

this is a sample of your skill, you will be as notable housewives as your grandmother was."

And grandma beamed her delight at this.

In the evening, when the company was all gone, Mrs. Egbert came down stairs and told the girls that grandma wanted to see them before she went to bed. They found her sitting before the fire with a happy smile on her face.

"I want to tell you how happy you made me this afternoon," she said. "The party was delightful, just what I would have wished, and all the arrangements were perfect. But that was not the best part. I know now that my girls think of grandma, for they took the time to plan and work for me. It has done my heart good, and I think we shall understand each other better after this."

They sat down and talked with grandma for a half-hour, and then went down stairs.

"I'm very much ashamed that we never thought of it before," said Hilda.

"And to think that she cared for our company all the time," said Maud; "I thought we would only annoy her if we went to her room very often."

"Well, at any rate, we won't be so stupid again," said Clare.

And the others echoed, "No, indeed."—*Christian Standard.*

HOME HINTS.

Use hot water instead of milk to thin the eggs in an omelet. It makes it more tender.

Rice is much nicer steamed than boiled, as then each grain is separate from the others and is white and dry as it should be.

To make awnings waterproof, immerse first in a solution of soap, and repeat the process in a copper solution of equal strength; then wash and dry.

To restore the color of black kid boots, take a small quantity of good black ink, mix it with the white of an egg, and apply it to the boots with a soft sponge.

For Sore Throat

And hoarseness with their attendant dangers may be speedily averted and remedied by the use of *Nerviline*. Excellent to gargle with—ten times better than a mustard plaster and more convenient for the outside, and speedily allays inflammation. *Nerviline* cures because it is five times stronger than other remedies—penetrates the tissues instantly, soothes the pain, and cures simply because that's what it is made for. Druggists sell it.

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A LIFE SAVER.

Baby's Own Tablets Make Children Well and Keep Them Well.

Emergencies come quickly in the lives of little ones, and the wise mother will always keep at hand a reliable medicine to cope with them. Delay may mean the loss of a precious little life. There is no medicine can take the place of Baby's Own Tablets in relieving, curing and preventing the minor ailments of children. "If you could see my baby now," writes Mrs. James Boviah, of French River, Ont., "and compare him with his condition before I began giving him Baby's Own Tablets, you would not know it was the same child. From the age of four up to twenty-one months he was constantly ill, and was wasted away to a skeleton. I gave him a great many medicines, but always without result, until I heard of Baby's Own Tablets and began giving them to him. Almost at once they helped him, and he is now a fine, fat, healthy child. I now always keep the Tablets in the house."

The Tablets contain none of the poisonous drugs found in "soothing" medicines, and can be given with absolute safety to a new-born babe. Sold by all druggists or sent by mail at 25 cents a box by writing to the Dr. Williams' Medicine Co., Brockville, Ont.

FOURTEEN MISTAKES.

An English paper gives a list of what it terms "the fourteen mistakes of life." While there are undoubtedly other mistakes than those mentioned, the list is a fairly comprehensive one.

It is a great mistake to set up our own standard of right and wrong, and judge people accordingly; to measure the enjoyment of others by our own; to expect uniformity of opinion in this world; to look for judgment and experience in youth; to endeavor to mold all dispositions alike; to look for perfection in our own actions; to worry ourselves and others with what cannot be remedied; not to yield in immaterial matters; nor to alleviate all that needs alleviation as far as lies in our power; not to make allowances for the infirmities of others; to consider everything impossible that we cannot perform; to believe only what our finite minds can grasp; to expect to be able to understand everything.

And the last and greatest mistake of all is to live for time alone, when any moment may launch us into eternity.

PASTE FOR REMOVING GLOSS.

A busy young mother asks me to send the receipt for making a paste which removes shine and gloss from clothes. She read it somewhere, but forgot to cut it out, hence it was lost to her.

It is a valuable aid in cleaning all kinds of fabrics, such as cashmere, cloth, and all kinds of woollen goods. It is easily made and very simple, can be bottled and kept nicely for years, and a mother with boys who has used it for some times says it has proved invaluable to her.

The paste for cleaning is made as follows: "Fill a quart tin can nearly full of hot rain water, and add to it a tablespoonful of good washing powder and stir it well, then set it on the stove to boil. It will form a jelly-like paste when cool, but it can be reduced if necessary by adding more water. Pour it in a small jar or open-mouthed bot-

tle, and fasten up tight and keep on hand for emergencies. Apply with a damp cloth. It will remove all shine and gloss or green spots," and it is unequalled for cleansing coat collars.—*New York Observer.*

HOW TO GET SLEEP.

1. If you have anything on your mind, from a sonnet to a soup, "make a note of it." It is less nerve expense to use a paper tablet than to use the brain tablet.

2. Relax. Lie as limply in your bed as a year-old babe. "Rest, relaxation, repose." Station these Delsarte graces at the approach to your nerves. If your nerves are overtaxed they will find rest; if not, these three will stand guard against a thousand so-called duties.

3. You are too tense. When you think, use the brain alone. You cannot have repose of mind without repose of muscle. A well-known author complained that his knees ached while he was writing, and that his arms ached when he was walking. He broke down. Too tense.

4. Do no mental work after eight o'clock in the evening. Associate only with restful persons.

5. Place a handkerchief wet in cold water at the base of the brain. In extreme cases the sanitarium people use the ice-cap—a close-fitting double rubber cap filled with pounded ice.

6. The Delsarte people also say: Lie face downward on your bed in such a position that the head may hang over the edge. Cross arms under the chest for support. Bend head slowly forward as far as possible, then as far back as possible. Count twenty with eyes on ceiling. Repeat.

7. At the sanitarium just before retiring they give the sleepless ones a sitz and a foot bath—the sitz 96 to 98 degrees Fahrenheit, the foot bath 110 to 115 degrees Fahrenheit.

8. The salt rub is another sanitarium commandment: First, they turn the water on you; second, rub you with handfuls of wet, hot melted salt; third, rinse you; fourth, dry you. This may be easily managed at home in a tub, or standing over a sheet.—*Harper's Bazar.*

SOME SCHOOL-BOY DEFINITIONS.

Some school boys were asked to define certain words, and to illustrate their meaning. An exchange quotes a few of their choicest efforts.

"Frantic means wild; I picked some frantic flowers."

"Athletic, strong; the vinegar was too athletic to use."

Then some single words were explained in a funny way by this same class of boys.

"Dust is mud with the wet squeezed out; fins are fishes' wings; circumference is distance round the middle of the outside."—*Ex.*

"Breath is made of air. We breathe always with our lungs, and sometimes with our livers, except at night, when our breath keeps life going through our noses while we are asleep. If it wasn't for our breath we should die whenever we sleep. Boys that stay in a room all day should not breathe; they should wait till they get outdoors. For a lot of boys staying in a room make carbonic acid; and carbonic acid is more poisonous than mad dogs, though not just the same way. It does not bite; but that's no matter as long as it kills you."

WHY CROUP IS FATAL.

When croup attacks your child you must be ready for it. It comes as an accompaniment to an ordinary cough, or it may attack without warning. All ills of children develop quickly, and when any kind of cough appears there should be something at hand to stop it with promptness. Many a child has choked to death with croup because the right remedy was not convenient. Every one should know that the right safeguard for a child's cough or any cough is Adamson's Botanic Cough Balsam. With this soothing compound in the house, croup is always easily checked and relieved.

To give a child a cough mixture containing a narcotic is a very serious matter, yet most preparations contain something of this kind. Adamson's Botanic Cough Balsam is prepared from the purest extracts of barks and roots and gums of trees, and is health-giving in every component part of it. Wherever it touches an inflamed surface it heals and soothes it. Nothing ever compounded for cough is so harmless, and nothing so efficacious. Adamson's Balsam is an old remedy and it has never lost a friend through failure to help. Keep it in the house. Try it on your own cough and do your child a good turn by being ready for any emergency. Price 25 cents at any druggists.

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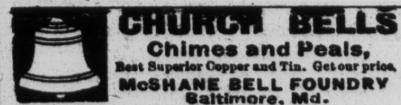
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Heart Palpitated—
Would Get Dizzy Spells—
Many Canadian Women Troubled in this Way—
Are You One of Them?—
If so, You Can Be Cured!

**MILBURN'S
HEART AND NERVE
PILLS
WILL DO IT.**

Mrs. Denis Hogan, Hazeldean, Ont., writes:—During the year 1901 I was troubled very much with palpitation of the heart, followed by a fluttering sensation and great pain. I would get dizzy, and was very weak and nervous. Being advised to try MILBURN'S HEART AND NERVE PILLS, I procured three boxes, and since taking them I have not had a bad spell, and feel better than I have for years.

Price 50c. per box, or 3 for \$1.25; all dealers or The T. Milburn Co., Limited, Toronto, Ont.



I am looking with an eager interest into the "undiscovered country," and leaving this earth with no regret except that I have not accomplished more work. But I don't doubt we shall keep on working.—*Helen Hunt Jackson.*