

Household Hints

To clean a clotheswringer quickly saturate a cloth in coal oil and rub the rollers.

Old stockings can be used for carpet rags if cut round and round into one long strip.

If the chimney takes fire throw on a handful of sulphur or several handfuls of salt.

Mix a teaspoonful of pulverized alum with the stove polish and it will give the stove a fine lustre.

Wash the carpet broom thoroughly with soapuds once in ten days, shake till nearly dry and hang up.

A few drops of eal oil on your dusting cloth will brighten the furniture and prevent dust from flying from the cloth.

Ordinary patent leather or russet tanned shoes can be kept bright and fresh with vaseline, applied with a cloth or sponge.

When soot is accidentally dropped upon the carpet, throw upon it an equal amount of salt and sweep up altogether. There will be scarcely a trace of it left.

To make date sandwiches cut thin slices of bread, butter lightly, spread with dates chopped fine, form the sandwiches and trim off the crusts.

A mixture of washing soda and ammonia is recommended as a good preparation for cleaning the nickel plating in the bath room, using a little thin whitening paste for polishing.

To make toothsome parsnip balls boil in salt water until very tender, mash and season with butter, pepper and salt, add a little flour and two well beaten eggs, form into small balls and fry in hot lard.

For perspiring feet add a little ammonia to the water you bathe them in.

The very best cure for insomnia is sunshine and plenty of exercise in the fresh air.

Use the egg shampoo every fortnight if the hair and scalp are to be kept in good condition.

Falling hair denotes an impoverished condition of the system. A good iron tonic should be taken.

Tincture of benzoin should always be added to any mixture drop by drop. This will prevent curdling.

Castor oil rubbed into the scalp often stops falling hair, especially when the scalp and hair are dry.

Olive oil taken internally one tablespoonful every morning before breakfast, is an excellent remedy for liver spots.

Equal parts of powdered Castile soap, powdered orris root and prepared chalk make an excellent and inexpensive tooth powder.

The palm of the hand makes the very best nail polisher. If one likes, a little rose-tinted paste may be applied before polishing.

When buying a camel's-hair face brush see that the bristles are not too soft. The soft bristles fall and mat after two or three wettings.

The tooth brush should be subjected to a good cleansing with soap and water every few days. The best brushes have the bristles rather wide apart.

The cuticle or any part of the flesh around the nail should never be cut. Simply press it back with an orange stick or a soft cloth over the finger nail.

To remove freckles apply with a soft brush or rag, lemon juice and glycerine, but care must be taken that the skin is not exposed too much to the sun.

The secret of making a meat course the most appetizing portion of a dinner is to serve something sweet in connection with it. The German custom is to eat very rich compotes of fruits with roasts, etc., but these are quite too sweet for the American palate. In fritters the American housewife will find a more than satisfactory substitute. The sweetness of the sauce or filling blends with the batter and loses entirely any sickening taste. The following recipes for fritters lend themselves temptingly to winter bills of fare.

Orange Fritters—Peel two oranges and slice in thin pieces. Dip in a batter made from one cupful of flour, a rounding teaspoonful of butter, a tablespoonful of sugar, a pinch of salt,

Bakers' International Union
LOCAL 204

ATTENTION !!

Bakers' Strike Still On

There are 55 Men out of Bredin's, Weston's, and Tomlin's Shops Still on Strike.

the yolk of one egg and half a cupful of milk. Fry in hot fat and serve with powdered sugar or the following sauce: Beat the yolks of two eggs with half a cupful of sugar. Add the grated rind and juice of half a lemon, two tablespoonfuls of sherry or two teaspoonfuls of vanilla, and cook over hot water. Stir vigorously until it thickens and cover with the whites of the eggs beaten stiff. Serve at once.

Look at this Label

If You Are a Good
Union Man



It Will be on Your
Clothing

**It is a Guarantee of Good Work-
manship and Fair Conditions.**



**Any First-Class Clothing Store has the Goods.
Prove Yourself Consistent by Insisting on
Having it.**