

HEALTH AND HOME HINTS.

Carrot Ginger.—Scrape and boil some carrots and mash them, and to each pound of pulp allow three-quarters of a pound of sugar, and to every three pounds of pulp the grated rind of a lemon and two ounces of powdered ginger. Boil for half an hour and you will have a delicious jam.

Troublesome feet.—Persons troubled with feet that perspire or smell offensive can effect a permanent cure by bathing them every night, or oftener, in a strong solution of borax, using a tablespoonful of pulverized borax to a basin of water, two or three weeks of such treatment will probably be found sufficient.

Mutton Broth.—One pound of mutton or lamb cut small, one quart of cold water, one tablespoonful of rice or barley, four tablespoonful of milk, salt, pepper, parsley; boil the meat without the salt, closely covered, until very tender; strain it and add the barley or rice; simmer for half an hour, stirring often; add the seasoning and milk, and simmer for five minutes more.

Chicken Salad.—Take equal parts of chicken and celery, or half as much chicken as celery. Cut the chicken in quarter inch slices. Scrape, wash, and cut the celery in slices. Mix with French dressing and keep on the ice till ready to serve. Make a mayonaise dressing and mix part of it with the chicken. Arrange the salad in a salad-bowl, and pour the remainder of the dressing over it, and garnish with celery leaves and capers.

Walnut Tablet.—Put into a saucepan 1 lb. granulated sugar, 1 breakfast cupful cream, and 1 tablespoonful syrup. Stir together until the mixture boils; add 6 ounces chopped walnuts, and boil briskly for 10 minutes. Remove from the fire, add one teaspoonful vanilla essence, and beat vigorously with a wooden spoon till the mixture is sugary and shows signs of stiffening. Dish, and before quite cold cut into neat bars. After standing over night, these are hard enough for packing. This is an excellent recipe for tablet, and when properly made should simply "melt away in one's mouth." It is not extravagant, as no butter is required, and thick cream is not desired.

SPARKLES.

Dr. Cosmo Gordon Lang, the new Archbishop of York, tells the story of a good old soul who stood godmother to an infant. At the ceremony all went well until the good woman was asked:

"Dost thou, in the name of this child, renounce the devil and all his works, the pomps and vanities of this wicked world?"

With much unction and energy, as though to show how thoroughly "she knew her Prayer Book, the woman replied: "Yes, yes. I recommend them all."

"Mamma," asked little three-year-old Freddy, "are we going to heaven some day?"

"Yes, dear, I hope so," was the reply. "I wish papa could go, too," continued the little fellow.

"Well, and don't you think he will?" asked the mother.

"Oh, no," replied Freddy, "he could not leave his business."

"Harold!"

"Yes, papa."

"What's this I hear? You say you won't go to bed?"

"Papa," replied the statesman's little boy, "if you heard anything like that, I have been misquoted."

Liquor and Tobacco Habits

A. McTAGGART, M.D., C.M.,
75 Yonge St., Toronto, Canada.

References as to Dr. McTaggart's professional standing and personal integrity permitted by:

Sir R. W. Meredith, Chief Justice,
Hon. Geo. W. Ross, ex-premier of Ontario,
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WOMEN WHO SUFFER.

Dr. Williams' Pink Pills Give Regularity and Good Health.

Every woman at some time needs a tonic. At special times unusual demands are made upon her strength. Where these are added to the worry and hard work which falls to her lot, weakness will result unless the blood is fortified to meet the strain.

Weak women find in Dr. Williams' Pink Pills the tonic exactly suited to their needs. Most of the ills with which they suffer are due to bloodlessness—a condition which the Pills readily cure. These Pills save the girl who enters into womanhood in a bloodless condition, from years of misery, and afford prompt and permanent relief to the woman who is bloodless, and therefore weak. Mrs. R. Fisher, Coates Mills, N. B., says: "Sometime ago my system was in a very anaemic condition as the result of an internal hemorrhage caused by an accident. Though I had the services of a skilled doctor for a time, I did not recover my strength, and gradually I grew so weak that I could not do any house-work. As I seemed to grow steadily weaker I became much discouraged, for previous to my accident I had always been a healthy woman. About this time I received a pamphlet of Dr. Williams' strengthening powers of Dr. Williams' Pink Pills. I procured a box at once and began using them. When they were gone I got three boxes more, and by the time I had used these I found myself somewhat stronger and my appetite much better. Before I began the Pills I could scarcely walk upstairs, and could do no work at all. Now after taking three boxes I was able to walk out in the open air. I kept on with the Pills, and after using six boxes was delighted to find that I could again attend to my household affairs. I took two more boxes of the Pills, and I felt that I was as well as ever I had been, and equal to any kind of exertion. I have since recommended Dr. Williams' Pink Pills to friends with beneficial results."

Dr. Williams' Pink Pills are sold by all medicine dealers or will be sent by mail at 50 cents a box or six boxes for \$2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

Cracker Pie.—Bake crusts same as for lemon pie, then roll 2 soda biscuits, pour over them 1 cup boiling water, add a small cup of sugar, a teaspoon essence of lemon, 1-2 teaspoon tartaric acid, add the beaten yolks of two eggs to the above mixture and cook in a dish till thick. Then fill into crust. With the beaten whites sweetened with sugar on top set back in the oven till brown. This is a good substitute for lemon pie.

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