

# Good morning

4/8/92

## HAVE YOU USED PEARS' SOAP?

### MENIER CHOCOLATE

Paris Exposition, 1889 **3 GRAND PRIZES.** 2/4/26  
**5 GOLD MEDALS.**  
**LARGEST CHOCOLATE MANUFACTURERS IN THE WORLD**  
 YEARLY SALE EXCEEDS 30,000,000 POUNDS.  
**PUREST, HEALTHIEST AND BEST.**  
 Ask for **YELLOW WRAPPER** Menier Chocolates and take no others.  
*For Sale Everywhere.*  
**BRANCH HOUSE, UNION SQUARE, NEW YORK.**

DAVID CRAWFORD, MONTREAL AGENT.

#### THE GREAT ENGLISH REMEDY

OF PURELY VEGETABLE INGREDIENTS  
 AND WITHOUT MERCURY, USED  
 BY THE ENGLISH PEOPLE FOR  
 OVER 120 YEARS.

## Cockle's Pills

6/32

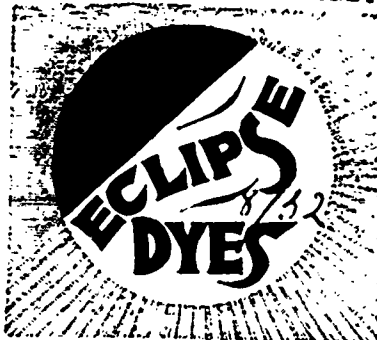
COMPOUND  
ANTIBILLIOUS

These Pills consist of a careful and peculiar admixture of the best and mildest vegetable aperients and the pure extract of Flowers of Chrysanthemum. They will be found a most efficacious remedy for derangements of the digestive organs, and for obstructions and torpid action of the liver and bowels, which produce indigestion and the several varieties of bilious and liver complaints. Sold by all chemists.

WHOLESALE AGENTS

EVANS & SONS, LIMITED,  
 MONTREAL.

#### THE WONDER OF THE AGE!



#### A NEW IMPROVED DYE FOR HOME DYEING.

Only Water required in Using.

10¢ a package. For sale everywhere. If your dealer does not keep them, send direct to the manufacturers,  
**COTTINGHAM, ROBERTSON & CO., MONTREAL.**

## ELECTORS!

1/2

### Grits, Tories, Equal Righters and Gentlemen.

You are greatly concerned just now about the Provincial Elections, and about the prospects of your favorite candidates; but in the political scramble do not forget that while you are fretting and fuming about the elections, your house can be kept in sweet and clean condition in every department by the use of that unequalled article—

## "SUNLIGHT" SOAP.

No home should be without "SUNLIGHT."

## CONSUMPTION SURELY CURED

12/32

TO THE EDITOR:—Please inform your readers that I have a positive remedy for the above named disease. By its timely use thousands of hopeless cases have been permanently cured. I shall be glad to send two bottles of my remedy FREE to any of your readers who have consumption if they will send me their Express and Post Office Address. Respectfully, T. A. BLOCUM,  
 M.C., 186 West Adelaide St., TORONTO, ONTARIO.

#### HEALTH HINTS.

THE old-fashioned idea that burning sulphur is a disinfectant is pronounced by physicians of the present day to apply only to the rooms and closets of a house, but will not answer for clothing and blankets, which should be washed in a solution of carbolic acid and left in the air for several days.

FOR BEE STINGS.—The following is a cure for bee stings: Take a pinch in the fingers of common salt, put on the place stung and dissolve with water, and rub with the finger. If not relieved in one minute, wet the place with liquid ammonia. For bites and stings, apply instantly, with a soft rag, moist freely, spirits of hartshorn. A lump of wet saleratus applied to the spot stung by a wasp will afford instant relief. The alkaline properties neutralize the poison. A bruised leaf of common poppy applied to stings will give immediate relief.

WORTH REMEMBERING.—From *The Household* we take the following items: Eating or drinking very cold or very hot substances is very injurious, both to teeth and stomach. Keep the body scrupulously clean; change clothing often, worn next the skin, and do not economize in wash bills. Never sleep in clothing worn during the day. Ventilation cannot be accomplished by simply letting the pure air in, the bad must be let out. If rooms, especially sleeping rooms, are not constructed on this plan, a little contriving will find a way. It does not follow that sick persons are asleep because their eyes are shut; they may be acutely conscious of all that is passing in the room, though unable or unwilling to make any sign; and nothing can be more nerve-provoking than hushing and whispering around and creaking about on the tips of their toes. As far as can be done, children should have separate beds, even if two are in the same room. It is both better for health and conducive to sound, refreshing sleep, which is much the same thing. Parents, as they regard the lives of the young under their care, should see to it that they do not suffer during the important period of early life that is given to sleep.

EXERCISE AND REST. There is no better preventive of nervous exhaustion than regular, unturried, muscular exercise. If we could moderate our hurry, lessen our worry, and increase our open air exercise, a large proportion of nervous diseases would be abolished. For those who can not get a moment's holiday, the best substitute is an occasional day in bed. Many whose nerves are constantly strained in their daily vocation have discovered this for themselves. A Spanish merchant in Barcelona told his medical man that he always went to bed for two or three days whenever he could be spared from his business, and he laughed at those who spent their holidays on toilsome mountains. One of the hardest-worked women in England, who has for many years conducted a large wholesale business, retains excellent nerves at an advanced age, owing, it is believed, to her habit of taking one day a week in bed. If we cannot avoid frequent agitation, we ought, if possible, to give the nervous system time to recover itself between the shocks. Even an hour's seclusion after a good lunch will deprive a hurried, anxious day of much of its injury. The nerves can often be overcome by stratagem when they refuse to be controlled by strength of will.

#### HOUSEHOLD HINTS.

COLD LEMON PUDDING.—One-half box of gelatine soaked in four tablespoonsful of water for ten minutes; add a pint of boiling water, juice of two lemons, one cupful of sugar. Strain and set away to cool. When cold stir in the whites of three well-beaten eggs. A thin boiled custard or thick cream may be used to pour over the pudding.

WHITE LAYER CAKE.—Beat to a cream one-half a cupful of butter and two cupfuls of pulverized sugar, add one-half cupful of sweet milk, two and one-half cupfuls of flour sifted with two and one-half cupfuls of baking powder, the whites of eight eggs; bake in layers, and put together with thin icing; boil a half teacupful of water and three teacupfuls of sugar till thick; pour this slowly over the well beaten whites of three eggs, and beat before putting on each layer; sprinkle each layer thickly with grated cocoanut.

RICH APPLE PUDDING.—Four pounds of good flavoured apples, one-quarter of a pound of good butter, one cupful of cream, four eggs; sugar to taste; rind of one lemon; some grated nutmeg. Boil the apples to a pulp, and while hot stir in the butter, and set aside. When cold, add the eggs, well beaten; the lemon rind grated; the grated nutmeg and sugar to taste, and stir all thoroughly together. Have a deep pie-dish lined with good pastry, put in the mixture and bake half an hour in a good oven. Serve with cream sauce or custard.

CREAM CAKES. Put into a saucepan two cups of water and one cup of butter. Boil these together one moment, and then stir in two scanty cups of flour, slowly and gradually. Stir very briskly, and when smooth remove from the fire, when nearly cold stir in five eggs at one time; stirring constantly. Drop on tins in spoonfuls, in small round cakes, and bake in a quick oven. They will puff up greatly. When cool split open at one side and fill with cream, made of two cups of boiling milk, into which is stirred one-half a cup of flour, three eggs, one cup of sugar, and lemon or vanilla flavouring.

TENDER CHICKENS cooked in the following way are as good as if they were broiled: Open them in the back, season and put them in a baking-pan, with a little water in it. Turn another pan over it, and bake for an hour and a half or two hours according to the size. If they are not brown enough when nearly done take off the upper pan. Cut off the neck before putting in the oven, and boil it along with the giblets in half a pint of water. Take the bones out of the neck; cut that, the gizzard and heart, into fine pieces. Mash the liver with a spoon, and add them all, with the water in which they were boiled, to the gravy.

HOW TO MAKE AND COOK A CAKE.—Sweet milk should always be used with baking powder, and makes firm, white cake; sour milk, used with soda, makes light, spongy cake. If fruit is to be used, it should be prepared the day before; currants should be washed through several waters, and dried on a coarse towel, and raisins should be picked from the stems, washed, dried and seeded, citron sliced and floured, almonds blanched and chopped. The materials all having been prepared, the butter and sugar should be creamed together, the milk added, the yolks of the eggs with the flour and baking powder; lastly the whites of the eggs and flavouring should be mixed in. There is great art in beating cake; it should not be stirred, but beaten; bring the batter from the bottom of the bowl at every stroke, thus driving the air into the cells of the batter instead of out of them. A wooden spoon should be used, and the mixing done in stoneware; the cake pan should be greased and lined with thin brown paper well greased. Too much care cannot be given to the oven, as therein lies the secret of good cake. The oven may be tested by holding the hands inside for twenty or twenty-five seconds; if the heat can be borne that length of time the oven is in proper order. Care should be taken not to remove the cake from the oven till done; test with a clean broom straw or a knitting needle; if the dough does not adhere, it is done. When removed set the cake, while in the pan, on an inverted sifter to cool. It should be allowed to remain in the pan fifteen minutes after taking from the oven, when it can be carefully removed and set right side up. A tin cake box or a large stone jar is best to keep cake in.

#### An Old Friend in a New Dress.



Absolutely the Best.

All the ingredients used are pure and wholesome, and are published on every label. One Trial Proves its Superiority.