

HEALTH AND HOME HINTS.

Paint can be removed from clothing even after it is dry by saturating the spot some three or four times with a mixture of equal parts of turpentine and ammonia. After all the paint has been removed wash in a little soap water and press.

Table linen should not be darned with cotton thread or the darn will be very conspicuous after the cloth is laundered. Skains of soft flax can be bought for this work, and if the rent is neatly darned will be scarcely noticeable after it has been laundered.

Raw eggs beaten up in a little warm water and sweetened to taste are much lighter and more easily digested than those taken in milk. When taken in warm milk they are exceedingly nourishing, but for a delicate stomach not so digestible, as the case of the milk curdles the albumen of the egg. As a pick-me-up for weak people the egg beaten with warm water is excellent.

Few persons wash dishes in a sanitary way, being careful to change the water frequently and have it hot, as well as abundant hot water for rinsing. Since we eat off dishes, too much pains cannot be given to having them absolutely clean and two or three quarts of water is not sufficient for properly cleaning dishes used by six persons.

Sweetbread Salad.—Choose large heart sweetbreads and parboil them in water with a small onion, a small carrot, a bunch of parsley and stick of celery. Cool and cut into dice and mix well with a stiff mayonnaise. Arrange in centre of a flat salad dish in nest of lettuce leaves. Around the edge place a row of the lettuce leaves filled with cucumber diced and mixed with tiny pearl onions and green cooked peas, the cucumber dice and peas having been previously dressed with oil and vinegar, salt and cayenne.

Date Bread.—An excellent breakfast bread for children or their elders is made in this way. It should not be cut, however, the day it is baked. Separate the dates, put into a pan and cover with lukewarm water. Wash thoroughly one by one, drain, then cut in two with a slit down one side with a sharp knife and remove the pit, keeping the dates as whole as possible. Rinse a second time in warm water and set aside to dry. Scald three cups of milk, add one teaspoonful of salt and a half cup of molasses and cool to lukewarm. Add half a yeast cake that has been dissolved in two tablespoonfuls of lukewarm water, beat well, then sift in enough flour to make a good drop batter. Beat thoroughly, then cover and set in a warm place free from draughts until light. When light and bubbly on top, add four cups of the prepared dates and enough whole wheat flour to make a soft dough. Turn out on a floured board, and knead until smooth and velvety to the touch. Return to the bread bowl, cover and again let rise until light. Then form into loaves—small ones are preferable—put into pans and bake once more to get light and set in a moderate oven, a little hotter at the start than for white bread.

SCORED AGAINST THE GUARD.

An inquisitive old Scotchwoman, who had seldom been in a train, got into the West Coast express in Scotland at a certain station, and troubled the guard so much with questions that he began "taking her off." She finally asked what the cord at the top of the carriage door was for, and he replied, "For ringing for refreshments." The train left, and was travelling at a cheery pace, when all at once the alarm was pulled, and most of the passengers upset by the speedy application along to see what was the matter, was staggered to hear the old woman shouting, "A pie and a bottle o' lemonade."

She—You are forever passing opinions on other people. I'd like to know what you think of yourself. He—I'd be ashamed to tell.

PERSONALLY CONDUCTED TOUR.
To California and Lewis and Clarke
Exposition, Portland, Oregon.

A personally conducted excursion to the Pacific Coast via The Grand Trunk Railway System and connecting lines leaves Quebec July 5, and Montreal and Toronto to July 6. The route will be via Chicago, thence through Council Bluffs to Omaha, Denver, and Colorado Springs. Stops will be made at each of these places, and side trips taken to Manitou, Cripple Creek, Garden of the Gods, etc. From there the party will continue through the famous scenic route of the Denver and Rio Grande, through the Royal Gorge to Salt Lake City, thence to Los Angeles, San Francisco, Mt. Shasta, Portland, Oregon, Seattle, Spokane, and home through St. Paul and Minneapolis. The trip will occupy about thirty days, ten days being spent on the Pacific Coast.

The price for the round trip, including railroad fare, Pullman tourist sleeping cars, all meals in the dining car, hotels, side trips, etc., is \$165.50 from Quebec or \$160.50 from Montreal and \$150.00 from Toronto. This first trip is designed as a vacation trip for teachers, although many who are not teachers will improve the opportunity of taking the trip at the remarkably low price afforded.

For full particulars address E. C. Bowler, General Agent and Conductor, Bonaventure Station, Montreal.

ASTOUNDING FACTS.

Mr. Nelson, the most distinguished of English actuaries, after long and careful investigations and comparisons, ascertained by actual experience the following astounding facts:

Between the ages of fifteen and twenty, where ten total abstainers die, eighteen moderate drinkers die.

Between the ages of twenty and thirty, when ten total abstainers die, thirty-one moderate drinkers die.

Between the ages of thirty and forty, where ten total abstainers die, forty moderate drinkers die.

Or, expressing the fact in another form, he says:

A total abstainer twenty years old has the chance of living forty-four years longer, or until sixty-four years old.

"The Bible says there will be no marrying in Heaven," said small Harry. "I wonder if that is true?"

"Of course it is," replied his little sister. "How could the women marry when there are no men in the place?"

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THE SECRET OF HEALTH

Is Rich, Red Blood—Dr. Williams' Pink Pills Make New Blood.

Good blood—rich, red blood—is the only cure for such complaints as anemia, decline, heart palpitation, skin eruptions, rheumatism, kidney troubles and a host of other every day ailments. Good blood makes you less liable to disease of every kind, because it strengthens and stimulates every organ in the body to throw off any ailment that may attack it. Good blood is the secret of life, and the secret of good, rich, red blood is Dr. Williams' Pink Pills for Pale People. These little blood-building pills have saved lives that doctors and nurses have despaired of. They have cured thousands of others—they will cure you too. Mrs. Wm. Boothe, Montrose, Ont., says: "For a couple of years my daughter Meta was in failing health. She complained of headaches and distressing weakness, and seemed to be rapidly going into decline. We consulted several doctors, but they did not help her. She was apparently bloodless, and we were afraid she would not recover. She had no appetite and was greatly reduced in flesh. At this stage a friend advised me to give her Dr. Williams' Pink Pills, and in a few weeks we noticed some improvement in her condition, and that her appetite was improving. We continued the treatment for a couple of months longer, and by that time she was again in the best of health. She had gained thirty-two pounds in weight, had a good color, and was in the best of spirits. I do not think I am putting it too strongly when I say I think Dr. Williams' Pink Pills saved her life."

Dr. Williams' Pink Pills do only one thing, but they do that well. They do not act upon the bowels; they do not bother with mere symptoms. They actually make the new, rich, red blood that goes right to the root of the disease and drives it from the system. But you must get the genuine with the full name, "Dr. Williams' Pink Pills for Pale People," printed on the wrapper round every box. All medicine dealers keep these pills or you can get them by mail at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

THE UNSELFISH ELEPHANT.

The story is told by some circus men of a certain big elephant that did something worthy of being remembered. A little girl and her father had one day been looking at him admiringly. In the little girl's lunch basket were a couple of oranges, and her father asked her if it wouldn't be nice now to give that poor old elephant one of them. The suggestion appealed at once and strongly, and forthwith the biggest orange was handed over. The elephant took it in his "hand," swaying his trunk back and forward. But having relished for a moment the joys of being generous, the smile began gradually to disappear from that smart girl's face. Her lower lip dropped down, and suddenly she began to cry. "But—but now I want it back! I—I want it back!" "But, don't you see, dearie, you can't get it back now. It's too late." "No, it isn't!" He hasn't eaten it yet!" "No, no, now—you just come along with me." "I won't—I won't come along! I want my orange back!" Her cries of woe became louder and louder. It was a helpless embarrassment. But that "poor old elephant" released them from it himself. He reached forward, and with dignity dropped that orange over the railing again. Of the group of keepers, however, who told that story one added an explanation. Elephants have no great liking for oranges. But, no matter what an elephant is offered, he will generally take and hold it for a time before finally making up his mind to reject it.

No man is really born of God until he is brought into harmony with God's plan, and the God can work in him and through him.