

## HEALTH AND HOME HINTS.

Acid fruits are decidedly better in color and flavor when cooked in earthenware pots.

Prunes are greatly improved if a little cider is added to the water in which they are cooked.

To prevent milk from curdling add a good pinch of carbonate of soda to each quart before putting it on to boil.

Before broiling a steak dust it with salt and pepper and rub it with salad oil. This will greatly improve it.

When your sewing machine becomes gummy oil each part with a drop or two of kerosene. This will quickly clean it and cut the gum.

Never have anything else in the oven while baking cake, or try to bake more than one kind of cake at the same time.

**MEAT SAUCE.**—A good sauce for hot or cold roast beef is made of one teaspoonful of grated horseradish, one teaspoonful of made mustard, four tablespoonfuls of vinegar and one teaspoonful of powdered sugar. Mix well, and serve in a gravy-dish.

"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.  
Makers of GPCO SOAP (oval cake)

## SPARKLES.

"Little boy," asks the well-meaning reformer, "is that your mamma over yonder with the beautiful set of furs?"

"Yes, sir," answered the bright lad. "Well, you know what poor animal it is that has had to suffer in order that your mamma might have the furs with which she adorns herself so proudly?"

"Yes, sir. My papa."

"Your honor," said the attorney, "this man's insanity takes the form of a belief that every one wants to rob him. He won't allow even me, his counsel, to approach him."  
"Maybe he's not so crazy, after all, murmured the court, in a judicial whisper.

The Needy One—"I say, old man, could you lend me a dollar for a day or two?"

The Other One—"My dear fellow, the dollar I lend is out at present, and I've several names down for it when it comes back."

## THE LAW AND THE LADY.

Pat Finnigan had been summoned to jury duty. Coming downstairs one morning, dressed in his Sunday clothes, his wife looked at him and said:

"Where are you going, Pat?"

He replied: "I'm going to court."

"H'm!" said the wife, and Pat stalked out.

Next morning Pat came downstairs all shaven and shorn, with the same suit of clothes on.

"And where are ye going to-day?" said the wife.

"Sure, I'm going to court."

"Ye are, are ye?"

Pat went out and slammed the door. The third morning Pat came in and sat down to the breakfast table with the same suit of clothes on, and greeted his wife, who said:

"And where are ye going this morning, Pat?"

"I'm going to court."

The wife laid her hands upon a rolling pin, stood before the door and said:

"Ye're going to court, are ye?"

"Yes, sir, Pat."

"No, ye're not. If there's any cootering to be done it will be done right here. Go upstairs and take off them clothes."

## SPRING BLOOD

## IS BAD BLOOD

How to Get New Health and New Strength in the Spring.

Even the most robust find the winter months trying to their health. Confinement indoors in often overheated and nearly always badly ventilated rooms—in the home, the office, the shops and the school—taxes the vitality of even the strongest. The blood becomes thin and watery, or clogged with impurities. Sometimes you get up in the morning just as tired as when you went to bed. Some people have headaches and a feeling of languor; others are low spirited and nervous; still others have pimples and skin eruptions. These are all spring symptoms that the blood is out of order. Many people rush to purgative medicines in the spring. This is a mistake. You can't cure these troubles with a medicine which gallops through your system, and is sure to leave you weaker still. What you need to give your health and strength in the spring is a tonic medicine and the one always reliable tonic and blood-builder is Dr. Williams' Pink Pills. These pills not only banish spring ills but guard you against the more serious ailments that follow, such as anaemia, nervous debility, indigestion, rheumatism, and other diseases due to bad blood. Dr. Williams' Pink Pills actually make new, rich blood which strengthens every nerve, every organ and every part of the body. Try this medicine this spring and you will have strength and energy to resist the torrid heat of the coming summer.

Mr. Geo. W. Johnson, Hemford, N.S., says:—"A couple of years ago when I came home from a lumbering camp where I had been employed my blood was in such a condition that my whole body broke out in boils—some six and eight in a nest. These were so painful that I was confined to the house and for three months was treated by my family doctor. I got no better; in fact the sores began to eat into my flesh, and at times were so offensive that I refused to sit at the table with my family. A friend asked me one day why I did not give Dr. Williams' Pink Pills a trial and I decided to do so. I got six boxes and before they were all gone the sores began to disappear and my system was much strengthened. I continued using the pills until I had taken twelve boxes when every boil and sore had disappeared and I have since enjoyed the very best of health."

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

The suffix "ous," meaning "full of," was being discussed in the spelling class. Dangerous, full of danger; mountainous, full of mountains; porous, full of pores; courageous, full of courage; and joyous, full of joy, had been glibly recited.

"Who is ready to give us another example?" asked the teacher, in a confident tone.

A quiet-looking little boy on a back seat eagerly responded, "Plous, full of pie!"

"I wish I was twins," said Willie.

"Why?"

"Because then I'd send the other half of me to school, and this half would go fishing."

Clancy—"Ol'm after a ticket ter Chicago."

Ticket agent—"Do you want an excursion ticket? One that will take you there and back?"

Clancy—"Phat's the sines of me payin' ter go there an' back whin Ol'm here alriddy?"—Hotel Register.

## If You Have Rheumatism Let Me Send You a 50 Cent Box of My Remedy Free.



Deformity in Chronic Rheumatism.

I Will Mail FREE To Anyone Suffering From Rheumatism, Gout, Lumbago, Sciatica (Who Will Enclose This Advertisement)

A 50 Cent Box of my Rheumatism Remedy Free.

My Remedy has actually cured men and women seventy and eighty years of age—some were so decrepit that they could not even dress themselves. To introduce this great remedy I intend to give fifty thousand 50 cent boxes away, and every suffering reader of this paper is courteously invited to write for one. No money is asked for this 50 cent box, neither now nor later, and if afterwards more is wanted I will furnish it to sufferers at a low cost. I found this remedy by a fortunate chance while an invalid from rheumatism, and since it cured me, it has been a blessing to thousands of other persons. Don't be sceptical, remember the first 50 cent box is absolutely free. This is an internal remedy which goes after the cause of the trouble, and when the cause of rheumatism is removed, have no fear of deformities. Rheumatism in time will affect the heart, so do not trifle with this merciless affliction. Address, enclosing this adv., JOHN A. SMITH, 836 Laing Bldg., Windsor, Ont.