

HOUSEHOLD HINTS.

Oranges have an advantage above the great majority of other fruits of being obtainable all the year. They are anti-bilious. So are lemons. The orange is agreeable to the taste and has nutritious qualities not shared by the more tart cousin."

To remove fruit stains, let the spotted part of the cloth imbibe a little water without dipping it, and hold the part over two or three lighted brimstone matches at a proper distance. The sulphurous gas which is discharged soon causes the spots to disappear.

Frosted Rhubarb Pie.—Peel the rhubarb and chop it coarsely. Allow one and one-quarter cupfuls of sugar, mixed with two level tablespoonfuls of flour, to each two cupfuls of rhubarb. Add the beaten yolks of two eggs and two teaspoonfuls of melted butter. Fill a paste-lined plate with the mixture and bake. Cool partly and cover with a meringue made from the whites of two eggs, beaten stiff and dry, with two tablespoonfuls of powdered sugar. Let the meringue lie roughly over the pie and brown it a little in a slow oven.

Rhubarb Jelly.—This is best when made late in the summer, as the stalk then has reached a condition when it contains more of the elements that are needed to give a right consistency. Rhubarb jelly has a beautiful color, but is not always as firm as other fruit jellies. Do not peel the stalks, as the rich color in the peel is needed. Cook with a very little water, or just enough to keep from sticking and burning. Strain and heat the juice. Allow equal measures of juice and sugar, and cook about ten minutes, skimming often. Put, like other jellies, into tumblers, and pour melted paraffine over the tops of each.

Liver and Bacon.—Have the liver cut in thin slices, cover with boiling water for a moment or two, then drain and dry. Cover the bottom of the pan with thin slices of fat bacon and set at the side of the fire, where the fat will slowly dry out, pouring it off once or twice, then draw the pan forward until the bacon is very lightly colored. Transfer it to a hot dish and keep warm. Dust each slice of liver with salt, pepper and flour, put the pan over the fire; the slices should be done through, but not hard. Place them in the dish, arrange the bacon around them, and serve. If a gravy is desired, sift into the hot pan sufficient dry flour to absorb the fat, stir until brown, and add gradually sufficient boiling water to make a moderately thick gravy. Season, boil for a moment, and pour round the liver.

Castilian Omelet.—"Spain furnishes us with a delicious omelet," writes Fannie Merritt Farmer in *The Woman's Home Companion*. "Beat four eggs slightly, just enough to thoroughly blend the yolks and the whites, and add four tablespoonfuls of cold water, one-half teaspoonful of salt and one-eighth of a teaspoonful of pepper. Put two tablespoonfuls of butter in a hot omelet pan, and when melted turn in the mixture. As it cooks, prick and pick up with a fork until the whole is of a creamy consistency. Place on a hotter part of the range, that it may brown quickly underneath. Fold in a small quantity of tomato sauce, turn onto a hot serving dish, and surround with tomato sauce. For the tomato sauce, cook two tablespoonfuls of butter with one tablespoonful of finely chopped onion and one-half tablespoonful of finely chopped red or green pepper until yellow. Add one and three-fourths cupfuls of tomatoes and let simmer until the moisture has nearly evaporated; then add two tablespoonfuls of sliced mushroom caps, one tablespoonful of capers, one-fourth of a teaspoonful of salt and a few grains of cayenne."

SPARKLES.

"With all your wealth are you not afraid of the proletariat?" asked the deliver in sociological problems.

"No, I ain't," snapped Mrs. Newrich.

"We boil all our drinkin' water."

She—Have you any strawberries?

Dealer—Yes'm. Here they are—\$1.50 per box.

She—Gracious! They're miserable and so green.

Dealer—I know, ma'am; but there ain't enough in a box to do you any harm.

A sturdy Scotchman had been having a dispute with his wife, which resulted in his taking refuge under the bed. As she stood on guard with a good-sized stick in her hand he called lustily from his retreat:

"Ye can lamb me and ye can bate me, but ye canna break ma' manly spirit. I'll no come out."

Nellie—"How conceited you are, Effie! You're always looking at yourself in the glass." Effie: "I'm sure I'm not. I don't think I'm half as pretty as I really am."

Plenty More.—Mrs. Newlywed (at the table).—My gracious! you are spilling the gravy on the carpet, Jane.

Jane (captured wild on Ellis Island).—There's plenty more in the kitchen, ma'am.

Customer—Why do you wear rubber gloves?

Barber—So that my celebrated "hair grower" don't raise hair on the palms of my hands.

He sold a bottle.—Tid Bits.

Jinks: Harkins doesn't strike me as literary. Yet he declares that he never feels so comfortable as when he is snugly settled in his library.

Binks: Oh, that's not surprising. His bookcase is a folding bed.

"Waiter, this chuck steak I ordered is like wood."

"Yes, sah. Dat am wood-chuck steak."

"Little Willie Withers is the brightest and best behaved boy in the neighborhood."

"Allow me to deduce."

"You don't know little Willie and you've recently been chatting with his mother."—Birmingham Age-Herald.

A Family Puzzle.—A teacher was trying to explain the meaning of the word "recuperate" to one of the pupils. "Now, Willie," said she, "if your father worked hard all day he would be tired and worn out, wouldn't he?" "Yes'm." "Then when night comes and his work's over for the day, what does he do?" "That's what ma wants to know."

"Lc. the GOLD DUST twins do your work."



More clothes are rubbed out than worn out.

GOLD DUST

will spare your back and save your clothes. Better and far more economical than soap and other Washing Powders.

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Makers of COCO SOAP (toilet cake)

PANGS AND TORTURES OF A WEAK STOMACH

Prompt Relief and Cure Can Be
Obtained Through Dr. Williams'
Pink Pills.

Indigestion is a condition in which the stomach is more or less unable to digest the food. Even a light case of indigestion means much misery, but when the trouble is at its worst the life of the sufferer is one of constant and acute misery. Indigestion is recognized by a burning sensation in the stomach, bloating, an oppressive feeling of weight, belching wind, pains in the region of the heart, often vomiting and nausea, and a dread of food for the misery it causes. Dieting and the use of pre-digested foods may give some relief, but will never cure indigestion. The work of indigestion depends upon the blood and the nerves and the only way to cure indigestion is to so tone up the stomach that it will do the work that nature intended it should do. The very best way to cure a weak stomach is through a course of Dr. Williams' Pink Pills. These renew the blood, strengthen the nerves and thus give tone to the stomach, and enable it to do its work with ease and comfort. No one suffering from indigestion in even the slightest form should neglect the trouble for an instant; to do so means that it obtains a firmer hold, and daily the misery and suffering is increased, and the cure made more difficult. At the first approach of the trouble take Dr. Williams' Pink Pills and it will speedily disappear. These Pills will cure even the most obstinate case of indigestion, but naturally it takes longer to do so. Mr. Philip Lafleur, St. Jerome, Que., says: "After I left college, when I had studied hard for four years, I suffered so much from indigestion that I found it difficult to earn my living. I was troubled with terrible pains, a bloating feeling, and a sourness in the stomach. This led to a loss of appetite and I began to show signs of a nervous breakdown. I tried several different treatments without finding any apparent relief, and my nervous system had grown so shattered that I could not work. A priest who was interested in me advised me to try Dr. Williams' Pink Pills and I followed his advice. It was not long before they began to bring me back to health, and in the course of a couple of months my stomach was as sound as ever; my nervous system strong and vigorous, and I have since enjoyed the best of health. I owe all this to Dr. Williams' Pink Pills, for which I shall always feel grateful."

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

GOLDEN BUSINESS OPPORTUNITIES.

"Golden Business Opportunities" is the title of one of the Grand Trunk's latest publications, issued by the Commissioner of Industries. It is a concise treatise on business openings in Western Canada, and contains a fund of facts and valuable information. A "Quarterly Bulletin" has also been issued, which tells of specific business openings in Western Canada for the cobbler or coal dealer, liveryman or laundry man, baker or banker, lawyer, doctor or general merchant. These publications may be had for the asking. Apply to J. Quinlan, D.P.A., Montreal, Que.

All the doors that lead inward to the secret place of the Most High are doors outward—out of self, out of smallness, out of wrong.—George Macdonald.