

HOUSEHOLD HINTS.

Some Interesting Information for Busy Housewives.

Dish washing is usually more dreaded by the woman who does her own work than any other portion of the "daily round." Pots and pans are not interesting in the least degree, as most people have an opportunity to discover sooner or later in the course of a lifetime, but they need not be such bag-bears as they are in nine cases out of ten.

Most housewives have their own method of dish washing and stick to it because they have grown accustomed to it, rather than because of any merit it may have. A little thought will show many simple ways of lightening the burden. Where a family is very small and breakfast a light meal, of fruit, cereal, coffee and rolls, there is really no reason for washing dishes but once a day, preferably in the morning, when the working day is fresh and vigorous. But don't under any circumstances invite insects into your house by leaving piled up dirty dishes. Nothing so clearly betokens slovenliness as this.

Dishes should be scraped and rinsed after each meal—an easy matter where one has hot and cold water faucets—and piled up neatly with a cloth thrown over them.

The cooking utensils are easily washed if cold water is put in those in

which vegetables have been cooked and very hot water used for those that are greasy. After this it takes but a few moments to get them quite clean with a brush kept for the purpose. All this may be done as the dinner is being dished for serving.

Where the family is a large one, it is necessary, in most cases, to have the dishes washed and out of the way after each meal, for space is both valuable and scarce in the average kitchen and butler's pantry.

Children always save the best piece of any goodie for the last bite, and this isn't a bad thing for as all to do—figuratively speaking—even when it is a question of housework.

In connection with dish washing, this idea may be carried out by having all the pots and pans cleaned and put away before doing the pretty silver, glass and china.

If particles of food refuse to come off entirely, put in a bit of washing powder with a little hot water, set the kettle on the stove, boil hard for a few moments, and the disagreeable task is practically accomplished.

Scrape all the dishes and pile in order, wipe off the silver with tissue paper that may be thrown away afterward, and soak glasses that have held milk in cold water.

WOMANLY TROUBLES.

Should Not be Allowed to Undermine Health.

It is impossible to go into details on this subject but the experience of many a poor woman who is crippled for life, just because she didn't use a good remedy in time, should be a warning to others.

When the first stages of womanhood appear in a young girl, a great deal depends in getting her over this critical stage, so that in years to come she will not develop green sickness or consumption.

When she complains of flushed face, headache bearing down feelings, give her a course of Ferrozone which will carry her past the crisis.

In the adult woman if any irregularities occur, Ferrozone will be found a remedy of remarkable potency and power.

Ferrozone is the ideal regulator and causes all organs of the body to perform their work properly.

It purifies the blood, tones up the nerves and vital energies. The stomach is strengthened, and the digestive and assimilative processes are improved by the good work of Ferrozone. It regulates the bowels, cures constipation and piles, and replaces disease and decay by health and strength.

There is nothing better for the complexion than Ferrozone. It removes the dark circles from under the eyes, removes and cures all manner of skin eruptions, gives brightness and brilliancy to the eyes, a rosy tint to the cheeks, whitens the teeth and develops a well rounded plump and handsome form.

Ferrozone is the ladies' favorite, and should find a place in every household. It is prepared in the form of a chocolate coated tablet, convenient and pleasant to take. Price per box, 50 cents or three boxes for \$1.25. Sold by all druggists.

REMARKABLE FEAT.

Vancouver, B. C., July 15.—With his daughter and her baby in his arms Chief Charles James Squamish, an Indian, performed the remarkable feat of swimming for nine hours in the Gulf of Georgia, Saturday night.

From 3 o'clock in the afternoon until midnight he held them, one by either arm, but by the time he reached shore at Point Grey, just west of Vancouver, both the young woman and her child had succumbed.

The big Indian's endurance is probably one of the most marvelous cases of the kind on record.

At three o'clock in the afternoon six Indians were thrown out of a canoe. The seas were running high and the boat swamped. The young Indian woman was thrown away from the boat, with the child in her arms. Chief Charlie swam to the assistance of his daughter and grandchild, but was never able to regain the canoe. He struck out for the shore with his burden, and swam without support of any kind.

He is a powerful man, forty-five years old. Late Sunday afternoon the other natives, who lashed themselves to the overturned canoe, were rescued.

Those Worrying Piles!—One application of Dr. Agnew's Ointment will give you comfort. Applied every night for three to six nights and a cure is effected in the most stubborn cases of Blind, Bleeding or Itching Piles. Dr. Agnew's Ointment cures Hemorrhoids and all itching and burning skin diseases. It acts like magic—25 cents.—Sold at Central Pharmacy A. J. Ryan—15.

NEEDLEWORK NOTES.

Lingerie waists of Valenciennes and cluny and all kinds of sheer stuffs intend to be worn with cloth skirts have soft bells and collars like the material of the waist.

For a fancy work basket secure a small basket with double lids. Line the basket with pretty pieces of silk

QUEBEC NOT BEHIND.

Ancient City Will Not Lag In Industry and Commerce.

There is much talk about the boom in Winnipeg, Port Arthur and Port William, Regina, Edmonton, Calgary, and other new cities. Every little town in the West is talking about its wonderful development. They rather pity the poor, old, effete East. Yet it is doubtful if there is a city in the Dominion making more progress than the Ancient Capital. Quebec is the oldest city in Canada—three hundred years of age in 1908. For a long period it was so overshadowed by Montreal that it seemed to be shrinking back into insignificance.

To-day all this is changed. The Quebec bridge is approaching completion and Intercolonial trains will soon be running across the River. The impossible is almost accomplished. The Grand Trunk Pacific is building north and south. The Canadian Northern Quebec Railway is building a direct short line to Montreal, the portion from Quebec to Garneau Junction being the only uncompleted link. Another line is being built along the South Shore to serve much the same purpose, through the southern counties. The Canadian Pacific steamers have made Quebec their summer port. So much for the railways and steamboat lines.

Electrical development is proceeding fast. Five thousand horse power is being developed at Montmorency Falls and a contract has been made for the immediate development of six thousand horse power at another Falls, but twenty miles away. Ultimately both these stations will be enlarged. To this is added the pulp and paper development of the Province. The city is crowded with new business men, many of them from the United States. Mines, quarries and pulp limits are talked of in hotel corridors and on the street corners.

Quebec's day has come and no one will be jealous. The West has had its share. Ontario needs no coddling. The progress in historic Lower Canada has been inevitably slower, but its great resources were bound to be discovered in time. There is every indication that from now on, that Province will not lag behind in the industrial and commercial race, and the City of Quebec will lead in the renaissance.

Are Salmon Late?

The output of the Harrison and Bon Accord salmon hatcheries will be at least a month late in maturing this year, on account of the unusually severe winter which has been experienced in this part of British Columbia.

The ova have been over a month in hatching. The young fish, however, were not injured at all by the cold weather. It is thought they will mature just as well although late, and that they will be fully as hardy as in other years.

The output of the Harrison hatchery will be about sixteen million salmon this year, while the Bon Accord hatchery is taking care of eight or nine million young sockeyes. This will make a total output of about twenty-five million fish, while the usual output of the two hatcheries is about thirty million. The cause of the smaller number this year was the heavy freshets which occurred last fall during the spawning season. Many of the pens which contained salmon from which spawn were to be taken were washed out and lost, and new ones had to be installed on the creeks, and fewer salmon were taken.



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A Lazy Liver

May be only a tired liver, or a starved liver. It would be a stupid as well as a savage thing to beat a weary or starved man because he lagged in his work. So in treating the lagging, torpid liver it is a great mistake to lash it with strong drastic drugs. A torpid liver is but an indication of an ill-nourished, enfeebled body whose organs are weary with overwork. Start with the stomach and allied organs of digestion and nutrition. Put them in working order and see how quickly your liver will become active. Dr. Pierce's Golden Medical Discovery has made many marvelous cures of "liver trouble" by its wonderful control of the organs of digestion and nutrition. It restores the normal activity of the stomach, increases the secretions of the blood-making glands, cleanses the system from poisonous accumulations, and so relieves the liver of the burdens imposed upon it by the defection of other organs.

If you have bitter or bad taste in the morning, poor or variable appetite, coated tongue, foul breath, constipated or irregular bowels, feel weak, easily tired, dependent, frequent headaches, pain or distress, "small of back," gnawing or distressed feeling in stomach, perhaps nausea, and "sour risings" in throat after eating, and kindred symptoms of weak stomach and torpid liver, no medicine will relieve you more promptly or cure you more permanently than Dr. Pierce's Golden Medical Discovery. Perhaps only a part of the above symptoms will be present at one time and yet point to torpid liver or biliousness and weak stomach. Avoid all hot bread and biscuits, griddle cakes and other indigestible food and take the "Golden Medical Discovery" regularly and stick to it until you are vigorous and strong.

The "Discovery" is a non-secret, non-alcoholic, is a glyceric extract of native medicinal roots with a full list of its ingredients printed on each bottle-wrapper and attested under oath. Its ingredients are endorsed and extolled by the most eminent medical writers of the age and are recommended to cure the diseases for which it is advised.

Don't accept a substitute of unknown composition for this non-secret MEDICINE OF KNOWN COMPOSITION.

The Impression He Gave.

His honor Judge Willis, on one occasion going home in an omnibus which landed him at an inn known as the Green Man, as usual passed the time in friendly discourse with the passengers. To one housewife who had been marketing he remarked that, owing to free trade, she was enabled to buy much more for her money than if she lived in a tariff country. To others he talked freely and dispensed counsel and advice indiscriminately. Arrived at his destination, he intimated to the conductor, "I want to get out at the Green Man." Accordingly the omnibus slowed down, but as he was leaving his seat a lady touched him on the sleeve and earnestly inquired, "My good man, don't you think you've had enough?"—London Tit-Bits.

"Old Hundredth."

"Old Hundredth" has been variously ascribed to Martin Luther, Dr. John Dowland and William Franck. Dr. Lowell Mason wrote quite a treatise on the old tune in 1852, saying emphatically that it was written by Guillaume (William) Franck in 1548. But later musical historians and antiquarians who have investigated more closely say it was composed by Louis Bourgeois, born about 1500 and died about 1572—some say in the massacre of St. Bartholomew, in 1571-72.

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A Complex Calendar.

The Chinese have a singularly complicated calendar. Their cycles have sixty years, each year, month and day having its own name, and by combining these the day, month and year are designated.

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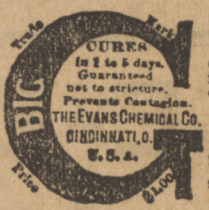
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