

HEALTH AND HOME HINTS

Add a little castor sugar to tomatoes for serving raw or cooked, as it improves the flavor in a wonderful manner.

When boiling meat keep the lid pressed down tightly. The delicate flavor and the aroma of most boiled dishes escape with the steam.

Turpentine is one of the best remedies for croup. A piece of flannel should be saturated with it, and placed on the child's throat and chest.

Oatmeal porridge should be made with water—not milk. The latter renders it less digestible, but take milk with it when it is sufficiently cooked.

Escalloped Codfish.—Take a quantity of the cooked fish and place in the baking dish, alternate layers of the fish and bread crumbs, seasoned with butter. Over all pour plenty of rich milk and bake one-half hour.

For pains in the face and teeth take two teaspoonfuls of flour, the same quantity of grated ginger, and mix them well together with sufficient spirits to make a thin paste. Spread this on a linen rag and apply it to the part affected on going to bed, wrapping a piece of flannel over all, and it will effect a cure.

Escalloped Onions.—Boil the necessary number until thoroughly tender; prepare a white sauce made of one cup of milk thickened with a small tablespoonful of flour and the same amount of butter rubbed together until smooth, and seasoned. Put alternate layers of onions and sauce in a baking dish and bake one and one-half hours.

Pistachio Cornets.—Make some good puff pastry, and cut it into long strips, about three-quarters inch wide; make some cornets out of stiff writing paper, and wind the strips of pastry round and round them, beginning at the small end, and overlapping each round slightly, so as to join the rounds together; bake in a good oven, then carefully remove the paper cornet; when the cornets are cold, fill them with some sweetened whipped cream, decorate the edges with pieces of crystallized cherries and sprinkle chopped pistachios over.

Egg in a Nest.—An attractive dish to serve to an invalid is made by whipping the whites of an egg very stiff, adding a few grains of salt, and arranging it on a circular piece of toasted bread which has been dipped for an instant in boiling water. Make a depression in the center, drop in the unbroken yolk, and bake in a moderate oven till the white is a delicate brown. Garnish with parsley.

He is dull if vision who can see nothing in the river but his own reflection and nothing on the landscape but his own shadow.

The overcoming of the lower life is the entrance into happiness of the higher life. There are a great many ways all leading to the same end. One very simple and very practical method is, if one feels depressed, irritated, annoyed, or sad, to go and do something for somebody.

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.

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Address or consult Dr. McTaggart, 75 Yonge street, Toronto, Canada.

SPARKLES.

"Martha," he complained, "we simply must economize on our household expenses."

"Very well," she replied, "I've been buying strictly fresh eggs in the past seeing that you must always have one at breakfast. Hereafter I'll merely ask for fresh ones."

First Lady Doctor—He is sleeping now, and is certainly recovering. He proposed to me this morning.

Second Lady Doctor—Indeed! He was probably delirious.

Auntie (upon her return, to somewhat pessimistic nephew—: Did Tommy play with you while I was out, darling? He didn't make you cry?

Nephew: He made me cry a little bit.

Tommy: Oh, Philip. I made you laugh nearly all the time mother was out.

Nephew: Well, I laughed till I cried.

Beggar—Kind lady! I was not always like this.

Lady—No; yesterday you had the other arm tied up.

"Are those mining stock certificates safe investments?"

"In a sense. They are the sort of investments that you lock up in a safe, and then hope for the best."

Little Boy (doing his evening prep. at home, to his father): Papa, where as the source of the Volga?

Father: I don't know.

Little Boy: You don't know? And to think that to-morrow I may be punished for your ignorance.

Impertinent Youth: "Pardon me, miss, but didn't we see one another last night by the monkey house at Schoenbrunn?"

Lady: "It's possible, but how did you get out?"

Two Irishmen were moving some kegs of powder, when one noticed that the other was smoking, and this talk ensued:

"Look here! Ain't ye got any better sense than to be smoking whilst we're handling these 'ere kegs of powder? Don't you know that there was an explosion yesterday which blew up a dozen men?"

"Faith, but that cud never happen here!"

"Why not?"

"Bekase there's only two on this job."

It is expected that a railway connecting Damascus with Mecca, the holy city of the Moslems, will be completed during 1907. Already the road is finished as far as Medina, a second Mohammedan forbidden city.

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By Dr. Williams' Pink Pills After Doctors' Treatment had Failed.

Skin troubles indicate that the blood is in a poisoned state. It is the poison in the blood that causes blotches, pimples, eczema, boils, salt-rheum or bad complexion. Dr. Williams' Pink Pills make rich, red blood that banishes these troubles. Mrs. Osborne, wife of Andrew Osborne, clerk of the Township of Kennebec, Frontenac County, Ont., writes: "I cannot speak too highly of Dr. Williams' Pink Pills, for they did for me what doctors failed to do. Some years ago I was attacked by salt-rheum in the hands, caused by a run down condition of my blood. I endured the tortures of this terrible disease for some time, and only those who have been similarly afflicted can realize my suffering. At times my hands were so bad that I could not comb my hair. I was helpless. I consulted a doctor but his treatment failed to benefit me—my case seemed incurable. While in this condition I read of Dr. Williams' Pink Pills and decided to give them a trial. Soon I began to improve and by the time I had taken about a dozen boxes I was completely cured and I have not since had the slightest return of the trouble. I can heartily recommend Dr. Williams' Pink Pills to all similar sufferers."

You can't cure eczema, salt-rheum and skin eruptions with salves and outward applications. These troubles are rooted in the blood and can only be cured through the rich, red blood Dr. Williams' Pink Pills actually make. This simple medical fact should be known to everyone. Dr. Williams' Pink Pills not only cure skin diseases, but all other troubles caused by bad blood, such as anaemia, with its headaches, sideaches and backaches, heart palpitation, indigestion, rheumatism, neuralgia, St. Vitus dance and the special ailments that afflict so many young women and growing girls. You can get these pills from your medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

BEDTIME.

Too much stress cannot be laid on having the little ones go to bed happy. Whatever may have been done in the day, or if there is some inevitable disappointment or grief ahead, large or small, say nothing about it at night. Except for some strong reason, let a mother put a child to bed herself; let the evening prayer be said at her side; let the hour be associated with story or song or loving, confiding talk. For sanitary reasons, it is very important that bedtime should be happy, and the night's rest perfect—never delayed or broken by childish grief or fear. Important, too, for mental vigor and, most of all, for the soul's life. The good-night kiss should never be omitted.

There are times when disobedience or deceit has occurred that, in the sweet and affectionate evening talk, the child can be imperceptibly led to confide in the mother the whole story. This opportunity is a valuable one and should never be overlooked. But anything of the nature of punishment has no rightful place here.—Mrs. Mary Johnson, in American Motherhood.

Go, take that task of yours which you have been hesitating before, and shirking and walking around, and on this very day lift it up and do it.—Phillips Brooks.

INDIVIDUAL COMMUNION CUP

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