

Health and Home Hints

BROWNIES: Mix one cup sugar, one fourth cup melted butter, one egg, two squares melted chocolate, one-half cup of flour, and one half cup chopped walnut meats. Line a pan with paraffin paper, and spread with mixture about one-third inch in depth. Bake in a moderate oven; remove from paper while hot, and cut in finger shaped pieces.

CUP-CAKES: Put one-third cup butter and one cup sugar in a bowl, and stir until well mixed; then add two eggs, well beaten, one-half cup milk, and one and three-fourths cups flour, mixed and sifted, with two teaspoons baking powder and one eighth teaspoon mace. Beat thoroughly, and bake in individual tins. Cover.

CHOCOLATE FROSTING: Put two squares chocolate in saucepan, and melt over boiling water; then add one teaspoon butter and three tablespoons boiling water. Cool slightly, and add confectioners' sugar to make of right consistency to spread. Flavor with one-fourth teaspoon vanilla.

Jellied Chicken: This makes a delectable luncheon or supper dish, and is a satisfactory way to serve an old fowl. Cook until very tender, remove skin and bones, and when cool chop very fine. Allow the broth to cool, skim off all fat and boil until reduced to one pint, add one-half a box of gelatine previously dissolved, season with salt, white pepper and celery seed, stir in the meat and mold in egg shells. When ready to serve, garnish with cress or parsley and slices of lemon.

A DELICIOUS SALAD: Cut in dice a cupful of cold veal or chicken, and place on a bed of lettuce or cress. Take about a pint of new peas, those left over from the previous day's dinner will do. Or, if none are in hand, shell, cook in the usual fashion, and let get cold. Cover the meat with them. Season a French dressing with prepared mustard and mint leaves, and pour over the whole. This is one of the simplest and most delicious salads served in or out of doors.

APPLE JELLY: Any apples may be used for apple jelly, as long as they are of good flavour, but bright red ones are best, because of the colour. To make apple jelly, cut the apples up and put them in a stewpan and cover with cold water. Cook until the fruit is soft, but not mashy. Pour off the juice through muslin into a basin, measure it into a stewpan, and to every pint allow three quarters of a pound of loaf sugar. Add some thinly cut lemon rind, and two cloves tied up in muslin. Boil the juice and sugar until they become thick and turn to jelly when dropped on to a cold plate. Skim carefully while boiling. Pour up into pots, and when cold cover carefully.

In An Emergency.

For neuralgia, apply hot, dry flannels, as hot as can be borne.

Hemorrhages of lungs or stomach may be checked by small doses of salt and perfect quiet.

Nervous spasms are usually controlled by a little salt taken into the mouth and allowed to dissolve.

Broken limbs should be placed in a natural position, and the patient kept quiet until the arrival of the physician.

Cramps in the stomach usually yield to a teaspoonful of ginger stirred in half a glass-

ful of hot water in which half a teaspoonful of soda has been dissolved.

For sudden attacks of dysentery or colic, give equal parts of tincture of rhubarb, essence of peppermint and camphor. Dose, ten to twenty drops in a wine-glass of sweetened water at intervals of fifteen minutes.

For acute asthma or nausea, spread a plaster with lard, sprinkle with black pepper, allspice and cloves, and lay on the chest or pit of the stomach, as the case may be.

A sprain should be treated at once to an application of water as hot as can be borne. This may be showered upon it, or cloths wrung out of hot water applied frequently.

If an artery is severed, tie a small cord or handkerchief tight above it, and, inserting a round stick, improvise a tourniquet to hold the flow in check until the surgeon arrives.

Rules for Dainty Hands.

Don't cut the nails without first holding them in warm water to soften them.

Don't cut the cuticle or any part of the flesh around the nails.

Don't polish the nails too highly; they should have only a natural gloss.

Don't cut the nails in points, but carefully arch.

Don't allow the nails to remain long soiled with anything that will stain them.

Don't wash the hands oftener than necessary; dry them thoroughly after every washing.

Don't wear gloves that are a size too small or that fasten too tightly. This prevents free circulation and makes the hands red.

Don't wear rings that are too small; in the worst result is disfigurement—hard and swollen hands and knuckles.

Don't wear bracelets so tight that they effect the circulation, or so loose that they rub on the wrist joints.

Don't file or scrape the nails—it only helps to thicken them. They should only be rubbed down with the very fine emery and cinnabar powder which is used for polishing shell and ivory.

The separation of Church and State, says the Paris correspondent of the London Times, has become one of the great questions of the day in France. Both sides are closing their ranks, and it is generally recognised that a great crisis is imminent. Premier Combes has been authorized to explain to the Vatican that it will be difficult to oppose the separation of Church and State unless the bishops abandon their resistance to the law.

The Watchman says: There are about 5,500,000 men in India who have given up all earthly employment, who live apart as ascetics, and spend their time in roaming around the country as religious mendicants. They are the most pestilential in their morals of all the people of the land. Many of them, at the same time, both regard themselves and are regarded by their co-religionists as the acme of piety. Nevertheless, they daily trample under foot every command of the decalogue.

Patience is the crowning grace of a Christian life. Many people can endure tribulation, but cannot be patient over it. They can "wait" for the Lord, but they cannot "wait patiently" for Him.—M. W. Knapp.

The people of Vermont and New Hampshire are beginning to find out how serious a mistake was made in changing their laws from prohibition to high-licence. They learn that the liquor dealers are just as ready and determined to break the license law as they were to break the prohibition law, and they are doing it. Law can never be modified to suit transgressors with any reasonable hope that they will become law-abiding. The liquor dealers are, as a class, lawless, and the less advantage given them the better for the peace and order of the community.

An eminent statistician says that the British Empire produces one-third of the world's coal, one-ninth of its copper, one-eighth of its iron, one-fifth of its lead, one-ninth of its silver and one-half of its gold.

Can Consumption Be Cured?

This question has never yet been satisfactorily answered. Certainly science has not yet found anything that will destroy the germs, and the only hope of cure depends on the ability of nature to throw off the disease.

It therefore becomes a simple question of nutrition. Fresh air and sunlight with plenty of good, rich, nourishing food properly digested and assimilated, has done wonders in the way of driving out the disease, and unless it has gone too far, nature thus assisted may work a cure. It will be seen, however, that everything depends on the ability of the digestive organs to assimilate a sufficient quantity of rich food and, unfortunately, where consumption has obtained a foothold, these organs are liable to be weakened and quite unequal to the task. Once more science comes to the rescue in the shape of FERROL, a concentrated medical food containing Cod Liver Oil, Iron and Phosphorus in an emulsion so perfect that it is ready for instant absorption so that the digestive organs are relieved from the overstrain, and the advice, "take plenty of FRESH AIR, SUNSHINE and GOOD RICH FOOD" becomes practicable as it never has been before.

FERROL with fresh air and sunlight will absolutely prevent consumption if taken in time.

FERROL with fresh air and sunlight will cure consumption in the early stages.

FERROL with fresh air and sunlight affords the only chance of cure in the advanced stages, and will certainly prolong life and add to the comfort of the patient.

If threatened with this disease in any form do not fail to try FERROL without delay.

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