



Spring Cleaning.

Housecleaning time looms up again and the housewife has visions of change and improvement in the home.

Before the cleaning campaign begins it is well to take stock and see just what are the resources and the possibilities of the home and its furnishings; and right here we would advise the housewife to begin at the front door or, better still, the front gate, and look her home over as if it belonged to another family. We grow so accustomed to our own things that we often fail to see their defects; but not so with the belongings of our neighbor—dear me, no! We enter the other person's home with a critical eye and are ready to condemn or approve, benefit or become envious, according to our disposition and the circumstances. A tour of inspection undertaken in an entirely impersonal mood is sure to bring out some items of interest, and the progressive housewife will take note of these, talk them over with her family and make the changes. Sometimes a room is improved by a rearrangement of the furniture. Sometimes there is much to be gained by changing the purpose of the room.

Changes which make for convenience and comfort or show improvement in taste, are desirable and need not be expensive. Much of the bric-a-brac would be better placed in the attic where it would not need frequent dusting. Many a good frame holds a meaningless picture. It is so easy to get reproductions of the best in art, that there is little excuse for poor pictures nowadays. If the frames are shabby, a little paint will do wonders. Eliminate the cushion covers which are too good to be used, and replace them with covers which can be used, and washed when necessary. Much time is spent in the kitchen; it should therefore be convenient and sanitary in its arrangement. The stores where housekeeping goods are sold should be visited at frequent intervals. There is always something of interest to see. Many of the devices are really labor-saving, some are not; but the progressive woman will select those best suited to her requirements.

Above all, let us see that the boys' rooms are not made a dumping ground for misfits. It is a grave mistake to imagine that the boy does not care what sort of room he has. No member of the family will appreciate more highly a pleasant room with suitable furnishings.

The Constituents of Food.

The five principal elements of food necessary to maintain health are Proteins, Carbohydrates, Fats, Minerals salts, and Water.

The source of proteins are meat, milk, cheese, butter, eggs, fish, grains and legumes. Their chief use is tissue building, repairing waste, and making muscle. They also supply the same amount of heat as starches. The source of carbohydrates is in starches and sugars, and they are found chiefly in green vegetables, grains and fruits. They are used to supply energy or power to do work. To a small extent they build tissue. They also furnish heat.

The source of fats is in beef, lard, chicken, and in olives, corn, peanut and cotton seed oil. Fats in the body furnish a greater amount of heat than starches. They are also used for building tissue.

The source of mineral salts is principally in green vegetables, grains, milk, meats, eggs and fish. Salts are used to regulate the body; they are also needed for the formation of bone and teeth structure and in tissue building.

Water is the most necessary of all foods; it forms a part of all tissues and is the important factor in the blood stream. It is present in large amount in all body fluids. It carries nourishment to the blood and regulates the bodily process of elimination.

Value of Fish as Food.

For working people of all classes—those who work with their heads as well as those who work with their hands—fish is an economical source of energy to enable them to carry on their work, and for children and young persons it furnishes the very materials that are needed to enable them to grow healthy and strong.

Another very important reason why fish should be generally used is its easy digestibility. In this connection, however, it is important to note that, as in other foods, the digestibility and nutritive value of fish largely depends on the cooking.

In buying fresh fish, see that the eyes are bright and prominent, and the flesh firm, not flabby.

Fish may be divided into two

classes, oily and non-oily. Of the two, oily fish are the most nutritious; they comprise such kinds as salmon, trout, mackerel, herring and eels, and have the oil mingled through the flesh. Haddock, hake, pollock, and halibut, etc., are non-oily fish; that is, the oil is contained in the liver and is removed when the fish is dressed for cooking. They are thus more suitable for invalids, and people of weak digestion, than the oily kinds.

In preparing fish for cooking it should not be allowed to stand in water for a long time. It spoils the flavor, and the food substances are likely to be dissolved.

Hints on Frying Fish:—There are three ways of preparing fish for frying, 1st, dipping it in milk and flour; 2nd, coating it with prepared batter; 3rd, egging and crumling.

Dripping, lard, or oil can be used and should be smoking hot before the fish is put in, so as to harden the outside, thus preventing the fat from entering into the fish, which would spoil the flavor and make it indigestible. Only a small quantity should be fried at a time. As soon as it is brown on both sides, drain on paper and place on a hot dish. Allow the fat to cool a little, strain, and put it away for future use.

Hints on Boiling Fish:—Clean and wash in plenty of cold water. Add a little salt to the water; this will help to clean it, and keep the fish firm. Cod, haddock, mackerel, whitefish, salmon, etc., are best suited for boiling. Put the fish into warm water with a little salt and vinegar. Allow ten minutes for each pound of fish, and fifteen minutes over, if large. Boil slowly. When cooked it should have a creamy appearance, and come easily from the bones. Lift out carefully, let drain, and place on a hot dish. Serve with melted butter, parsley, caper or anchovy sauce.

NERVOUS CHILDREN

The Trouble is Often Really St. Vitus Dance—Do Not Neglect It.

Many a child has been called awkward, has been punished in school for not keeping still or for dropping things when the trouble was really St. Vitus Dance. This disease may appear at any age, but is most common between the ages of six and fourteen years. It is caused by thin blood which fails to carry sufficient nourishment to the nerves, and the child becomes restless and twitching of the muscles and jerking of the limbs and body follow. In severe cases the child is unable to hold any thing or feed itself. St. Vitus Dance is cured by building up the blood. The most successful treatment is to remove the child from all mental excitement, stop school work and give Dr. Williams' Pink Pills. These pills renew the blood supply, strengthen the nerves, and restore the child to perfect health. Here is proof of their power to cure. Mrs. S. Sharpe, Oakville, Ont., says:—"When my daughter was nine years old she was attacked with St. Vitus Dance. She was sent to a sanatorium where she remained for nine weeks, without any benefit. Indeed when we brought her home she was as helpless as a baby. I got a supply of Dr. Williams' Pink Pills and continued giving her half a pill after each meal for several months, when she had fully recovered and has never had a symptom of the trouble since."

You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Sunday and War.

It is certainly remarkable how many important military events have taken place on a Sunday. It will be remembered that it was on a Sunday that the Germans made their hottest attack on our positions on the Aisne. Montenegro, Italy, and Rumania all declared war on a Sunday. The majority of the Zeppelin raids on England have been carried out on a Sunday morning. The forts of Tsingtau fell to the Japanese on a Sunday. It was also on a Sunday that the German cruiser Blucher was sunk in the North Sea by a British squadron. If we look back we find numerous instances of important military feats having been performed on a Sunday. To recall but few: The battles of Salamanca, Vimiera, Fuentes d'Onora, Orthez, Toulouse, and Vittoria were all fought on a Sunday.

Teacher—How is typhoid fever prevented? Pupil—It is prevented by fascination.

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DECEIVING HUN AIRMEN.

Clever Device Employed by French to Deceive German Air Scouts.

Although enemy airmen rarely venture over the British or French lines nowadays, they come occasionally. Yet it is highly doubtful if the information they obtain is worth the risks they run.

The French in particular have organized an elaborate system of deceit for the prying Taube. Hundreds of artists are employed in painting gigantic pieces of scenery, all of natural size and color. These are cunningly arranged behind the lines—churches, towers, villages, trains, so deftly depicted that from a height it is quite impossible to distinguish them from the real thing.

Thus a Hun battery may be induced to waste expensive ammunition on what it is told by aerial observers is a camp full of soldiers, while in reality it is merely shelling lath and canvas.

IF FOOD DISAGREES DRINK HOT WATER

When food lies like lead in the stomach and you have that uncomfortable, distended feeling, it is because of insufficient blood supply to the stomach, combined with acid and food fermentation. In such cases try the plan now followed in many hospitals and advised by many eminent physicians and taking a teaspoonful of pure bisurated magnesia in half a glass of water, as hot as you can comfortably drink it. The hot water draws the blood to the stomach and the bisurated magnesia, as any physician can tell you, instantly neutralizes the acid and stops the food fermentation. Try this simple plan and you will be astonished at the immediate feeling of relief and comfort that always follows the restoration of the normal process of digestion. People who find it inconvenient at times to secure hot water and travelers who are frequently obliged to take hasty meals poorly prepared, should always take two or three five-grain tablets of Bisurated Magnesia after meals to prevent fermentation and neutralize the acid in their stomach.

Doctor Tells How To Strengthen Eyesight 50 per cent In One Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home.

London.—Do you wear glasses? Are you a victim of eye strain or other eye weakness? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. One man says, after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses and my eyes do not water; now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can even read the print without glasses." It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense

of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by following the simple rules. Here is the prescription: Go to any active drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and allow to dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start and inflammation will quickly disappear. If your eyes are bothering you, even a little, take steps to save them now before it is too late. Many hopelessly blind might have been saved if they had cured for their eyes in time.

Note: Another prominent physician to whom the above article was submitted, adds: "Bon-Opto is a very remarkable remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances or refund the money. It can be obtained from any good druggist and is one of the very few preparations I feel should be kept on hand for regular use in almost every family." The Vantage Drug Co., Store 4, Toronto, will fill your orders if your druggist cannot.

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