# HOUSEHOLD.

## HELPFUL HINTS FOR HOUSEWIVES

The burning and aching of the feet in warm weather, caused by standing while at work, is greatly alleviated by using under the feet a soft rug of thick woolen. Bathing the feet in tepid salt water is also beneficial.

Borax as an insect exterminator is unsurpassed. Keep closets and pantry scrupulously clean and sprinkle powdered borax under the papers which cover the shelves.

Meat slightly off flavor can be restored by cutting away the discolored portions and washing the surface with a solution of a teaspoonfuliof powdered borax dissolved in half a teacupful of water.

In hot weather, if poultry or fresh meat is to be kept over night, place a lump of charcoal in the body, or dust the inside with powdered charcoal. Wash the meat with vinegar. Carbolic paper is used by many butchers for wrapping meats in warm weather and can be made at home as follows: Into five parts of melted stearine stir two parts of carbolic acid, and then add five parts of paraffine melted with gentle heat. Stir well together until it cools, then apply with a brush to thin, soft paper.

In hot weather brushes of all kinds when not in use should be suspended in the air.

A delicious lemonade is made with boiling water. Wash and wipe two lemons. Cut a slice or two from the center of each and extract the juice from what remains, pressing so as to get a little of the oil from the rind. Sweeten the juice to taste and add a quart of boiling water. When perfectly cold serve with a little cracked ice in each glass and a slice of lemon on the top.

Even if deposited in a handsomely decorated bag or hamper, do not allow soiled clothing to find place in sleeping or living rooms. Shut in by four walls within which the processes demanded by daily living are carried forward, the atmosphere should be carefully guarded from all available sources of contamination. The basket or bag of soiled linen should be relegated to the woodhouse or back porch.

Glass cans can be opened by inverting them a few moments in boiling water. Heat expands the metal top, and it can be removed without prying underneath to let in the air. Be careful that the water does not reach the glass, or it may crack. Corks can be made air-tight by dipping them into a mixture of two-thirds wax and one-third beef suet.

Hard rubber rings are rendered soft and pliable by boiling them half hour in a solution of ammonia and water.

When a blood stain is left on white cloth or delicate muslin, make a paste of cold starch and flour, apply it to the stain, and when dry the stain will have disappeared.

Hair cloth will last muchl onger and will not become rusty if rubbed once a year with a cloth slightly dampened with any pure oil. In half an hour rub thoroughly with a dry linen rag. To restore rusty hair cloth add a little liquid shoe blacking to the oil. At the end of a week repeat if necessary.

A cheap cement which resists fire and water is made as follows: Coagulate half a pint of milk with half a pint of vinegar, separate the curd from the whey and mix with the whey the whites of four or five eggs, well beaten. Mix well, then thicken to a putty-like paste with quick lime that has been passed through a sieve. This will stop cracks in large iron kettles or caldrons.

## CANNING FRUIT.

There is promise of an abundant fruit crop so that we can probably all have as much of mother Nature's dainties as we need this year, says a writer in Ohio Farmer. I always put up a good deal of fruit in a way quite satisfactory to myself and family, some few details of which may be new and suggestive to others.

I use to think it necessary to set my glass jars in a pan of hot water while pouring in the boiling fruit, but some one told me that a silver fork or spoon put in the jar was sufficient to prevent breaking. I hesitated some time before trying it. Finally I decided to risk a jelly glass and filled it with the boiling jelly successfully; since then I have always done the same for all my fruit, and find it so much more convenient than the old way, especially as I use a gasoline stove exclusively and the hot water necessitated an extra burner kept lighted all the time.

I turn my jars of fruit bottom upwards until they are cool, for the double purpose of seeing if the tops fit tightly and so that the fruit will not all settle at the bottom. I usually keep my fruit in the kitchen over one night, after canning, before putting it in the cellar. I do not know as that is of any importance, but as my fruit always keeps well, thought perhaps that had something to do with it.

I usually mix currants and raspberries, the proportion depending upon which kind are most plentiful. We like them so much better than either kind alone, though I often can a few jars of each separately for sake of variety. Some who have a great many currants use only the juice of the currants with the raspberries, which is very nice indeed, and saves picking over so many currants and also does away with the seeds, which many object to.

In canning plums, currants, gooseberries and any such fruits, I use more water than I need for juice and when it boils, before adding the sugar, strain out a few cupfuls from each kettleful for jelly, which still leaves the fruit sufficiently strongly flavored.

If I have more of the common fruits than I need I often can several jars of each without sugar, for pies, mince meat, etc. Two years ago, after I had put up all the plums I cared for, the children went to the woods with their mates and brought home quite a quantity of very small, poor plums. Having a few empty jars I scalded them and canned them without sugar. I did not open them until this spring, when I made plum butter of them. A gallon of fresh plum butter in the spring when it is hard to find anything that tastes good, was a real treat, and called to mind my grandmother's old saying, "save everything; in seven years you will need it."

## TWO RECIPES.

Woodford Pudding.—One cup of jelly, jam or preserves; 1 cup of flour; 1-4 cup of melted butter; 1-2 teaspoonful soda; 3 tablespoonfuls of sour milk; 3 eggs, well beaten; flavor to taste.

Crumb Pie.—One cup of molasses and 1-4 teaspoonful of soda beaten until light, then add 1 cup of warm water. Then take another pan, put in three cups of flour; 1 1-2 cups of sugar; 3-4 cup of butter; rub all together until well mixed. Make 4 crusts, stick well; then pour the molasses in 4 crusts, then divide other ingredients in molasses. Bake as another pie.

## HINTS TO BICYCLISTS.

**Intemperance in Bicycling, As in Everything Else, Is a Bad Thing.**

The testimony of the best physicians is unanimous in showing that only a very small proportion of the wheeling public are adapted by nature for racing, and many a young fellow who is never happy off the track is sowing the seeds of a breakdown on the verge of manhood. But it is not only racing men and century runners who overdo wheeling. Many a man who has never raced is injuring himself by humping his back and preventing the proper expansion of the chest. This often leads to cardiac irregularity, poor blood and a general weakening of the entire system. Cardiac healthiness, in particular, among wheelmen, depends greatly on how they wheel. While moderate cycling benefits the heart, immoderate cycling disturbs it. The influence of wheeling is equally great on the lungs. To insure their development sit reasonably erect in the saddle, and don't overtax your powers of breathing. Avoid drinking anything very cold, unless in small quantity, taken with deliberation. A good plan is to drink little at a time and often. To expose one's self to a fresh breeze or to very cold water while the body is overheated is always harmful. Take a well-supplied tool bag. It is a bad thing for the business of the man who runs the repairing shop at the side of the road, but that cannot be helped. The bearings of the best wheel may tighten up from dust or grit getting inside, or other causes, and the wheel will run hard. This occurs oftener perhaps to the cones on the crank axle than elsewhere. The seat of the trouble may be detected by turning the bicycle upside down and revolving the rear wheel. Then notice where the chain seems to sag, whether above or below. If below, the trouble is in the bearings of the wheel. If it is tight below and loose above, the wheel is pulling the cranks around, and they are harder to revolve than the wheel. If the adjustment is right in both places, the chain will sag first on the top side and then on the bottom in an irregular manner. The bracket bearings receive the hardest treatment of any part of the wheel, and necessarily require the most attention.

## A WONDERFUL WEDDING.

**Ten Thousand Couple Were United in Marriage at One Time.**

The largest and most remarkable wedding since the world began took place at Susa. When the great Alexander had conquered Persia, wishing to unite victors and vanquished by the strongest ties possible, he decreed a wedding festival. Now, guess how many people he ordered to be married. You could never do it. Well, Alexander himself was to marry Statira, the daughter of Darius; 100 of his chief officers were to be united to ladies from the noblest Persian and Medean families, and 10,000 of his Greek soldiers were to marry 10,000 Asiatic women—20,202 people married at once.

I don't see how they managed to get up a feast for so many, but they did, and for a vast multitude of guests besides. They had the most splendid arrangements. On a plain near the city a vast pavilion was erected on pillars sixty feet high. It was hung and spread with the richest tissues, while the gold and precious stones ornamented it would have made your eyes blink.

Adjoining this building were 100 gorgeous chambers for the 100 bridegrooms, while for the remaining 10,000 an outer court was inclosed and hung with costly tapestry, and tables were spread outside for the multitude. A separate seat was assigned each pair, and all were arranged in a semi-circle on either hand of the royal throne. Each bridegroom had received a golden vessel for his libation, and when the last of these had been announced by trumpets to the multitudes without the brides entered the banquet hall and took their places.

And now don't you think each bridegroom stood up separately and vowed: "With this ring I new thee wed," and so on. No, the ceremony was very simple; the king gave his hand to Statira and kissed her as his wife, and the other bridegrooms followed his example.

## IN TOO BIG A HURRY.

Tom, a word with you.

Be quick, then; I'm in a hurry.

What did you give your sick horse t'other day?

A pint of turpentine.

John hurries home and administers the same dose to a favorite charger, which, strange to say, dies in half an hour. His opinion of Tom's veterinary ability is somewhat staggered. He meets him the next day.

Well, Tom, I gave my horse a pint of turpentine, and it killed him.

So it did mine.

# SEWAGE OF OLD LONDON.

## WHAT IS DONE WITH THE GARBAGE OF THE GREAT CITY

**And What Becomes of It—Methods Adopted in the Modern Babylon—The Filth is Taken Out to Sea.**

"Oh how unpleasant! The idea of going out to sea with sludge!" On the contrary, you know nothing of it. The deck of the sludge ship is broad and clean; the deck house or "saloon" small but comfortable; on the bridge a fresh breeze is blowing, the sunlight sparkles brightly on the ruffled surface of the river, and you scarce can realize that this fine steamer is carrying a thousand tons of London's sludge out to sea. Yet such is the fact. The idea that the "mud barges" of the County Council which take out the precipitated portion of London sewage to the Barrow deep are simply dirty dredges is quite a mistake. They are powerful twin-screw steamships, worked by two sets of triple expansion engines, and fitted with three large tanks, kept covered, and absolutely

FREE FROM NUISANCE

to anybody, even to the seamen on board. They can make two trips out to sea in every twenty-five hours, steaming about ten knots, and as a matter of fact they can dispose of 41,000 tons of sludge in a week.

The sludge is precipitated by treating the sewage with lime and sulphate of iron. First, six huge cages catch debris, such as sticks and dead rats and eels, etc., in the great rushing sewers which drain London. This rubbish is burned in destructors at the rate of something like a hundred tons a week; then the black river of sewage is stirred in tanks with lime, or, more correctly, lime water, in the proportion of 3 1-2 grains to the gallon. The effect of the lime is to precipitate matter in suspension and solution and also to deodorize. You may

TAKE A SMELLING BOTTLE

with you if you like, but will hardly need it. But, walking on along the top of the twenty-seven feet wide sewer, which is probably to become a beautiful boulevard for Barking, one comes to the sulphate of iron "shop" where 250 tons at a time are received, and where, after being dissolved in the proper proportion, as directed by the chemist in charge, it, too, finds the way to the swift river of sewage.

But then comes a pause in the river mad career. It is admitted through the Penstock chamber—that is, a building with a number of iron gates—to a set of covered precipitating channels, where it can leisurely meditate after its wild rushings from London. Here in its quiet bed the lime and iron, in casting down the solid portions, can take full effect, and the clear portion of the liquid at the top—now called the effluent—is let off over the head of a wall at the end of the chamber to a channel at the other side; whence, gathering speed again, it

RUSHES TO A RESERVOIR

from which at ebb tide it joins the Thames. The sludge passes through pipes from the bottom of the precipitating chambers to another reservoir, whence it is pumped to the tanks in the sludge ships and conveyed to sea.

The effect on the river is most satisfactory. On the testimony of the harbour master it is cleaner now than it has been for some years, while Mr. Thudichum, the chemist at the Barking "outfall" works, joyfully maintains it has 50 per cent. of oxygen, which it has not rejoiced in for some summers past. But the clean foreshore and the scent of seaweed at Barking, and the much purer looking water in the Thames itself, are proofs to the uninitiated of the success of the "new" system.

That system is only now getting into full working order. The County Council has added two more ships to the fleet, making now five in all; and they are conveying some 40,000 tons of sludge out to sea every week.

FOUR SHIPS

are constantly at work, day and night, and one takes its turn of a rest week for painting, repairs, etc., and affording a lighter time for the men. These are sailors, and sleep on board, regular watches being kept, except one twenty-four hours in every seven days, when they are allowed off duty.

The discharging ground of the steamers is the Barrow deep, some miles beyond the Nore light. The deep is an unused channel, the north bound vessels taking a course considerably to the left and southward ships far to the right. The channel has been buoyed by the Council, and no captain may commence discharging until he has passed the North Knot buoy. The discharge is quickly effected by opening valves in the vessel's bottom; the principle being much the same as that used on the sea-emptying life-boat—which, indeed, is but an adaptation of the law that

WATER FINDS ITS LEVEL

the bottom of the tanks being built on a level with the sea. The valves are easily opened from the deck, and so quick is their action that the whole thousand tons can be discharged in seven minutes. Generally the time occupied, however, is longer, the vessel perhaps steaming ten miles while emptyng her strange cargo. The whiite wake of the ship is discoloured, gulls hover over it, and there among the tumbling waves and the fresh breezees the sludge is gone.

The mind can hardly grasp the fact that a hundred million gallons of sewage pour down the huge drain to Barking every twenty-four hours. But if we think for a moment that this immense mass of sludge would, but for the ships, have been discharged into the Thames, between Gravesend and London bridge, and be washed backward and forward with the tides, and that this would be always going on month after month, we may begin to have some conception of the benefit gained.

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A woman has for many years been the engraver of medals at the royal mint at Stockholm

## HORSE MEAT.

**Enormous Quantities of It Eaten With No Bad Results.**

Official figures having been recently quoted to show that the number of horses imported last year from England exceeds 22,000, instead of 6,000, as stated in the Belgian Chamber, I visited Antwerp with the object of finding out approximately what proportion of this enormous total is actually slaughtered for human consumption, writes a correspondent.

From information placed at my disposal by the Director of the city abattoirs, it appears that the bulk of the animals arriving from England find their way direct to the slaughter house. Although the greater part comes from London, the trade is by no means confined to this quarter, the imports in last week's official list showing that no less than 76 were brought from Hull and Newcastle. One dealer in Antwerp alone (an Englishman) disposed of upward of 3,000 horses last year to the local butchers.

On the other hand, it is positively denied, as far as Antwerp is concerned, that any of the meats finds it way back to England, either in the form of "tinned beef," or soup. Not a single meat-preserving establishment exists in the city. My informant, who is a stanch adherent of horseflesh as a "wholesome and nutritious diet" for the workingman, confirmed the measures about to be taken for guarding against tuberculosis and glanders. A further experiment is to be tried at Rotterdam by subjecting all "suspicious" meat to treatment in steam chambers heated to 110 degrees Centigrade (a temperature which has been scientifically proved sufficient to kill the bacillus), and to sell the meat so steamed at prices ranging from one franc, 50 cents per kilo (about six pence per pound), the residue of the broth included.

There are in Antwerp about 30 shops devoted entirely to the sale of horseflesh. I visited several of these establishments, but, with the thermometer at 80 degrees in the shade, the meat, of which the bulk had been slaughtered at least two days previously, did not present an appearance which was calculated to make converts. Still less so were the sausages of dusky hue which appear to form the staple delicacy when the meat is unfitted for sale in its natural state. The prices run from four and one half pence per pound for "prime cuts," to about two pence for "scraps." When it is remembered that, apart from the Government ban laid upon imported horseflesh, there is in Belgium a duty of nearly three fourths pence per pound on all other imported meat, it is easy to understand why Australian mutton is yet practically unknown here, and why among the poorer classes horse is the only flesh food available.

## A WOMAN'S MESSAGE,

**Conveying Words of Hope to the Afflicted.**

**Had Suffered From Heart Trouble and Liver Complaint, Which Wrecked Her Nervous System—Is Now as Well as Ever.**

From the Carleton Place Herald.

Truth, it is said, is sometimes stranger than fiction, and in no way has this phrase been better exemplified than in the plain unvarnished statement of Mrs. W. H. Edwards, of Carleton Place, to a reporter of the Herald a few weeks ago. Mrs. Edwards is well known in this town, having lived here for nearly twenty-five years. The story she related we will give in her own words. She said: "In July of 1894 I was taken ill with fever, caused by blood poisoning, and laid hovering between life and death for eight weeks. After the doctor succeeded in breaking up the fever, my heart began to trouble me, jaundice and liver complaint also set in. I could not sleep and my nerves were terribly unstrung. During my illness, after the fever left me, I was attended by no less than three doctors, but their medicines seemed of no avail as I lay for months in a terribly emaciated condition and never expected to be around again. This state of affairs lasted until about Christmas, when a friend suggested to me to try Dr. Williams' Pink Pills. My husband procured a few boxes and I then began their use although with but little confidence in them. By the time I had used three boxes I began to feel a little better and began to get an appetite. This encouraged me to persevere in the use of the pills, and I still continued to improve. I began to sleep well, my heart ceased to bother me and my nervous system which had received such a fierce shock was again fully restored. My liver trouble also disappeared, in fact, I became almost a new creature. I now feel as well as I ever did in my life. I have used in all eight boxes and still continue to take an occasional pill if I feel any way depressed. Yes, she said, I am thankful to think that I tried Dr. Williams' Pink Pills, because I believe no other medicine could have effected such a cure in me and have so effectually built me up. I am perfectly willing that this simple statement of mine should be published, and hope some poor suffering creature may see it and be restored to health as I was."

Dr. Williams' Pink Pills make pure, rich blood, thus reaching the root of disease and driving it out of the system, curing when other medicines fail. Most of the ills afflicting mankind are due to an impoverished condition of the blood, or weak or shattered nerves, and for all these Pink Pills are a specific which speedily restore the sufferer to health. These pills are never sold in any form except in the company's boxes, the wrapper round which bears the full name. Dr. Williams' Pink Pills for Pale People." All others are counterfeits, and should always be refused. Get the genuine and be made well.

## AN UNPROMISING MATCH.

Mrs. Henpeck—My dear, you will make a great mistake if you marry Mr. Meak. He has no beard, and he wears a wig.

Daughter—What difference does that make?

Huh! You try managing a husband with no hair of his own, and you'll find out.


# Pure

Blood means sound health. With pure, rich, healthy blood, the stomach and digestive organs will be vigorous, and there will be no dyspepsia. Rheumatism and neuralgia will be unknown. Scrofula and salt rheum will disappear. Your nerves will be strong, your sleep sound, sweet and refreshing. Hood's Sarsaparilla makes pure blood. That is why it cures so many diseases. That is why thousands take it to cure disease, retain good health. Remember

# Hood's Sarsaparilla

Is the One True Blood Purifier. All druggists. $1.

**Hood's Pills** cure Liver Ills; easy to take, easy to operate. 25c.

FOR TWENTY-SIX YEARS.

# DUNN'S BAKING POWDER

THE COOK'S BEST FRIEND

LARGEST SALE IN CANADA.


## HAPPY OUTCOME.

The naming of babies is productive of many amusing incidents. Highly important to baby and parents, the ceremony sometimes has an outcome which does not seem to be in keeping with the flourish of trumpets made over it.

A certain aristocratic little boy waited two years to receive a name which should be fine enough for him, and ended up by being called "Sammy;" and another somewhat similar case may be recorded.

A gentleman visiting the house of a friend—a man of family—had his curiosity aroused by seeing one shelf of a bookcase filled with novels all bearing as titles the names of women, and all of the most romantic character. He ventured finally to ask his friend the occasion for this assembly of flowery fiction.

"Oh," answered his host, "when we were naming our little girl my wife bought those in order to find a perfectly original name for the child.

And what name did you give the little girl?

We ended up by calling her "Mary!"

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Piles Cured in 3 to 6 Nights.—Dr. Agnew's Ointment will cure all cases of Itching Piles in from 3 to 6 nights. One application brings comfort. For Blind and Bleeding Piles it is peerless. Also cures Tetter, Salt Rheum, Eczema, Barber's Itch, and all eruptions of the skin. 35 cts.

Sold by W. E. Richardson.

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Wardpull—"I believe it would be a good idea to nominate Bzskpxski. He's a mighty good man." Heclah—"Oh, he's a good man all right, but how could we ever get up a campaign yell on such a name as that?"

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10 cts. Cures Constipation and Liver Ills.—Dr. Agnew's Liver Pills are the most perfect made, and cure like magic, Sick Headache, Constipation, Biliousness, Indigestion and all Liver Ills. 10 cents a vial—40 doses.

Sold by W. E. Richardson.

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He—"And did you call at Monte Carlo while you were at Nice?" She—"No; papa called on him, I believe, but from his disappointed appearance when he returned to the hotel, I think Mr. Carlo must have been out."

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Relief in Six Hours.— Distressing Kidney and Bladder Diseases relieved in six hours by the "South American Kidney Cure." This new remedy is a great surprise and delight on account of its exceeding promptness in relieving pain in the bladder, kidneys, back and every part of the urinary passages in male or feamle. It relieves retention of water and pain in passing it almost immediately. If you want quick relief and cure this is your remedy.

Sold by W. E. Richardson.

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"What did the stranger say when you gave him the bill?" Waiter—"Such monstrous prices he never saw; we were an abominable gang of thieves." Hotel-keeper—"Good! So he didn't become abusive, then?"

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Heart Disease Relieved in 30 Minutes.—Dr. Agnew's Cure for the Heart gives perfect relief in all cases of Organic or Sympathetic Heart Disease in 30 minutes, and speedily effects a cure. It is a peerless remedy for Palpitation, Shortness of Breath, Smothering Spells, Pain in Left Side and all symptoms of a Diseased Heart. One dose convinces.

Sold by W. E. Richardson.

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Mistress (to servant looking for a place)—"Why don't you show your book of references?" Servant—"Because I do not wish to reflect on the character of the employers who change their servants every fortnight."

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Hay Fever and Catarrh Relieved in 10 to 60 Minutes.—One short puff of the breath through the Blower, supplied with each bottle of Dr. Agnew's Catarrhal Powder, diffuses this powder over the surface of the nasal passages. Painless and delightful to use. It relieves instantly, and permanently cures Catarrh, Hay Fever, Colds, Headache, Sore Throat, Tonsilitis and Deafness.

Sold by W. E. Richardson.

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Tyre—Bilkins and his wife have bought a bicycle built for two. Rider—Ah! Riding tandem, eh? Tyre—Well; judging from their wobbling performance yesterday, I should say they were just riding at random.

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Rheumatism Cured in a Day.— South American Rheumatic Cure for Rheumatism and Neuralgia, radically cures in 1 to 3 days. Its action upon the system is remarkable and mysterious. It removes at once the cause and the disease immediately disappears. The first dose greatly benefits. 75 cents.

Sold by W. E. Richardson.