USEFUL RECIPES.

APPLE OMELET.

Beat separately to a stiff froth the whites and yolks of four eggs. Cut the whites into the yolks, sifting in two tablespoonfuls of powdered sugar. Turn into a large trying pan, and when it thickens spread quickly with apple sauce, sweetened to the taste. Fold the omelet, turn it upon the platter, and serve hot.

PEA SOUP.

One quart of peas in half a cup of oil with chopped onions or celery, or both. Cover tightly and let cook until pess are quite soft, after which add a quart of boiling water, or that in which vegetables have been cooked. Thicken with a little browned Graham or wheat flour. If the ▼egetable water is added it will be quite rich, and more water may be added.

Peel and grate one large sour apple, sprinkling over it small cupful of powdered sugar as you grate it, to keep it from turning brown, break into this the whites of two eggs and beat all constantly for half an hour, take care to have it in a large bowl, as it beats up very stiff and light, heap this in a glass dish and pour a fine smooth custard around it and serve; a very delicate dessert.

VEGETABLE ROAST.

Three cups of flour, one cup of oil. Fry in a frying pan till a nice brown. then add two cups of water and one cup Put in the oven and bake to a nice brown, basting with a gravy made of oil and browned flour and water.

SCOTCH BROTH.

Buy a piece of shank, about two pounds, put this in your kettle with four and a half quarts of water, then add half a cup of pearl barley; this should be put to boil as soon as eight o'clock, if for dinner at twelve, as the longer it boils the better your broth will be; then at ten or half-past ten take out the meat and add the vegetables-half a cup of turnip cut in small pieces, two smale carrols cut fine, two onions sliced thin, two small parsnips if you have them; if not, half a teacupful of chopped cabbage, and two tablespoonfuls of minced para-ley. This will make two quarts of broth.

HOUSEHOLD HINTS.

At all times avoid gloom, chill and dampness.

Burn the lamps low and throw away the impure oil, at least once a month.

For economy and evenness of beat, put only a little coal on the fire at a time.

Boil the lamp burners in alkaline water once a year to remove the adherent

Keep the lamps filled, trimmed and every bate, to optain the pear results.

For slight cuts and abrasions of the skin nothing is better than glycerine into which a few drops of carbolic acid have been poured.

Sleeping rooms should be selected that are daily purified by the sun's rays. Fresh air is all right, but it needs to be supplemented by suulight.

For "greasing" the griddle out a white turnip in half and rub the griddle with it. It causes no smoke, smell, taste or adhesion, and is better than butter or grease.

THE CONFESSIONAL.

DETROIT EPISCOPAL CLERGYMAN PREACHES IN FAVOR OF IT.

DETROIT, Mich., February 11.—Although the confessional is a well established adjunct of some of the Episcopal churches in the larger cities, it has existed in De'roit only in a quiet way if at all. Yesterday at St. Mutthew's church, however, the institution was openly advocated and communicants were urged

by Rev. "Father" Massiah to lay bare their sins and receive the benefit of absolution. The reverend gentleman pointed to the ordination services of his church, where the newly consecrated priest is told by the bishop "whosoever ains thou dost forgive are forgiven." He declared that the priest of his church had just a much power to absolve sinners as he had to consecrate the bread and wine of the Eucharist, Christ's body and blood. The present time, just before the Lenten season, he said, was particularly opportune for confession. "Come larly opportune for confession. "Come to your priest," he declared, "and lay bare your sins, and if you are truly penitent you shall be absolved. Though your sins are as scarlet, yet they shall become as white as snow." "Father" Massish then announced that on certain days the church would be open, and all who wished to make confession would be given the opportunity.

李瑟克 李龙。

A MAJORITY OF TWENTY.

MR. REDMOND'S AMENDMENT TO THE SPEECH IS REJECTED.

LONDON, February 11.—John Redmond, leader of the Parnellites, brought for ward in the Commons to-day his motion to amend the address by demanding that the Government appeal at once to the country, inasmuch as they had failed to carry out their home rule programme. The motion was defeated by a vote of 256 to 236.

ST. BRIDGET'S HOUSE OF BEFUGE

An idea of the splendid work accomplished by St. Bridget's Catholic House of Refuge may be got from the following figures for the week ending February 10th. The total number sheltered were: 505 males and 68 females. The nationof chopped vegetables. M'x well together alities were:—Irish 847; French Canaand roll up in a lump. Make a dressing dian, 123; English, 69; Scotch and as you would for a fresh rosst. Spread others, 34; whilst the religions were:—out the meat and inclose the dressing. Catholics, 499; Protestants, 74. There were also served out, 573 rations.



and see the women who are using Pearline. It's easy to oick them out. They're bright. er, fresher, more cheerful than the women who have spent twice as much time in the rub. rub, rub, of the old way. Why shouldn't they be? Washing with Pearline is easy.

And look at the clothes that are washed with Pearline. They're brighter, and fresher, They haven't been too. rubbed to pieces on the washboard. They may be old, but they don't show it. For clothes washed with Pearline last longer.

Beware peddlers and some unscrupulous grocers will tell you, "this is as good as" or "the inever peddled, and if your grocer sends you some thing in place of Pearline, do the honest thing-send it back. 817 JAMES PYLE, New York

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A GREY COUNTY MIRACLE.

AN IMPORTANT STATEMENT FROM A WELL KNOWN FARMER.

HE TELLS THE STORY OF EIGHT YEARS OF SUFFERING AND VAIN EFFORTS TO RE-GAIN HEALTH-HOW THIS GREAT BOON WAS FINALLY OBTAINED.

From the Meaford Monitor.

Knowing the Dr. Williams Medicine Co. to be an honorable and reliable firm, we had never any reason to doubt the entire truthfulness of the articles appearing from time to time setting forth the particulars of remarkable cures effected by the use of their Pink Pills. There is scarcely a locality in Canada which has not furnished a case of more or less prominence, and if the particulars, as stated, were not accurate, it would be impos sible that the public would not find it out and thus the remedy would be discredited. There is therefore every ground to believe that the statements are accurate in every particular. We have now been put in a position to verify one of these cases for ourselves, and we give the result faithfully, giving Pink Pills no word of praise not merited in the case.

Mesers. F. Clarke & Co., druggists, of Meaford, who have sold very large quantities of these famous pills, drew our at tention to the case, giving us the name of Mr. Henry Lamb, a well known and respected farmer of St. Vincent township. Having some acquaintance with Mr. Lamb we sought an interview, and the following is the substance of his testimony: "About 8 years ago I suffered from an attack of inflammation of the stomach, causing me extreme pain and unessiness. I was attended by Dr. Clarke of Meaford, who brought me around, and I have always given him the credit of saving my life on that occasion. The effects of the attack, however, remained, and I fell into a state of chronic poor nealth, which completely unfitted me for my ordinary work. I was really dragging out a miserable existence. I suffered for over seven years from a contant pain in my stomach, as well as from weakness and continued debility. I tried many advertised remedies which I thought might be suited to my case, but without relief. I at length decided to try Dr. Williams' Pink Pills. I soon ielt the pain in my stomach relieved, and after I had used ten boxes the pain was entirely gone and I now feel like a new man. I can now work half a day at a time without fatigue, and as I am still using the pills I confidently expect, as I have every right to do from the great results, thus far, to be able to do my work as formerly. I am 57 years of age, and before the attack eight years ago, I always erjoyed good health. I have stated my experience to many people and invariably recommend a trial of Dr. Williams' Pink Pills."

The above is the substance of Mr. Lamb's story, to which the Monitor may add that we consider him a reliable and trustworthy person who would make no statement which he did not know to be correct and truthful.

Dr. William's Pink Pills contain all the elements necessary to give new life and richness to the blood, and restore shattered nerves. They are an unfailing specific for such diseases as locomotor ataxia, partial paralysis, St. Vitus' dance. solatica, neuralgia, rheumatism, nervous headache, the after effects of la grippe palpitation of the heart, nervous prostra tion, all diseases depending upon vitiated humors in the blood, such as scrofula, thronic erysipelas, etc. They are also a pecific for troubles peculiar to females, euch as suppressions, irregularities, and all forms of weakness. They build up the blood and restore the glow of health to pale and sallow cheeks. In men they effect a radical cure in all cases arising from mental worry, overwork, or excesses of whatever nature.

Dr. William's Pink Pink Pills are manufactured by the Dr. Williams Medicine Co., Brockville, Ont., and Schenectady, N.Y., and are sold only in boxes bearing their trade mark and wrapper printed in red ink, at 50 cents a box, or aix boxes for \$2.50, and may be had of all druggists, or direct by mail from Dr. Williams Medicine Company from either address.

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NOTICE.

NOTICE IS HEREBY GIVEN that applily cation will be made to the Parliament of
Canada, at its next Session, for an act to incorporate a Company to construct and operate a
railway or tramway from some point on the
north-eastern limit of the County of Vercheres, Province of Quebec, through the
County of Chambly to a point on the
western limit of the County of Laprairie,
parallel with the St. Lawrence River; and
from some point on the about described
line at or near St. Lambert, in the County of
Chambly, to a point in or near the Town of line at or near St. Lambert, in the County of Chambly, to a point in or near the Town of St. John, County of St. John, Province of Quebec; said railway or tramway system running through the several villages and parishes on its ronte or connecting the same by branches; with power to connect said system with railway or tramway line on the north bank of said St. Lawrence River by a general traffic bridge on said river at Montreal; also with power to develop and utilize one or more water powers in the Chambly River, and to generate, rent, sell, distribute and dispose of electricity, electrical power and hydraulic power, for any purpose whatsoever, and for other purposes.

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