

Household.

No Time.

How often do we hear housewives say they have "no time." They have no time for a romp with the children or to bestow some extra attention on the toilet of one to please its fancy. They have "no time" to put pretty frills or ruffles on the little garments. The same excuse is given as a reason for not making toothsome and appetizing dainties for the table, and for not having the table in neat condition. The same old cry is heard about the pretty dresses they do not wear and the attractive manner in which they fail to dress their hair. Neither do they have time for the social functions of life. Mrs. A.'s call is left unreturned, and it really was not necessary to attend that meeting of the reading circle. Likewise they never take any exercise in the open air because they have no time. This is one class of housewives, and their number is legion.

On the other hand is another class of women. These know that they have twenty-four hours of sixty minutes each every day, which is all the time there is. They arrange this time and their duties so that nothing is neglected. An hour's reading every day, to keep posted on public affairs, and books to give new and better thoughts, clear the mind, and give one stronger and purer purpose. Then there is time for a walk or drive, even if not more than half an hour. It tones the system, brightens the face, and for a time at least "drives dull care away." Neither is sociability neglected. Friendships are cultivated. If a call or courtesy is due, it is never rudely neglected. The far-away friends, too, are remembered. Letters are promptly answered, not only because they ought to be, but because it gives exchange of thoughts and ambitions with the absent almost as well as would a face-to-face talk. Besides these things, a woman should make a place for some special work, as philanthropy, or the study of music, science, or art. An hour each day could be devoted to any one of these.

It is tiresome to hear a housekeeper say she has no time for these recreations. There is no reason why she should not have the time. That was one of the things for which it was given her. It never was intended she was to spend her whole life and existence in drudgery, utterly neglecting to develop the higher nature.

Even the girl who is employed all day in an office, a young mother, the milliner or dressmaker has some time to devote to self culture. An hour or more each evening can easily be so spent. There is no reason why even they should spend their time on trifles.

As to the average society woman, she has any amount of time to spend in any way she chooses, but there are few who accomplish, or try to accomplish, any good work. Empty social functions fill their life. Their time, energy, money, and gracious manners are for the most part spent on people of their own kind who at heart care little more for them than they do for the lake breeze; and were adversity to touch them with its cruel finger the erstwhile ardent friends would disperse and disappear as pawns before the sun. That is how they spend their time, and think it well spent, while for the higher duties of life they have "no time."

Small wonder woman's intellect is depreciated when she thus judges the relative importance of the things for which she takes time and those for which she says she has no time.

Somebody Says

To make a quart of lemonade take the juice of three lemons, using the rind of one of them. Carefully peel the rind very thin, getting just the yellow outside. This cut into pieces and put with the juice and powdered sugar, of which use two ounces to the quart, in a jug or jar with a cover. When the water is at boiling point, pour it over the lemon at sugar; cover at once and let it get cold.

Pineapple and Edam cheese should be cut so that the top will fit on again, and thus exclude the air and keep the cheese in good condition. A large piece of any other kind of cheese is preserved by wrapping it well in a large square of cheesecloth, dipped and then wrung out of cider vinegar. When sending cheese to the table with the salad or any other course, see that it is laid on a fresh napkin.

When you have strained your plain boiled potatoes, take them at once to the open door or window and give them a vigorous shaking in the draught. They will become white and mealy. Try it once, and you will do it always, so great is the improvement.

Apply sweet spirits of nitre to mosquito bites, and it will draw out all soreness and itching, if the skin is not broken by scratching it.

If the throat is husky from dust or weariness an excellent gargle can be made of a teaspoonful of spirits of camphor in a glass of hot water.

A Furniture Polish.

A good recipe for this purpose is as follows: Raw linseed oil and spirits of turpentine in the proportion of two-thirds oil and one of turpentine, is the model furniture and over. It is what professionals rely on; as a rule, they use no other. The woodwork should be first carefully wiped off with a dry, soft cloth, and the dust thoroughly removed from corners and carvings. The best article to accomplish this is a large paint brush, usually called a painter's duster. The oil may then be applied with a smaller brush, wiping off with a soft cloth and rubbing thoroughly dry. It will be found that dents and scratches lose their prominence under this treatment; should this method be pursued regularly there will be no difficulty experienced in having furniture retain a fresh appearance.

A STORY FOR MOTHERS

Which May Save the Lives of Their Daughters.

A Young Lady at Merrickville Saved When Near Death's Door—Her Illness Brought About by Ailments Peculiar to Her Sex—Only One Way in Which They Can Be Successfully Resisted.

From the Ottawa Citizen.

Perhaps there is no healthier people on the continent of America to-day than the residents of the picturesque village of Merrickville, situated on the Rideau river, and the reason is not so much in its salubrious climate as in the wise precautions taken by its inhabitants in warding off disease by a timely use of proper medicine. The greatest favorite is Dr. Williams' Pink Pills, and many are the testimonials in regard to their virtues. Your correspondent on Monday last called at the residence of Mr. and Mrs. H. Easton, and Hattie Easton, a handsome young lady of 20 years, who is known to have been very low and has been restored to health by the use of Pink Pills. "Yes," she said, "I suffered a great deal, but I am so thankful that I have now more restored to health. You have no idea what it is to be so near the portals and feel that everything in life's future is about to slip from your grasp and an early grave your doom. I was taken ill four years ago with troubles peculiar to my sex, and which have hurried many a young woman to her doom—an early grave. I have taken in all about twenty boxes of Pink Pills, and I am only too glad to let the world know what these wonderful little pellets have done for me, hoping that some other unfortunate young woman may be benefited as I was. When sixteen years of age I began to grow pale, and weak, and many thought I was going into decline. I became subject to fainting spells and at times would become unconscious. My strength gradually decreased and I became so emaciated that I was simply a living skeleton. My blood seemed to turn to water and my face was the color of a corpse. I had tried different kinds of medicines, but they did me no good. I was at last confined to my room for several months and hope of my recovery was given up. At last a friend strongly urged the use of Dr. Williams' Pink Pills and after using a few boxes I began to grow slightly stronger. I continued their use until I had used about twelve boxes, when I found myself restored to health. I now quit using the pills and for six months I never felt better in my life. Then I began to feel that I was not as regular as I should be and to feel the old tired feeling once more coming on. Once more I resorted to Pink Pills, and by the time I had used six boxes I found my health fully restored. I keep a box by me and occasionally when I feel any symptoms of a return of the old trouble, I take a few and am all right again. I cannot find words of sufficient weight to express my appreciation of the wonderful curative qualities of Dr. Williams' Pink Pills and sincerely hope that all who are afflicted as I was will give them a trial and I am certain they will find renewed health."

The facts above related are important to parents as there are many young girls just budding into womanhood whose condition is, to say the least, more critical than their parents imagine. Their complexion is pale and waxy in appearance, troubled with heart palpitation, headaches, shortness of breath, on the slightest exercise, faintness and other distressing symptoms which invariably lead to a premature grave unless prompt steps are taken to bring about a natural condition of health. In this emergency no remedy yet discovered can supply the place of Dr. Williams' Pink Pills, which build anew the blood, strengthen the nerves and restore the glow of health to pale and sallow cheeks. They are certain cure for all troubles peculiar to the female system, young or old.

A CONSCIENTIOUS TORONTO LADY.

The Following Statement is Published by Request.

I consider it my duty to inform the public of the extreme benefit I have received from the use of your South American Rheumatic Cure. I have been a great sufferer for several years from rheumatism, and used this remedy, with the best results. I trust others will follow my example, and believe if they do so they will feel as grateful as I do for the benefit derived thereby.

Mrs. BATES, 71 Gloucester St., Toronto.

Some people's fine clothes are no more than the pretty label on the empty can.

Recipe—For Making a Delicious Health Drink at Small Cost.

Adam's Root Beer Extract, one bottle
Fleischmann's Yeast, half a cake
Sugar, two pounds
Lukewarm Water, two gallons

Dissolve the sugar and yeast in the water, add the extract, and bottle; place in a warm place for twenty-four hours until it ferments, then place on ice, when it will open sparkling and delicious.

The root beer can be obtained in all drug and grocery stores in 10 and 25 cent bottles to make two and five gallons.

Charity should start in the heart and get out into the world by way of the pocket-book.

There is more than sentiment in the saying of Sir Walter Raleigh to his executioner, "What matters it about the head if the heart is right?" The trouble is that in this high pressure age the heart is seldom kept right. By careful estimate it is calculated that one person out of every four or five has a weak or diseased heart. Think for a moment the important work that the heart has to perform, and it is not difficult to realize what a derangement even to a slight extent, of this organ means. Dr. Agnew's cure for the heart is a cure for heart troubles, and nothing else. It is a mistake to suppose that remedies that are given out as panaceas for all the ills that flesh is heir to can effectively cure heart disease. Within 30 minutes after taking the first dose of Dr. Agnew's Cure for the Heart relief is secured, and eventually complete restoration is effected.

When a man has more restoration than he knows what to do with, he very soon learns what.

Catarrh Use Nasal Balm. Quick, positive cure. Soothing, cleansing, healing.

Encouraging Him.

I would kiss you if I had the cheek to do it, said a youthful young man to his sweetheart.

What is the matter with your lips? queried she.

When a woman is firm is her convictions it isn't wise to call her stubborn.

"But evil is wrought by want of thought, As well as want of heart."

By want of thought mothers allow daughters to become frail and puny. Overstudy in girls induces uterine disorders and weaknesses, and blights their future happiness as wives and mothers. Joined to proper hygienic care, Dr. Pierce's Favorite Prescription is a priceless remedy in such ailments, its value becoming even more apparent every year. Using it, the wan, debilitated school girl gains color, flesh and spirits, losing those deathly headaches, tormenting backaches, languor, irascibility, and other symptoms of functional irregularities, and nervous debility. It never harms the most delicate girl.

Robertast, Huntington Co., Pa. World's Dispensary Medical Association: Gentlemen,—I cannot sufficiently express to you my gratitude for the benefit your medicine has conferred upon my daughter. Of late she has suffered no pain whatever. It is simply marvelous. You have just reason to call your "Favorite Prescription," and to stake your reputation as a physician on it. A favorite prescription it is, indeed, to you and to thousands in this land, and I believe will be to suffering women the world over. Yours gratefully,

THOMAS THIRLWELL.

Asthma cured by newly discovered treatment. Pamphlet, testimonials and references free. Address World's Dispensary Medical Association, Buffalo, N. Y.

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The fact that St. Leon Mineral Water is the only recognized perfect medicinal water on the continent is now beyond dispute. That it cures Indigestion, Rheumatism, Biliousness and Kidney troubles is proven by the numerous instances in which it has cured where other remedies failed.

Our leading physicians recommend it for these diseases, and, besides, the proprietors guarantee it. Sold by all reputable dealers.

Many a corn may lurk behind a polished shoe.

Skinny Sufferers Saved.

Tobacco users as a rule are away below normal weight because tobacco destroys digestion and causes nerve irritation that saps brain power and vitality. You can get a quick, guaranteed relief by the use of No-To-Bac, and then if you don't like your freedom and improved physical condition you can learn the use of No-To-Bac over again. Just like the first time. No-To-Bac sold under guarantee to cure by Druggists everywhere. Book free, Ad. Sterling Remedy Co., 374 St. Paul St., Montreal.

A woman's tact will buy more than a man's dollar.

Cleveland for Third Term.

Washington, D. C.,—The possibility of his party uniting on Mr. Cleveland for third term attracts increased attention here, and his nomination, despite its exceptional character, is not an impossibility. Reciprocal trade relations with Canada and the admission into the United States free of duty of that celebrated Canadian product, Putnam's Painless Corn Extract, on account of its painless action and certainty, would be a plank in his platform. Use Putnam's Corn Extract. Sure! safe! painless!

That Dragging in the Loins

One may be deceived by the feeling of weight or dragging in the loins that causes unpleasantness and inconvenience to many men and women. Attributing the trouble to something else, they forget that this may be evidence of inflammatory affections of the kidneys, that eventually may develop into serious trouble. That very successful specific, South American Kidney Cure, gets at the root of kidney trouble, and will quickly remove the cause, and having done this, complete recovery is soon reached. It is worth repeating that South American Kidney Cure is a remedy for the perfect cure of this one trouble. It does not pretend to be a cure-all, but it is a cure certain in every case of kidney trouble. And it does it quickly.

The eye can lie more in a minute than the tongue can correct in a week.

Is Usually Caused by a Derangement of the Kidneys—South American Kidney Cure Will Positively Relieve It in Six Hours.

It takes less courage to marry a woman than it does to be a husband to her afterwards.

West Shore Through Sleeping Car to New York.

One of the handsomest sleeping cars that has ever been turned out of the factory is now running from Toronto to New York without change via the popular West shore route. It is a buffet car, and refreshments can be obtained en route, if desired. This car leaves Union Station, Toronto, every day except Sunday, at 4.55 p.m., reaching New York next morning at 10.10 a.m. On Sundays the sleeper runs from Hamilton only, connecting with the through train from Toronto. Call at any Grand Trunk office in Toronto for information or space in this sleeping car. Reservations can be made in advance if desired.

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Boys for Farmers.

Some smart, healthy, well-behaved boys from 10 to 16 years old from Mr. Fegan's Homes in England have arrived in Toronto. They are likely to give valuable help to farmers in the busy season. Several experienced lads whose engagements have expired are constantly passing through the Distributing Home in Toronto. Those anxious to engage one of these boys should apply to the Superintendent Fegan Boy's Home, 235 George St., Toronto.

Nerve Pain Cure.

A wonderful discovery was made when the combination known as NERVILINE—a Nerve Pain Cure—was found. Its action upon pain is simply wonderful and doctors and scientists are lavish in their praise of its marvellous action upon nerve pain. If all other remedies have failed just buy Nerve Pain Cure or Nerviline; druggists sell it.

A. P. 772

My Baby

was a living skeleton; the doctor said he was dying of Marasmus and Indigestion. At 13 months he weighed only seven pounds. Nothing strengthened or fattened him. I began using Scott's Emulsion of Cod-liver Oil with Hypophosphites, feeding it to him and rubbing it into his body. He began to fatten and is now a beautiful dimpled boy. The Emulsion seemed to supply the one thing needful.

Mrs. KENYON WILLIAMS, May 21, 1894. Cave Springs, Ga.

Similar letters from other mothers.

Don't be persuaded to accept a substitute! Scott & Bowne, Belleville, 50c. and \$1.

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Rob Roy Cigar

It's no because I'm Scotch but you canna smoke a better Cigar than "ROB ROY," They cost 5c. but I get sax of them for a quarter

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