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# Household Hints

CARE FOR THE TEETH!

It is useless to say to intelligent persons that the teeth should be brushed at least twice every day, with unfailing regularity, and that selection of the toothbrush is a matter deserving some thought. Anyone who will buy a cheap, inferior toothbrush, and spend money on things more ornamental and less useful, does not deserve good teeth.

For ordinary use, a good, stiff brush that fits the mouth is the best to use, and do not be afraid to use it. A prominent dentist once told me that a tooth kept polished would never decay. This itself is an argument in favor of the untiring use of the toothbrush.

Some good dentifrice should be used two or three times a week, and there is nothing superior to plain "prepared chalk." It forms the basis of all the expensive tooth powders, and is just as good as the best of them. If one objects to the flat taste of the chalk, it can be easily converted into a pleasant dentifrice by flavoring with extract of rose.

A still more effective dentrifice is prepared chalk and powdered orris of finely shaved Castile soap. This formula may be used a lifetime and never be improved upon, as it contains every essential for cleaning and whitening the teeth.



Heavy Macrim Lace combined effectively with sheer chiffon.

### Washing Silk Gloves

For washing silk and Lisle-thread gloves use a soft suds made of soft warm water and a good white soap; put the gloves on the hands just as you would to wear, and wash your hands in the suds as though the gloves were not there, rubbing more soap on any soiled place. When clean, rinse through several waters. wipe with a soft towel, but do not rub them; then take off carefully and hang in a draught to dry, pulling them into shape occasionally. Pure white gloves should be hung in the sunshine, but delicate tints should be dried wrong-side out in the shade. The delicate threads of such gloves can not stand rubbing on the washboard. All rents and repairs should be made before washing.

## Water of Eternal Youth

The beauties of the Austrian court used a lotion which was so effectual in keeping the face smooth and free from winkles, even in the aged, that they named it the "water of eternal youth."

Some one has recently divulged the secret of this wonderful, though exceedingly simple wrinkle lotion, which in her gratitude she has similarly dubbed as a preserver of youth. One ounce pure saxolite (powdered), dissolved in a half pint of which hazel —that's all there is to it. Any woman can get these ingredients at her drugstore, put them together, and use the solution with entire safety. To bathe the face in the same brings immediate results, even in case of the deeper wrinkles and furrows. This is also effective for hanging cheeks and double chin.

## Proper Table Manners.

Teach the little one table manners as soon as he can sit at the table and half cent per dish. handle a spoon, says an exchange.

# OF CANADA

Pays special attention to

## Savings Accounts

Nothing forms so complete a dividing line between well-bred and ill-bred people as their manners at table. Eating in company with others should be taught as a festival, not merely for the gratification of appetite. Many a child whose education at home has been neglected has suffered untold mortification when making mistakes in company in the little etiquettes of the table.

#### That Clever German!

A German gentleman wanted to take a day's drive through the country. He applied to a stable for the horse and carriage. The owner, not knowing the German, was slow to give him the team. Finally the German pulled out a roll of banknotes and said: "I will buy your horse and rig, providing you will buy them back at the same price when I return this evening." The dealer, not wishing to offend a probable future customer, consented. When in the evening the German presented himself and expressed his pleasure at the ride, the dealer, according to agreement, paid him back his money, and the customer started to take his leave.

"I beg your pardon, sir!" exclaimed the dealer: "but you have forgotten to pay for the hire, you know.'

"Pay for the hire? Why, my dear sir," coolly replied the German, "I fail to see that. If you will exercise your memory a trifle you will agree that I have been driving my own horse and carriage all day, and now you have bought them back they are yours. Good-day, sir!"

And he left the astonished dealer to reflect.

### Waiting For It.

Having a pressing engagement with a good client, an oil merchant was obliged to leave his office in sole charge of a charwoman.

"Now, my good woman," he said, indicating the telephone, "when you hear the bell ring attached to that little box, just go to the tube and shout, "Halloa! Who are you?" and wait for a reply."

The merchant had been gone abou half an hour when the telephone-bell rang furiously. The woman rushed to the tube, shouted out the necessary query, and put the receiver to her

"I'm Dobson, from Dublin," came the answer. "Got a lot of oil for you, and wish to send it on at once. Be ready to receive it."

Presently the merchant returned, and to his amazement, saw the charwoman holding an empty bucket under the telephone-tube.

"What on earth are you doing with that pail?" he asked.

"Well, sir," she replied, "as soon as you was gone a man shouted through the tube that he was sending a large supply of oil, and asked someone to receive it, so I'm a-holdin' this bucket, a-waitin' for it to run

### PECULIAR ROWING

The Inthas are a tribe living on the Neaung Zwe Lake, in the Southern Shan States, Burma, and the peculiarity of their rowing is that the men stand on one leg on the side of their "dug-outs" with the other leg wound round the paddle, the upper end of which is, as a rule, grasped in one hand, leaving the other free. Rowing in this remarkable fashion, they are great adepts at spearing fish, using the disengaged hand, the spear in use being a long pliable cane with a fourpronged iron head. It is safe to say that a team of these "foot-rowers" would create a sensation at a regatta in this country.

### Fitzsimmons a Blacksmith

Bob Fitzsimmons was a journeyman blacksmith working hard for his daily bread at Timaru, New Zealand, when he entered Jem Mace's bexing competition in 1880. He defeated four men and won the middle-weight amateur championship of that country. The following year he won the same competition and then decided to put up his hands as a means of livelihood

### KEEPING YOUNG

Oatmeal is Said to Ward Off Age-Often 20 Years

Two noted scientists, by experiments on animals, have proved that youthfulness de-pends on the thyroid gland. And that some-thing in oats seems to feed that gland.

It appears that old age can be deferred many years by caring for this gland. The main care is to feed it, and the proper food is oats.

Oats contain more energy food, more food for the brain, more food for the nerves, than any other grain that grows. And now it seems that they also serve to keep one young. But common oatmeal isn't good enough for such an important diet. The rich, plump grains alone are used in the making of Quaker Oats. They are selected by 62 siftings, and only ten pounds are obtained from a bushel.

Quaker Oats means just the cream of the oats made delicious. It costs but one

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See that Vertical Hot Blast Draft Tube Feeding the Fuel with Hot Air All the Time

THE QUEEN HEATER is more of a heating machine than it is a stove. It can be regulated like a lamp. You can have your room any temperature you wish. You positively keep a slow fire burning 24 hours by putting in one large stick or knot. Will heat a room 20 feet square in ten minutes in cold weather, or no sale.

Absolutely AIR-TIGHT and the cleanest stove in the world. No opening of any kind. Will save half the fuel of the average stove Burns large knots, chunks, chips and trash.

PARLOR STOVE-Best in the

SITTING-ROOM STOVE-Because one fire can be run all winter BEDROOM STOVE-The finest thing in the world.

DINING-ROOM STOVE-Because you heat your room in ten

The Queen Top Draft Stove is only sold by

# W. F. Dibblee & Son

The Hardware Dealers

Write them for circulars and prices.

### Says Milk is Overestimated

In the December Woman's Home Companion, Dr. Roger H. Dennett continues a series of articles on "The Healthy Baby." Dr. Dennett is instructor in the diseases of children in the Post-Graduate School and is attending physician in the babies' ward of the Post-Graduate Hospital, New York. In his article he makes the following, comment on milk as a food:

"Many mothers will be surprised to hear that a child may drink too much milk. If there is any one article of diet that is overestimated it is milk. Most mothers are imbued with the idea that if their children will drink milk they are well fed. Milk is a good food, but it must not be given to the exclusion of other foods. Time and time again I have children brought to me who do not eat because they drink one to two quarts of milk a day. It is often necessary to take away the milk altogether, especially during the second year, in order to get the child hungry enough to eat other things."

## Mi-0-18

An Excellent Stomach Remedy Mrs. J. R. Whyte, Killarney, Mani-

toba, who says: "I have found great comfort and relief from Mi-o-na. I had been greatly troubled for months with heartburn and a heavy burning feeling in my stomach. A fair meal would disturb me so much that I would have to sit up at night-the food would sour on my stomach and form a gas which would cause belching and dizzy spell. These distressing troubles disappeared after using Mi-o-na and I shall always speak highly of this excellent stomach rem-

Mi-o-na is the best prescription for stomach trouble ever written. It gives quick relief and cures permanently. Mi-o-na is put up in tablet form and is small and easy to swallow. Sold by leading druggists everywhere 50 cents, with a guarantee to cure or refund your money. Or postpaid from The R. T. Booth Co., Ltd., Fort Erie, Ont. You will search the world over and not find a stomach remedy half so good as Mi-o-na. Sold and guaranteed by E. W.