

HEALTH AND HOME HINTS.

FRUITS IN THE SICK ROOM.

Generally speaking, fruit is a wholesome food, yet it is not uncommon to find that one or more sorts cannot be eaten by an individual. Then there are also persons who complain that raw fruits do not agree with them, and others that cannot partake of cooked fruit. Such cases are usually explained on the ground of some personal peculiarity of the digestive functions. Fruits of good quality rarely cause any digestive disturbance, whereas, if raw, unripe or overripe fruits are freely eaten they have a tendency to cause distressing stomach and intestinal irritation.

All methods of cooking alter the character and flavor of fruit, and while the product is not so cooling and refreshing as in its natural state, it can generally be eaten by the average person with less danger of intestinal trouble. The cooking of hard fruits has practical advantages in many cases, since it softens the flesh and renders it more readily acted upon by the digestive juices, thus favoring its assimilation.

In the preparation of fruits for food choose such as are sound and ripe. Berries and all small fruit should be carefully looked over, removing all leaves and stems, and then put in a colander and rinsed several times in tepid water and drained with as little handling as possible. Wash the solid fruits before eating or paring for cooking, the paring and slicing is to be done with a silver knife to prevent the fruit from becoming discolored. And for the same reason, in preparing large quantities of the hard fruits for preserving, the product must be dropped into cold water as it is pared, and left until it can be cooked.

The more simply fruit is served the better, especially for an invalid or others not blessed with normal digestive ability. There are many palatable dishes that can be made of fruits that are easier to prepare and more wholesome for use through the hot months than the heavy desserts so frequently employed. For example, apples, pears and quinces are excellent stewed or baked and served with cream. Peaches, apples, apricots, plums, prunes and figs, both fresh and dried, make delicious compotes. Underripe bananas are appetizing when baked and served with cream. The very ripe banana, in which the starch has changed to sugar, being best for eating raw. All of the small fruits, except the gooseberry, whortleberry and cranberry are always more appetizing when served in their natural state with but the addition of sugar. The pineapple, orange and pomelo, or grapefruit, is most excellent sliced, sweetened and served in its own juices; also in combination with bananas and other fruits, in either sweet or sour salads.

As a timely aid for those interested, several recipes for easily prepared and delectable dishes are herewith added:

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.
Hon. G. W. Ross, ex-Premier of Ontario.
Rev. John Fotts, D.D., Victoria College.
Rev. Father Teedy, President of St. Michael's College, Toronto.

Rev. Wm. McLaren, D.D., Principal Knox College, Toronto.

Dr. McTaggart's vegetable remedies for the liquor and tobacco habits are healthy, safe, inexpensive home treatments. No hypodermic injections, no publicity, no loss of time from business, and a certainty of cure.

Consultation or correspondence invited.

SPARKLES.

The Kaiser once told Admiral Evans that of all the good stories his brother Prince Henry, brought back from America, none amused him more heartily than this:—"As the German boat bearing the Prince came up New York harbor, hundreds of boats crowded close, and from the deck of one unpretentious river boat came a hail in megaphone tones: 'Hey, Henry, how's Bill!'"

A German traveller who tried to pass a meal ticket on the train was told by the conductor that he would have to pay the regular fare of 35 cents. The German argued, and refused to pay more than 25 cents, whereupon the conductor stopped the train and put him off. In a twinkling the traveller ran ahead of the engine and started to walk on the track. The engineer blew his whistle, but the irate German turned, shook his fist, and called out: 'You can visla all you want to. I won't come pack.'

A good story told by the late Ian MacLaren is related in the "Reader," illustrating what he called the estimation in which a Scotch writer's work is held in the bosom of his family. "My youngest and schoolboy son," he said, "had vainly been trying to read some of my books, and in a confidential mood observed to me, 'I sav, father, why don't you write a proper sort of book—one of those Sherlock Holmes stories, like Conan Doyle, or Jack Harkaway, or something of that sort, and not so much Scotch rot?'"

Phil May, who was fond of variety in his attire, was standing waiting for his horse one morning, dressed in a mustard-colored riding suit, scarlet waistcoat, and blue tie. A man who had lurched out of a public-house, crossed the road and stared at Phil May for a minute. Then he touched his cap and asked in a tone of commiseration, "Beg pardon, gov'nor: but was you in mourning for anyone?" The artist was the first to appreciate the joke.

"Now, Thomas," said a certain bishop, after taking his servant to task one morning, "who is it that sees all we do, and hears all we say, and knows all we think, and who regards even me in my bishop's robes as but a vile worm of the dust?" And Thomas replied, "The missus, sir!"

It is said of a noted Virginia judge that in a pinch he always came out ahead. An incident of his childhood might go to prove this.

"Well, Benny," said his father when the lad had been going to school about a month, "What did you learn to-day?"

"About the mouse, father."

"Snell mouse?" his father asked.

After a little pause Benny answered: "Father, I don't believe it was a mouse after all: it was a rat."

"Let the GOLD DUST Twins do Your Work"



GOLD DUST
WASHING POWDER "CLEANS EVERYTHING."
The N. K. FAIRBANK COMPANY
MONTREAL

BADLY RUN DOWN.

Through Overwork—Dr. Williams' Pink Pills Restored Health and Strength.

Badly run down is the condition of thousands throughout Canada—perhaps you are one of them. You find work a burden. You are weak; easily tired; out of sorts; pale and thin. Your sleep is restless; your appetite poor, and you suffer from headaches. All this suffering is caused by bad blood, and nothing can make you well but good blood—nothing can make this good blood so quickly as Dr. Williams' Pink Pills for Pale People. These pills never fail to make, rich, red, health giving blood. Mr. H. R. Reed, Quebec City, says:—"About twelve months ago I was all run down as the result of over-work. My doctor ordered me to take a complete rest, but this did not help me. I had no appetite; my nerves were unstrung, and I was so weak I could scarcely move. Nothing the doctor did helped me, and I began to think my case was incurable. While confined to my room friends came to see me, and one of them advised me to try Dr. Williams' Pink Pills. I did so, and soon my appetite improved; my color came back, and in less than a month I was able to leave my room. I continued the pills for another month, and they completely cured me. I am now in the best of health and able to do my work without fatigue. I feel sure that all who are weak will find renewed health and strength in Dr. Williams' Pink Pills. They certainly saved me from a life of misery."

When Dr. Williams' Pink Pills make new blood they so rich to the root of and cure anaemia, rheumatism, St. Vitus dance, kidney trouble, indigestion, headache, and backache, and those secret ailments which make the lives of so many women and growing girls miserable. Sold by all medicine dealers or by mail at 50c a box, or six boxes for \$2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.

No man has the right to assert as a fact anything that he does not know is a fact. Yet the conversation of most persons is made up largely of statements that are not based upon first-hand knowledge. Therefore the conversation of most persons lacks conviction and interest, and carries little weight. Once in a while one meets a person who is chary of making positive assertions, who talks neither glibly nor voluminously, yet whose quiet manner and carefully chosen words have peculiar impressiveness. The secret of such a one's exceptional power in conversation is simply that he refrains from talking about matters in which his knowledge is not first-hand; or if, for good reason, he speaks of that which is not a matter of positive knowledge of him, he makes it plain that he is giving opinion, not fact. How the general adoption of this simple rule would dignify conversation and multiply its value! How it would clear the atmosphere of gossip, and the brain of hazy, foggy counterfeits of knowledge! But it is easier to talk than to keep still, and easier to use some other fellow's second-hand fact than to dig out our own for ourselves. That is why so few of us are in the exceptional class of good conversationalists.

INDIVIDUAL COMMUNION CUP

The only sanitary and serviceable one is the FAIRBANK'S INDIVIDUAL COMMUNION CUP. Does not require tipping back the head. Can be boiled and poured out of wash, and no wiping required. Also ALUMINUM TRAYS with flat top Crystal Glasses. Illustrated Catalogues mailed free.

Phone Pack 514.
LE PAGE INDIVIDUAL COMMUNION CUP CO.
102 Tyndall Ave., Parkdale, Toronto.