

## HEALTH AND HOME HINTS.

Sugar should be added to turnips, beets, peas, corn, squash and pumpkin.

When cleaning furniture try wiping it over first with a cloth wrung out of very hot water, and you will be surprised how easily it will polish.

If a gruel pot is allowed to stand on stoves or something cold for a minute or two after cooking, it will not cool the contents very much and will make sticking less probable.

**Savoury of Sardines With Cheese.**—Drain and wipe one dozen sardines, remove bones, dip them in oiled butter, and roll in grated cheese. Place the fillets on fried bread squares, set them in hot oven a few minutes; serve hot.

**Doughnuts**—Mix one and one-half cups sugar with two beaten eggs, two cups milk or cream, and flour enough to roll out, mixing one teaspoonful baking powder with each cup of flour. Flavor with nutmeg. Roll quite thin and cut out in rings. Fry in a kettle of hot lard to a reddish brown, and roll while hot in powdered sugar.

**Brown Meal Biscuits.**—One pound of wheat meal, one teaspoonful of baking powder, a teaspoonful of brown sugar, and a pinch of salt. Mix thoroughly into this five ounces of butter. Make all into a stiff paste with a little milk. Roll out very thin and bake in rather a quick oven.

**Hash pie** makes a good hot supper. Warm a cupful of cold mashed potatoes with a little milk and butter, add a few tablespoonfuls of chopped meat, seasoning and a beaten egg. Make in to a mound on a buttered pie-plate, scatter breadcrumbs over, and bake for twenty minutes.

**Macaroni Soup.**—Add cooked macaroni or spaghetti to a quart of soup stock, and flavor with celery and tomatoes, salt and pepper. If you use milk instead of stock, put in a pinch of soda with the tomatoes. Some prefer this soup slightly thickened with a little flour stirred in cold milk.

**Apples stuffed with Raisins.**—Take large, green apples, pare and core liberally, chop fine some seeded raisins, with a small piece of butter, fill and sprinkle a small quantity of sugar on top. Tie up each apple in a thin water paste, then securely in a cloth, and plunge into boiling water and cook two hours. Serve at once with plain butter sauce or cream.

**Roast Beef Pie.**—Cut up as much of the outside of the roast as will half fill a baking dish the size you want. Put this into a stew pan with some of the gravy, a lump of butter, a little sliced onion, season with salt and pepper, and enough water to make it moist enough to cook without burning. Let it stew gently, then thicken with a little flour. In the meantime, boil some potatoes, enough to fill the baking dish; mash the potatoes, smooth with milk, butter and salt. Place the meat in the dish, spread the potatoes over it, brush over top with beaten egg, bake until a delicate brown. Serve with catsup or chili sauce.

"Let the GOLD DUST Twins do Your work"



## GOLD DUST

WASHING POWDER "CLEANS EVERYTHING."

[The N. K. FAIRBANK COMPANY  
MONTREAL

## New Health and Strength for Weak and Ailing Girls

Can Be Had Through the Rich, Red Blood Made by Dr.  
Williams' Pink Pills for Pale People.

There comes a time in the life of almost every girl when sickness attacks her. The strain upon her blood supply is too great, and there comes headaches and backaches, loss of appetite, attacks of dizziness and heart palpitation, and a general tendency to a decline. The only thing that can promptly and speedily cure these troubles is Dr. Williams' Pink Pills. This is the only medicine that actually makes new, rich, red blood is the one thing needed to maintain the health of growing girls and women of mature years. The truth of this statement is proved in the case of Miss Esther E. Sproule, Truemanville, N.S., who says, "At the age of sixteen years I left my country home to attend high school. The close confinement and long hours of study nearly broke me down. My blood supply seemed to be deficient and I grew pale and depressed. I was

dizzy nearly all the time, and pimples broke out on my face. I was altogether in a miserable condition, and it seemed impossible for me to continue my studies unless I found a speedy cure. I tried several tonics prescribed by the doctor, but they proved useless. My mother urged me to try Dr. Williams' Pink Pills, and I finally consented to do so. I had hardly finished the second box before a change for the better took place, and the use of a few boxes more fully restored my health, and I have since been well and strong. I feel that I cannot say too much in favor of Dr. Williams' Pink Pills and I strongly recommend them to other ailing girls."

You can get these Pills from any medicine dealer or by mail at 50c a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

## SPARKLES.

Doyle—Pfwat's th' rayson O'Toole do be afther havin' a tin weddin', I wonder?

Boyle—Faith, an' it's because he's been married to his old woman tin years, Oi'm thinkin'.

Rivers, who was writing an article on the cost of living, found himself temporarily at a loss.

"Brooks," he said, "I want to use that scriptural phrase, 'from Dan to—to—what's the rest of it?'"

"Beelzebub?" suggested Brooks.

"Thanks," said Rivers, resuming his writing. "I had it at my tongue's end, but I couldn't quite think of it."

Sabbath School Teacher—Now, Danny, what do you understand by "righteous indignation?"

Danny—Gettin' mad without sayin' any cuss words.

The misprinting of a single letter occasionally lands a newspaper into an alarming statement. Witness the account of a public meeting addressed by Disraeli, when, according to a London journal, "the crowd rent the air with their snouts."

"Isn't your hat rather curious in shape?" asked the uniformed man.

"Certainly," answered the wife. "It has to be. Any hat that wasn't curious in shape would look queer."

"We can't eat this steak; it's not good!" complained a young man who was spending his honeymoon in a Scottish village.

"Ye're surely jokin', sir," said the landlord of the inn. "It maun indeed be guid. It's a bit o' the minister's auld coat!"

"Seventy-five dollars cash—not a cent less!" thundered the farmer.

"Seventy-five dollars?" repeated the automobilist. "Do you think it was a cow I ran over?"

"No, it wasn't a cow," said the farmer firmly; "it was a hen, and a layin' hen at that."

The Minister—Mackintosh, why don't you come to church now? Mackintosh

—For three reasons, sir. Firstly, I dinna like yer theology; secondly, I dinna like yer singin', and, thirdly, it was in your kirk I first met my wife.

## A WINTER SONG.

All snug and warm,  
Safe from the storm,  
The kine in sheltered stalls are lowing;  
And here we find  
Their keeper kind,  
A wealth of care and feed bestowing.

No angry word  
Nor shout is heard;  
His kick or cuff is here a stranger.  
Their knee-deep beds  
Of straw he spreads;  
Fair measure fills each trough and manger.

He pets them all,  
From stall to stall;  
And while he sings and whistles gayly,  
With stool and pail,  
He never falls  
To reap a goodly harvest daily.

Though snow and sleet  
May swirl and beat,  
While wintry winds are rudely blowing,  
Warmth, care and feed  
Meet every need,  
And fill the pail to overflowing.

## ARNPRIOR DRUGGIST

## ENDORSES D. D. D.

Canadian druggists are becoming enthusiastic about D.D.D. as they find it really cures their customers of eczema and other torturing skin diseases.

This is what Druggist Chambers, of Arnprior, Ont., wrote us on Nov. 10, last:

"I have handled D.D.D. ever since you commenced advertising in Canada, as I know it to be good, having sold it for several years in Belt, Montana, where I found it gave superior satisfaction."

(Signed) J. CHAMBERS.

For years doctors tried to cure eczema through the blood. As it is caused by germs in the skin itself, they were naturally not very successful.

Then came D.D.D. Prescription—a mild, soothing, yet penetrating compound of oil of wintergreen, thymol, glycerine, etc., that kills the germs in the inner skin, relieves the awful itch, and cures.

For free trial bottle of D.D.D. Prescription write to the D.D.D. Laboratories, Department O.D., 23 Jordan St., Toronto.

For sale by all druggists.