a number of efforts to educate the medical profession and the public, not only as to the frequency of cancer, but as to its greater curability when recognized early and properly treated.

"To remove the zone of cancer with a zone of uninvolved tissue in the very beginning of the disease is practically never dangerous and seldom mutilating.

Few have known of the great menace of cancer as compared with tuberculosis and typhoid fever. Few have known of the number of cures even now accomplished in the treatment of cancer in its later stages.

FITS CURED

Send for Free Book giving full particulars of TRENCH'S REMEDY, the world-famous cure for Epilepsy and Fits—Simple home treatment, 25¢ per bottle, 50¢ per dozen. Remissions from all parts of the world; over 1,000 testimonials in one volume. TRENCH'S REMEDIES, LIMITED, 410 St. James' Chambers, Toronto.

Instinct vs. Intelligence.

For many years it has been the custom to think of instinct and intelligence as set over against each other. The former represents the inherited reactions of the animal; the latter signifies those acts which the animal learns in the course of its individual life and its power to learn in this fashion.

Instinctive acts are "perfect the very first time," while intelligent acts are slowly acquired. In so far as an animal is dependent on its instinct, it is the victim of its ancestry and of its immediate environment. In so far as it is intelligent, it can adapt its environment to itself, can rise above its immediate surroundings and act in the light of a distant end to be accomplished.

Instinct is blind as to the outcome of its action; intelligence foresees and modifies its behavior in the light of its foresight. The supreme example of instinct has been the wasp going through an elaborate course of action to provide food for its yet unhatched offspring, seeking out a particular species of caterpillar, stinging every segment just enough to stun the animal but not kill it, and then depositing the worm at the bottom of its egg, covering up the cell and then leaving, never to see the larvae nor to live to do the same act another season. The supremely intelligent animal is man, possessing the earth by the genius of his intellect.

Minard's Liniment Relieves Neuralgia

Humor of a Sculptor.

Although he was a man of great earnestness and seriousness of purpose, Carpeaux, one of the most famous French sculptors of the last century, had a droll tongue and a capricious humor that he vented on his lucky and emperor alike.

"Promise to tell me one," whispered Carpeaux as he drew the eager listeners to one side of the hall. "Well, then, the emperor was trying to borrow five francs from me."

Some years later, when Carpeaux had received the commission to do the decorations for the Pavillon de Flore of the Tuilleries, Napoleon often came to watch him at work on the scaffolding of the building. Occasionally the emperor mounted aloft to this improvised studio, hung between earth and sky.

One day Carpeaux, in a particularly merry mood, told him that when he wished to rest from his labors he would make tiny pellets of clay and drop them on the heads of passersby.

"It's very amusing," he explained. "People stop and look about them. They can't imagine where the missiles come from."

"Here," he continued, holding out some of the little clay bullets; "try it yourself."

"I wouldn't dare," laughingly said Napoleon, amused at the idea of the emperor of the French, mounted on a scaffold, throwing pellets of clay at his subjects.

"Bah!" muttered Carpeaux. "What's the use of being an emperor?" The Lord knoweth how to deliver the godly out of temptation, and to reserve the unjust unto the day of judgment to be punished.—II, Peter ii, 9.