

HOUSEHOLD.

CHILBLAINS.

These painful and annoying disfigurements come from various causes—sometimes from a weak constitution, sometimes from lack of proper nourishment.

Children are more subject to chilblains than grown people, but frequently outgrow the tendency. Occasionally, however, the complaint attacks people after they are grown.

To prevent them, one should begin a long time before winter appears, to take precautionary measures. As soon as the days begin to be chilly, you must never go out of doors without gloves, and at once make a change into warm underclothing.

Be sure that the sleeves of your dresses are made long enough to cover the wrists, and that you are warmly dressed underneath. Wear stout shoes with soft soles and take plenty of exercise.

As the cold weather comes on, put on all-wool clothing, and carry a muff; and have night socks. Never sit over a fire or warm your hands and feet at a stove; if they are cold, wash in hot water, and rub till the blood circulates. Take plenty of exercise indoors as well as out. Walk, bicycle, skate. Indoors, dancing is the best way to get the feet warm. It is, however, not only in the cold weather that chilblains attack one; mild, damp, winters are frequently as bad for them, if not worse.

The best thing to use for removing chilblains is the following lotion, but they must not be broken ones, or there will be great harm done in setting up inflammation: Opodeldoc. one ounce; tincture of cantharides, one-quarter of an ounce; oil of cajeput, one-quarter of an ounce. Rub this in for ten minutes at a time, three times a day. It is essential that aperient medicine should be taken every night when suffering from chilblains, and that the daily morning bath should be warm.

To prevent chilblains from appearing, use lemon juice daily, or vinegar, to which a fourth part of camphorated spirits has been added. Tea should be given up and cocoa taken instead; and cod-liver oil should be taken three times a day, and a strong tonic as well.

A good lotion for unbroken chilblains is colloidion, two ounces; turpentine, six drachms; tincture of benzoin, one-half ounce. Eat plenty of celery, both raw and as a vegetable; and avoid too rich, greasy food, or many hot dishes. Where the chilblains are broken, apply tincture of catechu, two fluid ounces; honey, one ounce; rose water, four to eight ounces. Also anoint them with this pomade: White wax, two drachms; balsam of Peru, two drachms; sweet almond oil, twelve ounces; rose water, twenty drachms; spermaceti, two drachms. Dissolve and beat together a thick paste. Where the chilblains are ulcerated, dilute tincture of myrrh in warm water and bathe them with it. If the ulcers are at all bad, you must not attempt to put on boots or gloves, but remain quietly at home, living on a strengthening diet till you are cured.

FIVE-MINUTE RESTS.

Few understand, except those who have had to resort to five-minute rests in order to keep up during a tedious convalescence, how much elasticity of figure is unconsciously acquired if the body is given periodic rests during the day. The cult of the five-minute rests is gaining disciples among women whose social duties are quite as wearing as those grimmer ones of the kitchen slave or the working housewife; and the fad is such a wholesome one that the girl who wishes to keep her freshness and save her strength for congenial work will do well to adopt it. In order to derive the greatest benefit from a five-minute rest, one must relax all the muscles of the body, and of the mind, if possible. Be a limp, inert, lazy bundle for a brief spell. Shut the eyes, let the shoulders and hands droop, relieve all tension which dignity usually demands, and try not to think for 300 seconds.

WORTH TRYING.

To remove white spots on varnished furniture, dip a soft flannel in spirits of wine and rub the spots well. Afterwards repolish the furniture with a furniture cream.

A cup of hot water, declares Sir Andrew Clark of London, possesses the same medicinal qualities attributed to an equal amount of whisky, while lacking the injurious properties. Hot water in abundance is especially recommended in malarial troubles.

Carbonate of soda dissolved in water will remove mud stains from dresses. Lay the soiled part of the cloth and wash and rub the places with water, keeping the dress quite smooth.

Ink stains are entirely removed by the immediate application of dry salt before the ink has dried. When the salt becomes discolored by absorbing the ink, brush it off and apply more; wet slightly. Continue until the ink has disappeared.

A small dish of powdered charcoal kept on one of the upper shelves of the refrigerator is an excellent thing to absorb odors. It should be changed every few days.

If the carpet looks dusty and dull after sweeping, wipe over with a damp cloth wrung out of ammonia water. A tablespoonful of ammonia will suffice for a half pail of water.

The piano keys should never be cleaned with water, which discolors them. Instead, they should be rubbed over with a soft flannel or piece of silk dipped in oxygenized water, which can be obtained at any chemist's, and when the keys are stained or greasy, use methylated spirits, gin or diluted whisky. Clear alcohol is good.

HERE'S A NEW GAS.

Another new gas has recently been discovered, not in the atmosphere, this time, but in the gases given off by certain volcanic fissures in the earth. The discovery is interesting as affording one more proof that the elements of which the earth is composed are precisely similar to those which go to make up the sun. It has been known for some time that certain elements exist in the corona of the sun of which no trace could be found on earth. One of these, which has been named corona, is reported to have been found by means of the spectroscopic. Theoretically it should be lighter than hydrogen, hitherto the lightest element known, but as it has not yet been obtained in a pure state this cannot be verified. It is to be hoped that this discovery may be followed by those of a similar kind.

A WONDERFUL WEAVE LOOM.

In the effort to meet German competition the fabric manufacturers of Roubaix, France, have developed the new weaving machine, which in speed surpasses the new Northrop machine of American invention, and permits the use of ordinary material. The fabric produced is turned out at the astonishingly rapid rate of 100 to 175 yards per day of ten hours. There is great economy, one workman overseeing six machines, and the motive force is one-half of the ordinary requirements. The fabric shows a woven effect on one side and knitted on the other, and it is believed that the machine will be a powerful factor in competing for the plain goods market if not for high novelties.

GREAT BRITAIN IS READY.

ANY EVENTUALITY CAN BE FACED AT A MOMENT'S NOTICE.

Her Navy Never so Fit for Active Service—France May be Feverish but Britain is Calm and Confident.

While the Gallic cock cries there is barely so much as a wag of the British lion's tail to show the mood he is in says the London Daily Mail. The French folk may be devoting night and day to bringing their naval forces into a decent state, but it is certain that our dockyards are, if anything, less active than usual.

This inaction is not the outcome of any supineness or inability to appreciate the gravity of the situation, it is rather the coolness of the foreseeing man who has all his preparations made, and doesn't intend to waste breath in unnecessary vapourings.

Recently our correspondent interviewed a prominent dockyard official on the situation.

What is the best we could do in the way of mobilization?" said he. "Why, if need be, we could commission a squadron of cruisers here this afternoon and have them off the French coast by to-morrow morning.

"It is true we are taking things very quietly, but why should we do otherwise? We can afford to take things coolly. The French may have to work night and day to get their ships into trim, but ours are ready.

"What is the use of our Fleet Reserve and our mobilization schemes but to prepare for crises like this? Why, we could send out a formidable fleet from our home dockyards probably about

THIRTY GOOD STRONG SHIPS

without any particularly great exertion.

"At Portsmouth alone we have a squadron of useful cruisers, all lying ready to hoist the pennant immediately they are required and all of which would prove nasty opponents to an enemy."

There is no doubt that if the necessity for such action should arise our fleets would be found capable of swifter action than a good many Britishers think them to be. For some years past the Admiralty have been quietly applying lessons learned from other powers, and from our own experiments, to perfecting our naval organization.

And so well has this been done that the ships in the Fleet Reserve at our various dockyards are — actually, not supposedly—ready to put to sea at practically a moment's notice. The naval mobilization which was Britain's reply to the Kaiser's famous telegram must not be accepted as a sample of the best we can do in this way. It was a good, broad hint to the Emperor, and it served its purpose.

A mobilization of reserves in case of war would be a vastly different affair. About 48 hours is the time officially supposed to be required for getting a ship in the Fleet Reserve ready for sea. But so far as the ships themselves are concerned, a very much shorter time than this would suffice; it is obtaining the men to man them that would cause the greatest delay.

Every ship in the A. division of the Fleet Reserve—that is those that have been passed as completed for the pennant—requires but to take aboard a crew and its perishable stores to be ready for active service.

Before the ships are passed into this division of the reserve they are fully coaled and all their magazines are filled. The skeleton crews told off to them are kept busy looking after the guns, cleaning ship, and attending to the engines.

EVERY PRECAUTION IS TAKEN to see that nothing is allowed to get out of order, and thus impair the efficiency of the vessel for quick mobilization. Each ship has its engineer-officer and undergoes periodical steam trials.

Just at the present moment the reserve ships are being subjected to their annual overhaul in dry-dock, and their engine tests. During the Franco-German war the French found that in consequence of having neglected to look properly after their ordnance stores, the shell in many cases would not fit the guns.

To guard against any such occurrence as that in our navy all the shells in the magazines of our reserve ships are periodically examined and cleaned. The greatest care is taken that neither the guns nor the ammunition required for use in them is allowed to deteriorate into an unfit state.

There is little fear of a British warship ever going to sea with the effectiveness of its armament impaired from this cause. In fact, so well are the ships looked after that it would be quite possible to commission a squadron of the fleet at sea, Portsmouth on one day that could appear before Cherbourg on the next.

In case of great emergency, the delay which now takes place between the commissioning of a ship and sending her to sea would disappear; the practice of running commissioning trials and having Commander-in-Chief's inspections is a laudable one, as it ensures that our ships leave England for their various stations in

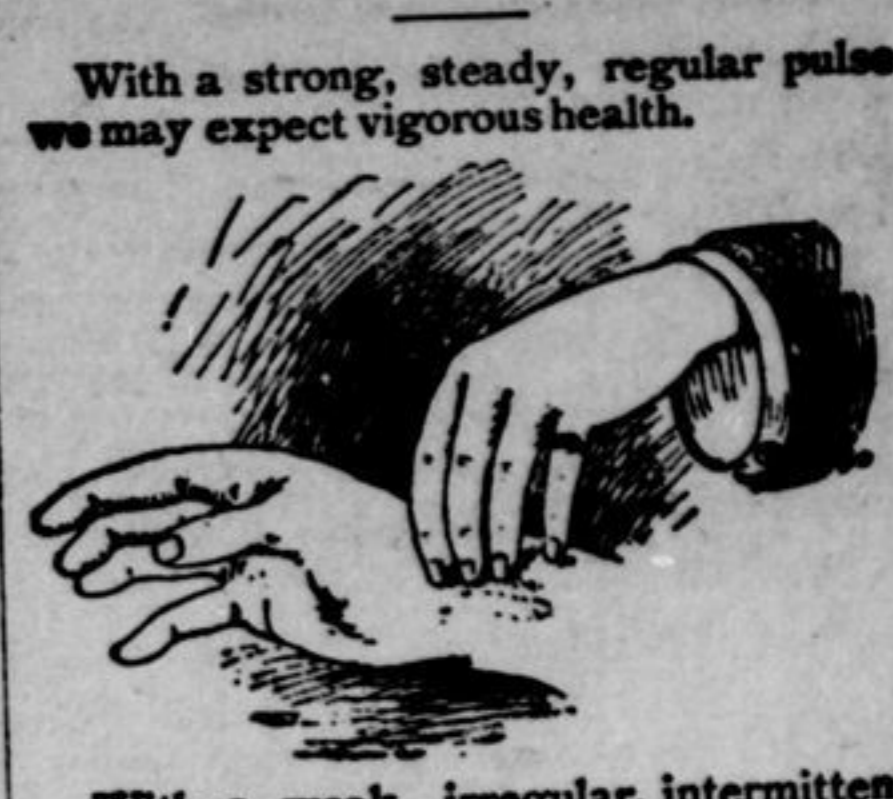
TAUGHT HIS WIFE FINANCE.

Divide anything up into parts and you magnify it, says the New Orleans Times-Democrat. A certain wise man took this way to give his wife an idea of how much \$1,000 is. She had no idea of money. Her purchases were enormous. It happened one day that her eyes fell upon a magnificent ring, and she coveted it. It cost \$1,000. But what was \$1,000 to her in comparison with the ring? Of course, her husband consented to the purchase. What else could a dutiful, affectionate husband do? But he tried this method of educating his wife concerning the great value of the ring. He instructed his banker to send her the \$1,000 in small pieces—pennies, dimes, quarters. In came the money, bagful after bagful. She never had such an idea of \$1,000 before. When the money was piled before her it alarmed her. The price of the ring went up an hundred fold, and she was considered at once an extravagance which she of her own option abandoned.

PUT YOUR FINGER ON YOUR PULSE.

If it is Weak or Irregular don't hesitate to Start the use of Milburn's Heart and Nerve Pills at once.

With a strong, steady, regular pulse we may expect vigorous health.



With a weak, irregular, intermittent pulse we can tell at once the vitality is low—that Dizzy and Faint Spells, Smothering and Sinking Sensations and similar conditions are bound to ensue.

By their action in strengthening the heart, toning the nerves and enriching the blood, Milburn's Heart and Nerve Pills relieve and cure all those distressing conditions just enumerated.

Mrs. B. Croft, residing on Waterloo Street, St. John, N.B., says:

"For some time past I have suffered from pallor, weakness and nervous prostration, I had palpitation and irregular beating of the heart so severe as to cause me great alarm. I was treated by physicians, but got no permanent relief.

"I am glad to say that from Milburn's Heart and Nerve Pills I derived the first real benefit that I ever got from any medicine. My appetite improved, my entire system toned up, and I can do no less than cheerfully recommend these pills to all requiring a reliable heart and nerve tonic."

Miss Mary E. Hicks, South Bay, Ont., says:

"Laxative Pills cured her of Sick Headache, from which she had suffered for a year."

DESTROYERS FAIL IN SPEED.

The failure of some of the new torpedo-boat destroyers to attain anything like the speed recorded of them while on their contractors' trials is engaging the serious attention of the British Admiralty and of naval engineers. The difficulty has existed ever since the adoption of the 30-knot destroyers, but it has been especially noticeable in the cases of the Earnest and the Griffon, which only a few months ago, while undergoing their contractors' trials on the Clyde, exceeded a mean speed of thirty knots on a continuous three hours' run, the engines in each case working at 6,000 horse power. Since they have been at Devonport completing for sea they have been subjected to no work whatever, yet on a two hours' trial, with the engines working at an even greater rate than when on the Clyde, they barely exceeded twenty-six knots. Such a great reduction of speed in new vessels is regarded as surprising, and even alarming, and it is likely to form the subject of close inquiry.

ENGLAND'S PRECIOUS RELIC.

The Coronation Chair, a Part of Which Jacob Used as His Pillow.

The most precious relic in all England is an old Gothic chair which stands in the chapel of St. Edward, in Westminster Abbey. It is made of black oak in the gothic style, and the back is covered with carved inscriptions, including the initials of many famous men. The feet are four lions. The seat is a large stone, about thirty inches long, by eighteen wide and twelve thick, and all the sovereigns of England for the last eight hundred years have sat upon it when they were crowned. The chair is known as the Coronation chair, and the stone is claimed to be the same, which Jacob, the son of Isaac, the son of Abraham, used as a pillow, when he lay down to sleep on the starlit plains of Judah.

The kings of Israel were crowned upon this stone from the time that they ruled a nation—David, Saul, Solomon and the rest.

The story goes that five hundred and eighty years before Christ, at the time of the Babylonian captivity, Circea, daughter of Sedekiah, the last king of Judea, arrived in Ireland, and was married at Tara to Hermon, a prince of the Tuatha de Danan—which is said to be the Celtic name of the tribe of Dan. The traditions relate that this princess went originally to Egypt in charge of the prophet Jeremiah, her guardian, and the Palace Taphenes, in which they resided there, was discovered in 1886 by Dr. Petrie, the archaeologist.

They went hence to Ireland, and from Circea and Hermon Queen Victoria traces her descent, through James I., who placed the lion of the tribe of Judah upon the British standard.

Jeremiah is said to have concealed this sacred stone at the time of the destruction of Jerusalem, and to have brought it, "the stone of the testimony," Bethel, the only witness of the compact between Jehovah and Israel, to Ireland, where it was known as the liaphail, stone wonderful. It was carried to Scotland by Fergus I., and thence to London in the year 1200, and has been used at the coronation of every king and queen of England from Edward I. down to the time of Victoria.

BASEBALL AMONG THE ANCIENTS.

The devil was the first coacher—he coached Eve when she stole first—Adam stole second.

When Isaac met Rebecca at the well she was walking with a pitcher. Samson struck out a great many times when he beat the Philistines. Moses made his first run when he slew the Egyptians. Cain made a base hit when he killed Abel. Abraham made a sacrifice. The Prodigal son made a home run. David was a great long-distance thrower. Moses shut out the Egyptians at the Red Sea.

THE NIGHT CLERK'S STORY.

A FACE LIKE CHALK.

A very bad attack of the Grippe one year ago last winter left my system in a very weak state and my nervous system completely unstrung. After getting over the dangerous stage of the disease I naturally expected to gain strength, but, unfortunately, did not do so. On the contrary, my blood became weaker. I daily lost strength and vitality, and my nervous system became so weak that it was a constant source of suffering both day and night. I lost appetite, the sight of food nauseated me, the weak state of my system caused shortness of breath and unnatural action of the heart, such as fluttering and violent palpitation, and my face was like chalk. I was in this condition and constantly getting weaker when I began taking Dr. Ward's Blood and Nerve Pills. I had read the books they distributed and their advertisements in the papers, and thought, "Well, I have taken so much medicine without benefit it is useless to spend any more money. However, I finally made up my mind. It is a forlorn hope; I can but try. If I am not benefited I will not be hurt. So I bought one box and received great benefit therefrom, so continued their use, and to-day am a well man in consequence; my blood is strong, my face has the ruddy hue of health, my appetite has returned, I sleep well, I have not the slightest indications of nervousness or heart trouble, and from a sick, weak, nervous man Dr. Ward's Blood and Nerve Pills have transformed me in six weeks to full health and strength." I am yours very truly,
(Signed) WILLIAM WILLARD,
Night Clerk Grand Central Hotel,
Peterboro.

DR. WARD'S BLOOD AND NERVE PILLS

Dr. Ward's Blood and Nerve Pills are sold at 50c. per box, 5 boxes for \$2.00 at druggists, or mailed on receipt of price by THE DOCTOR WARD CO., Limited, 71 Victoria Street, Toronto. Book of information free.

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