

## MIDSUMMER DAINTIES.

**Swansdown**—Beat the whites of nine large eggs or ten small ones until they are a thick foam, then add one level teaspoonful cream of tartar and pinch of salt, then continue beating until when dropped from beater the mixture will keep its shape; now fold in alternately one and one-fourth cups of granulated sugar, level one-half pint flour, the latter sifted four times; add one teaspoonful vanilla, one-fourth teaspoonful lemon; pour into shallow, oblong pan and put into cool oven and bake slowly until browned. It should take at least thirty minutes to bake this. Remove from oven and turn pan upside down on two other pans to become cool. When cool spread top with finely minced blanched almonds, or minced candied cherries, then cover with an inch layer of apple-hip. When ready to serve cut into squares.

**Apple Whip**—Pare and grate into a mixing bowl a medium-sized apple, add the white of one egg, one cupful granulated sugar and pinch of salt; beat all together thoroughly until it is white and light as down. It will take from thirty to forty-five minutes to get this to the right consistency.

**Cocoa**—Allow one rounding teaspoonful of cocoa and one cupful of milk for each guest. Put milk into a double boiler with a three-inch stick of cinnamon, and when scalding hot add the cocoa mixed into a paste with a little of the milk, stir until thoroughly incorporated; then let boil for five minutes; remove the cinnamon and add five drops of vanilla for each cup. Pour into a hot chocolate pot and beat with a whip until frothy and serve with a teaspoonful of whipped cream on top of each cup if desired.

**Alaska**—Toast disks of stale sponge cake and place three candied cherries in the centers. Heap the apple whip on top and decorate with candied cherries and citron foliage.

**Mint Sandwiches**—Take lady fingers, split apart and spread with creamed butter; then cover with crystallized mint leaves crushed to a powder; put lady fingers together again and serve with the cocoa.—**Housekeeper.**

**Salads**—Light salads are never more wholesome and appetizing than in summer, when there is almost no limit to the number of fresh vegetables, herbs, and other green things that can be utilized in making them. If the country housewife could only rid herself of the mistaken idea that they are fussy and difficult to prepare, she would soon learn to appreciate their appetizing and nourishing properties, as well as their inexpensiveness. For several reasons this is the best possible time to become a good salad maker. The dishes, spoons and forks, as well as every ingredient of a salad, must be kept as cold as possible until ready to serve. A plain French dressing is most favored by those who are fond of oil. To make it, put one-fourth of a teaspoonful of salt, one-fourth as much pepper, and three tablespoonfuls of oil in a bowl, and beat until thoroughly blended. Then add one tablespoonful of vinegar, and continue to beat until foamy.—**Vick's Magazine.**

## SPARKLES.

**Wife**—"I've just been reading an article on electricity, John, and it appears that before long we shall be able to get pretty well everything we want by just touching a button." **Husband**—"You'd never be able to get anything that way." "Why not, John?" "Because nothing on earth would ever make you touch a button. Look at my shirt!"

**Anxious Father**—"I—I beg your pardon, young man, but would you mind letting Helen go to bed, and having me sit up with you the rest of the night?"

**Housewife (to tramp)**—"But surely you are the man I gave some pie to a fortnight ago?"

"Yes, lady; I thought p'raps you'd like to know I am able to get about again."

**Druggist**—"Try again, sis. What was it your mamma told you to get?"

**Little Girl (with another severe mental effort)**—"I think it was I died of opossum. I want a dime's worth."

"Will alcohol dissolve sugar?"

"It will," replied Old Soak; "it will dissolve gold and brick houses, and horses, and happiness and love and everything else worth having."

The girl asked the polite salesman if he had good cheese.

"We have some lovely cheese," was the smiling answer.

"You should not say 'lovely cheese,'" she corrected.

"Why not? It is," he declared.

"Because"—with boarding school dignity—"lovely" should be used to qualify only something that is alive."

"Well," he retorted, "I'll stick to lovely."

A Negro preacher used the word "phenomeno" freely in his sermon, and was afterward asked to explain it. He expressed it thus:

"Bredren, if you see a cow, dat not a phenomemo; if you see a distle, dat not a phenomemo; if you hear de bird sing, dat not a phenomemo. But if you see de cow sitting on de distle and singin' like de bird, dat would be a phenomemo."

Mrs. Mellen does not wish to offend her new cook. "John," she said to the manservant one morning, "can you find out, without asking the cook, whether the tinned salmon was all eaten last night? You see, I don't wish to ask her, because she may have eaten it, and then she would feel uncomfortable," added the good soul.

"If you please, ma'am," replied the man, "the new cook has eaten the tinned salmon, and if you was to say anything to her, you couldn't make her feel any more uncomfortable than she is."

**Mincied Chicken Nests**—Fry brown disks of bread dipped in beaten egg. Keep hot and when wanted heap a teaspoonful on top of the chicken, cooked in brown sauce with minced mushrooms; with a cornucopia of stiff paper arrange whipped cream over this just before sending to the table.

## A MOTHER'S STORY.

## She Tells How Dr. Williams' Pink Pills Saved her Daughter.

Anaemia is the doctors' name for bloodlessness. It is an ailment that effects almost every girl in her teens. Womanhood makes new demands upon her blood supply that she cannot meet. Month after month her strength, her very life, are being drained away. No food and no care can do her any good. No common medicine can save her. She needs new blood. New blood is the one thing—the only thing—that can make a healthy woman of her. Dr. Williams' Pink Pills actually make new blood. That is why they never fail to cure anaemia. That is how they save from an early grave scores of young girls whose health and strength depends upon their blood supply. Mrs. Anson Clark, Arden, Ont., says:—"Dr. Williams' Pink Pills have been a great blessing in my family as two of my daughters have used them with marked success. When my eldest daughter was about seventeen she began to fall in health. Her blood seemed to have turned to water. She was troubled with headaches and dizziness; the least exertion would cause her heart to palpitate violently and she could not walk upstairs without stopping to rest. She doctored for upwards of a year, and the doctor said she did not have as much blood in her body as an ordinary healthy person would have in one arm. The doctor's treatment did not do her a particle of good. She seemed slowly fading away. Then she became afflicted with salt rheum and her hands were almost raw. About this time a neighbor advised the use of Dr. Williams' Pink Pills and she began taking them. After using the pills for a few weeks we could see an improvement, her appetite began to improve and a trace of color came to her cheeks. She continued taking the pills until she had used thirteen boxes when she was as well and strong as ever, every trace of both the anaemia and salt rheum having disappeared and she has since enjoyed the best of health. Later on my youngest daughter aged fifteen began to lose her health, but thanks to our experience with Dr. Williams' Pink Pills we knew where to look for a cure and after using four boxes of pills she was all right again. I have also used the pills myself for nervous troubles with complete success."

Rich red blood is the secret of health — Dr. Williams' Pink Pills is the secret of rich red blood. They actually make rich red blood, that is why they cure anaemia, headaches and backaches, indigestion, nervous prostration, heart palpitation, neuralgia, rheumatism, sciatitis, St. Vitus Dance and the ailments that make the lives of so many women and growing girls miserable. 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.

**Jellied Lamb Chops**—Trim off all the fat from chops that have been Frenched—that is, the bone scraped, clean off the flesh and fat way down—then broil; when cool brush with liquid mint essence and arrange white of egg, cut fancy, on each; then cover with a thin coat of liquid aspic, set on ice until the jelly is firm, decorate each bone with a white paper frill and serve with potato croquettes in place of the creamed potatoes in menu.



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