time to answer, she espied her seated next to merry-faced Libby. The teacher smiled, saying:

"I see you are in good hands," and Hetty was allowed to keep the seat for many a day.

When Libby had grown to be a woman, she told me this story herself, and she used to say that it was her gift of hair an apple that won for her so dear a friend as Hetty Rowe.

But I think that something beside the apple comforted that little heart on that cold morning, do you think so?—*Our Dumb Animals.*

TORTURING DISFIGURING

Skin, Scalp and Blood Humours

From Pimples to Scrofula, from Infancy to Age

Speedily Cured by Cuticura when All Else Fails.

The agonizing itching and burning of the skin, as in eczema; the frightful scaling, as in psoriasis; the loss of hair and crusting of the scalp, as in scalled head; the facial disfigurements, as in acne and ringworm; the awful suffering of infants and anxiety of worn-out parents, as in milk crust, tetter and salt-rheum—all demand a remedy of almost superhuman virtues to successfully cope with them. That Cuticura Soap, Ointment and Resolvent are such stands proven beyond all doubt. No statement is made regarding them that is not justified by the strongest evidence. The purity and sweetness, the power to afford immediate relief, the certainty of speedy and permanent cure, the absolute safety and great economy, have made them the standard skin cures, blood purifiers and humour remedies of the civilized world.

Bathe the affected parts with hot water and Cuticura Soap, to cleanse the surface of crusts and scales and soften the thickened cuticle. Dry, without hard rubbing, and apply Cuticura Ointment freely, to allay itching, irritation and inflammation, and soothe and heal, and, lastly, take Cuticura Resolvent, to cool and cleanse the blood. This complete local and constitutional treatment affords instant relief, permits rest and sleep in the severest forms of eczema and other itching, burning and scaly humours of the skin, scalp and blood, and points to a speedy, permanent and economical cure when all else fails.

Cuticura Resolvent, liquid and in the form of Chocolate Coated Pills, Cuticura Ointment and Cuticura Soap are sold throughout the world. Depots: London, 27 Charterhouse Sq.; Paris, 5 Rue de la Paix; Australia, R. Towns & Co., Sidney; Boston, 137 Columbus Ave. Potter Drug & Chemical Corp., Sole Proprietors.

Send for "How to Cure Every Humour."

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HINTS TO THE HOUSEWIFE.

A lamp-wick will give a brighter, stronger flame if the end in the oil is frayed out for an inch.

One who has tried it says scraped raw potato will relieve car sickness. It is also a satisfactory remedy for burns.

When rugs show a decided tendency to curl at the corners, sew an L-shaped piece of buckram on the under side.

Unused table linens should be washed at least once a year, thoroughly dried and refolded, to prevent yellowing and rotting where the folds are.

If tincture of iodine is instantly applied where carbolic acid has touched the flesh, no blister will result. The iodine should be applied with a feather.

Plainly-colored toilet soaps are apt to be the purest, and, like laundry soap, it is advantageous to buy in quantity, to make sure that it is absolutely cured before using.

The galvanized iron tubs can be cleaned by scrubbing with hot vinegar and soda, allowing the mixture to remain on for a time, then wash in hot, strong soapsuds, and wipe dry.

A complexion that is very oily is usually brought about by an incorrect diet. Every man or woman who would be healthy should avoid all highly spiced, stimulating foods, and very greasy viands; also pastries of unusual richness. If you will drink plenty of water, and in that way keep the kidneys in a healthy condition, you will find an improvement in your complexion.

To clean the ivory handles of knives, mix ammonia and olive oil in equal parts and add enough prepared chalk to make a paste. Rub the ivory with this, and let it dry before brushing off. Several applications may be necessary.

To clean mother of pearl wash with whiting and cold water.

An excellent broth for an invalid is made by taking a pound of mutton, a pound of beef and half a chicken and putting into a large pot with 3 quarts of water. Boil for half an hour, then let the mixture simmer until the broth has been reduced to three pints.

Macaroni Salad.—Chop cold boiled macaroni in rather small pieces and mix it with chopped white cabbage. The macaroni should not have been dressed with cheese or tomato sauce. Toss in a mayonnaise and serve on lettuce leaves. This tastes very much like sweetbreads.

Oatmeal Muffins.—Sift together one cup of oatmeal, one and one-half pints of flour, one teaspoonful of salt, and two teaspoonfuls of baking powder. Rub into this mixture one tablespoonful of butter, then add two well-beaten eggs and a pint of milk. Mix smoothly into a batter, fill muffin pans two-thirds full, and bake in a hot oven for fifteen minutes, and you have delicious oatmeal muffins.

Cabbage.—An excellen cabbage dish consists of a small cabbage boiled the day before it is to be used, then chop it into small pieces, add salt and pepper and a tablespoonful of melted butter. When this has been stirred in, put over the fire with half a supful of milk or cream; when hot stir in two well-beaten eggs and immediately turn into a hot buttered frying pan. Stir with a fork until brown, serve in a hot dish with minced parsley.

* * *

For delicate women and children the "D & L" Emulsion is especially suited. It is sweet and palatable as cream, easily digested, and of the greatest value as a tonic and tissue builder.

THE ATMOSPHERE OF DWELLINGS.

Here are a number of valuable suggestions for keeping the air of the house pure:

Plenty of sunlight.

A dry cellar at all seasons.

Frequent inspection of plumbing.

Open war against the feather duster.

A thoroughly daily airing of each room.

Shaking and brushing clothing out of doors.

Opening windows at night; discarding weather strips.

The use of stained floors and rugs in preference to carpets.

Daily airing and occasional beating of mattresses and blankets.

Removal from the bedroom at night of clothing worn during the day.

Little furniture and no uncovered vessels containing soiled water, in the bedroom.—*Delineator.*

* * *

MOTHER AND BABY.

When baby is well the mother is happy. When baby is cross, fretful, feverish and cannot sleep, the mother is depressed, worried and unhappy. Baby's Own Tablets make both mother and baby happy, because they cure all the common ailments of infants and young children. They sweeten the stomach, cure colic, aid teething children, cure constipation, prevent diarrhoea, and promote sound, healthy sleep. And you have a solemn guarantee that the Tablets contain no opiate or poisonous "soothing" stuff. Mrs. D. McGill, Blakeney, Ont., says: "I have used Baby's Own Tablets and have found them the best medicine I have ever had for the cure of the ailments from which young children suffer. I shall always keep a box of Tablets in the house." Sold by medicine dealers everywhere or sent by mail at 25 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

* * *

HOW WHALES OBTAIN FOOD.

To obtain food the whale swims through the water with its mouth open. The water pours in the aperture and carries with it hundreds of small fish and marine animals.

The water escapes through the sides of the mouth, but the firsh are caught and held by a row of stiff bonelike objects along the sides of the jaws. These are whalebones so useful in commerce. These and the oil found in the glands of the throat make the whale very valuable.

There are several varieties of whales, but the sperm whale, though the smallest, is the most valuable.—*Selected.*

* * *

ONLY A BOTTLE OF INK.

A small girl, who had been forbidden to touch the ink bottle, had managed to spill its contents over her mother's desk, the rug, two chairs and her own apron.

When the father of the family returned at night, his little daughter met him at the door and asked: "Papa, how much does a bottle of ink cost?"

"Oh, about five cents."

grieved youngster, in a tone of deep

"And to think," exclaimed the ag-disgust, "that mamma would make such a fuss about one little bottle of ink!"

* * *

Missionaries to a barbarous people deserve a vote of thanks from the commercial world.—*Moffat.*

HARD, RACKING COUGHS.

Barring accidents, the person who gets along with the least amount of cough, will live the longest. Of course, the right time to attack a cough is at the commencement, when it is a simple thing, or the right treatment to drive the cough quickly away. As a general thing, however, people spend so much time experimenting with various remedies that the cough is well under way before they know it. Then comes the long siege. You feel the hard racking all through your system, and get relief from nothing. You fill your stomach with nauseating mixtures to no purpose. Then you use compounds containing narcotics, which deceive temporarily, and leave you slightly worse. Some coughs of this kind hang on for weeks, or even months, and, of course they frequently develop into serious lung troubles. A true specific for all coughs is Adamson's Botanic Cough Balsam, and it should be kept in the house against any emergency. With a cough that has become chronic, the first effect of this remedy is a lessening of the dull cough. Then you are conscious that the soreness is leaving you, and presently the desire to cough grows less frequent. All this process is brought about by the healing properties of the Balsam. It is a compound of barks and gums. You can test it. 25 cents at any druggist's. Get the genuine, with "F. W. Kinsman & Co" blown in the bottle.

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