A few mince l dates added to fudge as

vel and dainty con ection. The tops of bureaus will keep in good condition longer if a piece of blotting paper is placed under the cover.

To prevent milk curdling add a liberal pinch of earbonate of soda to each quart before putting it on to boil. If a little lemon juice is added to the water in which peaches are dropped be-

fore cooking the fruit is not so likely to discolor. A cupful of liquid yeast is equivalent

to half a compressed yeast cake or a whole dry yeast cake. Before baking potatoes, let them stand

in hot water for 15 minutes. They require only half the time for baking and are more mealy and palatable, besides saving the gas.

Mice do not like the smell of peppermint, and a little oil of peppermint placed in a pantry will drive them away and not expose children to the danger of poi-

If the wooden chopping bowl has the eder of food, soak the bowl in boiling water in which a little soda is dissolved. A cablespoonful of soda to a gallon of water is the proportion.

CORNS? HAVE YOU ANY?

If so, you want to try Putnam's Corn Extractor: it is not a cheap acid salve but a genuine 25c cure that does remove corns in twenty four hours. Be sure and get "Putnam's Extractor," 25e at all dealers.

A HOME VACATION

Can Be as Good as the Other Kind.

If you can't afford the time or money required for a vacation trip somewhere, why don't you plan a vacation at home? Den't you think, after all's said, there's quite a bit of fooliehness about the way folks usually take vacations? What a person needs in a vacation is change of activities and of spirit. Doing things in one way in one place day after day begets monotony, the mother of weariness. But you don't have to epend bunches of money or put up with a lot of summer resort inconveniences a new soul-face to life.

Travel is fine. It broadens, and, if done sanely, it refreshes. But it costs like ein. That is, if you travel comfortably and far. Those who can afford it do well to do it. But if you haven't the price or wish to save for more important purposes, why not try some

Change around your habits of living. Put a tent in the back yard and imagine vou're camping out. Get up an hour or two earlier in the morning and take a hike through the park or into the country. Have the missus pack a basket of food, and with her and the children ride out to a pend or brook or grove and hold a picnic now and then. If you have Saturday afternoone off arrange to go for over Sunday to some nospitable farmhouse or village inn, and take a complete rest for 36 hours. It would even be a good lark to go gipeying if you can get the use of a horse and wagen. Anything for a vacation from the deadening routine and for the faciliening of spirit that comes from being close to old mother earth and from throwing dull care aside. For it's the spirit, after all, and not

the place that makes the vacation. And that, thank heaven, isn't a thing of Tradition About Monk Heiped

Fixing His Nativity.

While visiting in the South recently a traveler chanced upon a resident of a sleepy hamlet in Tennessee. "Are you a native of this town?" asked the traveller.

"Am I a what?" languidly asked the man as he rose to a sitting posture. "Are you a native of this town?" "What's that?"

"I asked you whether you were a native of this place?" Suddenly there appeared at the open door of the cabin the man's wife, tall,

gaunt and sallow. After carefully scrutinizing the intruder she said: "Ain't you got no sense a'tall,, Ira? He means was yo' livin' heah when

you was born or was yo' born after you begun livin' heah. Now answer him."-National Food Magazine.

Minard's Liniment Cures Distemper. He Paid for the Boots.

According to an old French tale, a number of shoemakers argue the question. Which one of them is the most meekly submissive to his wife To the one who is least so the host offers to give the best pair of boots in his shop. If any one claims the boots and fails to prove his claim he must pay double price for them. The boots are claimed by a man who declares that he is not afraid of his wife. The man who offered the prize is somewhat taken aback by the man's confident manner, but determines not to let hie poots go without an attempt to save them. "The boots are stiff, I think," he said. "Take this grease with you to soften them, but put it inside your waistcoat, so that my wife may not see it."

"Oh, no." was the reply, and the greace was hastily pushed away. "No: my wife would be frightful mad if I should grease my waistcoat."

Then the other promptly decided that he must pay double price for the boots.

Your Child.

-It should be well!
-And it should keep well.
-It should play out of doors. -It should sleep with its mouth clos-

-If sleepless a warm sponge bath be fore retiring helps.

-A cool sponge bath in the morning is

good for it invariably.

—It should drink a glass of water half an hour before breakfast.

-Between meals two to three glasses

of water should be given it, and again fore retiring.

-Water should be cold, not ice cold, and should be drunk slowly, not poured

SUMMER HEAT HARD ON BABY

No season of the year is so dangerous to the life of little ones as is the summer. The excessive heat throws the little stomach out of order so quickit comes from the stove will make a no-vel and dain't contection help before the mother realizes he is If. Summer is the season when diarrhoea, cholera infantum, dysentry and colic are most prevalent. Any one of these troubles may prove deadly if not promptly treated .During the summer the mother's best friend is Baby's Own Tablets. They regulate the bowels, sweeten the stomach and keep baby healthy. The Tablete are sold by medicine dealers or at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

HOT WEATHER AIDS.

Specialists Give Warnings for Summer Season.

(By Isaac Abt. M.D., specialist in children diseases.) Give the baby plenty of water. Do not keep him in a warm apart-

Keep him out of doors in the shade. Don't overdress him; there's more danger in overdressing than underdress-

Cut down his diet. If nursing, do not wean in this weather. Avoid uncooked fruits and other indigestible foods.

(By Health Commissioner Young of Chicago.)

Eat pork or any other "white meats." Eat much meat of any kind. Let the milk stand in the sun several nours before taking it in.

Keep the milk in the bottle it comes in; empty it into a pitcher or some stone jug and put it in the ice box. Break up ice to make ice water. Let the water cool in the ice box. Ice is likely to be full of dirt.

Run for that car. Take the next one. Keep looking at the thermometer. Overlook the advantages of frequent tepid haths.

(By Hugo Krause, secretary Chi-

eago Anti-Cruelty Society.) Don't overfeed the horse. The best of hav and oats should be used and a double handful of dry bran should be to water often. Horses should be watered on a hot day every hour or so. When a horse begins ot pant and shows signs of weariness he should be allowed to rest for a time in the shade.

Minard's Liniment Cures Diptheria.

OUR PRECISE ARTIST.



YAQUI LEGEND.

Refugees in Mexico.

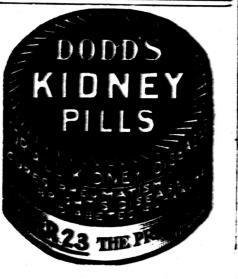
Mr. and Mrs. Peter Olesen, who were escape from the hands of Indian ban- the loaf. dits to a strange tradition which exists among the Yaquis.

The nationality of the Olesens stood them in good stead, for when the Indians, who were roving the country. pillaging property, learned that they were Danes, the foreigners were treated least the bread will keep better in a with every coneideration. Almost reverently the Yaquis gave way to them and aided them in getting from their location in the interior to the seacoast, box. where they boarded the Colusa.

There is a legend centuries old among the Indians that the Danes were the friends of their people in bygone years. Several hundred years ago, so the tradition goes, a Danish monk did much good for the Yaquis. At his death he was buried in a subterranean cave in a mountain of the great Yaqui valley. The Indians believe that the monk, seated in a great stone chair in the heart of the mountain, is their benefac-

"I don't know how much truth there is in the legend,' laughed Olesen upon his arrival, "but we weren't questioning that when we found that the Indians were inclined to treat us with respect and even render us assistance because of our nationality."

Olesen had a plantation at Michoacan. in the State of Oaxaca, and was enjoying prosperity until the revolutionary troubles began to have a serious effect on the entire country. Several thousand Yaqui Indians are leagued with the rebels, but many are roving the country in hands merely under the guise of being followers of revolutionary principals and using the cover in their depredations, says Olesen.—San Francisco Chronicle.



Gilding on china with gold according to

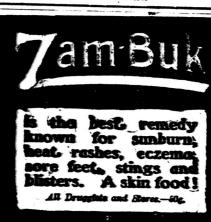
Gilding on china with gold according to a writer in The Pharmaceutical Era, is done either by an adhesive varnish or by heat. The varnish is prepared by dissolving in hot, boiled linseed oil an equal weight of amber or copal. This is diluted with a proper quantity of oil of turpentine so as to be applied as thin as possible to the parts to be gilded. Let stand about twenty-four hours, then heat in an oven until so warm as almost to burn the fingers when handled. The heat softens the varnish, which is then ready to receive the gold leaf, which heat softens the varnish, which is then ready to receive the gold leaf, which may be applied with a brush or pudget of cotton, and the superfluous portions brushed off. Burnish when cold, interposing a piece of thin paper between the gold and the burnisher. Where burning is practiced the gold reduced to powder is mixed with powdered borax (anhydrous borax), moistened with a little der is mixed with powdered to pow-der is mixed with powdered borax (anhydrous borax), moistened with a little buw water, and applied to the clean sur-face with a stove heated to about the temperature of an annealing oven. The gum burns off, and the borax, vertifying, cements the gold with great firmness to

the surface.
To dissolve gold for gilding which has to be fired, triturate in a mortar some gold leaf and honey until reduced very fine. Then dissolve the honey with hot water and mix with a little gum water for use, or dissolve gold in hot nitrohy-drochloric acid, evaporate to dryness in a porcelain dish and dissolve in ether

tor use.

For gilding either glass or porcelain

solution of gold chloride in eit of turpentine or oil of lavender, containing a little bismuch subnitrate, and chromium soap is used in these proportions: Oil of lavender, 900 parts: gold chloride, 100 parts; hismuth subnitrate. 5 parts chronparts, hismuth subnitrate. 5 parts chron-mium soap, 50 parts. After application, the article is dried, and then burned in a muffle furnace. The gilded parts require no further treatment.



FOR FRESH BREAD.

Keeping in Ice Box is Latest Wrinkle.

Put your bread in the ice box if you want to keep it fresh! You've heard of and laughed at the maid who put the bread in the refrigto get a change of activities and to turn | mixed with each feeding. Don't neglect | erator with the rest of the food, haven't you? Well, she had the right idea, only it's likely she didn't know it. business of putting the bread in the coolest compartment the ice box has will become general among careful housewives if the recent discoveries of a Dutch scientist are to count for any-

> It has been discovered that there are two things that keep bread fresh. One of these is heat and another is cold. The man wso made the interesting discovery is Dr. J. R Katz, of Amsterdam, Holland, and they resulted from a long series of experiments.

> The difficulty of keeping bread fresh for a very long time led to the tests that have been made and it was discovered that the specimens that were subjected to the cold test were really in better condition than those in which heat was used for the purpose. It is necessary to have a temperature of freezing or thereabout to keep the bread

> The longest time Dr. Katz attempted to preserve it was for 72 hours. He put a loaf of bread that had been out in a refrigerating machine. He cut the bread so that some of the inner surface would be exposed as well as part of the crust. After 72 hours the bread was pieced n an oven for a few moments and

neated through. It was found to be as fresh as it was when first placed in the among the refugees arriving on the oven, and a chemical analysis showed steamer Colusa yesterday, credit their no material change in the character of

It is hardly probable that the ordinary household refrigerator or ice box will have a temperature as low as ireezing. But so long as it is cold enough to preserve meats and milk it will probably help preserve bread as well. nearly freezing temperature, and be fresher when removed therefrom than it could possibly be in an ordinary bread

It must be remembered that the leating of the bread after it is removed from the ice box is as important as the Jeezing temperature. This, it seems, reses another section of crust to form, which takes up the excess moieture the bread has absorber in the ice chamber.

IMMODEST DRESSING. (Detroit Free Press.)

Giris are seen on the street in clothes the lack of them-that their mothers would once have thought immodest at home. It is related of Mme. Tallien that she appeared as Diana at a masked ball at the French court in the days of the at the French court in the days of the First Empire, in a gown so filmy and gossamer-like that it could be passed through a man's finger-ring. Under it she wore a single garment of the same material. Are we to emulate, eventually, the undress of the French madame? What are mothers thinking about to permit such a style of dress? What has become of the modesty was a standard to become of the modesty was a standard to be a style of dress? become of the modesty we were wont to associate with young and presumably innocent girls? They may be modest but they certainly don't look it. If this display of the person is intended to charm men, it is a great mistake; it may charm men, it is a great inistage; it may allure, as the fallen woman allures, but to man the charm of a girl is her mys-tery, her elusiveness, her refinement as shown in modest mien and attire. shown in indust liner and attire. Even hot weather doesn't excuse girls for cheapening themselves as they do; and the remarks made about them are neither admiring nor admirable.

THE COLD WATER CURE.

(Kingston Whig) Dr. Hasting's cure for sleeplessness in Dr. Hasting's cure for sleeplessness in warm weather is cold water, in shower and sponge baths. The man who can take these frequently, at night, will want no dopes of any kind. Try the cold water

SWEATS AND IS COOL.

(Philadeiphia Record It will not add to your comforth to watch the thermometer; look at the icewater pitcher instead. It sweats and still is cool.

"Patrick, you were on a bad spree vesterday. "Yis, sor, I wuz. Bless me, if I weren't a layin' in th' gutter wid a pig. Father Dunn came along, looked at us an' says, says he, 'One is known by the company he keeps." "And did you get up. Patrick?" "No, but the pig did." -New York Globe. see the other side at all.

Strengthen | COW TESTING PAYS |

If you are a sufferer from any kind of Kidney or Bladder trouble, you know, too well, the pain, the loss of sleep, the distress and disagreeable experience distress and disagreeable experience which are a part of these complaints, but you may not know that many combut you may not know that many complaints of the urinary tract will lead to serious complications, if not checked in time. The earlier the trouble is attended too the better. SANOL, the great scientific remedy for kidney trouble, gall stones, bladder stones and similar complaints will act quickly at any stage of the disease, and will be found a most agreeable tonic and strength renewer for all who have weak kidneys or are trouble. all who have weak kidneys, or are troublall who have weak kidneys, or are troubled in any way in that portion of the anatomy. The strength of the kidneys is quickly renewed, the pains which frequently mean something serious if allowed to go on, disappear at once. It is equally valuable in older and more serious cases, and we have testimonials from patients who have been spared the danger and cost of an operation through using SANOL.

Free literature supplied by the SANOL MANUFACTURING COMPANY, LTD., Main street, Winnipeg, Man. Price, \$1.50 per bottle. For sale at all leading druggists.

Swat Him.

Considered not the little fly who name is rhymed with baby-bye.

He has his birth in the manure, brawls forth and loiters in the manure, orawis forth and loiters in the sewer.

And sweared with leadly typhoid germs, he leaves is brother maggot worm;
Unfurls his dainty wings of silk and dumps his microbes in the milk;
Where their huge numbers mount and Mound increasing the hacterial count. Mound, increasing the bacterial count, Until they reach the food supply some woman feeds her baby-bye. The fly comes gally unto us, his feed all gummed with poison pus, singing clear his song so sweet. alights and cleans them on the meat. He gathers scarlet fever pores and leaves

then on the walls and floors then on the wans and moors.

He is not proud and oft wil stoop, to carry heavy loads of croup.

And place it where its awful death may come and go with baby's breathe.

do not call him indolent, he calls that summer days misspent.

In which he's failed to load the breeze with squirming germs of some disease:
id if he finds them not, though hurt, he'll be content with just plain dirt.

Consider well the little fly, who buzzes so round haby hye. Neglect to ask the why or what, but

pick your swatter un and swat

From the Grower Direct Send your order at once and get the

BUY YOUR FRUIT

best: Satisfaction guaranteed.

Cherries, Best Red Sour, 5 baskets, 11 quarts, \$5.50. Raspberries, 24 quart crate, \$2.25. Peaches No. 1 best varieties, 5 baskets, 11 quarts, \$5.00. All other small fruits to order. Plums, Pears, Peaches and Grapes a specialty. Write for information, Beference, Pour Per Vivi formation. Reference: Royal Bank, Win-ona, Ont. Money to accompany orders. All fruits delivered to the nearest Express Office free. V. R. & G. R. Carpenter, Win ona, Ont.

Make a Garden: Means Health (By a Physician.)

Make use of your backyard. Cultivate the ground and raise vegetables! Make your front yard beautiful. PILES GURED AT HOME BY Cultivate the ground and raise flowers and shrubs!

If you will try one or both of these economically wise plans, you will reap a better physical condition for yourself, as well as vegetables and flowers, for your table.

An hour's work with hoe, spade and rake in the outdoors, evening and morning, is worth much to any person who is housed the greater part of the day. The exercise it affords is capital. The pleasure gained in seeing the ground grow beautiful and productive under your hands is a tonic and a rejuvenator to your mind. Your household, your neighbor and

the whole community will gain by the plan. The days are long now. The air is balmy. The ground will respond to any attention you give it. So get to

work without delay. And, while you are about it, interest the children in this very natural way of keeping well. Teach them the value of digging in Mother Earth. Imbue them with an interest in your garden, and soon they will be asking whether they may make one, too

Where there isn't a place to garden out of doors, it isn't a bad plan to make a window box. This plan may be followed in the house, in the office or in the school room. But get out of doors if you can.

Minard's Liniment Cures Garget in Caws.



Fever Blisters.

What causes fever blisters? is often sked. Digestive disturbances cause them. But they are often an accompaniment of various ilis.

Fever blisters may occur on any part f the body. They are noted most frequently

around the mouth. Fever blisters are found on the pneu monia patient; during bad colds; typhoid: in malaria and in several oth er diseases. Some times a person gets a fever-blis

ter with apparently no accompanying ill. In that case it is most probably due to a disordered stomach. Too much food is probably eaten or the food is not wisely chosen. The cure

in the last case is an adjustment of food, a change of diet and more exer-Some people get so dazzled from looking on the bright side that they can't

YourKidneys And Here's a Practical Illustration.

There are such excellent concrete examples now and again outcropping of men who prove that it pays to take up ow testing that their records of success make stimulating reading for dairy farmers all over the Dominion.

Here is a good sample of what one man at Cedar Hall, Que., in the Gaspe peninsula, accomplished by carofully watching his fairly good cows and feed ing them better. The first year his eight cows gave him 33,511 pounds of milk, an average of 4,188 pounds, at a feed cost of \$32.50, netting a total profit of \$76.82, an average of \$9.60 profit per cow. Two of the best cows in the herd the first year were lost accidentally; two heifers made up the herd to eight again. A pure-bred sire is kept. The next year his eight cows gave

him 41,408 pounds of milk, an average of 5,176 pounds, or 1,000 pounds of an increase per cow. The feed cost \$4.12 more per cow, but the total profit was \$177.29, an average of \$22.16 per cow. This is an increase of 130 per cent. in the profit. It pays to give additional feed if the cows kept are of the type to make use of it profitably.

The forcible realities are these The gross income from milk increased by \$133.43 from the same number of cows, the profit far more than doubled, and the owner has received every encouragement to try for still better results. That is where a trial cow testing trip generally lands the herd owner.

Dominion Department of Agriculture. Branch of the Dairy and Cold Storage Commissioner

For Women's Ailments

Dr. Martel's Female Pills have been the Standard for 20 years and for years prescribed and recommended by Physicians. Accept no other. At all druggists.

Unconscious Child Humor.

"Mamma." said little Edna one day, I'm getting tired of this pug nose. It's getting pugger and pugger every day." Little Willie-Say, papa!

Papa-Well, what is it, son? Little Willie-Does the ocean get ungry because it is crossed so often? One day small Alice was playing with

her dolly. Stopping suddenly, she look-

ed at her lovingly and said: "Dolly

you is just awfully beautiful, but you ain't got a bit of sense." "Well, Harry," asked the visitor, playfully, "what are you doing for a living

"Why." replied the little fellow, solemnly. "I do just the same as you do-I eat."—Chicago News.

NEW ABSORPTION METHOD

If you suffer from bleeding, itching, blind or protruding piles, send me your address, and I will tell you how to cure yourself at home by the new absorption treatment; and will also send some of this home treatment free for trial, with references from your own locality if requested. Immediate relief and permanent cure assured. Send no money, but tell others of this offer. Write today to Mrs. M. Summers, box P 8, Windsor, Unt.

Gold on the Street.

Banks distribute large sums of gold from their head offices to branches in from their head offices to branches in tremely hot weather, and the daily bath and frequent brushing of teeth should be taken as a matter of cour se. Germs causmuch as £20,000 in sovereigns will be taken in bags in an ordinary brougham. the only guard being two unarmed clerks. Only one man is considered necessary to take £10,000 from one point of the city to another. Some banks empioy a small motor van in the collection and distribution of silver, but notes up to £10.000 in value are carried in a pecket wallet by a clerk. The wallet may be attached to the waist by a

chain. It is calculated that over half a million pounds is carried through Leadon streets every day in way way. But it is in the neighborhood of Hatton Garden. the centre of the diamond business, that the greatest wealth is carried in easygoing f shion. Every day over two million pounds worth of diamonds and pearls are carried in the incide pockets of those who do the business in this distract. A diamond merchant is frequently in possession of £200,000 worth of genie. The dealers and brokers who canvass for orders from West End jewell-rs earry their precious burdens, often worth £30,000 or £40,000 tucked away in cunningly contrived pockets.

Nature and Air Renew Man. Man spends about one-third of his

time in bed! where uses the sleep hours to effect her best recuperative work. Like man, Nature works very inefficiently in foul air.

How necessary it is, then, to have pure air in the sleeping room. Give Nature a chance to do its best work!



188UE NO. 29 1919

WANTED — PROBATION NUMBER of three-year course. Apply to Busintendent of Nurses, The Cooper pital, Camden, N. J., U. S. A.

WANTED- QUALIFIED TEAC Protestant: No. 4 Maidstone: to commence Sept. 2nd, 1812. 5525 per annum. Fifteen minute boarding place. Comfortable house. Post Office, Church and one mile from boarding place. Superience. Wm. A. Totten, Sec. Woodslee, Ont.

WANTED—GIRLS FOR KNITTING and Finishing Depts. Good was paid to learners. Apply to Kingston, Ont.

FOR SALE

P OR SALE—A NO. 1 GORDON PRINT-ing Press with Steam Fixtures in good condition; will sell cheap; also come type. Apply Waldorf Hotel, Hamilton.

PERSONAL

DERSONS GOING WEST MAY LEARN something to advantage; state destination and when going. Duncan Gray. Toronto, Ont.

ANTISEPTICS AS POISONS. (Chicago Tribune.)

To have a medicine chest in every household is a great improvement. It makes for better health. The application of an antiseptic in time may often prevent a serious case of blood poison. It may sometimes save not only a limb but life. But the line must be drawn between between strictly household remedies and those to be taken only upon a doctor's prescription.

But no stretch of imagination can bichloride of mercury be included in the class of household drugs. It is a powerful germ destroyer, but it is also a most irrevocable poison. No drugsist would sell pure carbolic acid unless the customer presented a doctor's prescrip-tion. Bichloride of mercury is far less tion. Bichloride of mercury is far less amenable to antidotes than carbolic acid. An ordinance restricting the sale of this hichloride except upon the order of a physician would not interfere with legitimate home medications. imate home medication. Alcohol, per-exide of hydrogen, boric acid are ample antiseptics for the lay medical chest. To guard against the mistaking of dangerous antiseptics, when procured on a physician's order, for aspirin or any other comian's order, for aspirin or any other com-mon drug the wrapping of each individ-ual tablet in colored paper labeled poison, as is done in European countries, might well be made a legal requirement.

Minard's Liniment Co., Limited.

Gents,-I cured a valuable hunting dog of mange with MINARD'S LINE MENT after several veterinaries had treated him without doing him any permanent good.

Yours, etc., WILFRID GAGNE.

Prop. of Grand Central Hotel, Drummondville, Aug., 3, '04.

HOT WEATHER HINTS.

of Calorics. Don't eat much meat (it's too high); egetables and fruit furnish more

able giet.

Little Things Apropos of the Season

Walk on the shady side of the pand don't watch the thermometer. ter, not too many glasses at a time, but drink it frequently. An eminent authortiy says 10 or 12 glasses a day are not too

many. Drink buttermilk, sweet milk or lemen ade in moderation. Ice cream eaten slowly and in moderation is a useful food. Avoid indulgence in alcholic drinks. Read tea in excess is harmful.

Keep cool-that is, do not become un-luly excited or irritated over unnecessary matters. Avoid hurry as much appossible during the hottest hours of the Dress according to the day, not the season. In this climate where a torrid day may be followed by a chilly one, it is necessary to consider the temperature of the day and not the season. Bathe regularly. An eminent physician stated that a healthy person was bene-fited by several baths a day during ex-

tremely hot weather, and the daily

ing summer sicknesses find places in the foodstuffs exposed in the mouth. Brush your teeth. places in the foodstaffs exposed in the mouth. Brush your teeth.

Ventilation is of utmost importance. Effect a liberal supply of fresh air throughout the house, particularly in the sleeping apartments. If your house has a flat roof, utilized in the evening (for sleeping purposes, if desirable) and in the effernment with a tent or awning enternment. afternoons with a tent or awning arrangement. The dust-laden air that comes into the house from the street scarcely rises to the roof; therefore, the

sir is cleaner and more wholesome the roof. Dress the babies and children sensibly Dress the babies and children sensibly and in as little clothing as come on decency permits. Do not overfeed them and see that the milk and other foods given them are strictly fresh. Keep them out in the parks as much as is possible and do not permit them to eat too many sweets. Keep them from romping in

the sun. the sun.

Chew your food well. The various stomach, bowels and intestinal troubles hat keep physicians busy in hot weather would rarely exist if people Fletcherized their food during the torrid season, derearrange of the most burdense of the maccomplished during the cooler bours of the day. of them accompli-hours of the day.

Minard's Liniment Cures Colds, Etc.

The Kitchen. It must be very light.

Tiles are ideal wall coverings. White oilcloth is a second choice. Wood mouldings will cover the tack ing. A light bracket should be over the

range. A wicker chair is equally comfortable for mistress or maid. A sensible woman had an extra cuppoard put in for her maid. In it are

mending and writing implements and a

The use of casseroles should be en-

couraged. The labor of keeping them

clean is as nothing compared with metal. OUR CARELESSNESS OF FIRE.

book or so.

(Montreal Herald) Just so long as we continue to accumulate inflamable rubbish in heaps we may expect to have big fires and big losses in men and money. There is no use in swatting the fly after he has put typhoid germs in the butter or in cleaning up rubbish after the factory has burned down.

Mrs. Exe-Some husbands win their wives by sheer audacity. Mrs. Wve -Yes, and many others by sheer mendacity. Boston Transcript.



Commentary. -1. Mcses (3: 1 ii.) 1. Ke keeping."-R. V. service of his fathe twice as long as .! Priest of Midian -J the head of the tribe. charge of its religio back of the wilderne Orientals cest was was south, the left was back. Mountain ed the mountain of the fact that God la there in power and his people. Horeba group of mountain one. 2. The angel was a visible ma Mame of fire Fire symbolize the divis 17; \ Het. 12: 29.) prohably the acacio hal region. Was extraordinary sight tract Moses' atten him for the evelat 3. This great sight sert would ordinar bushes within rene

4. When the Lo described as if (must wait until M could know what the midst of the there clothed in Moses, Moses Th name inideates the communication tha ceive, (See Gen. am I - Although the munication is not stood that he was 5. Put off thy shoes anciently in the Easmove the sandals a of worship, or upon portant personage. divine presence rered, and it should by every mark of r God of thy father. introduced himself whom his for fathwho had guided and thus far. II. Moses called 10). 7. The afflic

God had seen their heard their groan purpose of their so only now fulfilled. separate people, b ple, and they had to any great exte worship of the b ters Overseers, si come down Repre place as heaven. undertake for his earth. Unto a ge The land of growed with the of the Hebrews.

n. which was t

s large. Flow Baril adapted Flowly of milk their herds wo land still abound: and domesticated. honey are produc Inhabitants of the valley. Hittites north of Phenicia orites Dwelers in and west of the J ians oppress the they had been en bricks, and in gr Unto Pharaoh the son of Rames

III. (Miertions

his inability to p

work. Forty ve

11. Who s

derness, he may ! fitted him to stand Pharaoh, This w objections that Mo pointment. He the greatness of and he had no di mate his own abil with thee He w Moses from the the unconsumed him to guide and serve God upon is a second answer iection. I pon th would worship to brael, whom he out of bondage. unto them lae gods, and Israel practises, would the name of the Moses was. How to them? Alford jection was based compresension of appearing. Nam ites were indicati Moses desired the was to be procisi erisis. 14. 1 term denotes h

tions as to the st ing to larael his them, assuring his lieve his money wented not grant t the wilderness to after sieus and w he would let the es ve mulch treasu by asking it of the log of the and 1.17. Moses' thin Tersel would not a sent from the Lot God gave him th changed to a sehand, and of the final objection the ther, as his spokes IV. Moses leav The revelation at H Moses returned to

changeableness an

13-22. Moses re-

turned into blood. speaker, by givin Having obtained

visit his own bec out with his wife took with him the