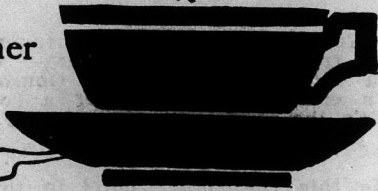


Chase & Sanborn's

HIGH GRADE COFFEE

Some people buy Chase & Sanborn's Coffee because of its exquisite flavor—others, because of its strength—some, "just because they like it." All of them, because no other coffee suits them so well.

91



They come piping hot from the ovens—they go right into parchment paper and are then sealed in tins.

All the crisp daintiness—all the goodness of perfect making and baking—is caught and held by the air-tight, moisture-proof package.

That is why Mooney's Perfection Cream Sodas always come to your table inviting and tasty—whether you buy them in Halifax or Vancouver, or anywhere between.

Do You Know Mooney's?

107

Mr. Grocer---

It is a waste of hard earned money to buy paper bags, even at ridiculous discounts, if they are not serviceable

E. B. EDDY'S

SELF-OPENING GROCERY BAGS

Are manufactured from strong manilla paper and

WILL NOT TEAR OR BURST

Ask your dealer for them and accept no others. Each bag has the initial "E"

TEES & PERSSE LIMITED, Agents

CALGARY WINNIPEG EDMONTON

"Always — Everywhere in Canada — Use EDDY'S MATCHES"

Hints for the Housewife.

Nancy's Eyes.

In Nancy's eyes two spirits dwell; I fear them, yet I love them well— Alas, I am not wise! They beckon, and I come with glee, Although it is not best for me To look in Nancy's eyes.

In Nancy's eyes I often find A tendency to be unkind; They greet me with surprise, As if they did not know my days Are dark as night unless I gaze Just once in Nancy's eyes.

Yet in these eyes I sometimes see A welcome all reserved for me, Which deep within them lies; And something tells me, secretly, It's Nancy's heart that looks at me— Sometimes through Nancy's eyes.

Helpful Suggestions.

To keep the coal-bin clean line it with several thicknesses of paper.

When the furniture looks sticky or smeary, too much furniture polish has been used.

Fish are scaled and fowls plucked more quickly if dipped into boiling water for an instant.

Matting may be cleaned with salt water applied with a small brush. Rinse and dry thoroughly.

Bread which is to be kept long should be kneaded longer than that which is meant for to-morrow's use.

A piece of ammonia is said to keep gloves in good condition if placed in the box with them. Care must be taken, however, that the ammonia does not touch the gloves.

Do not wash lamp chimneys. They are liable to break if washed, and it is not necessary, for, by holding them in the steam of a boiling kettle for a moment, the task of rubbing them clean with a cloth is rendered very easy.

When the cane chair seats are out of shape turn up the seats and with hot water and soap wash the cane-work until thoroughly soaked, and leave the chairs to dry upside down in the air, when the seats will become firm and tight again.

To remove grease spots from carpets, sprinkle powdered fuller's earth thickly on the spot, cover with a piece of coarse brown paper, and put a hot iron on the paper; when the iron is cold remove it, but do not brush off the fuller's earth for several hours.

Never trouble to shave down the end of a too thick candle, for there is a better and quicker plan. Get a little hot water, and in it hold the end of the candle till the wax softens, then press it into the candlestick, it will fit firmly directly the wax hardens again.

If metal articles prove obstinate under the cleaning process it is likely there is a copper tinge in them. A strong solution of oxalic acid, such as is used for kitchen boilers, will be found the best restorer. But it is a most virulent poison, and should never be used when children are about. The most unresponsive metal will yield to the treatment prescribed.

If glazed tiles are spotted, wash them with lemon juice, leave them for a quarter of an hour, and finally rub them with a soft cloth. Tiles should not be washed, but only rubbed with a damp cloth, and then polished with skim milk and water. Perhaps a rag on which a little paraffin has been sprinkled is the best of all polishers; but it should be used before a fire is lit in the grate.

To wash woolen stockings so that they will not shrink is quite easy. First shred some yellow soap into a small tin saucepan. Cover it with cold water and let it boil slowly on the stove till a jelly. Take some tepid water, and with the boiled soap make a good lather. Wash the stockings in this, rubbing well and using no other soap. Rinse in tepid clear water, wring out, and set in the air to dry quickly.

When a house is being done up, paint is not infrequently spilt on doorsteps, and it is sometimes found very difficult to remove. In that case make a strong solution of potash and wash the steps, simply leaving the solution to soak in. In a short time the paint will become soft, and can then be washed off with soap and water. Then use cold water. Paint which has been left on for some time will yield to this treatment.

A cloth dipped in strong cider vinegar will clean mica.

The skimming of fat from off soups, etc., should be saved for frying purposes.

To remove finger-marks from door-knobs and locks use pure soap and old cheese cloth.

To clean windows use warm water and a little borax. Wipe dry, and polish with crumpled newspapers.

Orange peel, dried and grated, makes a very fine yellow powder that is delicious flavoring for cakes and puddings.

When peeling onions, begin at the root end and peel upward, and the onions will scarcely affect the eyes at all.

Needlework should be ironed on the wrong side in a piece of flannel, and it should be kept long enough under the iron to thoroughly dry it.

Have a small horseshoe magnet fastened to the end of a tape or ribbon of sufficient length so that it can be dropped to the floor to pick up scissors and needles.

Many householders dislike to burn organic refuse because of the offensiveness of the process. This can be overcome entirely by first drying such matters in the ash-pit beneath the fire.

If you rinse a plate with cold water before breaking the eggs on it, add to them a pinch of salt, and then stand where there is a current of air, you will have no difficulty in beating them to a froth.

To remove iron-mould or rust, the best way is to stretch the spots over a bowl and moisten with salts of lemon until the spots disappear. Then the soiled part should be thoroughly rinsed in warm water to remove the acid.

If a hair mattress has once been thoroughly fumigated with carbolic acid an infroad of bugs will be warded off for years. Sometimes this is done by the manufacturer, and in buying a new mattress it is well to make inquiries about it.

If house plants droop from no apparent cause and refuse to thrive, try watering them solely by pouring warm water into the saucers every day. Plants love bottom heat, and it will sometimes give them a new lease of life.

Soap and soda often softens the bristles of a brush and turns an ivory back yellow; a tablespoonful of ammonia in a quart of warm water is sufficiently cleansing. Combs should not be washed if it can be avoided, as water is apt to split the teeth. They can be kept clean with a small brush which is sold for the purpose, and rubbed with a cloth or towel.

Silver articles that have become tarnished may, even if embossed or engraved, be quite quickly cleaned by the use of alum. Dissolve an ounce in a quart of soap-suds, and wash carefully, using a brush for the carved parts. Rinse the article several times, then dry with a soft cloth and polish with chamois. Hot suds with ammonia will also clean the silver quickly and well, in such a way that there need be no troublesome brushing with one or another of the pink and white powders which have such a gift for lodging in all the ornamental parts.

The pleasure of preparing some dainty dish is often spoiled by the thought that the necessary basins, spoons, plates, etc., must be washed afterwards. To many people the prospect of dirty cooking utensils awaiting them after a meal takes away all appetite for their food. All pots and pans should be washed when warm, if possible, as this much lightens the labor. Some old pieces of rag or thick folds of paper should be kept near the stove to save the hands in taking the vessels off the fire. Be careful to keep the dish cloth clean and free from grease by well washing it after each time of using. A little soda added to the water is a great help in getting the grease off the dishes and pans.

Prevent Disorder.—At the first symptoms of internal disorder, Parmelee's Vegetable Pills should be resorted to immediately. Two or three of these salutary pellets, taken before going to bed, followed by doses of one or two pills for two or three nights in succession, will serve as a preventive of attacks of dyspepsia and all the discomforts which follow in the train of that fell disorder. The means are simple when the way is known.