

## HOUSEHOLD HINTS.

Knives, after using, should be wiped with soft paper, removing the grease, etc., then placed in a deep can or vessel, keeping the handles above the water, lukewarm until washed clean, then thoroughly dried.

**Escalloped Onions.**—Boil half a dozen onions until tender, changing the water three times and replenishing each time with boiling water. Flake the onions after draining. Put a layer of fine bread crumbs in a baking dish, then a layer of onions, and season well with salt, pepper and a few bits of butter. Repeat until the dish is full; turn in half a cupful of milk and bake half an hour. The top layer should always be of crumbs. Onions are delicate in flavor when served in this way, and often preferable to plain boiled onions.

**Butter Cottage-Cheese.**—I doubt if any housewife knows that the delicious schmier, kase, or cottage-cheese, can be made from buttermilk as well as plain sour milk. Many farm households have been denied the cheese because they use cream separators and accumulate no sour milk. Put the buttermilk in a jar on the back part of the stove where it will heat slowly; it requires a little more heating to curd than does other milk. When it has entirely separated, pour off the whey, and turn the curd into a cheese-cloth sack to drip, letting it stand from eight to ten hours. When it is dry, stir a small amount of salt into the curd, and mix with sweet cream or rich milk.

## FRUITS AS FOOD.

Marion Harland writes of the value of fruits as food: "Beginning with strawberries (by courtesy), ripened in Florida, we run the gamut of fruit desserts through May, June, July, August and September."

"Housemother and cook rejoice in the lightened cares and work brought when the relief is most opportune. A sapient youth once remarked to me how 'lucky it is, don't you know, that fish are in season in Lent.' The caterer and the cook regard as a special mercy the conjunction of hot weather and plenty of fruit."

"The truth being that the human race would be healthier and longer lived if we served desserts that require no cooking all the year through. No, dear reader! you who regard the flesh-pot as an essential to the diet of creatures who are stamped by nature as both carnivorous and gaminivorous. I'm not hammering in the dogma of raw food! I but plead for moderation in all things, and that we admit to our daily fare things that draw nutriment and sweetness directly from the bosom of Mother Earth."

"Currants, berries, rhubarb, peaches, apples and pears, melons and grapes bring to jaded appetites and bile-laden systems each its own message. A too-common blunder is in overlooking the benefits we might get from carrying the habit learned and practiced when the mercury is up to blood heat on into the winter solstice. For bile gathers as surely if more slowly then, and the digestive organs are sluggish to congestion."

"True, we need carbon in cold weather, and meat and oils engender carbon. Hence the Eskimo's and Laplander's dietary of train oil and seal blubber. Does it occur to the advocate of heat-making foods that neither Eskimo nor Laplander is a model of athletic comeliness?"

"Beginning with the earliest spring berries, we note their beautiful adaptation to the condition of the winter-taxed body. The acids of berry and of cherry act directly upon the blood and biliary secretions. I have heard young women congratulate themselves upon the effect of strawberries, raspberries and cherries, eaten in abundance, upon the complexion."

"Peaches are yet more catholic in principle and benignant in action. They may be indexed as a capital all-around fruit. They correct constipation, yet have a decided tendency to brace the intestines. Prussic acid, in minute quantities, is secreted in the fragrant cells of the luscious."

## SPARKLES.

Mother (looking over her boy's shoulder)—Your spelling is perfectly terrible.  
Little Son—This isn't a spellin' lesson. It's a composition.

"I am looking for employment," said the young man to the boss of the big establishment. "You will find employment," said the boss, with a fine show of sarcasm, "in your continued attempt to find it. Had you been looking for work I might have accommodated you."

Judge: You are privileged to challenge any member of the jury now being impaneled.

"Well, thin, yer honor, O'll foight the shmall mon wad wan eye, in the corner, there fernist yez."

What is the difference between (1) a gardener, (2) a billiard player, (3) a gentleman, and (4) a sexton? Answer: The first minds his peas, the second minds his cues, the third his p's and q's, the fourth minds his keys and pews.—Exchange.

Not Loud, but Deep.—Village Constable (to villager who has been knocked down by passing motorcyclist)—"You didn't see the number, but could you swear to the man?"

Villager—"I did; but I don't think 'e 'eard me."—Punch.

The actor in a "miracle play" recently produced in New York had been coached to preserve the old English pronunciation of the final e in words like "hedde" and "roote," says a writer in the Sun. There was a moment of embarrassment, however, when a group of young women appeared on the stage in the guise of shepherds, wearing kirtles. They were discussing the climate in the part of the country in which they were supposed to be. Said one of them, most naively, "These nighties are too long."

Going to sleep in church is likely to be no more awkward and rude a thing than waking up suddenly in church. An item in a country paper aptly illustrates this. No doubt the lady, who behaved herself admirably under the circumstances, was quite as much embarrassed as her husband.

Major Young went to sleep Sunday in church just before the plate was passed. He snored for a while in a ladylike manner, but suddenly let out a few links that sounded like a trombone solo.

At that point his wife jabbed him in the rib with her elbow, which awakened him sufficiently to remark, "Let me alone! Get up and build the fire yourself. It's your turn."

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MONTREAL

## TONIC TREATMENT

## FOR INDIGESTION

## The Process of Digestion is Controlled by the Blood and Nerves.

If you have indigestion and you begin a course of treatment to make your stomach stronger, you are on the right track for a real cure. You can never cure yourself by eating pre-digested foods, or by taking purgative medicines. The stomach is not doing its own work under these treatments, and there can be no real cure until the stomach is strong enough to digest all the food necessary to maintain the body in normal health. The great aim of the tonic treatment for indigestion in all forms is to strengthen the stomach to a point where all foods eaten will digest easily and nourish the body. A tonic that will strengthen the stomach is what is needed, as the process of digestion is controlled by the blood and nerves. Dr. Williams' Pink Pills are an ideal tonic. They actually make new, rich blood, and thus bring strength and tone to the stomach. This has been proved over and over again, and thousands of grateful people have not hesitated to say so. Here is an instance: Miss Eva Tocher, Balmoral, Man., says:—"I am writing this letter on behalf of my mother who wishes you to know how much Dr. Williams' Pink Pills have done for her. For several years she had been greatly troubled with indigestion and notwithstanding the medicine she was taking the trouble was growing worse. Every meal was dreaded, and left behind it a feeling of nausea and severe pains. As this continued she began to lose strength and energy, and was hardly able to do any housework. Acting on the advice of a friend she began to take Dr. Williams' Pink Pills, and soon began to feel better. She continued taking the Pills until she had used ten boxes, when her health was fully restored and she could take any kind of food without the least discomfort. Since that time she has not had the slightest return of the trouble."

Thousands of cured men and women speak from experience of the benefits derived from Dr. Williams' Pink Pills in cases of indigestion, anemia, rheumatism, general weakness, pains in the back and side, neuralgia, St. Vitus dance, and the troubles that afflict women and growing girls. These pills are sold by all medicine dealers or by mail at 50 cents a box, or six boxes for \$2.50 from The Dr. Williams' Medicine Company, Brockville, Ont.

The English Winston Churchill's reputation for wit is well known, and on one occasion he made a neat little joke at the expense of a self-opinionated army officer. The incident occurred during a dinner in South Africa, and Mr. Churchill and the officer were seated side by side. Throughout the meal the latter was airing his views, until at last Churchill could stand it no longer.

"Do you know," he said quietly, "I met a man to-day who would gladly forfeit £50 for the pleasure of being able to kick you?"

"To kick *fe*, sir!" exclaimed the astonished soldier. "I must ask you to tell me his name at once."

"O," replied Winston, "I'm not quite sure that I ought to do that."

"But I insist on knowing," demanded the other angrily.

"Well, then, I suppose I must tell you. It was a poor young fellow in the hospital who had lost both his legs by the bursting of a shell."

Life is the start; heaven is the goal.

The greatest fool is the one who fools himself.