

HEALTH AND HOME HINTS

Rice possesses more nutriment than wheat, oats or barley. It will sustain life longer than any other starch-producing plant.

When shutting up a house for a long period pack the silver in dry flour, and keep the knives, forks and spoons together arranged in layers, with flour in between. The silver will remain perfectly bright and untarnished in this way.

The very best thing to relieve the pain of a sprain is immediately to envelop the injured part in a piece of thick flannel, which has been wrung out of boiling water. Formentations of this kind should be kept up until the pain lessens.

Very fine old lace can be beautifully cleaned by being sewn in a clean piece of linen and laid all night in salad oil. Next day boil it in a large pan of soapy water for a quarter of an hour, and rinse it in several waters. Dip into sugared water, and pin on a strained cloth to dry.

Here is a test for butter so simple that any housewife can put it into successful practice. A clean piece of white paper is smeared with a little of the suspected butter. The paper is then rolled up and set on fire. If the butter is pure the smell of the burnt paper is rather pleasant, but the odour is distinctly tallowy if the butter is wholly or in part made up of animal fats.

How to become thin.—Fat should be reduced by improving the general health and exercising the muscular tissues of the body rather than by change of a radical diet. Strengthen the muscular tissues by increasing the meat foods. Keep the blood in good normal condition by cutting from the diet all sweets, severe acids, wines, alcoholic and malt liquors. Use sufficient pure cool water to give free action to the skin and kidneys. Eat sufficient food but only twice a day. Do not nibble between meals.

Baked Benenas.—Mix together half a cup of sugar, a teaspoon of cornstarch, and one-quarter teaspoon of salt. Stir into this one cup of boiling water, and cook until the sauce boils. Add the juice of half a lemon, or two table-spoons of currant jelly. Butter a baking-dish; remove the skins from half a dozen bananas, cut the bananas in half lengthwise, then again across. Put a layer of bananas in the baking dish, pour over a little sauce, and so continue until both are used. Mix together half a cup of crumbled crumbs and one-quarter cup of melted butter, and spread over the top. Bake until the crumbs are browned.

Mixed Soup.—Three quarts of water, quart of shredded cabbage, one pint of sliced potato, half a pint of minced carrot, half a pint of minced turnip, half a pint of minced onion, one leek, two tomatoes, two tablespoonfuls of minced celery, two tablespoonfuls of green pepper, two tablespoonfuls of butter or drippings, three teaspoonfuls of salt and half a teaspoonful of pepper. Have the water boiling hard in a stewpan, and add all the vegetables except the potatoes and tomatoes. Boil rapidly for ten minutes, then draw back where it will boil gently for one hour. At the end of this time add the other ingredients and cook one hour longer. Have the cover partly off the stewpan during the entire cooking. This soup may be varied by using different kinds of vegetables.

Those are in a sore strait who have to lead children to God where parents are pulling in an opposite direction.—Edward Garrett.

Turn your sorrows outward into our rents of sympathy and deeds of kindness, and they will become a stream of blessing.—Cuyler.

SPARKLES.

Jennie: Did you hear of the awful fright Jack got on his wedding day?
Clive Yes, indeed—I was there and saw her.

Overheard at the Art Gallery—They were making the usual round of exhibitions.

"O!" he exclaimed, "do look at that beautiful Apollo Belvedere!"
"Sh!" she returned. "Don't say 'dear' so loud. Everybody'll know we're just married."

A woman who had failed to receive from a large patent medicine firm a sample of pills for which she had applied went to the post-office to inquire why the letter (which she believed to have been duly posted) had not reached her. She was served with the customary form on which particulars of her grievance must be stated, and after the words "nature of complaint" she ingeniously wrote "biliousness."—American Home Monthly.

To-day is short.

Yesterday has passed.

To-morrow may not come, hence you have no time to waste. If you contemplate doing something, better be it.

In English parliament an Irishman once arose to discuss his country's wrongs. "Ireland's cup of misery," he said, "has been overflowing for ages and it seems not to be yet full."

It is the custom of a well-known vicar to point his sermons with either "dearly beloved brethren," or "now, my brothers." One day a lady member of his congregation took exception to this.

"Why do you always preach to the gentlemen and never to the ladies?" she asked.

"My dear lady," said the beaming vicar, "one embraces the other."

"But not in the church!" was the instant reply.—Cassel's Saturday Journal.

Sandy's Pleasure—An old farmer who lived by himself sent for the parish grave-digger and explained to him where he wished to be buried. "And here, Sandy," said he, "are ten shillings for digging my grave. Ye see, ye wadna may be he sae sure o' the peyfter I'm awa'." "Deed, sir," replied Sandy, overcome at such unwonted liberality, "it wad be a great pleasure ta me ta dig yer grave for naething o'ne time."

When we get to see things in their true light those things which we now call trials and hardships will be counted as precious privileges.

Except we build upon the foundation of "As ye sow, so shall ye reap," we labor in vain to establish a higher, or even to maintain the present civilization.

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WEAK AND WORN OUT.

Dr. Williams' Pink Pills Give New Strength to Overworked Women.

The life of a domestic is a hard one. She toils from early morning till late at night; her work is never done. Often she is too busy to get out of doors for a breath of fresh air. Unless her blood is kept rich and pure this close confinement wears on her health. Her strength will fail; she may lose her appetite, become pale and dyspeptic. In fact she is in danger of a general breakdown. Such was the condition of Miss Marie Anne Fleury, of Ste. Anne de la Perad, Que., before she used Dr. Williams' Pink Pills. She says: "For a number of years I have been a servant. Up to a year ago I always enjoyed the best of health, but suddenly I was seized with pains in my side, my appetite left me, I became dyspeptic and lost all strength. I consulted a doctor who told me I was suffering from general debility. I was forced to stop work and for three months I followed the doctor's treatment, but without benefit. I was advised to try Dr. Williams' Pink Pills, and as I had often read of the cases they cured, I decided to do so. I only took eight boxes before I was cured and to-day I am stronger than I ever was. My digestion is good and I can now go about my work without fatigue. I owe a debt of gratitude to Dr. Williams' Pink Pills for what they have done for me and I strongly advise other weak sickly girls to give them a trial."

Miss Fleury's case is one of many that Dr. Williams' Pink Pills have cured after doctors' help had failed. The success of these pills lies in the fact that they strike right at the root of the trouble—the blood. Other medicines simply act on the symptoms of a trouble—and may relieve but they do not cure. Dr. Williams' Pink Pills make new rich blood—that is why they cure dyspepsia, rheumatism, anaemia, heart palpitation, headache, backache and the ills of women; all these are caused by bad blood—Dr. Williams' Pink Pills cure them all because they make new blood. For sale at druggists or by mail at 50 cents a box or six boxes for \$2.50, from The Dr. Williams' Medicine Co., Brockville, Ont.

To any one wishing to keep in touch with European affairs—literary and political—no better means can be suggested than a personal monthly of a first-class periodical like The Fortnightly Review. The February number contains an unusual number of attractive papers. We mention a few of them: "The Situation in Egypt," by A. B. de Guerville; "A New House of Lords," by Alfred Russell Wallace, L.L.D.; "Conditions of Franco-German Peace," by Baron Pierre de Combertin; "Kaiser or People," by J. L. Garvin; and chapters IV-VI of "The Stopping Lady," by Maurice Hewlett. Leonard Scott Publication Company, New York City.

LIQUOR AND TOBACCO HABITS.

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