

## "Spring Fever" won't catch you

if you start in right now to take Abbey's Salt regularly.

A dessert-spoonful, in a glass of water, every morning rids the system of all impurities—starts the liver working properly—and purifies the blood.

Abbey's Salt is the best spring tonic for young and old.

25c and 60c a bottle.

# Abbey's

## Effer-vescent Salt

## The full value of what you pay for is in Baby's Own Soap itself.

The box and wrapper are purposely made as cheaply as possible.—This enables us to use absolutely the highest quality materials and pure flower perfumes (from Grasse, France) and yet sell at a popular price.

In "Baby's Own" you get a soap that cannot be excelled—no matter what price you pay. Refuse

substitutes—Insist on having Baby's Own Soap, because it is best for Baby and best for You.

Try "Albert Talc" Violet Scented and Antiseptic.

ALBERT SOAPS, LTD., MFRS., MONTREAL.

## Eddy's Silent Parlor Matches

"Silent as the Sphinx."

All Good Grocers Sell Eddy's Matches

TEES & PERSSE LIMITED, Agents

CALGARY

WINNIPEG

EDMONTON

## Hints for the Housewife.

**Wall-Paper that Has Been Soiled** by a smoky fire or lamp may be cleaned by using a hard dry sponge; the stiffer and harder the better. Rub the wall briskly with it.

**To Get Dust Out of Crevices** in window-sashes, baseboards, etc., when cleaning house, try using a paintbrush of good size. A hidden store of dirt will reward your efforts, for a cloth cannot reach all the corners.

**Put a Window-Shade in Front of Your Pantry Shelves** if they are unprotected by doors. It will keep out the dust much better than a curtain on a rod. The shade should have a spring roller and be hung just as it would be at a window.

**When Putting Away Woolen Clothes** it is a good plan to pin each suit or dress carefully in a separate newspaper. If moths should get into the closet or trunk where the clothes are put away the papers will protect the garments from being eaten.

**If You Have Trouble with Lamp-Wicks** perhaps you will find it advantageous not to trim them with scissors, but rather to rub off the charred part as close as possible to the edge of the burner by slipping an old stocking over the hand and rubbing the burner wick with the forefinger until it is even.

**A Good Way to Water Small Plants** that have been started in the house is to cover the boxes with muslin and then pour the water through it. In this way the little plants will not be washed out with too much water, nor will the soil become baked for want of water.

**Old Picture-Frames Sometimes Can be Made to Look New** by a perfectly simple process. If they are gilt, or made of oak, and are of a plain design, the application of a coat of some good dead-black stain will change their appearance completely; and if you are tired of the pictures that have been in the frames a change to something new may be made at the same time.

**One Way to Clean Rugs in the Spring** is to hang them on the clothesline and wash them thoroughly with the garden hose. They should be dried flat on the grass, as they will pull out of shape if left on the line. If you object to washing them try brushing them with a whisk-broom dipped in gasoline, after they have been beaten. Be sure to do this outdoors.

**Keep a Stock of Paper Napkins in the House** and see how much they will save washing out cloth. The cheapest grade of paper napkins can be bought for ten cents, or less, a hundred. Keep some in a convenient place and use them for polishing lamp-chimneys and windows, rubbing grease off the dishes before putting the dishes into the hot water, and for wiping dust off shelves.

**Red Flannel Has a Strong Attraction for Moths and Buffalo-Bugs** so, after taking the usual precautions in putting away the winter garments, if a square of flannel is left on the floor of the closet where the moths may be expected, they will eat the flannel in preference to anything else. By carefully watching the trap, if they are discovered they may be destroyed on the flannel.

**When Ironing Any Embroidered Article** see how much better it will look in the end if you lay it on a folded Turkish towel. Place the right side of the article on the towel, which should be folded to form several thicknesses; then iron on the wrong side. The embroidery will stand out remarkably well if treated in this way. The back of a waist which has many small buttons will look better if ironed in the same manner.

**To Know How to Keep a Clothesline from Twisting** is something that will be appreciated by any woman who has to wind up a stiff line on washday. Hold the ball of rope in the left hand and wind with the right until twist appears; then change the ball to the right hand and wind with the left, and the twist will disappear. Keep doing this, changing the rope from one hand to the other, until the line is well wound up.

**To Clean Hardwood Floors Without Tiring the Back** buy a common black-board eraser and fasten it firmly to an old broom handle. If the eraser is dipped into a little coal-oil it will take up all lint and dust, and polish the floor at the same time. A deck-mop, which is made of coarse string, may also be used for dusting hardwood floors. Still another way to clean such floors, a way within the reach of every woman, is to use old black stockings, putting them in the handle of an ordinary mop. These are so soft that they will clean the floor without scratching it.

**Kerosene or Coal-Oil is a Valuable Aid in Cleaning House** if used with discretion. A little oil put in a pail of water when cleaning windows or paint will not only remove the dirt easily, but will also leave the glass or wood shining. In the cleaning of an enameled bathtub a little coal-oil will give a satisfactory result without the exertion of hard rubbing. Many stains will yield to coal-oil, such as rust or fresh paint. A little oil in starch will keep it from sticking.

**To Improve an Old Zinc-Lined Refrigerator** give the inside a good painting, first with a can of ivory-white paint, then with a can of white enamel paint, such as is used for painting bathtubs. Have the refrigerator wholly dry before you put on the first coat of white paint. Let it dry again for twenty-four hours, then put on a second coat of the same paint. Let that dry thoroughly, and finally apply the enamel paint. Do not use the refrigerator until the enamel becomes dry. This may take two days. A dingy old refrigerator treated in this way will seem to be transformed.

**Shrink All Cotton Material Before Making it into Clothing** and save yourself much trouble and annoyance. In shrinking colored goods put salt in the water to set the color. A good way to shrink goods is lay the piece, folded as it comes from the shop, in the bathtub, filling the tub with cold water so as wholly to cover the material. Let the cloth stay in the tub over night; then hang out on the clothesline dripping wet, unfolding only when it is put on the line. After it has become dry the material will need pressing in but few cases.

**To Hang a Picture at Just the Right Height** is generally a difficult matter unless one has patience. Now, an easy way to do it is to take a long wire, make one end into a loop and place it on one hook on the moulding; then pass the wire down the wall, through one screw-eye in the picture, along the back of the picture frame, through the other screw-eye, and then up to a second hook on the moulding, where a loop similar to the first should be made in the wire. After making the second loop, but before cutting the wire, it is easy to adjust the picture evenly and at the desired height.

**Any Housekeeper Who Wants a Moth-proof Box** in which to store the winter clothing, and cannot afford to buy a cedar chest, will find the following idea interesting: A wooden box can be made, four feet long, two feet wide and two feet deep, having a lid, hung by three pairs of hinges, which can be hooked down firmly when closed. On the bottom, sides and inner side of the lid strips of tar-paper should be carefully tacked. Over this put unbleached muslin, so that no garment will come in contact with the tar-paper. Such a box will hold a great deal of winter clothing; but the housekeeper should remember that each article must be well brushed and aired before it is put away in the box.

**To Remember What You Have Planted in the Garden** and just where you have planted the different things is not the easiest matter in the world, but here are two plans to consider: Write the name of the flower or vegetable on a slip of paper, place the slip in a small bottle, and put the bottle, corked, half-way into the soil; then, if you forget what was planted in any particular place, a glance at the slip will show you. The second way is to put the printed envelope which contained the seed over the end of an upright stick projecting from the ground, in the old manner, but cover it with a small flower-pot, to prevent the envelope from being blown away.

**Moths in a Room or Closet May be Destroyed** by burning gum-camphor. Close all the windows and doors in the room that is to undergo the treatment. Open wide the closet door and any bureau or closet drawers. Hang all the garments over the chairs in the room; then put a piece of pure gum-camphor about the size of a nut into an iron pot and set it on fire. Place it at a safe distance from furniture and hangings, and not directly under a chandelier. Canary birds or goldfish must be removed before the camphor is lighted. Let the smoke remain in the room about half an hour, then open the windows wide, and in a short time the traces of smoke will have disappeared.

**A Small Pill, but Powerful.**—They that judge of the powers of a pill by its size, would consider Parmelee's Vegetable Pills to be lacking. It is a little wonder among pills. What it lacks in size it makes up in potency. The remedies which it carries are put up in these small doses, because they are so powerful that only small doses are required. The full strength of the extracts is secured in this form and do their work thoroughly.