

HEALTH AND HOME HINTS.

Scientists have discovered that the memory is stronger in summer than in winter. Among the worst foes of the memory are too much food, too much physical exercise, and strangely enough too much education.

It is not generally known that castor oil may be more easily taken mingled with orange juice, a little sugar being added to the juice if the orange is not sweet. The difference between this and any other mode of taking this valuable medicine is surprising.

The human foot is becoming smaller. The masculine foot of twenty centuries ago was about twelve inches long. The average man's foot of to-day is easily fitted with a number eight and a half shoe, which is about ten and a half inches in length.

Strawberry Sherbet.—Mash one quart of berries, or enough to make one pint of juice, add one pint of sugar, and after the sugar is dissolved add one pint of water and the juice of one lemon. Press through coarse lace, or cheese-cloth and freeze.

Ginger Ale Frappe.—Open three bottles of imported ginger ale and turn the contents into a bowl. Add the juice of four lemons and a half cupful of granulated sugar. Stir until the sugar is dissolved and turn the mixture into a freezer and freeze. This ice is very refreshing.

Baked Asparagus.—Cut the tender halves of asparagus stalks into inch lengths. Cook for fifteen minutes in salted boiling water, then drain. Grease a pudding dish and put in the bottom a layer of the asparagus. Sprinkle this with fine bread crumbs, bits of butter, pepper and salt and small pieces of hard-boiled eggs. Now put in another layer of asparagus, more crumbs, etc., until the dish is full. The last layer must be sprinkled with crumbs and bits of butter. Bake for half an hour and serve in the dish in which it is cooked.

Creamed Young Beets.—Cook with two inches of the stem on, to prevent bleeding, and do not clip the top root. Have ready a cupful of cream, heated with a pinch of soda. Rub the skins off, top and tail the beets, and slice them then into the cream, setting the saucepan containing it in boiling water. When all are in, stir in a tablespoonful of butter rubbed into one of flour, pepper, salt and a teaspoonful each of sugar and onion juice. Simmer two minutes to cook the flour, and dish.

Mayonnaise Dressing.—As oil is the expensive ingredient in making salads, it is well to buy it in bulk instead of in bottles; at any Italian grocery it comes in tins at sixty-five cents a quart; as the largest size bottles hold only one short pint, this is a great saving. This is a good rule for making mayonnaise.

Put the oil on ice until cold; heat the yolk of an egg in a cold bowl until it is light and foamy; then put in the oil, a drop at a time, beating until it is thick; thin with a very little vinegar, and begin dropping the oil again; when there is enough, and it is thick, it is done, add salt and a little cayenne.—Harper's Bazaar.

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SPARKLES.

Freddy—"Ma, carpets are curious things, aren't they?" His mother—"Why?" Freddy—"Cos they are bought by the yard and worn by the feet."

One lovely morning the daughter of a farmer was out for a spin on her bicycle. Whilst approaching the farm on her return, she met her father, and dismounting, said: "Do you know, father, it does one good to be scouring the roads on such a beautiful morning?" "Mebbe it does," replied her father, "but in my opinion it would do you mair guid to bide at hame an' help yer mither to scour the blankets."

When a man takes whiskey for a cold he doesn't care whether he gets over it or not.

"I say, mister," he began, as he walked into a barber's shop one market day, while waiting to dispose of his load, "farming's mighty bad now-a-days. You ought to let me have a shave for a penny." "Mebbe," returned the barber, "but fact is, I ought to charge you double price now by rights, for farmers' faces are just about twice as long as they used to be."

Rev. Dr. James H. Ecob has been forced to resign from a Philadelphia church because he did not get his trousers pressed. In his farewell sermon he said:—"Many ministers are resenting the demand for a simply neutral decorative ministry, a ministry punctilious, a ministry that tiptoes gently and graciously at 4 o'clock teas and smiles benignly at the bridge whist tables; a ministry whose sole possession is that quality which country people call 'fox fire'—a pale phosphorescent glimmer, the product of decayed words."

Mrs. Upmore: Yes, she is a wonderfully talented woman. I wish I had her vocabulary.

Mrs. Suddyn Klymer: It's certainly a fine one—but it broke down with her the other day, miles and miles from anywhere, and it cost her \$15 to have it hauled to the nearest repair shop.

Martha's mistress often boasts of her readiness of resource. "The best nursemaid in town," she calls her. One day she came home from a drive, to be confronted with the startling news that the baby had swallowed a button.

"And what did you do, Martha?" she asked in some anxiety, although trusting that it had been the right thing.

"Why," said Martha, "I made him swallow a buttonhole right away."

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NERVOUS INDIGESTION.

A Severe Case Cured by Dr. Williams' Pink Pills.

"I suffered so much from nervous dyspepsia that I feared I would become insane," says Mrs. Alfred Austin, of Varney, Ont. "For months," says Mrs. Austin, "I was prostrated with this trouble. I got so bad I could not eat a mouthful of food without it nearly choking me. I was affected with such terrible feelings of dizziness and nausea that I had to leave the table sometimes with just two or three mouthfuls of food for a meal. My nerves were all unstrung and I grew so weak that I could not even sweep the floor. In fact my nerves affected me to such an extent that I feared to be left alone. I could not sleep at nights, and used to lie awake until I feared my reason would leave me. I was taking medicine constantly, but it did not do me a bit of good. I had used Dr. Williams' Pink Pills on a former occasion with good results, and at last I determined to try them again. I can say nothing better than that these pills have been a blessing to me, as they have made me a well woman. Every trace of the indigestion is gone, and my nerves are as strong and sound as they were in girlhood. Now I can eat anything that is on the table, and I get sound refreshing sleep at nights. All this I owe to the faithful use of Dr. Williams' Pink Pills, which I shall never cease to praise."

Dr. Williams' Pink Pills fill the veins with new rich red blood. That is why they strengthen the nerves and every organ in the body. That is why they cure all troubles due to bad blood or weak shattered nerves, such as anaemia, with its grinding, wearing backaches, headaches and sideaches, rheumatism and neuralgia, heart palpitation, indigestion, St. Vitus' dance, partial paralysis, kidney troubles, and those special ailments that render the lives of so many women and growing girls a burden. But you must get the genuine pills with the full name, "Dr. Williams' Pink Pills for Pale People," on the wrapper around each box. 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.

Comparatively few Shelland fowls die in their beds. The crag too often claims its tribute. The rope breaks, or is sawn through against the rough edge of a rock; or the stake driven in crumples under an unwanted weight, and, before the fowler can regain his footing, he is swept over the precipice. Accordingly, to "go over the banks" used, in days when fowling was more extensively followed than at present, to be regarded as a regular contingency in the Shetlander's career. In those days no insult was deeper than for one man to say to another: "My father died like a man, on the banks; yours like a dog in his bed."

Careful Youth—"Do you know that chocolates are frightfully bad for the digestion? Why, I was reading in the papers to-night about a girl that died of eating too many." His Fair Companion—"Well, if that girl had been a friend of yours she would have been living yet."

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