

## HEALTH AND HOME HINTS.

Improvise the upper grate of the oven for a toast rack, by placing it on the top of the stove.

To prevent a loaf of corn bread from becoming heavy when cut, always use the knife perpendicularly.

Steeped "sumac bobs" are an excellent remedy for obstinate sore throat. Make a strong solution, and gargle the throat often.

If colored stockings are washed before wearing, they will not so soon come to mending. Wash in soapy water and rinse.

Nut Sandwiches.—Chop fine English walnuts, add enough mayonnaise dressing to make a paste and spread between thin slices of wheat bread.

Ginger and Nut Sandwiches.—Cut up very fine one part of preserved ginger to two parts of nuts, moisten with syrup of the ginger or with thick cream and spread between slices of white bread.

Soak brooms that are worn side-wise in hot soap suds a short time. Straighten the splints and dry on a flat surface, then trim evenly. Always suspend a broom.

To tint the plain edges of books, use a rather strong aniline dye. Hold the book firmly closed and apply carefully but thoroughly. When quite dry, rub gently with a soft cloth.

Molasses Pudding.—One pound of flour, six ounces of chopped suet, half a pound of molasses, half a pint of milk, half an ounce of ginger, half a teaspoonful of carbonate of soda. Warm the treacle, dissolve the soda in the milk and add it. Mix all together and boil for three hours.

Savory Breast of Mutton.—Boil three large onions and chop finely, then add two teaspoonfuls of bread crumbs (or stale bread soaked and squeezed dry), a large teaspoonful of chopped herbs, a good seasoning of pepper and salt, and moisten with a little milk. Lay a breast of mutton skin downwards on a board, take out the bones, spread with the stuffing, roll up, and sew the flap. Bind round with broad tape and roast. Serve with gravy round, and some nice vegetables.

## SPARKLES.

Skeptic—How is Peary going to prove that he "nailed the flag to the pole" any easier than Cook?

Doubter—Why, Peary brought his hammer home with him.

Stub—Why in the world is Cranker devoting so much time to flying those model airships? Does he expect to equal the Wrights?

Peary—No, it's a pet scheme of his. To-day he sent up his wife's dog and it never returned, and to-morrow he's going to send up his wife's parrot if a strong wind is blowing.

Miserly—So that woman doctor charged you \$2 a visit. Well, what did she say?

His Wife—Said I stayed indoors too much. Here's her prescription.

Miserly (reading it)—For external use only. One nice walking dress. One new hat. One pair gloves to match. Apply every afternoon between three and five.

"Did you ever have appendicitis?" said the insurance man. "Well," answered the skeptic, "I was operated on. But I never felt sure whether it was a case of appendicitis or a case of professional curiosity."

## Liquor and Tobacco Habits

A. McTAGGART, M.D., C.M.,  
75 Yonge St., Toronto, Canada.

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

Sir R. W. Meredith, Chief Justice.

Hon. Geo. W. Ross, ex-premier of Ontario.

Rev. N. Burwash, D.D., Pres. Victoria College.

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Dr. McTaggart's vegetable remedies for the liquor and tobacco habits are healthful, safe, inexpensive home treatments. No hypodermic injections, no publicity, no loss of time from business, and a certain cure.

Consultation or correspondence invited.

## BY TRAIN TO MECCA.

Travellers in the far East now go by train from Damascus to Mecca. A description of certain features of the line by a recent traveler is of interest:

"The rails used in the construction are all steel, and come from the United States. From Damascus to Daraa wooden ties were laid, which are already being replaced by iron ones. From Daraa south only iron ties, which also come from the United States, are used.

"Some of the flat-cars and the freight-cars come from Belgium, while the passenger-cars are from Germany. The first-class cars are of the compartment style, corridor running clear through on one side of the car into which open the small compartments which accommodate eight persons each. They are finely upholstered, and cost 23,000 francs (\$44,600) each. Until now there have been no second-class cars. The third-class cars are fitted up with stout wooden benches in rows, with an aisle running through the centre. They are not upholstered and have no curtains, but have glass windows and shutters. They cost 19,000 francs (\$3,800) each.

"This road has been built by the Turkish government, assisted to a small extent by the contributions of devoted Mohammedans. Melsner Pasha, a German, has control of the construction of the road, and is assisted by other European engineers. The greater part of the manual labor has been done by the regular Turkish soldiers without extra pay.

"The Damascus station of the railway is situated at the extreme southern end of that part of the city called the Maidan. In viewing Damascus from the heights to the northwest the city resembles a saucerpan or a spoon with a round bowl, the main part being round, and the quarter called the Maidan corresponding to the handle. The latter is practically a single long street. The station consists of several buildings, some of which are ware and baggage houses. Large repair shops are being erected. The present station building is a small affair, but it is probable that a suitable structure will soon be built."

## KNOWLEDGE.

By Theodosia Garrison.

I have known sorrow—therefore I  
May laugh with you, O friend, more  
merrily  
Than those who never sorrowed upon  
earth  
And know not laughter's worth.

I have known laughter—therefore I  
May sorrow with you far more tenderly  
Than those who never knew how sad  
a thing  
Seems merriment to one heart's suffering.

"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 COCO SOAP (oval cake)

## 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, 433 Laing Bldg., Windsor, Ont.