

## HEALTH AND HOME HINTS.

Coffee stain, even when there is cream in it, can be removed by rubbing in pure glycerine. Leave for a little, and then wash out with warm water.

For tired feet try a warm foot bath with an ounce of sea salt in it. Paddle in it until it cools, dry the feet, put on clean stockings, and you will feel rested.

Washing blouses and other light things is done at home nowadays by many ladies. The hands will be much more comfortable after the washing, if well rubbed with dry salt.

A towel rail in the kitchen is an essential. Buy a twopenny bamboo rod and two long brass cub hooks to hold it. This will hold your towels, so that they dry well and be far more tidy than a piece of string.

Pure grape juice, says an authority on foods, is invaluable in either sickness or health. In fevers it is both food and medicine, and is more and more used by physicians. Oranges and pineapples make a delicious juice, but the small fruits are more valuable. Currants, used alone or mixed with a third of raspberries, are more so, and the huckleberry and elderberry yield products not to be despised. Blackberries, field or garden, are valuable medical agents, and the poorest cherry, unedible as a fruit, becomes nectar when made into a drink.

**Breakfast Dishes.**—An excellent dish is made of six eggs and three tablespoonfuls of ham chopped very fine; beat the eggs, and after melting a lump of butter in the frying-pan drop the eggs into it and stir the ham in; the ham has, of course, been cooked, either fried or boiled; season with pepper. This is a good way to use up pieces of meat that are left from dinner. A nice dish for breakfast or for tea is made of sweet potatoes boiled. Remove the skins, rub the potatoes through a coarse colander, make into flat cakes, dip into flour and fry in hot butter.

**Strawberry Custards.**—Half fill custard cups with bits of sponge cake. Make a custard with a pint of milk, the yolks of four eggs, and a heaping tablespoonful of sugar. Flavor it very slightly with almond or vanilla, and add half a cup of finely-chopped almonds. Put a few small berries on the cake, pour over the warm custard, and let all grow cold; then add a large spoonful of whipped cream to each, and a few berries. Stand the cups on a platter, and surround with strawberry leaves and some large berries.

**Frozen Strawberries.**—Mash a quart of berries, and add a syrup made by boiling a cup of sugar with half a pint of water for five minutes. Put in the juice of a lemon, and strain. Freeze solid, and pack into a mold; turn out, and garnish with whole berries.

**Perfection Muffins.**—Seal one pint of milk, and while hot add to it one teaspoonful of sugar, half a teaspoonful of salt, and one tablespoonful of butter. Stir several times when cooling, then add one-half cake of compressed yeast, dissolved in a little warm water, and two beaten eggs. Stir in flour to make a medium batter, let rise until light, then bake in muffin rings or gem pans.

"Were you ever up before me?" asked a magistrate.

"Sure, I don't know, yer 'Anner," was the reply. "What time does yer 'Anner get up?"

"Say, pop, may I ask you a question?" "Yes, Teddy. What is it?"

"When a man's finished milkin' a cow, how does he turn off the milk?"

"Father, what is meant by bankruptcy?"

"Bankruptcy is when you put your money in your hip-pocket and let your creditors take your coat."

## SPARKLES.

Tramp—You musn't jedge a man by the clothes he wears.

Policeman—I don't. I could tell you were a tramp if I saw you in swimming.

Clarence—Percy has a job as a director. He reports at noon each day, and if there is nothing to do he goes out to lunch.

Freddie—But suppose there is.

Clarence—Then he goes out to lunch just the same.

How did you come to leave your wife in Paris?

"She couldn't decide whether she wanted three yards and a half or four yards, and I got tired of waiting."

Medium—Here is a spirit who seems very anxious for news from this world.

Believer—What does our poor friend want to know?

Medium—He wants to know who had the highest batting average for 1904.

Mrs. White—Did you see that rat jump out of the oven?

Mr. White—Sure.

Mrs. White—Then why didn't you shoot it?

Mr. White—Because it was just out of my range.

The girl was very pretty. Leaning her dimpled elbows on the table, she said to the critic:

"And what is your lecture to be about, Professor?"

"I shall lecture on Keats," he replied.

"Oh, Professor," she gushed, "what are Keats?"

Little three-year-old Elner received a dime for taking a dose of castor oil. The next day her big brother Fred asked her to pick up a basket of cobs.

"How much will you give me?" she asked.

"A nickel," replied her brother.

"Humph!" said Elner, "I can make more than that taking castor oil."

## WHAT WAS WORTH DIVIDING.

An old Jew attended a meeting called to settle the affairs of a merchant who had failed for a large amount. The merchant stated the situation to his creditors—that his assets were nothing.

"Who owns the house in which you live?" asked one creditor.

"My wife," was the reply.

"And that farm in the country?"

"My daughter."

"And the store over there on the corner?"

"My son owns that, gentlemen, and I must reiterate that I have nothing—except my body, which you can divide among you."

"Well, shentlemen," spoke up that thrifty son of Abraham, "if you do dot, I speaks right now for his gal."

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## NERVOUS SYSTEMS.

## ALWAYS FOLLOWS A RUN DOWN CONDITION OF THE BLOOD.

It is an old story now that nervous people tell of how the blood becomes poor and thin, and then the nervous symptoms followed. How many really know that the thin blood was responsible for the nervous disorders? The nerves get all their nourishment from the blood, and as thin blood is deficient in nerve-building material, the nerves become starved and pain and nervous breakdown is the result. Dr. Williams' Pink Pills are a tonic for the blood that supply it with the necessary elements to nourish and tone up the nerves and, the cause being removed, nature does the rest and health is fully restored. Mrs. Harry Patterson, Dauphin, Man., tells how she was cured of nervousness and general debility through the use of Dr. Williams' Pink Pills. She says: "A few years ago I was all run down, and my nervous system apparently all broken up. I was weak, tired and nervous all the time. When I got up in the morning I seemed to be more tired than when I went to bed. I could not walk up an ordinary flight of stairs without sitting down panting for breath, and my nerves trembled like a leaf. I got so that it was almost impossible to do any housework, and so nervous that I wanted to cry about everything I did. I took several different medicines without the least benefit; then I read of Dr. Williams' Pink Pills and decided to try them. After taking two boxes I felt a little better and I got a further supply which I continued taking for about a month when I was as well as ever; could do all my housework without difficulty and could walk for a long distance without being all tired out. In view of the wonders Dr. Williams' Pink Pills have done for me I sincerely recommend them to all weak, nervous, run-down people."

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.

Telling a falsehood to get out of trouble generally leads into worse trouble.

What kills men is discouragement. It is sitting down under trouble that destroys men; it is standing up and mocking trouble that enables men to go through it without harm.

Beyond all wealth, honor, or even health, is the attachment we form to noble souls, because to become one with the good, generous and true is to become in a measure good, generous and true ourselves.—Thomas Arnold.



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