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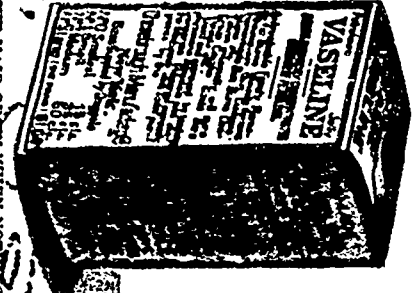
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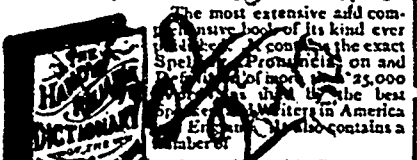
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**WASHING BLACK STOCKINGS.**—Wash in a cool lather of plain white soap and rain-water, with a little ammonia mixed in it. Keep from the air while drying, by rolling in a cloth; do not wring, but press the moisture well out. Epsom salts and water form a good rinse.

**QUILLAIA TOOTHWASH.**—An excellent toothwash containing glycerine is made as follows:—R. soap bark, ground, 4 ounces; glycerine, 3 ounces; diluted alcohol, sufficient for 2 pints; oil of gaultheria, oil of peppermint, 20 drops. Macerate the soap bark in the mixture of glycerine and diluted alcohol for three or four days, and filter through a little magnesia previously triturated with the volatile oils. Thus made, a much better preparation is obtained than by macerating the bark in the dilute alcohol, and adding the glycerine afterwards.

**LEMON PIE.**—Prepare a crust for the pie in a deep plate, then stir one tablespoonful of corn starch into a little cold water, add one cup of boiling water, let all come to a boil, then add seven tablespoonfuls of sugar, the well-beaten yolks of four eggs, and the grated rind and the juice of two lemons. While this is baking beat the whites of the four eggs and one heaping tablespoonful of pulverized sugar to a stiff froth; when the pie is baked spread this smoothly over the top, then set it in the oven for two or three minutes; this is long enough to give it the desired golden brown colour.

No water that has stood in open vessels during the night should be used for drinking or cooking. By exposure to the air it has lost its "aeration," and has absorbed many of the dust germs floating in the air. If convenience requires water to be kept in vessels several hours before use, it should be covered. Filtering always adds to the purity of the water. Drinking water should not be taken from the rivers and lakes on low level. Surface water, or water in lakes, pools or rivers which receive the surface wash, should be avoided as much as possible. Do not drink much water at a time. More than two tumblersful should not be taken at a meal. Do not drink much between meals, as excess of water weakens the gastric juice and overworks the kidneys.

**HOW LIVES ARE SHORTENED.**—Dr. Stephen Smith says the most important of the general conditions which shorten life in our day is excessive expenditure of vital force. This may occur in various ways. In the young, if food is improper or clothing insufficient, renewal does not take place at an age when the expenditure for growth is greatest, and exhaustion rapidly follows. At maturity the passions ripen into activity and have their full play, and if not suitably controlled afford large and exhaustive expenditure of vital power. Among the poor, life force is often exhausted in the struggle for food, and among the rich in the struggle for the luxuries, wealth, position and power. Here, owing to wear and tear from anxiety, loss of sleep and the concomitants, the digestion and assimilation, waste exceeds supply, and exhaustion exceeds repair. To the general causes of waste we would add impure air of dwellings, improperly prepared foods, inebriety, gluttony, social dissipation, and ten thousand nameless sources of constant impairment of the vital functions, without power of suitable renewal, which fill up the measure of man's daily life in modern society. Over nearly all of these conditions man may, if he will, exert most arbitrary control. He can feed and clothe the young, old, and helpless; he can moderate his passions to a healthful play; he can so regulate his habits as to secure a proportionate expenditure and renewal of vital energy; in his food, in his drink, in his home, and at his business he can be well nigh master of everything that affects his well-being. With all this power, why such failure? We answer, ignorance. The people at large do not know, much less realize, the extent to which they may control their own longevity. Even the higher circles of society are ignorant of the nature, whether for good or evil, of the air they breathe, the food they eat, the water they drink, the clothes they wear. Nay more, the medical profession is so devoted to the care of the sick, that it does not study as it ought the methods of preventing sickness.

"Hail beautiful bounteous, plodsome spring"—this is Mark Twain's prize poem—but the one that is the prize poem of the romance, *Blue-Backed Woodpecker* is the prize remedy, the remedy prized by all who have tried it as the best Blood Purifying Tonic and System Regulator in the market. It cures all Blood Impurities from the worst Scrofula to a common Pimple. Sample bottles 10 cents, for sale at all druggists in medicine.