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 Dyspepsia arises from wrong action of the stomach and is the cause of much misery and many diseases such as Constipation, Biliousness, Bad Blood, Headache, Burdock Blood Bitters is a prompt and effectual cure because it tones the stomach, aids digestion and renovates the entire system. Cases which seemed past hope have been completely cured by B.B.B.
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CUTICURA SOAP, an exquisite skin purifier and beautifier, and CUTICURA RESOLVENT, greatest of humor remedies. This is strong language, but every word is true, as proven by thousands of grateful testimonials. CUTICURA REMEDIES are, beyond all doubt, the greatest Skin Cures, Blood Purifiers, and Humor Remedies of modern times. Sold everywhere. POTTER DRUG AND CHEM. CORP., Boston. See "How to Cure Skin Diseases" mailed free.

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HEALTH AND HOUSEHOLD HINTS

Life-foods.—The only two foods which contain all the substances necessary to human life are said to be milk and the yolk of eggs. A man can live in health on these two foods.

Pineapple Snow.—Pare, remove the eyes, and grate the pineapple. Drain the pulp on a sieve. Beat the whites of four eggs until foamy; slowly add four tablespoonfuls of powdered sugar. Beat until stiff and glossy; add a teaspoonful of vanilla. Whip a pint of cream to a stiff froth and stir it carefully into the whites of the eggs, with the pineapple pulp. Serve very cold in custard glasses.

Fried Cucumbers.—Peel three good-sized cucumbers, slice them half an inch thick, and lay in cold, salted water for an hour, then dry on a towel. Put a large frying-pan over the fire, with drippings or lard half an inch deep in it, and when the fat begins to smoke put in the cucumbers, only so many at once as will lie on the bottom of the pan; dust with pepper, and quickly fry them brown on both sides. Serve hot. These are very nice served with toast.

A Good Breakfast Cake.—Take one quart of flour, two teaspoonfuls of baking powder, two tablespoonfuls of sugar, one tablespoonful of butter, one teaspoonful of ground cinnamon, and a pinch of salt. Mix all the dry ingredients together, rub in the butter, and add enough sweet milk to make a soft dough. Roll into sheets, put in pie tins, allowing to come up on the side a little, and sprinkle with sugar, cinnamon, and tiny bits of butter. Bake in a moderately hot oven and serve at once.

Turnip and Tomato Soup.—Chop up an onion and cook it in a covered pan for ten minutes with 2 or 3 ounces of butter or clarified dripping; then pour on to it a quart of boiling water or weak stock; add 4 or 5 turnips, a potato, and half a can of tomatoes, the vegetables all chopped up small; season to taste with pepper and salt, and then let them all simmer gently together till quite tender, when they must be all rubbed through a sieve together; put back into the pot with a little bit of butter, just to boil up, and serve very hot.

The uses that can be made of half-worn table linen are almost endless. We know people who turn the best parts of a worn table-cloth into table napkins, by hemming; but when napkins proper can be bought so cheaply nowadays—can be had in price to suit the poor or the plethoric purse—it does not pay to utilize old linen in this way.

All good housekeepers know that if a cold roast or boil even, is put most carefully into a refrigerator, it will turn a little darker in colour, unless covered. So we take the best parts of half-worn tablecloths and convert them into double napkins for this very purpose—cut into different sizes—by merely sewing the edges together. It is helpful to have them, if only for the purpose of covering generally, as well as to have a clean and ready supply always at hand. Biscuits and warm bread generally are much improved by being allowed to stand a few moments, covered with a light cloth, in the pan in which they were baked, before serving.

Old linen sheds its lint too freely to be of any use for window cleaning, but the most worn parts serve well for washing dishes if sewed into a proper size and shape; while some should be carefully put away into the medicine closet, to be ready and readily found, in case of a cut or burn or accident. Put it where the glove fingers and the simple ointments are; and when everything is "handy" and in place for these every-day little mishaps, then they will probably be rare.

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