

HEALTH AND HOME HINTS.

Carpets should be beaten on the wrong side first, and afterwards more gently on the right side, and should never be relaid until the floor is quite dry.

If the eyes are strained and inflamed with sleeplessness or fine work apply to the lids soft linen wrung out in boiling water. Use this as hot as can be borne, and relief will be felt in half an hour.

During the summer months at every meal a bowl of salad should find a place on our tables; in fact all the year round, winter and summer alike, many people take it, and happy are they who can procure the necessary ingredients at all seasons.

Rose Leaves Cake: Cream together two cupfuls of white sugar and one of butter, add the whites of four eggs beaten stiff, two cupfuls of sweet milk, two teaspoonfuls of baking powder, and sufficient flour to make a rather thick batter. Drop in spoonfuls on an oiled tin, making the cakes about an inch apart, and bake in a quick oven. Make a plain white icing, color it a delicate pink with red sugar, flavor with rose extract.

Asparagus is recommended as a new cure for consumption by two French physicians. Drs. Petit and M. A. Thezard read a communication on the subject at the last meeting of the International Society for the Study of Tuberculosis, at which Professor Lancereux took the chair. Their paper (says the *Parris* correspondent of the *Telegraph*) was purely technical, and intended only for the medical profession. The substance with which they have made experiments is "phosphated asparagine."

Delicious Muffins.—Two cups of flour, two eggs, one cup of milk, one heaping teaspoonful of baking powder, a pinch of salt and two tablespoonfuls of melted butter and a teaspoonful of sugar. Sift the dry ingredients together and mix the milk, the butter and the beaten eggs together; slowly put in the dry things, stirring all the time, and put in buttered muffin tins. Bake twenty-five minutes.

The Cure of Drinking: There is but one sure cure for the drinking disease or habit, and that is the simplest of all. The cure consists in eating fruits. That will cure the worst case of inebriety that ever inflicted a person. It will entirely destroy the taste for intoxicants and will make the drunkard return to the thoughts and tastes of his childhood, when he loved the luxuries nature had provided for him and when his appetite had not become contaminated by false, cultivated tastes and attendant false desires and imaginary pleasures. No person ever saw a man or woman who liked fruit and who had an appetite for drink. No person ever saw a man or woman with an appetite for drink who liked fruit. The two tastes are at deadly enmity with each other, and there is no room for both of them in the same human constitution. One will certainly destroy the other.

LIQUOR AND TOBACCO HABITS.

A. McTaggart, M.D., C.M.

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References as to Dr. McTaggart's professional standing and personal integrity permitted by:

Sir W. R. Meredith, Chief Justice.
Hon. G. W. Ross, ex-Premier of Ontario.
Rev. John Potts, D.D., Victoria College.
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Consultation or correspondence invited.

SPARKLES.

She—So you have had a great many thrilling escapes?

He—Yes; I am still a bachelor.

"Father," said the small boy, "What is a scientist?"

"A scientist, my son, is a man who can tell you things you already know in such unfamiliar language that you regard it as something brand new."

"Were you frightened when you arose to make your first speech?"

"What should frighten me?"

"The audience."

"The audience left as soon as my name was announced."

Mrs. Blackstone: It suitingly am a scrumptious weddin'. Mr. Sinclair. Yo' bride want'd de leastes' bit nervous wa' she!

Mr. Sinclair (the groom): Nope, indeedly! She say she never felt mo' decomposed in her life dan she did right dar at de altar.

Mark Twain, while visiting a friend's house, was asked his opinion of a new marble bust representing a young woman colling her hair.

"Very beautiful," said the humorist, "only it isn't true to life."

"Why not?" asked the owner.

"She hasn't her mouth full of hair pins," said Mark.

"And the name is to be"—asked the suave minister as he approached the font with the precious armful of fat and founces.

"Augustus Phillip Ferdinand Codrington Chesterfield Livingstone Snooks."

"Dear, dear!" Turning to the sexton: "A little more water, Mr. Perkins, if you please."

The monkey entered his jungle bungalow and threw down an armful of coconuts.

"There's no doubt about it," he remarked, "nature was certainly good to me when she fixed things so I could bring the cows home on rainy days."

"These signs are certainly misleading. I saw one the other day which said 'Old Furs Restored,' and when I asked them to restore the set I lost last year they looked at me as if they thought I was crazy."

"Do you know, I had almost a similar experience. I saw a sign, 'Umbrellas Recovered,' and yet when I wanted to recover that beautiful gold-headed one that was stolen from me they refused to have anything to do with the case!"

The "undertow" of the ocean is the sea-bather's danger. It beats the best swimmer now and then. But there is an undertow of soul which will ruin any life in which it is allowed to run.

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GOLD DUST
WASHING POWDER "CLEANS EVERYTHING."

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MONTREAL

SUMMER COMPLAINTS.

At the first sign of illness during the hot weather give the little ones *Baby's Own Tablets*, or in a few hours the trouble may be beyond cure. *Baby's Own Tablets* is the best medicine in the world to prevent summer complaints if given occasionally to well children, and will as promptly cure these troubles if they come unexpectedly. But the prudent mother will not wait until trouble comes—she will keep her children well through an occasional dose of this medicine. The *Tablets* ought, therefore, be kept in the house at all times. Mrs. Chas. Warren, Nevis, Sask., says: "My little boy was greatly troubled with his stomach and bowels, but a few doses of *Baby's Own Tablets* wrought a great change in him. I would not be without the *Tablets* in the house." Sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

SUNSHINE.

The power of a sunny soul, a man who carries sunshine in his very presence, to transform the most trying situation in life, to light up the way even in the darkest gloom, is beyond all power to compute.

The world loves the sunny soul, the man who carries his holidays in his very eye; whose face is a pleasure-ground. The magic power of the sunshine man to transform the most trying situation in life is worth more than a fortune in money. There is a great medicinal value, also, in good cheer. A patient about to undergo a serious operation stands a better chance of regaining his lost health if he is cheerful and optimistic than one who dwells on the pain he is about to endure and who flounders out what it feels like to die in agony.

What a wonderful thing it is to be able to carry one's sunshine with him, to cast a glow of brightness and joy upon every condition of life! The power to transmute gloom into darkness, the mirth-provoking faculty, is worth everything to the youths who are starting out to make their own way in the world. They pass through life with much less friction; they carry a talisman that will make them welcome wherever they go.

The determination to be kind and helpful to everyone, to be cheerful and optimistic no matter what comes to us, is one of the noblest of ambitions. The persistent effort to give everybody a lift whenever possible, to make everybody who comes in contact with a little better off for the contact, to radiate sunshine, cheer, hope, good will, to scatter flowers as we go along, to enjoy each day, to live the present to its utmost and not to wait for to-morrow before we begin to enjoy, this it is that opens wide the door to happiness.

Happiness is a question of heart and not money. It is mind and heart and not things that make the joy of living.

I know people, in middle life, who have not a thousand dollars, in property or money, in the world, and yet they have managed to hold on to the secret of gladness and joy. They know how to be happy. They are infinitely happier than some rich people who do not look to mind but to things for their happiness.

Cheerfulness is a sign of sanity. It is the person who has no laughter, no fun in his nature, the person who becomes morose and melancholy who is in danger of losing his balance.

If the baby's eyelids are not perfectly closed suspect weakness. If you see a furrow passing from either side of the nose round the mouth, there is probably something the matter with the stomach or intestines. A furrow from either mouth corner passing outward may indicate something wrong with the throat or lungs.