

HEALTH AND HOME HINTS.

Red hands are often the result of using too hot water.

Hands should be carefully soaked in a bowl of warm, soapy water before washing.

If oatmeal is soaked over night in water it requires only about one-half the time to cook.

An excellent polish for furniture may be made with equal parts of turpentine, linseed oil and vinegar.

After long standing or running about bathe the feet with vinegar and warm water. The effect is wonderfully refreshing.

Salt beef must be well soaked in plenty of cold water before being put on to boil, and it takes longer cooking than fresh meat. Say, for 4 lbs. 4 hrs.

Stuffed sweet potatoes are a novelty and will be found very nice. Bake some large ones, and when soft make a slit down one side, scoop out the inside, and beat it with salt, pepper, a small half-cup of cream, and a teaspoonful of lemon juice. Fill the shells, return to the oven, and brown.—Harper's.

French Pancakes.—Take four eggs, one cup of milk, one-half cup of flour, one-quarter of a cup of sugar; salt. Add the salt to the yolks, beat till a lemon-color; add milk, sugar, flour; stir in the stiffly-beaten whites. Pour a thin layer on buttered frying pan; cook on one side only. Spread with jam, etc. Roll and serve with sauce.

Baked Apples with Dates.—Remove the cores from the apples. Pare the apples and put in an enamelled baking dish. Fill the cavities in the apples with stoned dates. Sprinkle with granulated sugar, and bake in a quick oven until tender. Serve hot or cold with cream.

Usefulness of Salt.—The many virtues of common household salt which, like the poor, we always have near by, are so much Greek to the average housewife, who in her ignorance imagines that the sole mission of the commodity is to add savor to food.

As a kitchen disinfectant salt is invaluable. A lump of it should be kept in the kitchen sink, where it will dissolve slowly and keep the drainpipe pure and wholesome. When it is desirable to cleanse a waste-pipe which has been neglected, flush it freely with a strong solution of boiling hot salt water.

Old-fashioned Doughnuts.—Make a sponge for white bread, using one pint of warm milk and a large half cup of yeast. When the sponge is very light add half a cup of butter, a cupful of sugar, teaspoonful of salt and a small teaspoonful of soda dissolved in a little water, one teaspoonful of cinnamon and a little grated nutmeg; stir in now two well-beaten eggs, add sifted flour until it is the consistency of biscuit dough, knead well, cover and let rise, then roll the dough out into a sheet half an inch thick, cut out with a very small biscuit cutter or in strips half an inch wide and three inches long, place them on greased tins, cover them well and let them rise before frying them. Drop them in very hot fat. Raised cakes require a longer time to cook than those made with baking powder. Sift powdered sugar over them as fast as they are cooked and while they are warm.

Do you remember the old story of Midas, whose touch turned everything into gold? The fable ceases to be wonderful beside the truth of God's transforming touch. Every life upon which his hand is laid is transmuted from clay to gold. Every circumstance of life that is in his is made beautiful and glorious. God will work miracles with the common things of your life if you will but let him.

SPARKLES.

A leading official in a large insurance company, who is a devoted Christian Scientist was suffering from an attack of indigestion. Calling his son he sent him with a message to a "healer" living in a neighboring town, requesting an hour's "absent treatment." Within a few hours he had so far improved as to get to business. All day he took every occasion to explain his case as an example of the wonderful powers of the Christian Scientist healers. On reaching home he asked his son what the healer said to him when he got his message. The lad hung his head guiltily, and then said: "I hope you won't feel angry, papa, but I was late for school this morning, and didn't take your message."

A professor was explaining the phenomena of the tides.

"With the flow," he said, "the sea rises; with the ebb, it falls."

"And that's the time to buy," cried out one of the scholars, the son of a stockbroker.

A trolley collided with a milk wagon and sent the milk splashing on the pavement.

"Goodness!" exclaimed the man.

"What an awful waste!"

A very stout lady turned and started at him. "Just mind your own business," she said.

Ian MacLaren tells an amusing story with regard to bogus degrees. A sweep prosecuted a resident in the suburbs of Edinburgh for debt. The presiding judge called the sweep to give evidence. "What is your name?" "Jamie Gregory, L.L.D., sir." "What! Doctor of Laws? And where on earth did you get that distinction?" "Twas a fellow frae an American university, an' I swept his chimney three times. 'I canna pay ye cash, Jamie Gregory,' he says, 'but I'll make ye an L.L.D. an' we'll ea' it quits, and he did.'"

Two highlanders were standing on Tarbet pier watching the boats setting out for the fishing ground, when Hamish remarked—"She'll be a gran' fast boat that skiff o' Mactavish's." "Ay, she'll be so," answered Donald, but she'll not beat Shon Macintyre's. She'll no hand a candle to her, nor keep up to her, forbye." A heated discussion ensued on the respective merits of the two boats, and words were fast coming to blows, when a third son of the heather arrived on the scene, and the matter was referred to him for decision. "Weel," says Donald, with a look of wisdom that would have done credit to Solomon himself, "if there'll be any difference, they're both the same"; then, after a pause, "especially Mactavish's".

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SPRING ADVICE.

Do Not Dose With Purgatives and Weakening Medicines—What People Need at This Season is a Tonic.

Not exactly sick—but not feeling quite well. That's the spring feeling. You are easily tired, appetite variable, sometimes headaches and a feeling of depression. Or perhaps pimples and eruptions appear on the face, or you have twinges of rheumatism or neuralgia. Any of these indicate that the blood is out of order, that the indoor life of winter has left its mark upon you and may easily develop into more serious trouble. Don't close yourself with purgative medicines in the hope that you can put your blood right. Purgatives gallop through the system, and weaken instead of giving strength. What you need is a tonic medicine that will make new, rich, red blood, build up the weakened nerves and thus give you new health and strength. And the one medicine to do this speedily and surely is Dr. Williams' Pink Pills. Every dose of this medicine makes new, rich blood which makes weak, easily tired and ailing men and women feel bright, active and strong. If you need a medicine this spring try Dr. Williams' Pink Pills and you will never regret it. This medicine has cured thousands in every part of the world and what it has done for others it can easily do for you.

The headquarters for the genuine Dr. Williams' Pink Pills for Pale People in Canada, is Brockville, Ont. So-called pink pills offered by companies located at other places in Canada are fraudulent imitations intended to deceive. If your dealer does not keep the genuine Dr. Williams' Pink Pills for Pale People send to Brockville, Ont., and The Dr. Williams' Medicine Co., will mail the pills to you at 50 cents a box or six boxes for \$2.50.

JACOB'S LADDER.

Among the staircases the world over, none, it is safe to say, is so long or difficult of ascent as "Jacob's Ladder," St. Helena.

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There are said to be many persons who, from long practice, are able to ascend the steep stairway at a rapid pace without once stopping for breath.

"What is inconsistency?" asked the curious one.

"Well," responded the wise one, "it is that spirit which moves a woman whose sleeves stop at the elbow to scold her husband because he hasn't cuffs on."

LIQUOR AND TOBACCO HABITS.

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

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