

HEALTH AND HOME HINTS.

Liquid green soap is excellent for the complexion, but it is so strong that it should not be used more than once a week.

A teaspoon of Indian meal, mixed with the soap, when rubbing it on the hands, imparts, smoothness. A small piece of cold boiled potato has the same effect.

Here are a few nice ways of making picnic sandwiches. At this season of the year they may be found useful:

Walnut—Shell English walnuts. Blanch and chop, and to every tablespoonful of nuts allow a good half a tablespoonful of cream cheese. Rub well together and spread on thin slices of crustless white or Graham bread.

Roast Beef—Chop rare roast beef very fine, taking care to use only the lean portions of meat. Sprinkle with salt, pepper and a saltspoonful of horse radish. Mix and make thin sandwiches with thinly sliced graham bread.

Chicken and Nut—Mince the white meat of a roast chicken, and mix it with half a can of French mushrooms, chopped fine, and half a cupful of chopped English walnuts. Season to taste with pepper and salt, and moisten with melted butter. Put the mixture between slices of whole wheat bread.

Deviled Egg—Mash the yolk of hard-boiled eggs to a powder and moisten with olive oil and a few drops of vinegar. Work to a paste, add salt, pepper and French mustard to taste, with a drop or two of tabasco-sauce. Now chop the whites of the eggs as fine as possible (or until they are like a coarse powder), and mix them with the yolk paste. If more seasoning is necessary, add it before spreading the mixture upon sliced graham bread.

Medicated Prunes—Take a quarter of an ounce each of senna and manna, as obtained from a druggist, and pour on it a pint of boiling water. Cover and set in a jug by the fire for an hour to infuse. When the senna and manna have been an hour by the fire, strain the liquid into a china-lined saucepan and stir in a wine-glassful of really good treacle. Add half a pound or more of the best prunes, putting in sufficient to absorb all the liquid while stewing. Cover the vessel tightly, and let the whole simmer gently for an hour, or till all the stones of the prunes are loose. If stewed too long the fruit will taste weak and insipid. When done place in a dish and remove all the stones. These prunes will keep very well in a covered jar.

Galantine of Veal—This is quite an inexpensive dish if made at home, and if you will follow the recipe you will find no difficulty in making it. Take about three pounds of the middle of the breast of veal, half a pound of sausages or sausage meat, a quarter of a pound of lean bacon, two hard boiled eggs, white pepper, salt, grated lemon peel, and grated nutmeg to taste. Lay the meat flat on a board and take out the bones. Sprinkle it with the seasonings, then put on a layer of sausage meat, cut the bacon into thick slices and then again into wedges. Lay these on the sausage meat, and then cover with the rest of it. Roll the meat up firmly, sew the flap, and then tie up tightly in a cloth, binding it round with tape to keep it a good shape. Plunge into boiling water, and then let it simmer for two hours. Take it up and remove the cloth, place it between two dishes with a weight on top and leave it till cold. Then glaze nicely, and cut a piece off each end and send to the table nicely garnished.

SPARKLES.

Bobby—Say, pop, what is a movable feast?
Pop—A dining car.

Teacher—Charles, tell what you know of the Mongolian race.
Charles—I wasn't there; I went to the ball game.

"But, mamma, you told me never to call a person a pig."
"But, daughter, that was before the price went up."

She (to fellow listener at musicale)—
What do you think of his execution?
He—'I'm in favor of it.

Mr. Parr, who receives \$100,000 as an informer, remarks that this sum is not much in New York. However, it will enable a man to get a long way from that place and to travel first-class.

"I see you employ a number of old men."

"I do."
"How old are they?"
"Too old to be interested in canoeing, or mandolins, or race horses, or girls, or tennis. That makes 'em fine for work."

When the Sleeper Wakes—"John!" she exclaimed jabbing her elbow into his ribs at 2:17 a.m., "did you lock the kitchen door?"

And John, who is inner guard, and was just been dreaming over last evening's lodge meeting, sprang up in bed: "Worthy ruler, the portals are guarded!"
Oh, he got it the title right, even if he was asleep.

Indignant Neighbor—"The little hussy. Fancy her mother allowing her to go about in one of them Directory dresses. It's scandalous." The little Hussy—"Taint a Directory dress; it's an accident. I fell off the fence and tore my frock."

Schoolmaster—"Now, tell me what were the thoughts that passed through Sir Isaac Newton's mind when the apple fell on his head?" Hopeful Pupil—"I expects he was awful glad it wasn't a brick."

A new gramophone had arrived at Smithson's and Mrs. Smithson resolved to give the parrot a surprise so started the machine with "Rocked in the Cradle of the Deep" in Mr. Smithson's best style. Polly was immediately all attention, ruffled her feathers, and balanced herself on the perch, all the while in deep astonishment. "Now, Polly, What do you think of that?" asked Mrs. Smithson when the song was finished. "The deuce," replied Polly with mock gravity, "we've got the old man boxed up now and no mistake."

"L.L. the GOLD DUST twins do your work."



More clothes are rubbed out than worn out.

GOLD DUST

will spare your back and save your clothes. Better and far more economical than soap and other Washing Powders.

Made only by THE N. K. FAIRBANK COMPANY
Montreal, Chicago, New York, Boston, St. Louis
Masters of COPCO SOAP (oval cake)

LIFE A NIGHTMARE

Helpless and Broken Down, Dr. Williams' Pink Pills Came to the Rescue.

There are many who think anemia is a trouble confined to growing girls and women, but this is not the case. Thousands of men are anemic and attribute their growing weakness to mental or physical overwork or worry, and who do not appear to realize that they are swiftly passing into that condition known as general debility, and that their trouble is due entirely to the fact that their blood is watery and impure. If the trouble is not taken in time, they pass from one stage to another until the breakdown is complete, and often until a cure is beyond hope. To men in all walks of life there is no medicine so valuable as Dr. Williams' Pink Pills. If you feel jaded, weak or worn out these Pills will make that rich, red blood that puts vim and energy into every portion of the body. Making good blood is the mission of Dr. Williams' Pink Pills and good blood is the one secret of good health and vigorous life. An excellent case in point is that of Mr. R. W. Ellis, of Balcarres, Sask., who says: "Just four years ago I was in England making preparations to fulfil the long-cherished ambition of coming to Canada. My health at that time was normal, though I was never very strong. Three weeks before the time of my departure, I was overcome with a feeling of general weakness and faintness which rendered me so inert and lifeless that my days were shrouded in gloom. Consultation with a doctor brought me no consolation. Debility was my trouble and I was on the point of a breakdown. 'Canada in your condition means death,' said the doctor. 'You must have a complete rest.' A rest, however, was out of the question; a fortnight's holiday I had and then back to earn my daily bread. The next years were a series of misery and despair, body and brain undermined with a complaint the doctor could only call debility, but apparently could not cure. Snatching holidays when I could I struggled on until the opening of 1909, when completely prostrated I was compelled to go to my parents and become a burden to them. My life was simply an existence and friends said, behind my back, 'consumption.'

"In April, 1909, I began taking Dr. Williams' Pink Pills. Three months later, on July 1st, I sailed from Liverpool on the Tunisian for Montreal, full of new life, energy and hope. In this great country I am making good and I owe it all to Dr. Williams' Pink Pills. In three months they changed me from a nervous wreck to a healthy man. When doctors failed they succeeded and I honestly believe they saved my life."

You can procure this great health-giving medicine from any dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Company, Brockville, Ont.

Life is made up, not of great sacrifices or duties, but of little things, in which smiles and kindnesses and small obligations, given habitually, are what win and preserve the heart and secure comfort.—Sir H. Davy.

"ST. AUGUSTINE"
(REGISTERED)

The Perfect Communion Wine.

Cases, 12 Quarts, \$4.50

Cases, 24 Pints, \$5.50

F. O. B. BRANTFORD

J. S. HAMILTON & CO.,
BRANTFORD, ONT.

Manufacturers and Proprietors.

"Don't get down in the mouth, old man," said the Optimist. "Look on the bright side of things." "That's all very well," mournfully replied the sufferer, "but what is the bright side of a raging toothache?"