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HEALTH AND HOUSEHOLD HINTS.
Eat slowly and $\overline{\text { you }}$ will not over eat. Keeping the feet warm will prevent headaches.
Late to breakfast, hurried for dinner, cross at tea.
A short needle makes the most expedition in plain sewing.

Matches, out of the reach of children, should be kept in every bedroom. They are cheap enough
Wher sheets or chamber towels get thin in the middle, cut them in two, sew
the sides together, and hem the sides.
A pound of chloride of lime mixed with a quart of water, and placed where roaches abound, is destructive to them.
Lquai parts of powdered camphor and Lqual parts of powdered camphor and
borax scattered over shelves and in crev borax scattered over shelves and in crev
ices is also efficacious. ices is also efficacious.

Painting the kitchen walls enables one to wash them off, and in general tends to a neat appearance. The paint should be good oil paint, applied as for out-
door work, first sizing the surface to be door work, first sizing the surface to be coateri with a solution of one-half pound of glue to a gallon of water.
Split Rolls-To one quart of light dough take three-fourths cup of sugar, one-fourth cup of lard, and one egg; work in flour to stiffen, not quite as stiff as bread dough. When light roll out and cut with round cutter, spread melted butter on one half, turn other half over; let
Fran
Frozen Rice Pudding.-Wash and piek over three-fourths of a coffee cupiul of rice, and soak in one pint of milk for two hours. Then add one quart and one pint of milk, eight teaspooniuls oi sugar, one
teaspoonful of salt, butter the size of egg, melted, and nutmeg to taste. Bake two hours in a moderate oven, stirring of strawberry jam and freeze.

To Clean Marble.-Mix two parts powdererl whiting with one of powdered bluing and half a pound of soft soap, and
allow it to come to a boil: while hot apply with a soft cloth to the stained marble, and allow it to remain there until quite dry; then wash off with hot water and soap in which a little salts of lemon has been dissolved. Dry well with a piliece of soft flannel, and your marble wil! be clean and white as when new.
An exchange says: Take care as sum
mer approaches to keep an inviting tabicmer approaches to keep an inviting table: giva old and young plenty of fruit and
vegetables. It is better to pay a little vegetables. It is better to pay a little
extra for such things than spend a month extri for such things than spend a month
in nursing, besides paying a doctor's bill. Remenher that a tumbler of milk with an egg heaten in it, followed by an orange. hearty breakiast for a child, pranes is a if the youngsters will not eat bread or meat at this season; as the sunny weather comes and they can spend half the day out of doors, you will find your bread duly appreciated.

THE ADVERTISING
Of Hood's Sarkapariila is always withIn the bounds of reason, because it is
true: it always appeals to the sober common sen e oi thinking people because it is true; and it is always fully substantiated by endorsements, which, in the financial world, wuuld be accepted with out a momeat's hesitatlon. For a general family cathartic, we confidently recommend Hood's Pille.
A man weighs less when the baroneter is high, notwithstanding the fact that the atmospheric pressure on him is more than when the barometer is low. As the pressure of the air on an ordinary sized man is about flfteen tons, the rise of the mercury from 29 to 31 inches adds about one ton to the loakl he has to
carry. carry.
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BOILS, PIMPLES, BLOTCHES.
Eruptions, Sores, Skin Diseases, Scrofula, etc. Burdock Blood Bittere really curos bed blood, driving a way every vestige of it
from a common pimple to the worst Scrofulous sore. It is the kind that cures. Mr. H. M. Lockwood, of Lindsay, Ont., had 53 boils in one year but was entirely
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B.B.B. Cures Bad Blo,od.


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