

Home and Health Hints.

A chicken should have a plump breast, a smooth comb and legs; black-legged birds are best for roasting, white for boiling.

Milk contained in cans may be kept perfectly cold by wrapping the cans in cloth or flannel, and standing them in a few inches of water.

Fresh vegetables and sound ripe fruit are the best blood purifiers, but they will not act if you eat flesh food, especially in summer.

Four or five clean, common playing marbles dropped in the bottom of the kettle of boiling fruit juice will, by their continual motion, make unnecessary constant stirring in order to prevent scorching.

In addition to the soap for bathing, white castle should be kept for washing the hair. Occasionally a little borax or ammonia may be used for this purpose, but care should be taken in their application, as they are rather harsh in their effects.

Salad Dressing.—Beat up an egg and put with it a teaspoonful of mustard mixed with water; then stir in four tablespoonfuls of melted butter and add three quarters of a cupful of vinegar, salt and a teaspoonful of sugar. If for cabbage, cook, stirring until it begins to thicken like cream.

White cake.—Whites of four eggs, one cup of sugar, one-half cup of sweet milk, one-half cup of butter, one-half cup of corn starch, one and one-half cups of flour, two teaspoonfuls of baking powder, flavor to suit taste; put all ingredients together and stir briskly until it is a smooth batter, and bake in a quick oven.

Try some plain cookies that the children or even despoetics can eat with no bad results. One cup of sugar, one half cup of sweet milk, one egg, one teaspoon baking powder, flour, put all together in the mixing bowl and stir until all is a smooth mass, then add enough more flour to roll out easily and bake in a quick oven.

Plain Sponge Cake.—Three eggs, one cup of sugar, three tablespoonfuls of sweet milk, one cup of flour, one teaspoonful of baking powder; flavor, and bake in loaf, or sheet and spread with jelly and roll. In cool weather the butter should be softened, as it mixes more readily, and the quicker a cake is ready for the oven the better the result, provided, however, the oven is properly heated.

Plain Plum Pudding.— $\frac{3}{4}$ lb. flour, 6 ozs. butter, $\frac{1}{2}$ lb. sugar, 6 ozs. currants, 6 ozs. raisins, 2 ozs. candied peel, 3 eggs, 3 teaspoonfuls of baking powder, and a little cold milk. Sift the flour and baking powder together, wash and dry the currants, cut the peel, beat up the eggs with the milk, and beat all the ingredients together; pour into a buttered tin, and bake for $1\frac{1}{2}$ hours in a moderate oven.

EPILEPTIC
LIEBIG'S
FIT CURE
Will cure Epilepsy, F. A. S. St. Vitus Dance and Falling Sickness. A TRIAL BOTTLE sent FREE of ALL CHARGE to any sufferer sending us their name and address and mentioning this paper.
Address The LIEBIG CO.
178 King St. W., Toronto.
FITs.

Your Notepaper

Is representative of you and your friends, therefore it ought to be correct and harmonious. It will be if you insist upon your stationer giving you one of our aristocratic lines.

Oxford Vellum

Is an immense favorite with ladies who desire a particularly stylish paper. Ask for "Oxford Vellum" with envelopes to match. Refuse inferior out-of-date substitutes; insist upon having this or another society notepaper manufactured by

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

Warming Up



You'll warm right up to the bargains we have for you. Can't tell you as much as we want to in this limited space. Come in and see for yourself. "The proof of the pudding is in the tasting," and we are very certain you will like and desire many of the things we offer below:

MILES BIRKETT

Hardware, Etc.

334 Wellington St., Ottawa.

Rice Lewis & Sons

(LIMITED)

Brass
and
Iron
Bedsteads

Tiles
Grates
Hearths
Mantles

Cor. King & Victoria Streets
TORONTO

The City Ice Company, Ltd

26 Victoria Square
Montreal
R. A. BECKET
Manager.

PURE ICE—Prompt delivery.

For First-Class
MILLINERY
CALL AT

MISS WALKER'S

143 Sparks St., - OTTAWA.

HELPFUL BOOKS

Why Should We Worry?

By J. R. MILLER, D.D. 20c

Four Psalms

Interpreted for Practical use
By GEO. ADAM SMITH, D.D. ... 50c

In His Steps

A book for young Christians
By J. R. MILLER, D.D. 25c

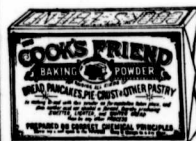
The Seven Words From the Cross

By W. ROBERTSON NICOLL, D.D. 50c
SENT POSTAGE PAID

Upper Canada Tract Society

102 Yonge St., 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 the best to buy and best to use.

SEBLY & COMPANY

23 Richmond St. West, Toronto
Educational Publishers
School and Kindergarten Furnishers
Bookbinders and Manufacturing Stationers