Dye! Home dyeing is easy, safe, profitable and pleasant, if a woman will only use that English Dye, Maypole Soap, which washes and dyes at the same time. "No mess, no trouble." The colors are brilliant **and they cannot fade.** If you can't get it of your dealer, send to the Canadian Depot, 8 Place Royale, Montreal.

Maypole Soap

15c. for Black. 10c. for Colors

USE THE GENUINE . .

MURRAY & LANMAN'S Florida Water

"THE UNIVERSAL PERFUME"

For the Handkerchief, Toilet and Bath.

. . . REFUSE ALL SUBSTITUTES!

OH MY HEAD!

HOW IT ACHES!



Nervous
Bilious
Sick
Periodical
Spasmodic
} HEADACHES.

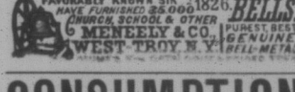
Headache is not of itself a disease but is generally caused by some disorder of the stomach, liver or bowels.

Before you can be cured you must remove the cause.

BURDOCK BLOOD BITTERS

will do it for you.

It regulates the stomach, liver and bowels, purifies the blood and tones up the whole system to full health and vigor.



CONSUMPTION

MUST BE CHECKED.

If you have this disease or any symptoms of it, use PUL-MO.

A FREE SAMPLE BY MAIL to every sufferer.

PUL-MO is sold at $1.00 per large bottle, and 15 cents for small size. For sale by all druggists or direct.

THE PUL-MO CO., TORONTO, ONT.

Placer gold has been discovered at Cape Scott, at the northwest of Vancouver Island.

The bill giving the consent of the United States to the erection by the Canadian government of a dam on the St. Lawrence river from Adams Island, Canada, to Les Galops Island, United Statess with a view to improving navigation, wa, favorably reported.

As flowers never put on their best clothes for Sunday, but wear their spotless raiment and exhale their odor every day, so let your Christian faith, free from stain, ever give forth the fragrance of the love of God.—Beecher.

The Home

DON'T GET THE CANDY HABIT.

A girl of fifteen ought to be a living picture and reality of health. It is a duty—this matter of good health. Exercise in the open air, temperance in eating and occupation—these are the secrets of good health. The girl who lies in bed late, never walks a mile, and eats candy morning, noon and night, can never feel well and has no right to feel well. An occasional treat of pure candy is good; but nothing could be worse than the continuous eating of sweet stuff which goes on among girls almost universally in this country. Beauty of complexion, good nature and healthful enjoyment of life all vanish when the train of ill brought on by over-indulgence in sweets begins to submerge the vitality.

There is much to be learned by girls and women on this subject of diet. Every girl should find out what is best for her, and then stick to it; for without health life is a failure to nine people out of ten. Occasionally some one has been great enough to make something out of a life handicapped by chronic sickness, but for one who has succeeded a thousand have failed.—Ada C. Sweet, in April Woman's Home Companion.

TAKE CARE OF YOUR HEALTH.

People have no right to be careless concerning their health. First, they have their own duties to do, and they cannot do them properly without health. Second, no person can be sick without interfering with the rights and privileges and comforts of others. Probably three-fourths of the sickness and disease in the world could be prevented by a little care, and what a shame it is for people who ought to be, and might be, well and useful in the world, to make themselves ill and dependent and miserable, and so hinder others from their work, and weary them and make them ill, when a little care might have prevented it all. It is every person's duty to be well and strong, rather than weak, sickly, miserable, helpless, and burdensome to others; hence, all persons should be thoughtful and careful about their health.—The Safeguard.

CLEANING PAINT AND GLASS.

Before paint is cleaned it should be thoroughly dusted, and all crevices and corners brushed out with a stiff brush. Then it should be washed with a soft flannel cloth dipped in warm water, in which a little borax has been dissolved. Scrub any places which are much soiled with a stiff brush and wipe them dry with a flannel cloth. It is an easy matter to scrub paint off. It is always a mistake to use alkali or sand soaps in cleaning paint. Take care to scrub the paint in the direction of the grain of the wood.

Clean hardwood carefully in the same way, polishing it when it is dry with crude oil, which must be rubbed into the wood with a piece of hard cotton, so as to leave no residue of oil on the surface.

Directions are often seen for cleaning windows with spirits of wine. The majority of housekeepers do not always know what spirits of wine means. It is an old fashioned term for 90 per cent. alcohol, such as is usually sold by druggists for household purposes. It is excellent for cleaning windows. After the window frames are properly cleaned and the window glasses washed with clear water, polish them with a little alcohol and a chamois skin. Plate glass shines beautifully if it is rubbed over with whitening and water on both sides, and when it is dry polished off with chamois skin. Glass which has become dusty must be thoroughly dusted off before it is cleaned in any other way.

Mirrors are easiest made clean with whitening which is allowed to dry on the surface of the glass and then polished off. Stained glass windows are simply washed off with clear water after being thoroughly dusted. Wipe and polish dry with a chamois or a cotton cloth. An absorbent cotton towel is sometimes the best thing to rub glass with at first before polishing it with the chamois. Make it a rule never to apply soap or soapy water to glass. Foolish people are continually trying the experiment, with the never failing result of streaky, cloudy panes.—N. Y. Tribune.

A Delicious Way to Cook Apples.—Take large, juicy apples, dig out the cores without removing the skin and fill up the cavities with sugar. Place in a deep dish or stewpan, with sufficient cold water to reach about half way up the apples, adding some more sugar to form a syrup. Stew, covered, until tender, when the apples, having absorbed most of the water, will be found to have burst their skins, and become great balls of snow-white pulp, very appetizing to behold. Take them up carefully, preserving as far as possible the identity of each apple, and pour what remains of the syrup over them. Use no flavoring; the skins furnish all the flavor needful, even preserving in some cases the distinctive taste of the kind of apple used. —Ex.

For steamed rice, one cupful of rice, three cupfuls of boiling water, one teaspoonful of salt. Put the salt and water in the top of a double boiler, place on the stove, and add gradually the well washed rice, stirring with a fork to prevent adhering to the boiler. Boil five minutes, cover, place over the under part of the double boiler, or over boiling water, and steam about forty-five minutes, or until the kernels are soft. Uncover to dry. When rice is steamed for a simple dessert, use half the quantity of water given in the recipe, steam until the rice has absorbed the water, then add an equal amount of milk. Rice steamed in tomato juice may be served as a vegetable. Served with beafsteak juice it constitutes an excellent food for growing children or for convalescents.—Ex.

PRUNE ALMOND CAKE.

Cream one-half cup of butter, add gradually two cups of sugar and one cup of milk. Mix three cups of flour with four teaspoons baking powder. Add to the first mixture whites of four eggs beaten stiff. Bake in layers and put filling between and frosting on top. For the filling, boil two cups sugar with one-third cup of water until it threads when dropped from tip of spoon. Pour gradually onto the whites of two eggs beaten stiff. To one-third mixture add one-half cup selected prunes stoned and cut in pieces, and one-third cup of almonds blanched and chopped.—Ex.

THE BLOOM OF HEALTH.

How to Keep Little Ones Bright, Active and Healthy.

Every mother knows that little children need careful attention—but they do not need strong drugs. When baby is peevish, cross or unwell, it is an unfortunate fact that too many mothers dose them with so-called "soothing" medicines which stupefy and put the little ones into an unnatural sleep, but do not remove the cause of the trouble. What is wanted to make the little one bright, cheerful and well, is Baby's Own Tablets, which will promptly cure colic, sour stomach, indigestion, constipation, diarrhoea, simple fevers and teething troubles. They give children sound, refreshing sleep, because they remove the cause of the trouble. These tablets are guaranteed to contain no opiate or other harmful drug. Mrs. James Found, Valentia, Ont., says:—"Before I got Baby's Own Tablets, my baby was very pale and delicate, and so peevish that I had to walk the floor with him day and night. The first tablet I gave him helped him, and that night he slept soundly. Since then the tablets have made him perfectly well, and he is now a fine, healthy looking baby, and is getting quite fat. I would not be without the tablets if they cost a dollar a box."

Baby's Own Tablets are good for children of all ages and are taken as readily as candy. Crushed to a powder, they can be given with absolute safety to the youngest, weakest baby. Sold by all druggists or sent postpaid at 25 cents a box, by addressing the Dr. Williams Medicine Co., Brockville, Ont.,



Can't Help hearing about Pearline. Pearline alone has reformed—made easy—the whole business of washing. Millions of thrifty women are using it in place of soap. Find out, in your own way, whether Pearline is the best and most economical washing medium. Ask about it. Test it. 665

Wash With It

The Whole Story in a letter:

Pain-Killer

(PERRY DAVIS')

From Capt. F. Loye, Police Station No. 5, Montreal:—"We frequently use PERRY DAVIS' PAIN-KILLER for *pains in the stomach, rheumatism, stiffness, frost bites, chilblains, cramps*, and all afflictions which befall men in our position. I have no hesitation in saying that PAIN-KILLER *is the best remedy* to have near at hand."

Used Internally and Externally.

Two Sizes, 25c. and 50c. bottles.

Wanted Everywhere

Bright young folks to sell Patriotic Goods. Some ready, others now in preparation in England.

Address to-day the

VARIETY MF'G CO.

A CENTURY OF PROGRESS.

It has been reserved for Professor E. E. Dolbear to give the most striking summary of the world's progress in science during the century just closed. It is an admirable instance of the multum in parvo, and brings home the salient points of the century in a way that volumes of learned disquisition would not do.

Received twenty-three chemical elements; bequeath eighty.

Received the stairway; bequeath the elevator.

Received the gunpowder; bequeath nitroglycerine.

Received the tallow dip; bequeath the arc light.

Received the sailing ship; bequeath the steamship.

Received the sickle; bequeath the harvester.

Received the ordinary light; bequeath the Roentgen Rays.

Received the galvanic battery; bequeath the dynamo.

Received the flintlock; bequeath the automatic Maxims.

Received the scythe; bequeath the mowing machine.

Received leather fire buckets; bequeath the steam fire engine.

Received the hand printing-press; bequeath the web cylinder press.

Received the hand loom; bequeath the cotton and woollen factory.

Received the average duration of life at thirty years; bequeath forty years.

Received the goose quill; bequeath the fountain pen and typewriter.

Received the weather unannounced; bequeath the weather bureau.

Received unalleviable pain; bequeath antiseptics, chloroform, ether and cocaine.

Received wood and stone for structures; bequeath twenty-storied steel buildings.

Received the beacon signal fire; bequeath the telephone and wireless telegraphy.

Received the painter's brush; bequeath lithography, the camera, and color photography.

The nineteenth century received from its predecessors the horse; we bequeath the bicycle, the locomotive, and the automobile.—Guardian.

There is nothing in Scripture that warrants our finding heaven on the other side of the grave unless we get at the secret of heaven on this side. Heaven is not a place until after it is a temper. The ground for any expectation that we may have of entering into heaven is the perfect sense of heaven entering into us—which lends large meaning to the words, "Thou wilt keep him in perfect peace whose mind is stayed on thee."—Parkhurst.