

HEALTH AND HOME HINTS.

If table silver is placed in hot soap-suds immediately after being used, and dried with a soft, clean cloth, much of the work of polishing will be saved.

A tasty salad is made of chopped celery, seasoned with chopped mint and mayonnaise. But between slices of bread it makes a dainty supper sandwich.

To revive root vegetables that have withered, slice off the end of each and lay in cold water. In a few hours they will be as hardy and healthy as ever.

Cold water, a teaspoonful of ammonia and soap will remove machine grease when other means would not answer on account of colors running.

Don't handle the dough any more than necessary when making biscuits, doughnuts and cookies. The more you handle it the tougher it will become.

When cooking sparneribs first boil them, remove the scum and when partially done, place in a baking pan and add salt and pepper. Bake slowly and do not brown them too much.

Mock Oysters—Chop fine a pound and a half of fresh pork; season with salt and pepper and minced onion; add half the quantity of bread soaked in water until soft and squeezed dry. Mix with two eggs well beaten, shape into patties, and fry in drippings. Garnish with parsley and sliced lemon.

Caramel Pudding—Brown a scant cup of sugar in a dry frying pan until a rich brown liquid. Then pour in two cups of milk with a pinch of salt and stir until sugar is dissolved. Add four teaspoons of cornstarch dissolved in a little milk. Pour out into molds, sprinkle with almonds and serve with cream.

HOUSEKEEPING.

The art of housekeeping is one which deserves special mention. In Germany the daughters of the finest families are sent to some one who is competent, and who teaches them the art of housewifery; and a girl would be ashamed to be married if she was not a good housekeeper.

Housekeeping ranks as a profession as truly as any other occupation. There is a far greater demand for women who understand housekeeping than for those who are advanced in the art of dancing.

Domestic economy should be studied by all women. Clean and sanitary houses, healthful meals, system in housework and an attractive and cheerful home can do more to promote good health than any physician. I want to impress upon the girls that housework is fine, honorable work, and that they should know how to do it in the easiest way, so as to make it a real pleasure.—Mary F. Rauech, Colorado Agricultural College, Fort Collins.

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SPARKLES.

Snagsy—Beg pardon, mister; I'm a stranger in dese parts.
Farmer Harrow—Well, I dunno of anybody that wants to git acquainted with ye. (Turns away.)

Hoax—It's a good thing Methuselah wasn't a woman.
Joax—Why?

Hoax—The world would never have known how old she really was.

"Father," said Little Rollo, "what is the difference between farming and agriculture?"

"Well, my son for farming you need a plough and a harrow and a lot of other implements, and for agriculture all you need is a pencil and a piece of paper."

Mother—Johnny, you said you'd been to Sabbath school.

Johnny (with a faraway look)—Yes, mamma.

Mother—How does it happen that your hands smell of fish?

Johnny—I carried home the Sabbath school paper, an' the outside page is all about Jonah and the whale.

A delightful old gentleman, discussing the unreasonableness of woman, said: "There is nothing so unreasonable, there couldn't be. My wife and I were talking over our affairs one day, and we decided that it had come to the point where we must both economize.

"Yes, my dear," I said to my wife, 'we must both economize, both!'

"Very well," she grudgingly agreed, 'you shave yourself, an' I'll cut your hair.'

"When you goes lookin' for one one to help you decide sumpin," said Uncle Eben, "remember dat it takes most as much smattness to pick out reliable advice as it would to make up yoh own mind."

Dr. Pilem: You needn't worry about your wife. She has a remarkable constitution.

Hempex: Say, doc, you ought to see her by-laws, rules and regulations!

The minister of a certain parish in Scotland was walking one misty night through a street in the village when he fell into a deep hole. There was no ladder by which he could make his escape, and he began to shout for help. A laborer passing heard his cries, and, looking down, asked who he was. The minister told him, whereupon the laborer remarked: "Weel, weel, ye needna kick up sic a noise. You'll no be needed afore Sawbath, an' this is only Wednesday nicht."

Maud (who has answered the doorbell herself)—"George, you must not come into this house to-night. If you love me, darling, fly at once and do not let my father discover your presence."

George (tragically)—"Oh, Maud, my darling, what serpent has entered our Eden to wreck our happiness? Speak, girl, speak!"

Maud (tearfully)—"Father has just had the gas bill!"

"I declare," said the housewife. "I don't know what we are to do when round steak costs as much as porterhouse. It is outrageous."

"Yes, mum," agrees the marketman. "What's a body going to do if this keeps on?"

"I would advise you, mum, that being the case, to eat porterhouse."

Escalloped cheese—Roll enough dry bread crumbs to fill a cup, soak until soft in two cups of sweet milk, mix with three eggs beaten light, add one-half pound of grated cheese, table-spoonful of butter in small pieces, salt and pepper to taste. Put all in baking dish and cover top with bread crumbs which have been buttered, salted and peppered. Bake fifteen minutes.

FROM A SHADOW
TO ROBUST HEALTH

Is the Change Dr. Williams' Pink Pills Made in a New Brunswick Woman.

Anaemia—bloodlessness—is a trouble confined largely to women and growing girls. Its victims are pale; they lose all strength—the least exertion greatly fatigues them and they suffer continually from headaches and depressed spirits. Nothing will cure anaemia so quickly or so surely as Dr. Williams' Pink Pills—they have cured thousands of cases, not only in Canada but throughout the whole world. They do this because they make good blood. Among those cured by these Pills is Mrs. T. Chalmer Hart-vey, East Florenceville, N.B., who says: "At the age of sixteen I fell away to a mere shadow. I had scarcely any blood and suffering from all the distressing symptoms of anaemia. Doctors did not help me in the least, and acting on the advice of a friend I began taking Dr. Williams' Pink Pills. They effected a remarkable change in my condition; indeed I really believe they saved my life, as I have been well and strong ever since I took them. I also recommended the Pills to a neighbor's daughter who was similarly run down, and they also completely restored her health."

Every woman and growing girl should take Dr. Williams' Pink Pills occasionally. If you are ailing from any of the many troubles which afflict your sex they will cure you; if you are not ailing they will protect your health and keep you well and strong. Dr. Williams' Pink Pills are sold by all dealers in medicine or direct at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

ANIMAL FRIENDSHIPS.

Friendship is not uncommon among the representatives of different species. In the Central Park Zoo, a big Polar bear and his distant cousin, a grizzly, were confined in the same pit, but it was considered expedient to separate them by a strong partition of bars. Both were full-grown, husky specimens of their breed, and had they ever come together with intent to kill. It is probable that the entire force of keepers could not have separated them.

One day a small boy threw a paper box, containing some sugared popcorn, into the grizzly's side of the pit. It fell close to the partition, and, in trying to shove it away with his muzzle, the grizzly clumsily pushed it into a hole just under the partition bars. The greater part of the hole was on the Polar bear's side of the house, and he could have easily pushed out the box, but he seated himself on his haunches, and watched his neighbor trying to get his big paw down the opening of the hole. It proved too small, and the box was too deep down. At last the grizzly gave it up, and sat ruefully regarding his lost treasure.

Suddenly the Polar bear rose to the occasion. He waddled over to the hole on his side, thrust his paw down, and shoved the box into the grizzly's yard.

Ever after that the two giants were good friends. The Polar bear would often stretch himself out beside the partition on a hot day and poke his long, slim muzzle in between the bars. Grizzly would drop down, too, and shove his snout against his friend's, and thus they would sleep for hours, grunting their dreams into each other's ears.

To make a tough steak tender, rub it on both sides with vinegar and olive oil, thoroughly mixed, and allow it to stand for two hours before cooking.