Relieve those Inflamed Eyes!

Pond's Extract

Reduced one-half with pure soft water, applied frequently with dropper or eye cup, the congestion will be removed and the pain and inflammation instantly relieved.

CAUTION!—Avoid dangerous, irritating Witch Hazel preparations represented to be "the same as" Pond's Extract which easily sour and generally contain "wood alcohol" and other poisons.

MILBURN'S



Are a combination of the active principles of the most valuable vegetable remedies for diseases and disorders of the Liver, Stomach and Bowels.



Sick Headache, Jaundice, Heartburn, Catarrh of the Stomach, Dizziness, Blotches and Pimples.



Dyspepsia, Sour Stomach, Water Brash, Liver Complaint, Sallow or Muddy Complexion.



Sweeten the breath and clear away all waste and poisonous matter from the system. Price 25c. a bottle or 5 for $1.00. All dealers or THE T. MILBURN CO., Limited, Toronto, Ont.

COWAN'S
PERFECTION
Cocoa.

It makes children healthy and strong.

Not Only Relief; A Cure.

ASTHMA

Many discouraged Asthmatics who long for a cure or even relief lack faith to try, believing a cure impossible. HIMROD'S ASTHMA CURE is truly a grand remedy and possesses a virtue unknown to other remedies that not only instantly relieves but cures.

The late Sir Dr. Morrell McKenzie, England's foremost physician, used HIMROD'S ASTHMA CURE constantly in his private practice. If you are discouraged send for a generous free sample. It will not disappoint you.

HIMROD'S ASTHMA CURE is a standard remedy prescribed by many eminent physicians and sold throughout the world for over a quarter of a century. A truly remarkable testimonial in itself.

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Disinfects Your Clothes

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CHURCH BELLS
Chimes and Peals,
Best Superior Copper and Tin. Get our price.
McSHANE BELL FOUNDRY
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The Home

TO EXTERMINATE ANTS.

For the several species of ants that frequent pantries and other places in the house, nothing is more effective than pyrethum, known as buhach, and insect powder. As the killing property of this material is a volatile oil, the supply should be kept in an air-tight box, and frequently dusted along the runways and places frequented by these insects. For colonies of ants in lawns and sidewalks, get a small quantity of carbon, a very volatile, foul-smelling liquid as clear as water, with fumes heavier than air, and pour into the runways. If the entrance to the nest is large, saturate a small piece of cotton and thrust it into a hole and close the opening. Have no lights of any kind around when using the bisulphide of carbon, as its fumes are explosive. The fumes are deadly poison to animal life, but a reasonable amount can be inhaled without injury to persons.—Good Housekeeping.

Freshly cut potatoes will remove machine oil stain, they say.

A woolen cloth dampened with gasoline will make dirt disappear as if by magic when used for cleaning porcelain sinks, bathtubs, or marble wash bowl.

It is injurious to eat when greatly fatigued or heated. The diet should always be more spare, with a larger proportion of vegetables and ripe fruits during summer.

Table oilcloth makes a capital cover for schoolbooks. It is especially useful in the large family, where schoolbooks, as well as clothes, are "hand-me-downs." Paper, silesia and so on wear out, but oilcloth will outlast the book.

Butter is nutritious and generally healthy. Condiments—pepper, ginger, etc—are best during summer. They are productions of hot climates, which show them to be most appropriate for the hot season. On the other hand, fat beef, bacon and such foods should be most freely used during the cold weather.

Escalloped potatoes are good, as any one can testify who has once eaten them, but they are much improved if thinly sliced Bermuda onions are put in alternating layers with the potatoes. Put a layer of thinly sliced potatoes at the bottom of a baking dish; season with salt, pepper and butter. Now add a layer of onions and repeat the seasoning.

When the dish has been nearly filled, but with room left to allow for the cooking, pour in sufficient milk to cover the vegetables, and bake till very tender. This may be further improved by the addition of tomato. The tomato must first be combined with the milk, as for cream or tomato soup; the mixture then added in place of the plain milk. In fact, this dish provides an excellent way of using up left-over tomato soup.

"It is odd how often really valuable information comes to one by accident," said a young housekeeper the other day. "In the most unexpected way I discovered that by wiping off my furniture with a cloth wrung out of very hot water, before applying my furniture cream, a much higher polish could be secured and the wood would not show fingermarks afterwards, I've found, too, that japanned ware is best cleaned by the use of a sponge just dampened in warm water, and for the more obstinate spots sweet oil. I like to experiment with my housekeeping," she added, "and often make discoveries of real money saving and labor saving value."

When beginning to make brown bread this season don't fail to insist that your grocer sells you old-fashioned "middlings," which now comes to market in bags from seven pounds upwards.

If bread made from this is kneeded as carefully as white and a little sugar or molasses added (not enough to be detected) it will at once become a family favorite.

When a day old it makes delicious "nutty" sandwiches, and if spinkled into the "eye" of boiling water with the right hand while stirring with the left until of proper consistency, then cooked for twenty minutes, it is a delicious "porridge."

In ironing a shirt, first iron the back, then the sleeves, then the collar and bosom, and then the front. Calicoes should be ironed on the right side, as they thus keep clean for a longer time. In ironing a frock, first iron the waist, then the sleeves, then the skirt. Keep the skirt rolled while ironing the other parts. Silk should be ironed on the wrong side while quite damp, with an iron that is not very hot. In ironing velvet, turn up the face of the iron and after dampening the wrong side of the velvet draw it over the face of the iron, holding it straight. Always iron lace and needlework on the wrong side. Of course, only ordinary laces can be treated to the usual process of pressing with a hot iron. Fine laces need individual treatment.

Amateur cooks who are afraid of attempting the really simple batter for puffs are advised to try the following. The result, if the oven is right, will speak for itself, and is much nicer, as well as more wholesome, to use with cut up peaches or other ripe fruit than sweet cake. Put half a pint of boiling water in the double boiler or granite saucepan; stir into this half a teaspoonful of salt and half a cup of butter. When at boiling point beat in gradually a cup and a half of sifted flour; when smooth set aside to cool; then beat in five eggs, one at a time.

Drop this batter from the wooden spoon onto a buttered pan in long shape, allowing a small spoonful for each, as they should puff up to double size in the baking. When cold, cut off the top and fill with fruit and whipped cream. For a delightful change, bake this in a buttered pudding dish or cake pan and serve in slices. This makes a pretty desert or tea cake, and is much less trouble than the individual puffs.

THE VALUE OF CHARCOAL.

Few People Know How Useful it is in Preserving Health and Beauty.

Nearly everybody knows that charcoal is the safest and most efficient disinfectant and purifier in nature but few realize its value when taken into the human system for the same cleansing purpose.

Charcoal is a remedy that the more you take of it the better; it is not a drug at all, but simply absorbs the gases and impurities always present in the stomach and intestines and carries them out of the system.

Charcoal sweetens the breath after smoking drinking or after eating onions and other odorous vegetables.

Charcoal effectually clears and improves the complexion. It whitens the teeth and further acts as a natural and eminently safe cathartic

It absorbs the injurious gases which collects in the stomach and bowels; it disinfects the mouth and throat from the poison of catarrh.

All druggists sell charcoal in one form or another, but probably the best charcoal and the most for the money is no Stuart's Absorbent Lozenges; they are composed of the finest powdered Willow charcoal, and other harmless antiseptics in tablet form or rather in the form of large, pleasant tasting lozenges, the charcoal being mixed with honey.

The daily use of these lozenges will soon tell in a much improved condition of the general health, better complexion, sweeter breath and purer blood, and the beauty of it is, that no possible harm can result from their continued use, but on the contrary, great benefit

A Buffalo physician in speaking of the benefits of charcoal, says: "I advise Stuart's Absorbent Lozenges to all patients suffering from gas in stomach and bowels, and to clear the complexion and purify the breath, mouth and throat I also believe the liver is greatly benefited by the daily use of them; they cost but twenty-five cents a box at drug stores, and although in some sense a patent preparation, yet I believe I get more and better charcoal in Stuart's Absorbent Lozenges than in any of the ordinary charcoal tablets."

Poison—

In the Blood brings Humors and Boils, Salt Rheum, Eczema and Scrofula,

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