HOME

Carpet Wisdom.

"In the spring the housewife's fancy
Lightly (?) turns to thoughts of—carpets!"

Quite right, too, for the amount of dust and dirt which even well-swept carpets will retain is marvellous. As a matter of health alone, they must come up for beating and cleaning. Dust is but dried mud, and what it might contain is best not thought about. This article is to help those who have not a vacuum cleaner, and have to seek the privacy, or publicity, of the back premises for carpet-beating.

The first necessity is a flat cane beater. Never use a stick. The second, a stiff birch-broom. Flat beating on grass is best. Beat the carpet on the under side first, then pull it away and brush the dirt from the grass or you will re-collect some of it.

Now reverse the carpet and sweep it well, following the "grain," and in pile carpets the way of the pile. Brush from the middle outwards toward each side, and bring the brush off the carpet with an upward swirl.

Do a foot at a time like this, going round and round until finished. Now, taking hold of the broom-handle rather low, walk backwards, and brush vigorously from left to right. The different angle of attack moves a lot of dust, and you've a stronger purchase on the broom. Turn the carpet over again, sweep the under side, and again beat. Reverse, brush, and beat the upper side. Do this systematically, so that the whole surface receives attention. Brush once more, and then test for dust. A little may rise, for hand-beating never quite removes it all.

Now temporarily relay the carpet so that all spots and marks may be removed. Go carefully over the whole carpet with a hot iron and brown paper. This will remove grease spots, visible and invisible. If any remain not absorbed by the brown paper, spread on them a paste of fullers' earth and water, leaving it there until dry, and then brushing off. The marks will soon disapear.

Any other spots, of unknown origin, can be successively rubbed with petrol, turps, methylated spirits, or soap and water.

There should now not be a spot on the carpet, and all that remains is to clean it and freshen the colors. For that make a mixture of half a pint of oxgall in half a gallon of hot water, and brush this into the carpet with a soft brush. Wash the lather off with cotton cloths wrung out in ammonia and water—tablespoonful to a gallon—renewing as it gets dirty.

Here you could stop if you like, but a final rub over with a flannel cloth dipped in soapsuds and turps will make perfection perfect. The carpet will be as new. Dry very thoroughly out of doors. A worn spot can be doctored by carefully dolly-dyeing it to the ground color of the carpet.

For the Cook.

Asparagus Salad.—Arrange the canned asparagus tips on lettuce leaves or cress and serve with French dressing with two tablespoons of tomato catsup.

Popovers.—One cup flour, one teaspoon salt, one cup milk, one egg. Mix the salt with the flour, add half the milk slowly, and when a smooth paste is formed, add the remainder and the egg beaten thoroughly. Beat well before filling pans. Cook in hot, greased gem pans, or earthen cups, in a quick oven half an hour, or until the puffs are brown and well popped over.

Steamed Rice.—Half cup rice, one cup of boiling water, saltspoon salt. Pick over and wash the rice in three or four waters. Put it with the boiling water and salt into the top of a double boiler. Steam for twenty minutes or until tender. Serve with milk or as a pudding with boiled custard or with poached eggs.

Salmon Croquettes.—Take equal quantities of cold or hot boiled rice and canned salmon, add a little melted butter and salt and pepper to taste. Mold into small sausage-shaped forms and roll them first in finely powdered crackers, then into beaten egg yolk and again in cracker crumbs. Fry in hot fat like doughnuts. A palatable, nutritious food, easily prepared, and as the egg prevents the entrance of much fat they are readily digestible. This dish can also be baked as a scallop.

Oatmeal Mush with Baked Apples—One-half cup coarse oatmeal, one-half teaspoon salt, two cups boiling water. Pick over the oatmeal, put it with the salt and boiling water into the upper boiler. Place upper boiler on the stove and boil rapidly ten minutes. Stir occasionally with a fork, then place it over boiling water and cook from forty minutes to one hour. Serve with baked or steamed apples. Excellent for constipation. Fine hominy and granulated wheat are cooked in the same way, but require only three times as much water as meal. Whole or cracked wheat requires five times as much water as meal, and should cook four or five hours.

Scotch Broth.—Half cup pearl barley, 2 pounds of neck of mutton, 2 quarts of cold wtaer, one-half cup each of carrot, turnip, onion and celery, two tablespoons of butter or drippings, one tablespoon flour, two teaspoons salt, one saltspoon white pepper, one tablespoon chopped parsley. Pick over and soak the barley over night or several hours in cold water. Wipe the meat with a clean wet cloth. Remove the fat and skin. Scrape the meat from the bones and cut it into half-inch dice. Put the bones on to boil in 1 pint of cold water and the meat in 3 pints of cold water. Let the latter boil quickly and then add the barley. Cut the vegetables into quarter-inch dice, fry them five minutes in one tablespoon of butter and add them to the meat. Simmer three or four hours or until the meat and barley are tender. Strain the water in which the bones have simmered. Cook one tablespoon of butter in a sauce pan with one tablespoon of flour. When smooth, add the strained water gradually and stir into the broth. Add the salt, pepper and parsley. Simmer ten minutes and serve without straining. Strained for an invalid, it forms a nourishing and delicate meal.

It's Always A Good Thing

To have a

Clear Horizon

at both ends of the day.

A dish of

Post Toasties

for breakfast and again at the evening meal opens and closes the day with a dash of sunshine.

Toasties are bits of hard, white Indian Corn, first carefully cooked, then rolled thin and crinkly, and toasted to a delicate, appetizing brown.

Not a hand touches the food in manufacture, and it is ready to serve direct from the package—to be eaten with cream or milk—and sugar, if desired.

Post Toasties taste deliciously good and are richly nourishing.

Made by Pure Food Factories of Canadian Postum Cereal Co., Ltd. Windsor, Ontario.

SHILOH CURES COUGHS & COLDS

IN THE POLAR REGIONS.

Captain Mikkelsen Spent Two Years on the Ice in Solitude.

Captain Ejnar Mikkelsen, the intrepid explorer, who was lost in the Polar Regions for 28 months, with one companion, has been describing the terrible experiences they underwent.

Captain Mikkelsen set out to find the records left by Erichsen, another explorer, who, with two companions, died of starvation and cold in exploring the north-east coast of Greenland. How the captain and his companion were lost arose in this manner. They left their ship to cross the wilderness of ice and snow till they came to the point where the Erichsen party perished. Having obtained the lost records, they retraced their steps, and, after suffering terrible privations, returned to the place from whence they had set out. To their horror they found that the ship had been wrecked and the crew gone. Captain Mikkelsen tells of his sensations on making this discovery:

"Well, there we were in a hut by the shore. Our ship was gone, and we couldn't get away; the quicksilver froze in the thermometer.

"One day as I was breaking up some roots for fuel, I heard a knocking at the door of the hut. I opened the door, wondering who the caller could be—it was a huge bear!

"I shut the door and bolted it, and Iversen put his back against it. The bear knocked again.

"Why didn't we shoot it? Because the oil in our guns was frozen hard, and we couldn't get a cartridge in. But, all the while, I was warming a gun, while Iversen stuck to his post by the door, and at last I managed to get a cartridge in—just in time. The bear died.

"I had two books, Adam Bede and Shakespeare. I read Adame Bede over and over again; I know it by heart.

"Shakespeare was a great companion, but a little white fox ran away with Shakespeare. I suppose our greasy, oily fingers gave the book a meaty flavor. The fox became quite tame, and we made a great pet of him. He was just like a dog.

"It is the terrible monotony that is the most awful thing about the Arctic region—the monotony and the constant dread of death. No man wants to die; I do not want to die.

"We were rescued at last by a Norwegian ship which had seen our

Captain Ejnar Mikkelsen.

signal. The Norwegians who landed said we looked wild and terrible, 'like musk oxen.' And we, who had been alone on the ice for more than two years, could scarcely realize after our long solitude that there could be so many people in the world."

Old Folks' Coughs Permanently Cured

The Publim is Loud in Its Praise of the Modern Direct Breathing Cure.

Elderly people take cold easily. Unlike young folks, they recover slowly, if ever. That is why so many people past middle life die of pneumonia. Even though pneumonia does not develop and kill, coughs certainly weaken all elderly people.

Cough Syrups seldom do much good because they upset digestion. Any druggist or doctor knows that a much more effective treatment is "CATARRHOZONE," which heals and soothes the irritated surfaces of the throat.

In using Catarrhozone you do not take medicine into the stomach—you simply breathe into the throat, nose and lungs rich piney balsamic vapor, so full of healing power that colds, catarrh and bronchitis disappear almost instantly.

"At sixty-eight years of age I can testify that I am never troubled with coughs or colds," writes J. E. Pilgrim, of Kingston. "They used to be the bain of my life, and that was before I used Catarrhozone, which was recommended to me by C. L. Prouse, druggist. To use Catarrhozone is just like being in an immense pine woods. The balsamic vapor of Catarrhozone is like a tonic, it is so stimulating to the breathing organs, so soothing to sore spots, so full of power to drive out colds and congestion. I will always use and recommend Catarrhozone as a preventive and cure for coughs, colds, bronchitis, throat irritation and catarrh. (Signed) "J. E. PILGRIM."

A Catarrhozone Inhaler in your pocket or purse enables you to stop a cold with the first sneeze. Large size costs $1.00 and supplies treatment for two months; small size, 50c.; trial size 25c.; all storekeepers and druggists, or The Catarrhozone Co., Buffalo, N. Y., and Kingston, Canada.

THEIR SUNDAY REST.

How Unsophisticated Congregations Appear at Church.

The wife of a missionary long stationed in Africa confessed the other day that she became hysterical with suppressed laughter at the first service that her husband held at the station after bringing her out. She had, indeed, to leave the chapel under pretext of a sudden nose-bleed, lest she should disgrace herself by an outburst of unseemly mirth.

The cause of her discomfiture was an important convert, an aged and venerable chief with snowy wool and a countenance of ferocious dignity. The young wife had thrown away the day before an outgrown pair of her tiny daughter's ankleties. They were of gay scarlet morocco; and when they reappeared at church, buttoned neatly through the distended lobes of the old chief's ears and dangling conspicuously against his withered ebony shoulders, the spectacle was too much for her—especially in combination with the rest of his costume, which consisted of a dirty blue loin-cloth, and a head-dress made of feathers artistically combined with imported shirt-buttons.

Missionary gravity is often severely tested by the go-to-meeting-best of the unsophisticated congregation. Even our own country can suppily instances in point. The tale comes from Alaska of an Indian settlement the resident pastor of which prepared the minds of his people for the coming of a distinguished clergyman who was going to preach to them, by explaining that not only would his words be worth hearing, but that his character was such that he might be considered an exemplar of all the Christian graces, and eminently worthy of imitation.

During his earnest and eloquent address, the visiting preacher had occasion to use his handkerchief; having done so, he thrust it carelessly into a coat-tail pocket. He quite failed to observe that the greater portion remained hanging outside, and streamed backward as he gesticulated in a manner that the respectfully admiring natives deemed peculiarly elegant and effective.

The next Sunday the decorum of their own pastor was severely strained when he beheld a flock more suggestive of Little Bo-Peep's than any other, proudly advancing down the aisle. Every man, woman and child had a handkerchief, rag or piece of white cloth, of any material, from sailcloth to muslin, and of any size, from six inches square to a yard. They they had sewed or pinned securely to the rearward portion of their attire, to waggle as they moved in a manner as realistically tail-like as possible.

When it was tactfully explained to them after service that this clerically imported fashion was the result of a misunderstanding and not the latest and most correct thing of the East, they were greatly disappointed.

Dr. Morse's Indian Root Pills

are made according to a formula in use nearly a century ago among the Indians, and learned from them by Dr. Morse. Though repeated attempts have been made, by physicians and chemists, it has been found impossible to improve the formula or the pills. Dr. Morse's Indian Root Pills are a household remedy throughout the world for Constipation and all Kidney and Liver troubles. They act promptly and effectively, and 49

Cleanse the System

HANGED BY THE NECK

No death is more certain than the end that comes to every offender treated by Putnam's Corn Extractor. Out comes the corn or warts, root and branch. Insist on "Putnam's" only, it's the best, free from acids and painless. Price 25c., at all dealers.

STUDENTS PLACED IN CELLS.

Are Under Martial Law at Examination Times.

Students actually are worked to death in Wuchang, China, where every third year the queerest college examination in the world is held. From 12,000 to 15,000 students are locked in cells for three days while they struggle for a degree. So great is the strain that frequently several of the students die before the end of the 72-hour bout, and several times hopeful candidates have been crushed to death at the gate when trying to get in. Every row of cells has two servants who cook and attend to the wants of the candidates. Martial law prevails during the examination, in which about only one per cent. of those who take it are successful. An army of 30,000 tradesmen, doctors, cooks, tailors and printers gather in the university town when the big examination is pulled off. A salute of guns is fired in honor of the lucky Chinese who skin through.

7% SAFE INVESTMENT

The National Securities Corporation, Limited, now offer to the public their 7% Profit Sharing Bonds, which mature in five years, with interest payable half-yearly on the 1st of June and the 1st of December.

The National Securities Corporation, Limited, acts as a holding company for several large and profitable manufacturing plants that have been built up by members of the Corporation in the past quarter of a century. The proceeds of these bonds are to be used in still further developing these plants—in acquiring another long established manufacturing plant which has shown large profits for years—and in purchasing well located timber lands. The Corporation now has a large limit under option containing 1,000,000,000 feet of virgin timber. This latter should largely increase in value in the next few years.

All profits beyond bond interest and stock dividends are to be divided equally between the Bondholders and the Shareholders, and whatever profits are thus divided will be in excess of the 7% annual interest on the Bond.

These Bonds are amply secured by investments of the Corporation in these manufacturing plants and in the value of lands, timber and mills which it controls, and will be further secured by the acquisition of other plants and timber limits.

The Bonds are offered to the public in denominations of $100, $500 and $1,000, and may be purchased either outright or by means of the periodic payment plan. In the latter case, an initial payment of 10% of the face value of the Bond will be required. Bondholders may withdraw all or part of their investments, with interest, at any time after one year on sixty days notice.

Payments should be made to the National Securities Corporation, Limited, either by cheque or money-order.

More complete particulars furnished on request

NATIONAL SECURITIES CORPORATION LIMITED

CONFEDERATION LIFE BLDG.

TORONTO, - - ONT.

BRICK PAVEMENTS.

1,000 Miles in Cleveland, Ohio, and Surrounding Country.

There is probably no place on the continent where more attention has been paid to the improvement of country roads or where the benefits accruing from such a policy, have been so striking as in the county of Cuyahoga, Ohio, in which the city of Cleveland is situated.

The highways radiating out from the city, and other main roads, have been paved with brick, which will endure the heaviest motor-driven traffic for from 50 to 100 years.

A thousand miles of brick pavement has been laid in the city and county combined, and 110 miles of rural brick roads will be added this year, while 43 miles of brick paving has also been contracted for in the city.

The good roads policy has had many beneficial results, both for the farmers and the city population, and the value of farm lands has increased in some cases from $75 to $300 per acre during the last ten years.

The three County Commissioners who manage the road building, are Messrs. William F. Eirick, Harry Vail and John G. Fisher. Mr. Eirick says that the large expenditure on rural roads has really not cost the county anything.

The increased revenue from the boosted land values has counterbalanced all the expense of paying for the road work. City and county real estate ten years ago totalled $171,000,000 in value. To-day it has risen to $605,000,000, an increase of $434,000,000. Farm lands in the country ten years ago were worth $29,000,000, but now are worth $101,000,000, showing an increase of $72,000,000.

The growth of the public markets in Cleveland is one of the beneficial results of the good roads movement, and it is one of the very best ways to fight the increased cost of living, for it brings the producer and consumer together to a much greater extent. Easy transportation has encouraged the production of market truck, and turned a good part of the county into a vast garden. Country life has become popular with city people of means, who can motor in to the city easily and quickly, and the farm for pleasure and the benefits of the country life. This has been an important factor in raising the value of farm property.

Good brick roads cost the county $1,000 a mile for each foot of width. Stone curbing with an expansion joint is used to protect the edge of the pavement. Usually one half of the road is paved, the right hand half for the heavier-loaded traffic that is bound toward town. The other half of the road is graded and can be used in dry weather.

The method of construction is to lay a solid concrete base and impose a two inch sand-cushion for the brick. A grout filer united the brick into one solid substance.

Revising Things.

Hewitt—What do you think of this suffragette business?

Jewett—If it is carried to its logical conclusion it will result in woman putting her money in her husband's name.

A squire, worsted by Sydney in argument, said, "If I had a son who was an idiot I'd make him a parson." Smith said, "Your father was of a different mind."

$10 Buys Option-Contract (put or call) on 50 shares stock, 10,000 bushels wheat or 50 bales of cotton, affording unusual chances for large profits without further outlay. REIMEL & CO., 6 Wall Street. NEW YORK.

Seed Oats FOR your Field in the GOVERNMENT FIELD CROP COMPETITION you cannot do better than send for our Catalogue, and see what we have to offer in SEED OATS. We have a splendid stock and will be glad to send samples. GEO. KEITH & SONS, 124 King St. East, Toronto, Ont. Seed Merchants since 1866.

Hints for the Home.

Stamps which have become stuck together may be separated by passing a hot iron across their faces.

After wringing clothes get a piece of old blanket and mangle it two or three times. This will dry the rollers and save them.

If fine linen is stained with tea, even after a long time, the stains can be removed by applying glycerine. A little of the best glycerine should be rubbed on the stained parts before washing.

Cabbage is made more nutritious and digestible if boiled in two waters. It contains a certain oil, which is apt to have a bad effect on people with weak digestion. Boiling in two successive waters corrects this.

An iron soon becomes cold when placed on a cold ironstand. To prevent this place an ordinary brick in the oven some hours before ironing. Use this hot brick as an ironstand, and the iron will keep hot a much longer time.

Before applying a new coating of paint to the wall of a room it is advisable thoroughly to clean the old surface. Do this by dissolving 1 ounce of soda in a pint of warm water and use while warm with a piece of flannel. Finally wash over with clean, hot water.

When boiling new milk, to prevent a skin from forming on the top as it cools, add two tablespoonfuls of cold milk to every pint when at boiling point, and stir for a minute. The so called skin will then be re-absorbed, and the milk will not be so impoverished.

When washing new curtains you will generally find that they are full of lime. A great deal of trouble may be saved by soaking the curtains over night in water in which a little salt has been dissolved. The salt draws out the lime, and makes the curtains quite easy to wash without too much rubbing and soap.

WHY J-R BLUE IS THE BEST FOR YOU. BECAUSE

It keeps your "White Clothes" looking Just like New.
It does not Spot or Streak the clothes as there is no settling.
It is the "Handiest Kind" to use.
It is Guaranteed to give Perfect Satisfaction or money Cheerfully Refunded.

LISTEN!

"J-R Blue is much better than any other." Miss Thomson, Belmont, Man.

"J-R Blue is an Excellent Blue, Superior to other Blues." Mrs. Frank J. Moore, Conn, Ont.

"J-R Blue is the best Blue I ever used." Mrs. W. Switzer, Brandon, Man.

TRY IT, and Prove it for Yourself. A 10 cent package lasts about 6 months, as it blues as Good Size Washings

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