

# THE DOMINION PRESBYTERIAN

## HEALTH AND HOME HINTS.

Insects, it is said, will never attack books which are dusted once a year with powdered alum and white pepper.

A box filled with lime and placed on the shelf in a pantry, and frequently renewed, will absorb the damp, and keep the air pure and dry.

**Honey Comb Pudding.**—One pint molasses, 7 eggs, 1 1/2 cups flour, 1 cup butter, 1 cup sweet milk, 1 teaspoon soda. Steam at least 2 hours. Serve with hard sauce.

The pulp of oranges or of grape fruit makes a delicious and refreshing salad if arranged in crisp lettuce leaves and covered with mayonnaise.

Flower baskets are superseding the more ordinary vase. With fluted edge and graceful handle they make a most artistic receptacle for short stemmed flowers.

When frying croquettes be sure to plunge the basket in hot fat before the croquettes are placed in it. This will prevent them adhering to the wire when lifted out.

The value of wringing clothes well cannot be overestimated. A good laundress squeezes out the last drop of soapy water, and again rinses the garment well after she has thoroughly wrung it.

To make an excellent ice cream, simmer until dissolved, one pint sugar in enough water to cover it; mix when cool with a quart milk; add the liquid flavoring and a pint cream, whipped, if desired. Pack this mixture in a freezer with two parts ice to one of salt and turn until frozen at the sides, then add the whole fruits of any kind, beat in the freezer until properly mixed, pack and leave four hours.

**Equivalents.**—Sixty drops equal one teaspoonful. Three teaspoonfuls equal one tablespoonful. Four tablespoonfuls equal a quarter of a cup or half a gill. Eight rounded tablespoonfuls of dry material equal one cupful. Sixteen tablespoonfuls of liquid equal one cupful. One cupful of liquid equals two gills or half a pint. One heaping tablespoonful of sugar equals one ounce. One heaping tablespoonful of butter equals two ounces. One cup of butter or sugar equals one-half pound. Two cups of flour equal one-half pound.

**Florentine Pudding.**—Take two tablespoonfuls of rice flour, four eggs, one quart of milk, the zest of a lemon, a handful of chopped raisins, a small lump of fresh butter and half a tea-cupful of sugar. First boil the raisins in the milk, beat in all the other ingredients gradually; pour this into an earthenware mold, and bake in the oven Or, boil some rice flour in milk, with sugar in necessary quantities, and a pinch of salt. Stir in a handful of chopped almonds; when slightly thickened, pour the mixture into a mold, previously cooled in fresh water. Serve cold with fruit syrup, custard or sauce.

## LIQUOR AND TOBACCO HABITS.

A. McTaggart, M.D., C.M.

75 Yonge Street, Toronto, Canada.

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

Sir W. R. Meredith, Chief Justice.  
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## SPARKLES.

"The woman who marries me," remarked a bachelor friend of mine the other day, "will have to be as big a fool as I am."

"Are you the defendant in this case?" asked the judge sharply. "No, sup," answered the mild-eyed prisoner. "I has a lawyer hired ter do the defend-in." "Ts de man dat done stole de articles."

"What are they moving the church for?"

"Well, stranger, I'm mayor of these diggin's, an' I'm fer law enforcement. We've got an ordinance what says no saloon shall be nearer than three hundred feet from a church. I gave 'em three days to move the church."

A poor Indian was, asked one time what his conscience was. Putting his hand over his heart, he said: "It is a little three-cornered thing in here. When I do wrong, it turns around and hurts very much. If I keep on doing wrong, it will turn until it wears the edges all off, and then it will not hurt any more."

Mamma (to Walter, who has just returned from his first experience with a fishing-rod): "What, back so soon?"

Walter: "Yes'm; I thought I'd come home. The worms were so nervous that I couldn't get 'em on the hook."

"How is your papa, Bessie?" asked a neighbor of a little girl whose father was ill.

"Oh, he's improv'in' awfully!" the child answered. "The doctor is givin' him epidemic injunctions every day!"

Father—"What is your new young man's profession?" Heiress—"Oh, he is a poet." Father—"Oh! I can manage him, but that football player gave me a lot of trouble."

Daddy sententiously—"It isn't good for man to be alone." Peggy (thoroughly bored)—"Then hadn't you better go home to your mother?"

A motorist, who was touring through the country, saw, walking ahead of him, a man followed by a dog. As the machine drew near them the dog started suddenly to cross the road; he was hit by the car, and killed immediately. The motorist stopped his machine and approached the man. I'm very sorry, my man, that this has happened," he said. "Will a sovereign fix it?"

"O, yes," said the man, "a sovereign will fix it."

Pocketing the money as the car disappeared in the distance, he looked down at the dead animal. "I wonder whose dog it was?" he said.

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MONTREAL

## CRUEL BACKACHES.

The Trouble Usually Due to Poor Blood—Dr. Williams' Pink Pills the Cure.

There is a common notion that backache is a sign of kidney disease, but this is absolutely wrong. Not one backache in a thousand has anything to do with the kidneys. Hundreds of people die of kidney disease who never had a backache—and hundreds who suffer continually from backache have nothing wrong with their kidneys. By far the most common cause of backache is muscular rheumatism. Nearly all the rest of the backaches are due to weakness and poor, watery blood, or in the case of growing girls and women, to those secret ailments that make the lives of so many of that sex miserable.

Don't let a backache frighten you into the belief that you have kidney trouble. What is really needed to cure the average backache is a tonic, blood-building medicine, and Dr. Williams' Pink Pills are the greatest blood making medicine medical science has yet discovered. Every dose actually makes new, rich, red blood, thus curing such common ailments as anaemia, headache, backache, heart palpitation, indigestion, neuralgia, rheumatism and the ailments of girlhood and womanhood. Mrs. W. Gee, Strathearn, Al'a., says—"I was a great sufferer from anaemia, I was completely run down and was tortured with headaches and backaches and dizzy spells. I doctor-ed for a long time but was no better than when I began. Then I began to take Dr. Williams' Pink Pills and they completely restored my health."

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.

## PALESTINE.

The Promised Land extended from the Euphrates to the Nile; but this larger territory was never wholly possessed, no even in the spacious times of David and Solomon.

The name, Palestine, was given by Herodotus, and was originally applied to Philistia—a part of the Maritime Plain—measuring forty miles by from twelve to twenty-five miles. Its warlike people are said to have migrated from Egypt. It is to their god Dagon, that Milton alludes with his usual verbal accuracy, in the line:

"That twice battered god of Pales-tine."

Palestine, as we know it, is still a limited territory—about 150 by 100 miles, or some 11,000 square miles in area—an area longer than the little Principality of Wales, less than that of Scotland, and only a little larger than the State of Vermont.

The Palestine of Jesus—the utmost limit of his journeyings, was barely one hundred miles in any direction. Indeed, the greater part of his public ministry was confined within a radius of twenty miles having the city of Capernaum for its center.

Once only was Jesus outside of the Holy Land, namely, when as a babe, he was carried down into Egypt for safety. Thus once only did he leave Palestine, a name meaning The Land of Wanderers, becoming himself a wanderer, and in the land, too, from which came the original Wanderers; and so breathing just this once, "Gentile air, as if in token of his larger mission to be "a light to lighten the Gentiles and the glory of his people Israel."

Palestine a small land? So was mighty Rome—practically but a single city. And so, too, was Greece—practically summed in fair Athens, "Mother of Arts and Eloquence."—New York Observer.