

Five-Cent Breakfast in Five Minutes! What a boon to the busy housekeeper! Two Shredded Wheat biscuits, heated in the oven to restore crispness and served with hot milk, make a complete, perfect meal, supplying all the strength needed for a half-day's work at a cost of four or five cents. The richest man in America can buy nothing better. Contains more real nutriment than meat or eggs and is more easily digested.

Made in Canada.



The Housekeeper

When nothing better is at hand, a raw potato will relieve the pain of a burn. Later the wound should be dressed with sweet oil.

To remove paint from windows or other glass, wet a woollen cloth with ammonia and apply to spots, rubbing briskly. If some stubborn spots remain, scrape them off with the edge of a coin.

Add a cupful of boiled rice when next you need a loaf and it will keep nice and moist till eaten.

It is said that one tablespoonful of flour of sulphur in a pint of rum will remove moth patches or brown spots on the face. Apply to the patches once a day, and in a few weeks they will disappear.

French chalk placed for a few hours on a soiled spot in either a gown or drapery will remove the grease.

Rag rugs made of cotton wash well. These are inexpensive and are often just the thing for the kitchen as well as other parts of the house.

When you find fruit stains on table linen, wet stains with a little camellia oil. If this is done before linen is wet it will remove stain.

It is a good plan to buy a cheap teapot for melting paraffine. Always keep it for that purpose. The melted paraffine pours so easily just where it is wanted and need not be all used at one time.

A little potato, barley, rye, buckwheat or soft bread crumbs may be used for thickening a puree, quite as effectively as a roux of flour and butter.

To clean enamel bathtub, cut a lemon in half, dip in salt, use on tub, then wash with hot suds and dry thoroughly till tub shines like new.

Discolored ivory may be restored to its original whiteness by painting it with spirits of turpentine and putting it out in the sunshine for two or three days.

MOTHERS OF LITTLE ONES

No mother of young children should be without a box of Baby's Own Tablets. The Tablets are mother's best friend and are as good as a doctor in the house. Concerning them, Mrs. F. Wurger, Ingersoll, Ont., writes: "I have used Baby's Own Tablets for the past eight years and would not be without them. I can highly recommend them to all mothers of young children." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Good Old Times

At one time in Rome political offices were auctioned off in public to the highest bidder. In ancient Greece theft was not considered so much of a disgrace as being caught at it.

Our prisons are not ideal, but we have made progress in dealing with crime. There were formerly fourteen offenses in Delaware punishable by hanging. In the early history of Connecticut lying, "that foule and gross etc." was punishable with five stripes of the whipping post and confinement in stocks; people were imprisoned in awful dungeons for debt. In Rome men were sold into slavery to pay debts; creditors could tear the body of the debtor to pieces, each receiving a piece according to the size of his credit.

To-day is the best day creation has ever seen. For 2,000 years the Sermon on the Mount, like heaven, has been beating the hearts of men. At last that which is good can endure. The time of time burn out the dross. The time is "one far-off divine event, that which all creation moves." It is perfection—but it is not here.—Leslie.

A Rare Bird

The lowest form of bird life which exists is believed to be the kiwi, or Apteryx nantail, of New Zealand. It is so scarce, however, that scientists consider themselves lucky to get a specimen in any condition. It is without wings or tail; its legs are short, but very strong, and are used for digging. The chief food of the bird is earthworms. The body covering is a cross between hair and feathers. The kiwi develops great speed and makes a desperate fight when attacked. A peculiar characteristic is that during the day they conceal themselves under rocks or roots of trees and when at night they come out to hunt. Efforts to domesticate them have been unsuccessful, and only a few museums can boast of specimens.

BAKED CIGARS

Before Smoking the English Dry

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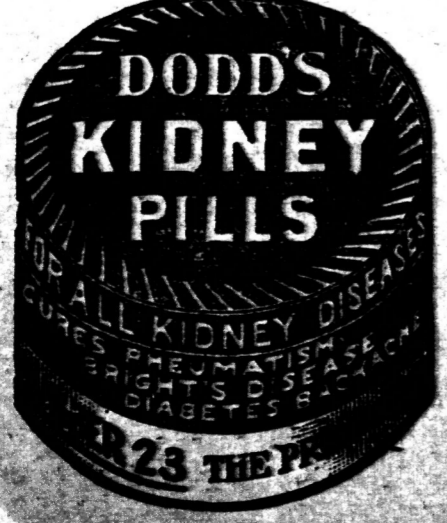
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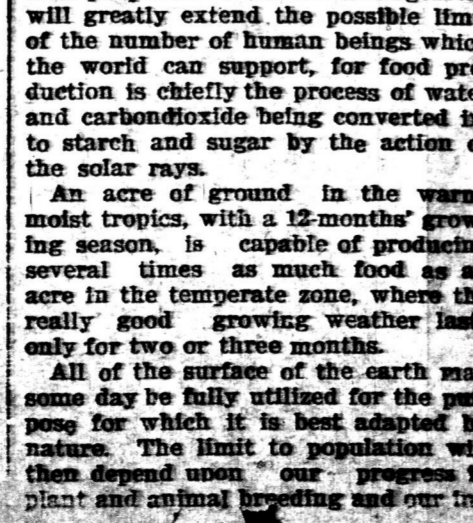
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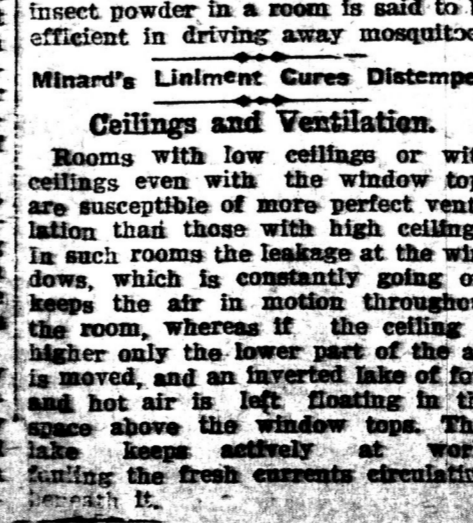
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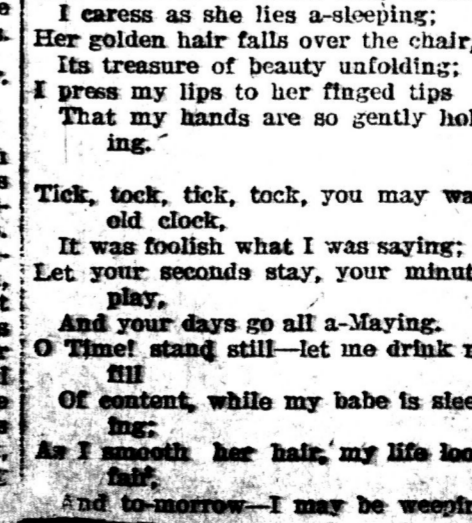
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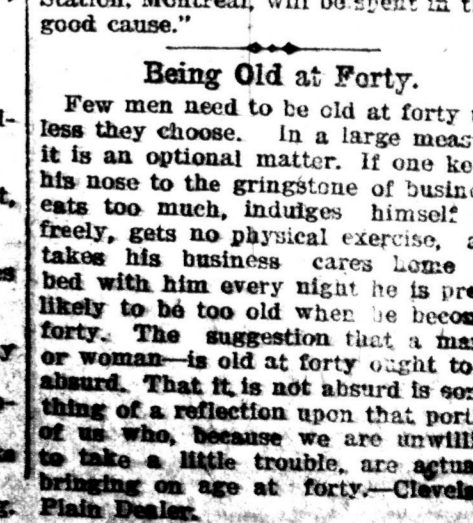
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