

HEALTH AND HOME HINTS.

In boiling eggs hard put them in boiling water ten minutes and then put them in cold water. It will prevent the yolk from coloring.

In making an apple sandwich take apples, the juice of half a lemon, a little sugar and water; stew till tender, then turn out on a plate to cool.

For a liquid tooth wash dissolve a little powdered borax in boiling water; when cold, brush teeth and wash mouth out with it. It will keep teeth and mouth in a sweet and healthy state.

If a pan of sliced raw onions is placed in a room in which there is diphtheria they will absorb the poison, and prevent the disease from spreading. The onions should be renewed every day.

It is a well-known fact that babies of the very poor are less nervous than those in better circumstances, and as this is largely due to the fact that their mothers are too busy to constantly entertain them, this alone should be a point of warning to inexperienced mothers.

Sandwiches are the most convenient form of refreshment. Cut the bread from a day old loaf, and pound the meat, ham, fish, or whatever the filling is to be composed of, season it, and mix it with butter. Then spread it on the bread; cover with another slice; trim and cut into nice little squares, oblong and triangles.

Tender feet—Rest them as much as possible by changing your shoes several times a day—even from an old shoe to a new one is a rest. The muscles of the foot tire of one position, and it is wonderful how a frequent change of shoes rests them. A few drops of ammonia added to the water in which you bathe your feet at night will help to make them more comfortable.

French Fried Potatoes—Scrub and pare the potatoes, and cut in eights, lengthwise. Let stand in ice-cold water until well chilled. Then dry between towels, as they are to be fried. Fry in a deep pan of boiling lard. Avoid having the fat too hot, or the potatoes will be dark-colored before they are cooked through. When cooked, they should be golden brown. Drain at once on soft paper; then sprinkle with salt and serve.

Plain Batter Fritters—To a pound of sifted flour add the yolks of three well-beaten eggs. Stir cold water slowly into the mixture until it makes a thick batter, and add a pinch of salt. Beat well, and if too thick add a little more water, then last of all, add the whites of the eggs beaten to a froth. Place a deep pan on the fire with plenty of lard, and when it boils drop a teaspoonful at a time of the batter into it and fry to a golden brown. Lift from the pan on to a hot dish, one by one, place on a napkin, and sift powdered sugar over them before serving.

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SPARKLES.

"Do the experts in trials ever agree on anything?"

"Certainly; on the size of their bills."

A young member of the Scotch Bar was somewhat of a dandy, and was remarkable for his short temper. One day he was preparing to go on a visit to the country, and making a great fuss over the packing of his clothes for the journey. His old aunt, annoyed at the bustle he was making, said: "Whaur's this yer gaun, Robby, that you mak' sic a parade about your claes?" The dandy lost his temper, and pettishly replied, "I am going to the devil." The aunt quietly replied, "'Deed, Robby, then, ye needna be sae nice, for he'll tak' ye as ye are."

First Wife—"I wonder if it's really true fish is a brain food."

Second Wife—"Well, I'm sure they have some effect, for every time my husband goes fishing he comes home too dizzy to stand up."

"I don't think my religion will be any obstacle to our union," he urged. "I am a spiritualist." "I am afraid it will," she replied. "Papa is a teetotaler, you know."

The eighth wonder of the world—a returned umbrella.

Magistrate—How old are you, madam? Witness—According to your own ruling, I don't know.

Magistrate—Why, how is that?

Witness—You stated that hearsay was not conclusive evidence, did you not?

Magistrate—Yes; but—

Witness (interrupting)—Well, I am told that I am so many years old, but, as you must know, it is only hearsay.

One day a little boy went out in the country to visit his grandmother. That evening Grandma picked a chicken.

"Oh, Grandma!" the little boy exclaimed, "do you undress your chickens every night?"

A tourist arrived at a Highland village, and was surprised to learn that there was not a doctor within thirty miles. "But how do you do," he asked an old woman, "when any of you folks are taken ill?" "Oh!" said she, "we just gi'e them a glass o' whiskey." "But if that does them no good?" "Just gie them anither ane." "And if that does them no good?" "Weel, jist gi'e them anither ane." "But even is a third one does them no good?" "Oh! weel, if three glasses o' guid whiskey disna cure them, they're gaun tae dee onyway."

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AFTER DOCTORS FAILED.

Dr. Williams' Pink Pills Cured a Severe Case of Anaemia and Weakness.

Anaemia—poor watery blood—is the cause of most of the misery which afflicts mankind. The housewife especially falls an easy prey to it. The long hours and close confinement necessary in performing her household duties sap her strength. She becomes run down and often suffers extreme misery. Dr. Williams' Pink Pills are the housewife's friend. They make new blood—lots of it—and pure blood banishes all women's ailments. Mrs. E. St. Germain, wife of a well known farmer of St. John des Chailions, Que., found new strength through Dr. Williams' Pink Pills. She says: "A year ago I was extremely weak. I could not attend to my work. I suffered from dizzy spells; my head ached; my blood was poor; I had a bad cough and the doctors feared I was going into consumption. I followed their treatment for some time but without relief. I grew discouraged and finally gave it up in despair. I was strongly advised to try Dr. Williams' Pink Pills so procured six boxes. Before they were all gone I felt relief. The headaches and dizziness became less frequent and I felt a little stronger. I continued the pills for a couple of months, at the end of which time I had gained in weight; the pains had left me, my appetite was good and I felt as strong and well as ever I did. I cannot say too much in favor of Dr. Williams' Pink Pills for I certainly owe my good health to them."

The woman in the house, the man in the office, the boy or girl in the school will always find a friend in Dr. Williams' Pink Pills. These pills actually make new, rich red blood and good blood banishes rheumatism, general debility, kidney troubles and those aches and pains caused by overwork or overstudy; good blood builds up the tired unstrung nerves and makes pale, thin cheeks rosy and healthy. The pills are sold at 50 cents a box or six boxes for \$2.50 by all medicine dealers or by mail from The Dr. Williams' Medicine Co., Brockville, Ont.

OUT OF THE WAY NOTES.

Cats are held in great reverence in Persia. The Shah alone has fifty of them, and each one has an attendant of its own, with a special room for meals. When the Shah travels, the cats go also, being carried by men on horseback.

A man is at his weakest when he turns out of bed in the morning. The muscular force is greatly increased by breakfast; but it attains to its highest point after the mid-day meal. It then sinks for a few hours and rises again towards evening.

Among the numerous superstitions of the Cossacks there is none stronger than the belief that they will enter heaven in a better state if they are personally clean at the time they are killed. Consequently, before an expected battle, they perform their toilet with scrupulous care, dress themselves in clean garments, and put on the best they have. This superstition is not confined to the Cossacks alone, but is widely prevalent in all branches of the Russian army.

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