

## HEALTH AND HOME HINTS.

Two tablespoonsfuls of pure olive-oil is said to contain more nourishment than a pound of meat or a cupful of butter, and being in a stage of natural emulsion is digested promptly, making blood, fat, and weight.

Delicious fritters can be made from stale cake by dipping the slices in cream, frying in butter, and spreading a bit of preserve or fresh berries over the slices, served hot.

When using canned salmon, shrimps or lobster open the can several hours before needed, put the contents into a colander, pour boiling water over, then drain and cool, and all disagreeable fishy odor and taste will disappear.

Put a dice of raw potato on the tip of the blade of the knife with which onions are peeled to absorb the fumes.

There are many methods of "soft boiling" eggs, but this is one of the most satisfactory: Place the eggs in a deep pan, cover with rapidly boiling water and leave covered on the stove, but where the water does not actually boil. In four minutes' time they will be just right and digestible.—The Pilgrim.

Batter Pudding.—One quart milk, 4 eggs, 6 cups flour, a little soda and salt. Mix flour carefully with a little milk, so it will not be lumpy. Bake 20 minutes.

Baked Rice Puding.—One-half cup rice, one-half cup sugar, 1 quart milk. Stir all together, put in the oven, and bake until rice is soft, stirring every once in a while.

Codfish Balls.—Pare six potatoes of medium size, and cut in quarters. Put one cup of raw salt codfish, picked into small pieces, above the potatoes in a saucepan. Pour boiling water about the potatoes, and cook until tender. Drain off the water and set in a saucepan, covered with a cloth, on the back of the range, to dry the potatoes. Mash thoroughly, and add pepper to taste. Beat an egg until white and yolk are well mixed; add gradually a little of the fishball mixture, and when well blended return to that in the saucepan, and beat thoroughly. Shape into balls, and fry in deep fat, smoking hot. It is best to use a frying basket for this.

Simple and attractive salads.—An odd and pretty salad is made of celery and apple. Instead of the usual crescents and cubes, the celery and apple are cut in long, narrow straws, mixed lightly with mayonnaise, and garnished with a fluffy border of watercress. Another salad is potato and tomato. The freshly cooked potato is cut in very small pieces, placed in a bowl with a sign of onion. A French dressing is poured over while the potato is warm and whole allowed to stand for two hours in a cool place. When ready to serve, a fresh tomato is peeled, carefully scooped out, filled with the potato mixture, and a large spoonful of cooked dressing, to which whipped cream has been added, placed on top.—The February Housekeeper.

## TOBACCO HABIT.

Dr. McTaggart's tobacco remedy removes all desire for the weed in a few days. A vegetable medicine, and only requires touching the tongue with it occasionally. Price \$2.

LIQUOR HABIT—Marvellous results from taking his remedy for the liquor habit. Safe and inexpensive home treatment; no hypodermic injections, no publicity, no loss of time from business, and a cure certain.

Address or consult Dr. McTaggart, 75 Yonge street, Toronto, Canada.

## SPARKLES.

Tourist—What do the people round here live on, Pat? Jarvey—Pigs, sorr, mainly, and tourists in the summer.—Punch.

"I say," Uncle Jack, I dreamed you gave me a half crown last night." "Did you, me boy? Well, you can keep it."—London Tattler.

"Dubley says his motto is, 'Live and learn.'" "Well, if he isn't more successful at the former than the latter, we'll be going to his funeral soon."—Philadelphia Press.

"The trouble with that man is that he takes small matters seriously." "Yes," answered Miss Cavenne; "but you could not expect him to do otherwise without sacrificing his self-esteem."—Washington Star.

"An old subscriber writes us to know what a married couple can live comfortably on," said the stenographer.

"Tell her twenty-five per cent. more than they have," answered the correspondence editor, wisely.

Mrs. Brindle—Now, Mary, I want you to be careful. This is some very old table linen—been in the family for more than two hundred years, and"—

Mary—Ah! sure, ma'am, you needn't worry. I won't tell a soul, and it looks as good as new, anyway.—Illustrated Bits.

Irate Parent—Here! what is all this noise!

Bobby—Please, papa, we are playing trains, and I am the locomotive.

Irate Parent—You are the locomotive, eh? Well, I think I'll just switch you.—Illustrated Bits.

"I once asked a boy to explain if he could, the difference between animal instinct and human intelligence. It was a pretty hard question, but the lad was equal to it. 'If we had instinct,' he said, 'we should know everything we needed to know without learning it; but we've got reason, and so we have to study ourselves 'most blind, or be a fool.'"—Harper's Weekly.

"What is reform?" asked the argumentative man.

"Reform," answered the world-weary one, "usually consists in merely compelling a man to stop doing things his way and making him do them yours."

"Pa, what is a Bohemian?"

"A man who'll let you share your last dollar with him, my boy."

"Let the GOLD DUST twins do your work."



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## GOLD DUST

will spare your back and save your clothes. Better and far more economical than soap and other Washing Powders.

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## A FAMILY MEDICINE.

Dr. Williams' Pink Pills the One Medicine Best Suited for the Whole Household.

Dr. Williams' Pink Pills are the greatest blood-builder known to medical science. They never fail to make rich, red blood—lots of it—the kind that brings health and strength to the sufferer. They are a family medicine—good for the grandmother or grandfather; the mother or father and for the growing children. Thousands have found new health and strength through the use of these pills. As proof of their being a family medicine Mrs. Chas. Castongway, Michinicotin River, Ont., says: "My husband was ill for five months and was unable to do any work. He made several trips to the Soo to consult doctors and spent much money on medicine but nothing helped him—in fact he grew worse. He could not eat much and the little he did eat would not remain on his stomach. His stomach was examined by X Rays and found to be in a terribly inflamed condition. After remaining at the Soo for some time under the doctor's care without finding relief he returned home discouraged and afraid he was going to die. It was then Dr. Williams' Pink Pills were recommended and by the time he had taken nine boxes he was perfectly well and able to go to work again." Mrs. Castongway continues: "I have also used the Pills for female troubles and found them a perfect medicine. My little one also owes good health and a rosy color to them."

Dr. Williams' Pink Pills cure all the troubles due to poor blood or shattered nerves, such as anaemia, rheumatism, dyspepsia, neuralgia, St. Vitus' dance, partial paralysis, etc., simply because they make rich, red health-giving blood. Sold by all medicine dealers or by mail at 25c. a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

A new Japanese-American problem has been evolved by the naturalization of Taneamatsu Matsuki, a Japanese by birth, by United States District Judge Charles Swayne of Florida. The Bureau of Immigration has given the opinion that the Japanese are not eligible to citizenship, and it is wholly within the range of possibility that it may deem it worth while to have the question finally settled by carrying this case to the United States Supreme Court for a decision. Before Congress by special action closed the doors against the Chinese in 1882 a few of them were naturalized, and the Supreme Court would doubtless declare in favor of Mr. Matsuki. In any event the decision would settle the legal status of the question involved, but whatever the decision would be, it seems as though it would but open a new issue. If the action of the Florida Judge is sustained, at once we would hear again from the Orientals of California. If the naturalization were declared illegal, Japan would enter her protest,—and with right—against the discrimination made against her subjects.

They are the world masters who have first mastered themselves.

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