

HOUSEHOLD HINTS.

Some Interesting Information for Busy Housewives.

CHOCOLATE CREAMS.

Make a fondant and form into balls. Or beat the white of an egg light with a teaspoonful of vanilla and enough of confectioner's sugar to make a mixture that can be formed into balls. Rub very smooth with the back of a spoon, form into balls of the desired size and roll in the chocolate coating, then set on wax paper to dry.

WHITE BREAD.

Chop into a quart of flour a tablespoonful of shortening wet with a quart of warm water, add a tablespoonful of white sugar and beat in a half yeast cake that has been dissolved in warm water. Beat hard for ten minutes, cover and set to rise over night. In the morning work in two and one-half quarts of white flour that has been sifted with a tablespoonful of salt. When the flour is thoroughly incorporated, turn upon a pastry board and knead for fifteen minutes, then put into the bread raiser and cover and set to rise until double its original size. Knead again, make into loaves, knead each loaf for five minutes. Set to rise for an hour, then bake.

HOUSEHOLD NOTES.

To cover the pan in which fish is cooking will make the fish soft. Never mix a French dressing until ready to use. The vinegar and oil will separate.

To prevent pastry from burning set a pan of water in the oven while it is baking.

Petroleum oil stains are very obstinate and the best thing for them is to soak in kerosene.

A sponging with a solution of one part ammonia to ten parts of water is said to brighten the colors in a faded carpet.

The days are at hand when a few drops of sassafras oil will need to be sprinkled about the house to keep the flies away.

A delightful new sweetmeat is a chocolate covered fig, that can easily be prepared at home with sweetened chocolate.

The best thing to clean windows with is vinegar. Rub it on with a soft cloth, dry with another and polish with a wash leather.

If you are storing your household effects for an indefinite period, wrap all table and bed linen, or in fact any white material, in dark blue paper to prevent it from turning yellow.

Buy crude carbolic acid for sinks. It is cheaper and answers the same purpose. Put the crude acid down the pipes, covering the open and leave some time before flushing the pipes.

Handkerchiefs, towels, etc., can be bleached by washing in the usual manner and then allowing them to stand over night in a solution of one-half teaspoonful of cream of tartar to each quart of water used.

Remember that bones, scraps and tough pieces of meat as well as carcasses of chicken and turkey may be used in making soup stocks. Small portions of fresh vegetables add much to the seasoning of the stock.

To preserve brooms dip them for a minute or two in a pail of boiling suds once a week, and they will last much longer, making them tough and pliable. A carpet wears much longer

if swept with ge broom cared for in this manner.

Mildew, if not of too long standing can be removed by the use of raw tomato and salt. Rub the stains with tomato, sprinkle thickly with salt and lay in the sun. It may be necessary to repeat the process two or three times.

To free a room of bedbugs close the room tightly and burn sulphur. Here is another remedy which was never known to fail. Put three ounces of corrosive sublimate in one-quart of alcohol, then with a feather put in every crevice in the room.

To clean a carpet without taking up take a cup half full of cornmeal mixed with salt, and sweep well, when spots are left, then take ammonia. Both are very good things to make the carpet as bright as a new one.

Here is a way to obtain a fire for cooking in the summer time without the use of coal. Obtain a soft brick saturate it with kerosene, place in a stove and light same, and you will obtain a fine fire which will last long enough to cook a dinner at a moderate cost.

CULINARY CONCEITS.

Never stir cake after final beating. Beating motion should always be last used.

When interrupted while frying in deep fat, drop a crust of dry bread into the fat to prevent its burning.

When the time for cooking vegetables is limited, pour boiling water over them, then drain and cook in the usual way.

When frying croquettes be sure to plunge the basket in hot fat before the croquettes are placed in it. This will prevent their adhering to the wire when lifted out.

When roasting meat, to make the gravy nice and brown, take a tablespoonful of sugar and melt in a pan till it smokes, then add boiling water, stir well and mix with the gravy.

Cracker or bread crumbs used in covering the tops of scalops, etc., should be well greased in melted butter. This makes a better covering than the dry crumbs dotted with butter and uses less of the latter ingredient.

HEALTH AND BEAUTY.

Tiny white spots, which sometimes deface the fingernails, are caused by a stoppage of the nutriment juices. It is almost impossible to remove them.

Wholesome food, fresh air, bathing, proper clothing, plenty of sleep and the absolute avoidance of tight lacing are among the requisites for promoting health and perfecting beauty.

For cholera morbus and similar ills take two teaspoonfuls of ground mustard and one teaspoonful of table salt; pour over it one teacup of boiling water and let stand until it is cool enough to drink. It will relieve unpleasant symptoms in less than an hour.

Travelers will find a small package of borax useful on their journeys. On trains, as often in hotels, the water supplied for washing is often hard and drying to the skin, and a teaspoonful of borax added to a basin full of water will make a wonderful difference.

ANEMIA CURED

Dr. Williams' Pink Pills Bring Back the Glow of Health by Making New Blood

To bud into perfect womanhood the growing girl must carefully guard her health. Unless the blood is kept rich and pure, headaches, backaches and frequent dizzy spells will trouble her. She will always be ailing and may slip into a deadly decline. Dr. Williams' Pink Pills are a never failing remedy in building up the blood. Just a short time ago the reporter of L'Avenir du Nord had the following cases brought to his notice. In the town of St. Jerome, Que., there is an orphan asylum under the care of those zealous workers—the Grey Nuns. In this house Dr. Williams' Pink Pills are constantly used. Some months ago two of the young girls in the house were afflicted with anemia. The symptoms in both cases were very much alike. They were both pale, lost all energy and were subjects to headaches and dizziness. Dr. Williams' Pink Pills were taken and soon there was an improvement in their condition. The color returned to their cheeks; their appetite improved; headaches ceased and soon good health took the place of despondency. What Dr. Williams' Pink Pills have done for those two orphans—Marie Laviole and Doshia Brooks—they will do for others.

The secret of Dr. Williams' Pink Pills in curing anemia, lies in their power to make new, rich, red blood. That is why they strike straight at the root of all ailments like headaches, sideaches and backaches, rheumatism, neuralgia, indigestion, anemia, St. Vitus dance, partial paralysis and the special ailments that afflict almost every woman and growing girl. Dr. Williams' Pink Pills are sold by all medicine dealers or may be had by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

OVERTAKEN BY NAUSEA.

You don't know whether it's going to stay down or come up. You feel like thirty cents and look even worse. If one thing is quicker than another it's "Nervine." Ten drops in sweetened water gives relief instantly. Almost like magic is the change you experience. The cause of the nausea is removed, every symptom of vomiting and indigestion is cured within ten minutes. When Poison's Nervine is so trustworthy and economical a bottle at home wouldn't be amiss. Large ones for a quarter at all dealers.

VERY STRANGE DOSE.

Suicide by the Indelible Ink Route.

TORONTO, Ont., Aug. 29.—Harry Dean, a young man of 26 years of age, who came to Toronto about a week ago, and had been employed for a couple of days as a helper in the kitchen of the Rossin House, tried to commit suicide yesterday afternoon by drinking a bottle of indelible ink.

At about 2 o'clock he walked over to the Palmer House, and while there fell unconscious to the ground. Dr. Ryerson was called in and had him removed to St. Michael's Hospital. A little while before he took the poison he received a letter from across the border, telling him that his uncle had been seized with a dangerous illness, and it is thought the news had unbalanced the man's judgment. It is expected that he will recover.

Kerosene is an excellent cleanser. Add some to the washing water if you want your clothes to be extra white.

SUMMER COMPLAINT.

One of the Commonest and Most Dangerous of Diseases.

Everyone Should be Prepared for it with a Bottle of Dr. Fowler's Extract of Wild Strawberry.

Very few people escape an attack of Summer Complaint. It may be slight, or it may be severe, but nearly everyone is liable to it.

You cannot tell, when it seizes on you, how it may end.

Let it go for a day or two only, and see how weak and prostrated it will leave you.

There is only one safe way to cure it and that is by Dr. Fowler's Extract of Wild Strawberry. It has been on the market for sixty-two years and has been proved and tried so you are not experimenting when you buy it.

Do not accept a substitute or imitation, as many of these are positively dangerous to life and health. Insist on having Dr. Fowler's.

Mrs. Norman H. Eisau, Ship Harbor, N.S., writes: "Last summer my baby was very bad with Summer Complaint. I tried most everything for him, but nothing seemed to help. One day a neighbor called in and told me to try Dr. Fowler's Extract of Wild Strawberry, so I got a bottle and after a few doses my baby was cured. I shall always keep it in the house."

Of Interest To Women.

To such women as are not seriously out of health, but who have exacting duties to perform, either in the way of household cares or in social duties and functions, which seriously tax their strength, as well as to nursing mothers, Dr. Pierce's Favorite Prescription has proved a most valuable supporting tonic and invigorating nerve. By its timely use, much serious sickness and suffering may be avoided. The operating table and the surgeon's knife would, it is believed, seldom have to be employed if this most valuable woman's remedy were resorted to in good time. The "Favorite Prescription" has proven a great boon to expectant mothers by preparing the system for the coming of baby, thereby rendering childbirth safe, easy, and almost painless.

Bear in mind, please that Dr. Pierce's Favorite Prescription is not a secret or patent medicine, against which the most intelligent people are quite naturally averse, because of the uncertainty as to their composition and harmless character, but is a MEDICINE OF KNOWN COMPOSITION, a full list of all its ingredients being printed, in plain English, on every bottle wrapper. An examination of this list of ingredients will disclose the fact that it is non-alcoholic in its composition, chemically pure, triple-refined glycerine taking the place of the commonly used alcohol, in its make-up. In this connection it may not be out of place to state that the "Favorite Prescription" of Dr. Pierce is the only medicine put up for the cure of woman's peculiar weaknesses and ailments, and sold through druggists, all the ingredients of which have the unanimous endorsement of all the leading medical writers and teachers of all the several schools of practice, and that too as remedies for the ailments for which "Favorite Prescription" is recommended. A little book of these endorsements will be sent to any address, post-paid, and absolutely free if you request same by postal card, or letter, of Dr. R. V. Pierce, Buffalo, N. Y.

Dr. Pierce's Pleasant Pellets cure constipation. Constipation is the cause of many diseases. Cure the cause and you cure the disease. Easy to take as candy.

"Well, sor," said Pat, "the manest 'Is that so?' exclaimed the gentleman, who was a bit of a wag. 'Well, here's a shilling for you, my man; I like the idea of breaking records.'"—Tatler.



WILSON'S FLY PADS

Every packet will kill more flies than 300 sheets of sticky paper

SOLD BY—
DRUGGISTS, CROCKERS AND GENERAL STORES.
10c. per packet, or 3 packets for 25c.
will last a whole season.

HARD COAL

Just arrived per Schooner H. H. Chamberlain 350 tons best quality hard coal. Will be sold at a reduced price delivered from the vessel.

A. H. VANWART

INTERCOLONIAL RAILWAY.

LABOR DAY, Sept. 2nd, '07

Return tickets will be sold at FIRST CLASS ONE WAY FARE Good going Aug