

HEALTH.

Heat and Cold Water.

In the seaport towns of southern Spain sunstrokes are as common as chills in Canada, and the popular remedy is both simple and efficient. A thick linen bandage is wrapped around the head and kept saturated with cold water...

Self-Cure.

The body, to a large extent, is a machine which, when disarranged, repairs itself. Physicians tell us of the vis medicatrix nature—the power to heal inherent in nature. It is natural to get well. The body's recuperative resources are not equal to every need, but they are very great.

Dyspepsia, whether induced by improper eating, the neglect of exercise, brain overwork, or care, worry and fret, will in time wholly disappear on removal of the cause and compliance with the laws of nature. The best physicians now freely admit that typhoid patients, in the great majority of cases, would recover without a drop of medicine...

A Free Fight.

The great reputation of Briggs' Electric Oil is such that it has induced unprincipled persons to adopt other names as near like it as possible. The proprietors of Briggs' Electric Oil have the name and style of the Electric Oil registered both in Canada and the United States, and no one can use it but themselves.

HOUSEHOLD.

About the House

Plain linen shades in corn, buff and sage are more used than those of a more fanciful description. Stair-rod have had their day. Black swans, nickel and bronze buttons are used in their place.

A dainty bed-comforter is made in this way: Cut a piece of double-width cheese cloth large enough to reach from the pillows to the foot of the bed. Pat over this a layer or two of nice batting. Cover it with a piece of cloth like that underneath and catch it through and through in spots with blue sapher worsted, passed lightly without drawing tight and cut these loops left by the thread on the right side.

Handsome and ornamental rugs may be made at home. One of the least expensive is the Chenille rug. Collect all your woolen scraps—no matter how small or how much soiled—old flannels can be dyed with bright dyes and add very much to the beauty of the rug.

Very pretty rugs can be made of small silk scraps, no matter how much defaced they will all work in. Cut in strips about half an inch wide and two inches long. Take a piece of ticking, having the strips about one-third of an inch wide, cut it into the size of the rug wanted.

The Cake Basket.

MINISTER'S SPONGE CAKE.—Three eggs, one and one-half cup of cold water, one-half teaspoonful of soda, one teaspoonful of cream tartar, one and one-half cups of flour, one quarter teaspoonful of salt, one teaspoonful of extract of lemon.

WHITE CAKE.—Two eggs using the whites only, a scant half cup of butter, one cup of powdered sugar, one and one-half cups of flour, one-half cup of sweet milk, one teaspoonful of soda. Flavor with extract of rose or lemon.

FEATHER CAKE.—One cup of sugar, one egg, two thirds cup of sweet milk, a heaping teaspoonful of butter, two cups of flour in which are thoroughly sifted one teaspoonful of cream-tartar, and one-half teaspoonful of soda.

ROLL JELLY CAKE.—Four eggs, one cup of flour, one teaspoonful of cream tartar, one-half teaspoonful of soda, one cup of powdered sugar. Spread thin on long tins. As soon as baked turn from the tins on to a damp cloth, spread with jelly and roll up immediately.

LEMON CAKE.—Two and one-half cups of powdered sugar, three-quarters of a cup of butter, one cup of sweet milk, three full cups of sifted flour, four eggs, the juice and grated rind of one lemon, one level teaspoonful of soda. Bake in two loaves and frost with a white icing flavored with lemon.

Uses of Cattle Bones.

The four feet of an ordinary ox will make a pint of neat's foot oil. Not a bone of any animal is thrown away. Many cattle's shin-bones are shipped to England for the making of knife handles, where they bring \$40 per ton.

A Good Corn Sheller for 25c.

A marvel of cheapness, of efficiency, and of promptitude, is contained in a bottle of that famous remedy, Putnam's Painless Corn Extractor. It goes right to the root of the trouble, there acts quickly but so painlessly that nothing is known of its operation until the corn is shelled.

"O, it was Pitiful"

Of course it was! He tried one remedy after another, and finally gave up and died, when his life might have been saved by taking Dr. Pierce's "Golden Medical Discovery"—the great "Consumption Cure."

Flat, tiny bouquets of flowers decorate festival fans.

So said Young. Straw's show which way the wind blows, and there are a score of symptoms any one of which shows the existence of catarrh.

Its thousands of cures are the best advertisement for Dr. Sage's Catarrh Remedy. High colicures are probably moribund. Don't use any more nauseous purgatives such as Pills, Salts, &c., when you can get in Dr. Carson's Stomach Bitters, a medicine that moves the bowels gently, cleansing all impurities from the system and rendering the blood pure and cool.

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