

## The Home

### Only One Mother.

Hundreds of lovey stars in the lovely sky,  
 Hundreds of shells on the shore together,  
 Hundreds of birds that go singing by,  
 Hundreds of flowers in the sunny weather,  
 Hundreds of dewdrops to greet the dawn,  
 Hundreds of bees in the purple clover,  
 Hundreds of butterflies on the lawn,  
 Hundreds of butterflies on the lawn,  
 But only one mother the wide world over.  
 —Selected.

### Household Notes.

In making pickles, use none but the best cider vinegar.

To purify the air of a damp cellar, strew charcoal about floor and shelves.

Whole cloves will more effectually exterminate moths than camphor, tobacco, or cedar shavings.

A loaf of stale bread is almost as good as when newly baked when wrapped closely in a towel and steamed through thoroughly.

A pretty dish to send to a neighbor or an invalid is blanc mange molded in shells and served in a nest of whipped cream or bright-colored fruit jelly.

Spices in pickles should be used whole, slightly bruised if desired, but preferably not ground; if ground, they should be tied up in thin muslin bags.

Buttermilk is at all times good for the complexion, and also is a fine preventive both of sunburn and freckles, therefore all through the summer months should be used whenever it is possible to get it fresh.

Small white onions make very nice pickles. They are easily prepared, requiring only to have boiling brine poured over them four days in succession, when they are drained and placed in jars, then covered with vinegar.

*A Happy New Year to all who use Blue Ribbon Goods! and our guarantee that the same standard of purity and quality will be kept up as in previous years*  
**Blue Ribbon Manufact. & Co.**

WINNIPEG

## Dainty 3-fold Calendar for 10 Coupons and Stamp.

### Poisons and their Antidotes.

For arsenic.—Give warm water, sweet milk, charcoal, etc.; try to produce vomiting.

Nux vomica.—Produce vomiting; give coffee, stimulants, etc.

Belladonna.—Emetic of warm water.

Tartar emetic.—Strong coffee and tea.

Alcohol.—An emetic of common salt and water, strong coffee, and dash cold water on the body.

Bluestone, copper sulphate.—Produce vomiting with warm water; use coffee, tea and stimulants.

Opium, laudanum, soothing syrup, and paregoric.—Produce vomiting with warm water, salt or mustard. Give strong coffee; keep the patient in constant motion.

Tobacco.—Promote vomiting; give castor oil; apply ammonia to the nose.

Sugar of lead.—Emetic of warm water, and salt or mustard.

Poisonous gases.—Remove the patient to fresh air, raise the head, dash cold water over the face and head, and rub chest and extremities with mustard.

### Eat an Apple at Night.

"Everybody ought to know," says the Family Doctor, "that the very best thing they can do is to eat apples just before retiring for the night. The apple is an excellent brain food, because it has more phosphoric acid in easily digested shape than any other fruit. It excites the action of the liver, promotes sound and healthful sleep, thoroughly disinfects the mouth and prevents indigestion and throat diseases."

### Medical Advice.

Insomnia may be relieved by laying on the back of the neck a towel wrung out of ice water. This will also often relieve headache.

Bleeding from the nose can often be checked by laying a piece of ice on the wrist.

For soft and flabby flesh bathe or rub with aromatic vinegar or wine, and take plenty of outdoor exercise, for the more the limbs are used the firmer the flesh becomes.

### To Remove Dandruff.

Put one ounce of flowers of sulphur into one quart of water, agitate often for several hours, then pour off the clear liquid and saturate the head with it every morning. This does not produce the extreme dryness sometimes occasioned by the continued use of borax.

### Kitchen Don'ts.

Don't use good knives for scraping the table and pots.

Don't crumple up your dishcloths. Hang them out to dry.

Don't blacken a stove while it is hot. It takes more blacking and less polish.

Don't put damp towels and napkins in the hamper. Dry them first, or they will mildew.

Don't put egg dishes into hot water—it makes the egg adhere. Soak the dishes first in cold water.

Don't put tin pans on the stove to dry. They become heated, the solder loosens and they soon leak.



RESIDENCE OF R. C. BRADSHAW, NORTH OF THORNHILL, MAN.