

Health and Home Hints

A Few Salads.

BY ELEANOR MARCHANT.

In serving salads of whatever description, the housewife must remember that one of the essential things is to have the salad fresh and cold, and if green have the leaves crisp and dry. All greens used should stand at least thirty minutes in ice water, before they are carefully washed to free them from dust and insects; and as, if any water is allowed to remain on the leaves, the dressing will not adhere to them, but will run to the bottom of the salad bowl, should be carefully freed from moisture by swinging them in a wire basket or carefully dried without bruising in a clean napkin. The beauty and wholesomeness of a perfectly prepared salad, especially at this season of the year, should commend itself to every provident housekeeper, as the salts necessary for the condition of the blood are bountifully contained in these green vegetables. The addition of a dressing composed of pure olive oil, a few drops of lemon juice and a light seasoning of salt, garlic and pepper, furnish an ideal way of acquiring the fatty food also required by the system.

Shad Roe and Cucumber Salad.—Cook a shad roe with one minced onion and a bay leaf in salted acidulated water for twenty minutes; remove from the fire and when cold cut into neat cubes and slices. Marinate these with French dressing, flavored with a few drops of onion juice. Add to the cubes of shad roe, thus prepared, one cup of cucumber cut into dice and six chopped olives, moistening with mayonnaise dressing. Dispose the salad upon a bed of crisp white lettuce leaves, garnishing the long side with thin slices of cucumber, and the top with sliced roe and chilies.

Mr. Nolan's Embassy.

Mr. Nolan had acquired a great reputation for tact, so that when Mr. Cassidy fell from the ladder and broke his leg, it was quickly decided by all the workmen that Mr. Nolan should bear the tidings to Mrs. Cassidy.

"He broke the news gradual," said Mr. Leahy to his wife that night, "and by the time she learned the thruth, she was as calm as a clock, they say. Oh, he's the great man, is Timmy Nolan!"

"How did he do it?" asked Mrs. Leahy, impatiently.

"Like this," said Mr. Nolan's admirer.

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THE DOMINION PRESBYTERIAN

"He wint to the house and rang the bell, and he says, 'Thin Dinis is not dead, Mrs. Cassidy, or you'd niver be so gay-lookin'!"

"'Dead!' she screeches. 'Who said he was dead?'

"'Thin it's not thrue he's near to dyin' wid the smallpox, either,' said Timmy, 'or you'd niver be lookin' so amazed.'"

"'Smallpox!' she cries. 'Has he got the smallpox, Timmy Nolan, and then tuk to the hospital widout me sayin' good bye?'

"'Sure an' he has not,' said Timmy Nolan in a comfortin' tone. 'It's only that he's broken a few bones in his leg, fallin' from a ladder, and I'm sint ahead wid the news.'"

"'It's you that's a thrue friend, an' you've lifted a big load from me heart,' said Mrs. Cassidy, and she gave a warm shake to his hand and wint back to her washin'!"—*Youth's Companion.*

suffering. If it was a famine in India all the world would know about it. But is only Brazil and who cares? There are only about half a million people suffering altogether from the state of Pernambuco to Marauhas, the southern part of the hot belt on Frye's map.

Provisions are going up all the time and are getting scarce. We are living on chickens because the meat is so had we cannot eat it. It is thought to be one cause of the dysentery that is now epidemic, not only among the retirantes, but among the town's people as well, and that is proving very fatal all through north Brazil, especially in Pernambuco.

Womanliness.

After all does an unsmiling face, a studied indifference, a proud glance, add anything to a woman's womanliness? Do any of these really increase her charm, really lead her dignity, really tend to elevate her in the opinion of those whose experience of life qualifies them to judge?

The question is asked after a prolonged study of ye fashionable maiden. The purely irresponsible attitude, both physical and mental, seems to be that at which she aims. Of course we have all read of the Vere de Vere repose, but none of us admires the haughty Lady Clara. Why should a visible pride be considered the best setting for beauty and beauty's accessories? We cannot conclude that this manner accidentally results from what is termed "spoiling", we must suspect that it is in most cases acquired.

Observation seems to make it clear that women fail most frequently in street car courtesy, to employ a convenient term. How often one sees a workingman, perhaps with his dinner pail under his arm, rise to give his seat to a woman rustling in silks and velvets! How often she accepts without any apparent sense of obligation, without deigning the slightest acknowledgment! Surely a dignified smile and a word or thanks would become the haughtiest dame of high society.

Being, after all, human beings and not goddesses, women can lose nothing by pleasant looks and smiles. When will they learn that it is their privilege to scatter the sunshine of kindness, to cheer by a manifestation of considerate politeness those less fortunate? It is an old saying that American women are more privileged than those of any other nation. One fears sometimes that they have learned to take too much for granted.

The middle of March it was estimated that there were about 4,500 of these retirantes in town. Several hundreds have embarked north or south to look for work in Para or Sao Paulo; some hundreds have been given work by the government, who has sent a commission from Rio to build a railroad from Natal to an interior town; but the engineer is limited to a certain sum to complete the work, and as a means of livelihood to these thousands of sufferers it is proving inefficient. And still they come. The interior is depopulated; the country is stripped of even the cacti that can grow without water. The people have eaten it. Trees, never luxuriant, stand dying or dead stripped of all signs of bark. The people have eaten that, too. They have done worse than that; they have eaten animals that have themselves died of starvation; not only cattle, but horses, dogs; even roasted leather has served as a dinner dish; and roots of trees that God did not make for food. From all these causes illness results. Swollen bodies; cracked and bleeding lips; dysentery and smallpox, and other horrors. The fields from town to the beach are covered with a great army trying to find shelter under the scattered and stunted trees. Here they are dying, and here more little sufferers are being born. Those that are able to wait spend the days begging from door to door. Our gate is blocked up from morning to night. I have given away clothes that I was wearing to cover a woman's nakedness. Hundreds more need covering and my heart aches that I cannot supply clothing for them all. Mr. Porter has given and given until we are feeling it, and still the little we can do shows for nothing against the awful

Michigan Presbyterian: The Presbyterian church is of all churches the most imperial in its theology and the most republican in its form of government. It is because of its imperialism that it can safely be republican. A church that acknowledges no head but the Lord Jesus Christ can afford to go to the fullest extent of popular representative government. It is because God is sovereign that man is free to work in the largest lines of endeavor. If there is to be any rivalry of authority uncertainty takes the place of certainty. We are not sure as to the future; but we can be sure as to our duty to that future; and of our responsibility to obey orders that have in them no essence of failure or of hesitation. The church that lives in the light of this truth is an invincible church. The church that compromises only invites defeat.