

HEALTH AND HOME HINTS.

If kept in a cup and covered with cold water, yolks of eggs will keep fresh for several days.

Wring chamois out of soapy water without rinsing; when it dries it is soft and pliable instead of stiff.

When finely chopped nuts are needed for cake, salads or sandwiches, run the nuts through the mincing machine.

In baking potatoes put a small pan of water in the oven, and you will find they will bake much more quickly.

For boiled fruit pudding take five or six ounces of suet, chop it very finely, then rub into one pound of flour. Season with a saltspoonful of salt, and add by degrees sufficient water to make a light, stiff pastry. Turn on to a pastry board and roll it to quarter-inch thick. If you have not as much suet as I have stated, use a little baking powder to insure the pastry being very light. Boil for one and a half to two hours.

A Good Pudding.—Beat the yolks of four eggs very light, add three-quarters of a pound of sugar, quarter of a pound of butter, the grated rind of one lemon, and the juice of two, and twelve wine glasses of cold water. Let this boil until it begins to thicken perceptibly; it will take from a half to a whole hour, and must be stirred constantly. Line a pudding dish with round sponge cakes, and when the custard is done, pour over them. Make a meringue of the whites of four eggs and half a teaspoon of white sugar and put over the top of the dish. Put it in the stove and let it stay just long enough to brown nicely.

TREATMENT OF FACE BLEMISHES

Never attempt to remove a red spot or a wart by strong caustics. The result would probably be a worse blemish. The persevering application of simple collodion to a red spot will lessen it in time. This is a pure astringent, not a caustic. Astringents are of no use for warts. They need a caustic, but one should avoid all corrosive things, like nitric acid. Salicylic acid collodion is safe enough. It is to be lightly brushed over the part nightly; and no attempt should be made at removing the wart by picking. Rubbing the wart with a crystal of washing soda will sometimes destroy it.

ORIGIN OF COFFEE.

The use of coffee is ascribed to the superior of a monastery in Arabia, who, desirous of preventing the monks from sleeping at their nocturnal service, made them drink infusions of coffee, upon the report of shepherds, who observed that their flocks were more lively after browsing on the fruit of the coffee plants. This, then, affirms the fact that coffee drinking is a powerful stimulant and prevents sleep. It is claimed that black coffee, dripped, is less injurious than coffee served with cream, but the latter will not be so injurious if allowed to stand until it forms a scum on the cup, which can be lifted off. If you purchase ground coffee, put it in a glass bottle and cork it. It will retain its strength for years if kept in a tightly-sealed tin. If exposed, the aromatic oils evaporate leaving a tasteless, woody bean.

Time is a great soother, a great healer of sorrows, a great adjuster of misunderstandings. "All things come to those that wait" is true in many of the fields where life is active.

Little words, not eloquent speeches; little deeds, not miracles or battles, nor one great heroic or mighty martyrdom, make up the Christian life.—Bonar.

SPARKLES.

Little Edna—"What is leisure, mamma?"

Mamma—"It's the spare time a woman has in which she can do some other kind of work, my dear."

Autoist (who has paid boy to bring assistance)—Did you give the farmer my message, boy?

Boy—Yes, I told him ther' wuz four automobileers stuck in a drift' an' cudden' git out.

"What did he say?"

"He said 'Hooray,' an' gimme another quarter."

One of the small sons of the Prince of Wales was taken on board a battleship not long ago. It was his first visit to a big ship, and he was deeply impressed and interested, and asked as many questions as the average boy. Finally he asked what was behind a certain closed door.

"That's where we keep the powder."

"Do you have to take powders, too?" said the little prince, sympathetically.

Husband—"Our little boy is sick, doctor, so please come at once."

Physician—"I can't get over much under an hour."

Husband—"Oh, do doctor. You see my wife has a book on 'What to Do Before the Doctor Comes,' and I'm so afraid she'll do it before you get there."

A lecturer asked a leading citizen of a country village:

"How do you think a lecture by me on Mount Vesuvius would suit the people of your town?"

"Very well indeed, sir," was the reply, "a lecture by you on Mount Vesuvius would suit them much better than a lecture by you in this village."

Child—"Suppose I called you a mean old pig, what would happen?"

Governess—"I should tell your father, and he would punish you."

Child—"And if I only thought it?"

Governess—"No harm so long as you don't say it."

Child—"Then I only think it."

A LONG SERMON.

A wag once drifted into a church about nine o'clock one evening, and after he had listened to the preacher for some fifteen minutes, he said to a gray-haired gentleman next to him, apparently the oldest member of the congregation:

"How long has he been preaching?"

"I don't know," replied the old gentleman, "I think thirty or forty years."

"Well," said the wag, "if that is true, I'll stay; he will soon be through at least."

Seeking advice on questions of duty is often prompted less by a desire for clearer vision than by a hope of losing the uncomfortably clear vision we already have. Someone with a different opinion who can persuade us that a more agreeable course is the right one, is what we really seek—not more light, but less.

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 \$2.00.

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.

WORK AND WORRY
WEAKENS WOMEN

New Health and Strength Can be Had
Through the Use of Dr. Williams' Pink Pills.

It is useless to tell a hard working woman to take life easily and not to worry. But it is the duty of every woman to save her strength as much as possible; to take her cares as lightly as may be and to build up her system to meet any unusual demands. It is her duty to herself and to her family, for her future health depends upon it.

To guard against a complete breakdown in health the blood must be kept rich and red and pure. No other medicine does this so well as Dr. Williams' Pink Pills for Pale People. This medicine actually makes new, red blood, strengthens the nerves, restores the appetite and keeps every organ healthily toned up. Women cannot always rest when they should, but they can keep their strength and keep disease away by the occasional use of Dr. Williams' Pink Pills, which have done more to lighten the cares of weak women than any other medicine.

Mrs. James H. Ward, Lord's Cove, N.B., says:—"About two years ago I suffered so much from nervous prostration that I was little better than a helpless wretch. I suffered from headaches and a constant feeling of dizziness. The least unusual move would startle me and set my heart palpitating violently. I had little or no appetite and grew so weak that I was hardly able to drag myself about, and could not do my housework. In every way I was in a deplorable condition. As the medicine I had been taking seemed to do me no good, my husband got a supply of Dr. Williams' Pink Pills. I had only been taking the Pills for a couple of weeks when I seemed to feel somewhat better and this encouraged me to continue the treatment. From that on my strength gradually but surely returned, and in the course of a few more weeks I was once more a well woman, able to do my own housework, and feeling better than I had done for years. I have since remained well and I feel that I owe my good health to the healing power of Dr. Williams' Pink Pills."

Every other weak, sickly, worn out woman should follow the example of Mrs. Ward and give Dr. Williams' Pink Pills a fair trial. These Pills will send new blood coursing through the veins and bring brightness and energy to the weak and despondent. Sold by all medicine dealers or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

THROWING SHOES AFTER A
BRIDE.

The custom of throwing old shoes and rice has prevailed for many years in America, England, and Scotland. It came from the Eastern nations, and was originally intended as a sign of relinquishment by the relatives of their authority over the bride. An old Jewish custom provided that a brother of a childless man had the first privilege of marrying the widow, and until her brother-in-law refused her she could not marry again. Another authority maintains that the throwing of the shoe was a sham assault on a groom, who was supposed to be carrying off the bride.

Constant success shows us but one side of the world.