

Home and Health Hints.

When boiling greens put a small piece of bread in the water.

Ammonia brightens windows and looking glasses.—The Household.

A little warm vinegar will remove paint from clothes and leave no smell.

A pinch of isinglass added to a glass of milk will render it easy of digestion and more nutritious.

Gas, for heating or lighting, (according to an authority) is to be avoided by all who wish to live in reasonably pure air.

Sweet Baked Beets.—Cook, skin and slice into a jar. Pour over them a syrup made by boiling one pint of vinegar and one cup of brown sugar with half a teaspoonful each of cloves, allspice and cinnamon.

Boiled food is more easily digested than fried food; hot food more easily digested than cold; liquid food more quickly assimilated than solid, but it should not be swallowed down too quickly, rather should it be taken in sips.

Veal loaf.—Three pounds veal, one half-pound salt pork, one cup bread or cracker crumbs, three eggs, one cup good stock, one lemon, juice and grated rind; one tablespoon chopped parsley and capers, pepper, salt and bits of butter. Bake slowly three hours.

Gluten Muffins.—Beat one egg, without separating, until light, and add to it one pint of milk. Stir in two cupfuls of gluten flour and one-half teaspoonful of salt, beat hard for five minutes. Add two teaspoonfuls of baking powder, turn into buttered muffin pans and bake in a quick oven.

Milk is not a beverage.—It is a perfect food. Where children drink milk at meals it should take the place of nitrogenous foods—meat, of course, being omitted. It is far better when the children eat meat to give them water to drink. When two sorts of nitrogenous food are used, like meat and milk, constipation is universal.

Spice Cake—Five egg yolks and whites beaten separately, one cup butter and dripping mixed, two cups sugar, one teaspoon each of nutmeg, cinnamon and cloves, one cup sweet milk, two teaspoons baking powder, in three cups flour, sifted. Mix all but flour and whites together first, then add flour, and lastly the beaten whites. Cook in moderate oven. Frost when cold.

Rice pudding with the addition of a little chocolate is delicious. Make a small rice pudding—1 pint milk and a large table-spoonful of rice. When cooked, stir in 1 oz. of grated chocolate, which has been slightly warmed, and a few drops of vanilla essence. Beat the white of an egg to a stiff froth, pile it on the top of the pudding when baked, put it in the oven to slightly brown, and serve hot.

EPILEPTIC
LIEBIG'S FIT CURE
 Will cure Epilepsy, Fits, St. Vitus Dance and Falling Sickness. A TRIAL BOTTLE sent FREE of ALL CHARGE to any sufferer sending us their name and address and mentioning this paper.
 Address THE LIEBIG CO., 179 King St. W., Toronto.
FITs.

90 PER CENT
..OF THE..
ENVELOPES

Used in Canada are made in this country, and more envelopes are turned out of this **THE LARGEST ENVELOPE FACTORY IN THE DOMINION**, than by all the competing Canadian houses combined. This is the right place for Envelopes, whether it be the largest official or the smallest pay Envelope.

Furnished Printed if desired. Lowest Quotations for Quantities.
SEND FOR SAMPLES.

The BARBER & ELLIS CO., LIMITED, TORONTO, ONT.

THE PROVINCIAL BUILDING & LOAN ASSOCIATION

Head Office, Temple Building, Toronto

INCORPORATED 1891.

Subscribed Capital, \$2,276,400. - - - Assets Over \$750,000.00

DIRECTORS :

Thos. Crawford, M.P.P. (President.) - Ald. John Dunn (Vice President)
 Rev. W. Galbraith, E. C. Davies, J. S. Deacon.

DEBENTURES :

By-law passed at Annual Meeting of Shareholders, March 14th, 1900:
 "The Board of Directors may, in pursuance of the Loan Corporation Act, and are hereby authorized in their direction to issue debentures of the Association for any period, from one to ten years, but for no sums less than \$100 each. Interest thereon at a rate not exceeding 5% per annum, being payable on the 1st April and 1st October each year by surrender of the coupon attached to the certificate for the period covered."
 In accordance with the above the Directors have decided to issue \$100,000 at par.
 Half-yearly coupons payable at the Imperial Bank (Yonge St. branch), Toronto.
 Full particulars from E. C. DAVIES, Managing Director.
 TEMPLE BUILDING, TORONTO, May 31st, 1900.

Rice Lewis & Sons

(LIMITED)

Brass and Iron Bedsteads
Tiles Grates Hearths Mantles

Cor. King & Victoria Streets

TORONTO

NEW BOOK

By F. B. MEYER, B.A.

The Prophet of Hope

Studies in Zechariah 75c

JUST READY

the Second Series of

Dr. George Matheson's

Studies of the Portrait of Christ \$1.50

Upper Canada Tract Society

102 Yonge St., Toronto.

The City Ice Company, Ltd

26 Victoria Square

Montreal

R. A. BECKET

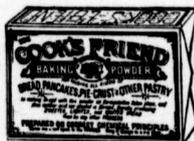
Manager.

PURE ICE—Prompt delivery.

KINDERGARTEN & SCHOOL SUPPLIES, SELBY & CO.

23 Richmond St., West, Toronto

THE INGREDIENTS OF THE... COOK'S FRIEND



are equal in quality to those of the highest priced brands on the Market.

It is sold at a more moderate price and therefore the more economical to use. It is the best to buy and best to use.