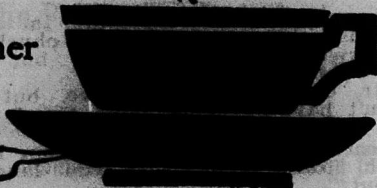


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but be sure you ask for Wellington P.O.P.—S.C.P. (Gaslight paper) plates and films—they are the world's standard. If your dealer does not stock write

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## Hints for the Housewife.

### The Dishes.

Somebody didn't wipe the dishes dry! How do I know? Because I saw them cry, crying as they sat upon the shelves. I saw them and they couldn't help themselves.

They made no noise; each plate was in its place. But oh! Two tears were on the platter's face! O, don't you think a little girl is mean whose dishes cry because they're not wiped clean?

Hot water and soda will usually remove stains from wood, such as the floor, table, etc.

Peppermint sprigs laid around shelves and places which mice frequent will drive them away. Chloride of lime sprinkled around places that rats or mice frequent will also drive them away. Keep it in a bottle, corked.

To keep bright grates from rust, make a strong paste of fresh lime and water, and with a brush smear it thickly over the polished surface. This is a simple way of keeping the grates and fire-irons of an unoccupied house free from injury for months.

In the West Indies a lemon bath is almost a daily luxury. Three or four limes or lemons are sliced into the water, and allowed to lie for half an hour in order that the juice may be extracted. A remarkable sense of freshness and cleanliness is given to the skin.

Fruits, to do their best work, should be eaten either on an empty stomach or simply with bread. In the morning, before the fast of the night has been broken, they serve as a natural stimulus to the digestive organs.

If a sliced onion and carrot are cooked with veal, it will be found that the flavor of the rather tasteless meat is much improved. Veal cutlets rely for their flavor on the tomato sauce that is usually served with them.

A Recipe for Chapped Hands.—The judicious nightly use of glycerine and rosewater, or, better still, glycerine jelly, well rubbed in, will cure and certainly prevent most cases of chapped hands, but sometimes a little zinc or lanoline ointment may prove more soothing.

Silk elastic belts soil very easily. A very simple method of cleaning them is to take a small brush, slightly dampened, rub considerable soap on it and scrub belt well. When clean, take damp cloth and rub soap off. Hang to dry in open air.

In order to do away with the cleaning of the sides and bottom of a teakettle on which a corrosion has formed from the use of hard water, place in the kettle a well-cleaned clam shell. The accumulation will form on this shell instead of on the kettle.

Sponges will not bear boiling, and this fact has prejudiced many careful people against their use. They may be made antiseptically clean by being placed in boiling water to which has been added a little strong ammonia. Cover the vessel and set aside for fifteen or twenty minutes. Squeeze the sponge vigorously and rinse in cold water.

A Furniture Reviver.—Chairs and sofas upholstered in leather last much longer if the leather is regularly revived with the following mixture. This not only cleans the leather, but at the same time softens it and prevents its cracking: Take one part of the best vinegar and two parts of boiled linseed oil and shake well together. Apply a very little on a soft rag, and afterward polish with a silk duster. The leather of chairs requires to be as regularly polished as the woodwork.

How to Cook Fish for Invalids.—Take a plaice and fillet it, then put into a jar with a little milk and water, cover the jar with a lid, and put into a pan of boiling water; allow the water to come half-way up the jar, and boil for one hour. Fold the fillets up and put on a slightly greased plate, sprinkle with a few drops of milk, place another plate over the top, and steam over the top of a boiling pan for eight or ten minutes, according to the thickness of the fish.

Cocoa-Nut Pudding.—Put into a stew-pan 2 ounces of butter and 4 ounces of castor sugar; when melted, stir in 4 ounces of cocoa-nut and 1 ounce of citron cut very fine, three large or four small eggs, and the grated rind and juice of a lemon; pour into dariole moulds, and steam for half an hour. Serve hot or cold. If cold, no sauce; if hot, with a sauce made of cocoa-nut and milk, thickened with a little flour and sweetened to taste. This sauce to be poured around the pudding when sent to the table.

Brass Will Brighten a Room.—Brass can make a wonderful difference to a dreary room. A large jardiniere, with a plant in it, placed in a dark corner, will lighten up the corner marvellously. Brass fire-irons, too, will give a cheery reflection; even candlesticks help, and little trays and bowls, be they ever so small. The importance of brass in a sunless room cannot be too strongly emphasized. Mirrors brighten it up and so do some pictures, with well-polished glasses and gilded frames.

Darning on the Sewing Machine.—We read somewhere that table linen could be very nicely darned on the sewing machine, and by trying found we could do it so that when washed and ironed the mended places would not be noticed. It is better to darn before the worn place becomes a real hole. Use fine thread, 60 or 70, lift the pressure foot after catching the threads together by taking a stitch or two, hold the work firmly and evenly by spreading a hand on either side, then move the cloth back and forth, and again crosswise until the place is well filled in. We have also mended knitted underwear in the same way with coarse thread.

### To Preserve Raspberries Whole.

Half pound sugar to a quart of raspberries. Put a layer of fruit into a pan, then sprinkle sugar over alternately—a layer of fruit and a layer of sugar. Put a very little water in to keep from setting at the bottom. Watch until they boil, and let boil 15 minutes.

### To Keep Milk Sweet.

A tiny pinch of carbonate of soda, or salt, put into the milk as soon as it arrives will help to prevent its turning sour, and if it seems inclined to turn and is slowly heated to nearly boiling point and a pinch of carbonate of soda then stirred in the sourness will disappear.

### Effervescent Lemonade.

To make this take one pound of sugar and 30 drops of lemon essence. Sift through fine muslin two and a half ounces of tartaric acid and the same quantity of carbonate of soda. Mix these ingredients with the sugar, and place the mixture in an airtight bottle. Two teaspoonfuls of the mixture should be added to a tumbler of water.

### Makes a Pretty Kitchen.

A reader writes: Most housewives like their kitchen to look as dainty as their sitting-room. I pass on this hint, which is both pretty and labor-saving. As a rule, the stone work round the kitchen grate is varnished black, and unless this be well polished or varnished it does not look well. I did all the stone work round my grate with enamel in a pretty shade of sage green, and it has been so much admired and copied that I thought I might pass the idea on to readers of the Western Home Monthly.

### Teething Children.

"I would give anything if my baby were like that," said a mother to me once as my little one sat at the table at an Aid Society supper contentedly eating a slice of bread and butter while all about were fresh rolls, thin slices of pink ham, pickles, cheese, preserves, and all the other indigestibles that go to make up one of these "feeds."

"My boy is cutting teeth and he fairly howls for everything he ought not to have and simply refuses to eat things he ought to eat."

"It's all in the starting right," said the hostess. "I always said Mary was starving her child when she refused to give it a little taste of this and a bit of that, as mothers usually do, but I can see now that she had more wisdom than I gave her credit for. He doesn't know the taste of any of those injurious articles, consequently he never asks for them. He is cutting his first double teeth now and he has never tasted potatoes, gravy, pickles, cheese, pie, cake, or rich sauce, and the only candy has been an occasional chocolate cream."

"Well, he doesn't look starved," came in a chorus from the ladies as we arose from the table.

August time tells on the nerves. But that spiritless, no ambition feeling can be easily and quickly altered by taking what is known by druggists everywhere as Dr. Shoop's Restorative. Within 48 hours after beginning to use the Restorative improvement will be noticed. Of course, full health will not immediately return. The gain, however, will surely follow. And best of all, you will realize and feel your strength and ambition as it is returning. Outside influences depress first the "inside nerves," then the stomach, heart and kidneys will usually fail. Strengthen these falling nerves with Dr. Shoop's Restorative and see how quickly health will be yours again. Sold by all druggists.

In a Democratic country like Canada it's not a question of what you used to be but it's what you are today, and the Gourlay piano in purity of tone, responsiveness in action, remarkable scale and wearing qualities stands for all that is highest and good in piano building.