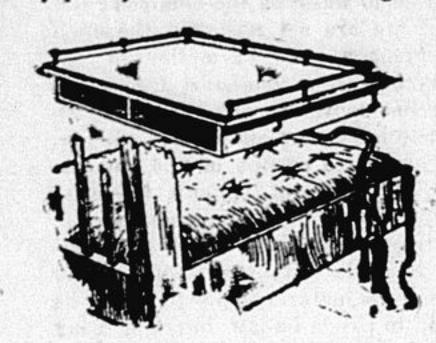
A Swinging Writing Table.

The illustration shows a convenient attachment for those who use a chair sometimes for writing and sometimes for reading) or other purposes. The construction is very plainly shown in the drawing. It



may be of home manufacture, except the iron work, which ought to be within the powers of even an ordinary blacksmith. through brass supports which can be had at hardware stores.

Planning Work.

Women, to whom the management of the household and their own times and seasons of work are committed, are not forced into systematic, punctual habits as early or as certainly. The honsekeeper whose breakfast is late falls back on the charity of those who are ready to excuse her. The boy who is late to the bank or workshop cannot plead in excuse that breakfast was late. He knows no excuse will be received and plans to take a hastily "picked up" meal rather than risk the displeasure of his employer and possible fine. The man who is in business for himself knows that means a loss of custom and business pres-

both mistresses and maids, "work best of taste and smell, and in many cases when the sun is in the west." A few wo- ultimately developing into consumption. men and a tew men are so overworked that | Nasal Balm is the only remedy yet disthey cannot lie down to rest at night with- | covered that will instantly relieve cold in out feeling the pressure of the cares yet | the head and cure in a few applications, undone because there was no time to accom- while its faithful use will effectually eradiplish all. The vast majority of women who | cate the worst case of catarrh. Capt. D. drudge late into the night do so because H. Lyon, president et the C. P. R. Car they have ignored the laws of punctuality, Ferry, Prescott, Ont., says :- "I used or, in short, in colloquial phrase, their Nasal Balm for a prolonged case of cold in work is " ahead of them."

Embroidered Handkerchiefs.

It is now the correct thing to put the fine needle work which used to be expended | Brockville, Ont. upon dollies, centre pieces, and other table accessories, upon dainty pocket handkerchiefs. The finest square of hemstitched lawn is strewn with tiny rosebuds or violets or forget-me-nots, done in the natural colors, and so exquisitely finished that there is no right or wrong side to the handkerchief. Of course, if a girl's name is Rose, she will carry none but rose embroidered handkerchiefs, if her name is Violet, the shy little purple blossom will possess advantages in their season. The peep out of her pocket or from under goods are light and airy and very comforther belt. If she doesn't happen to have a own, as pansy or pink for Pauline, forget- yarns. The paper yarns are made pretty Mary.

Washing Silk Waists.

Wash silk waists do not always wash well because of ignorance of the proper way of laundering them. Adda teaspoonful of borax to some lukewarm water and enough nice white soap to make a weak suds. Rub through the hands carefully; instead of wringing draw the silk through the tightly clasped hand. If all the dirt bas not been taken out, wash again; then rinse in several waters to which have been added a pinch of borax or a half dozen drops of ammonia. Do not let the silk become quite day before ironing; then use a moderately hot iron, as a very hot one will scorch the silk.

About Buying Needles.

It is a habit of almost all seamstresses to buy needles by the assorted package, "from 5 to 10" being the accepted order. The consequence is that most work baskets are half full of opened and partially used cases wherein the "10," which are finer than needed for ordinary sewing, are left alone. A more sensible plan would seem to be to buy generally 7s, 8s and perhaps 9s as they are wanted. The coarsest and the finest needles are very rarely requir-

A Holder for Spent Matches.

A spent match holder may be made by lining eight inches square of Gray Java canvass with white writing paper. Fold and sew the edges together. This makes a little boat. Edge the top with blue quilled ribbon, and hang by narrow ribbons. A tinsmith will make for a few cents a tin lining if desired.

Some Hints.

Prick potatoes before baking. Dry spongecake is good toasted.

Try the heat of the oven with a piece of paper.

Raise the flour barrel a few inches from the floor.

Into a rat hole stuff a rag saturated with cayenne pepper solution.

To clean nickel on stoves use soda wet with ammonia. Apply with an old tooth brush and rub with a woolen cloth.

The rose collar is the newest thing in tancy neck adornments. It is made of artificial pink roses sewed closely on a pink silk cape about eight inches deep. A ruche of pink crepe stands up around the neck and falls in stole ends to the waist in front.

Listerine is something that ought to find a place on the toilet table of every thoroughly clean woman. A teaspoonful of it in the water with which you brush your teeth will cleanse the mouth, teeth and throat, correct acidity and render the breath sweet and agreeable.

Horrid mud spatters will appear, no matter how high one holds one's skirts. To let the mud dry and then brush it off is the best way to do with woolen dresses, but something more is necessary for silk. Mud stains silk, and the only way to remove the spots is to brush the goods thoroughly and sponge with alcohol.

Suet, Indian or any fruit pudding may be kept for a long time and when wanted only remains to be said that the whole affair for use placed in a steamer over a kettle of boiling water for a short time, and will be even better than when freshly made. The little rail on top is of brass, passing Do not let it stand in the steamer to become water soaked. If a clean dish towel be folded and placed over the top of the steamer before putting on the cover, it will prevent the moisture dropping down on the food. And, by the way, there is no better way of reheating food of any kind, than steaming, if properly done. If a jar of beans is baked once a week, it will be found a good thing to have on hand. Warming over only improves them, and if one wishes a salad, chop some of the beans with a raw onion or two, dress with vinegar, melted butter, pepper and salt if necessary. Slices of the pork which was baked with the beans may be served with the

Cold in the Head and How to Cure

One of the most unpleasant and dangerevery moment's delay after his office hours ous maladies that afflicts Canadians at this season is cold in the head. Unpleasant, tige. The fault has been sometimes found | because of the dull, heavy headache, inthat "woman's work was never done," flamed nostrils and other disagreeable leaving the inference that it could not be symptoms accompanying it; and dangerous. done. This is not true of the work of the because if neglected, it develops into catarrh, with its disagreeable hawking and A vast number of household workers, spitting, foul breath, frequent loss the head. Two applications affected a cure in twenty-four hours. I would not take \$100 for my bottle of Nasal Balm if I could not replace it." Sold by all dealers or sent by mail postpaid at 40 cents per bottle, by addressing G. T. Fulford & Co.,

Paper Hosiery.

Paper gloves and hosiery are named as among the very latest novelties. Stockings which sell at three cents a pair are proposed In fact the experiment of making paper stockings has been going on for several months, and the party engaged therein believes that paper mittens or gloves would able in summer. When finished and dyed flower name, she chooses a blossom whose their appearance is similar to ordinary name begins with the initial letter of her fabric goods. The knitting is from paper me-not for Frances, and migonette for much after the plan of making common paper twines, except that the former are put through certain special processes. The principle is that of making a sort of a nap on the yarns. This is done automatically. Ordinary paper twine or yarn is too smooth, but a good gigging up gives the yarn a nap, and this imparts softness. After the knitting has been done the goods are placed in a sizing bath made from potato starch and tallow, which imparts solidity and durability to the texture. With paper passenger car wheels, paper water pails, why not paper socks and stockings ?

Located at Last.

Mr. Dumbleton, who is too economical to keep any extra collar buttons on hand, and who devotes a good share of his matin moments to hunting for these wayward essentials of male attire, startled his wife the other morning by a more than usual overflow of emphatic language.

What's the matter now? she exclaimed. Matter enough! he returned, with a series of paralytic gasps: I've swallowed

my collar button ! Thank goodness ! snapped out Mrs. D., for once in your life you know where it is.

Something He Had Forgotten.

Small boy-Mister, kin you change a ten dollar bill?

Mister-No sonny. That belongs strictly to my wife's share of the domestic duties. I might have been able to change one long ago, but I'm clean out o'practice now.

Get Rid of Nauralgia.

There is no use in fooling with neuralgia. It is a disease that gives way only to the most powerful remedies. No remedy yet discovered has given the grand results that invariably attends the employment of Polson's Nerviline. Nerviline is a positive specific for all nerve pains, and ought to be kept on hand in every family. Sold every where, 25 cents a bottle.

For a charity festival in Brussels, recently, the sculptors got up a novel exhibition of statues executed in snow in one of the

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THE BARBER'S STORY.

Long Hours and Constant Standing Brought on Kidney Trouble.

Forced to Quit Work and Feared That He Would Have to Drop His Trade-How Me at Last Found a Cure.

From the Stratford Beacon.

Among the residents of Stratford there is probably none better known or more highly respected than Mr. James E. Smith, the Ontario street tonsorial artist, Mr. Smith is also well known in Toronto, in which city he worked for several years in a Yonge street barber shop. To a reporter of the Beacon, who is a customer of his, the affable barber recently told of his recovery from a late very severe illness. He had, he said, for some years been afflicted with a weak back, so much so that at times if he stoop. ed he could not regain an upright position unassisted, and as for lifting anything that was out of the question. "For years," to use Mr. Smith's own words, "I could not carry a scuttle-full of coal." He had, so the physicians whom he consulted told him, disease of the kidneys, but they failed to cure him. He grew weak at length and rapidly lost flesh. Quite frequently he would be obliged to give up work for a week and take to his bed. He lost his appetite, was pale and so unnerved that he could not possibly hope to continue longer at his trade. "Customers of the barber shop," he. remarked, "do not care to be shaved by a man whose hand trembles." He had been in bed some time undergoing treatment when one morning his wife said to him, "Jim, I've got a new medicine I want you to try." It was Dr. Williams' Pink Pills she had. He objected to more medicine as invalids will do, but at length as sensible men usually are, he was guided by his wife. "But mind you" he said, "I had no faith in the pills; I only took them to please my wife." It was fortunate he did so, for he was soon back at work and after taking several boxes of the medicine was stronger than he had been for several years. Within two months after beginning to take Pink Pills he felt like a new man and had gained over twenty pounds in weight. There is certainly no healthier looking man in the city to-day than Mr. Smith. Since his restoration to health by Dr. Williams' Pink Pills he has recommended the remedy to many of his triends and has yet to hear of a case where the remedy faithfully tried was found wanting. In cases like that of Mr. Smith, Pink Pills furnish a speedy and effective cure, as indeed they do in all cases dependent upon a poor or watery condition of the blood or impaired nervous forces. Dr. Williams' Pink Pills cure when other medicines fail. Sold by all dealers or sent by mail postpaid at 50 cents a box or six boxes for \$2.50, by addressing the Dr. Williams Medicine Co., Brockville, Ont., or Schenectady, N.Y. Under no circumstances are the genuine Pink Pills sold in bulk, but only in boxes, the wrapper around which is printed in red ink and bears the full trade mark, "Dr. Williams' Pink Pills for Pale People." Pills offered in any other form, no matter what celor, are worthless imitations.

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Hood's sarific Cures not bear the slightest touch. When I had taken

one bottle of this medicine, the soreness had gone, and before I had finished the second the bunches had entirely disappeared." BLANCHE ATWOOD, Sangerville, Maine.

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