

HEALTH AND HOME HINTS.

White tissue paper is invaluable to the traveller, as it will wipe away the greasy look on the face better than soap and water.

An economical woman has discovered that men's worn linen collars cut into narrow strips furnish convenient substitutes for the wax tapers used in gas lighters.

No better way for dusting the walls of a room can be suggested than to cover a broom with a bag of heavy cotton flannel made with the fuzzy side out. A drawstring at the top allows the bag to be drawn tightly about the broom.

White furniture and woodwork can be beautifully cleaned with whiting. Wring a flannel cloth from hot water, dip it in the dry whiting, and rub well to remove all stains. Then wash off the whiting with clean warm water, and dry with a soft cloth. The rubbing strokes should always be the way of the wood.

Curry Devil'd Toast.—Make a paste of the curry powder, chutney, grated cheese, butter, cayenne and salt. Spread this on fingers of fried bread, warm in the oven, and just before serving sprinkle with lemon juice.

Nut Cookies.—Cream one scant tablespoon of butter with one-half cup of sugar. Add two eggs, one scant cup of flour, one teaspoon of baking powder, one-half teaspoon of salt, four tablespoonfuls of milk, a generous cup of chopped hickorynuts and vanilla to flavor. Drop with a teaspoon on buttered pane, about two inches apart. If too thick, add a little milk.

Charlotte Russe.—Dissolve one-third of a paper of Cox's gelatine in a teacupful of hot milk. Beat the whites of four eggs to a stiff froth and add three tablespoonfuls of powdered white sugar; stir the eggs and sugar into half-a-pint of cream. When the gelatine is dissolved and about milk warm stir altogether and set it aside to cool. Line a mould or any simple dish—a common bowl if you choose—with pieces of sponge cake or lady fingers, and pour this mixture into it. Set it in a cool place, or into the ice chest, and when needed lay a plate over the bowl and turn the Charlotte Russe on it. Flavor with vanilla or any other extract or flavor best liked.

Celery Soup.—Six roots of celery, one large turnip, two ounces of onions, four ounces of bread crumbs, one dessert-spoonful of flour, and half-a-pint of cream. Strip off all the green part of the celery, using only the white; cut it in shreds, reserving the inside of three of the roots to be added afterward; slice the turnip and onion, and put them with the celery into a pan; add two quarts of water, the bread crumbs and a little salt; let all boil till the vegetables are perfectly soft; rub through a sieve; return to the pan; add the celery (previously boiled till quite soft), the flour in the batter well mixed; stir it, seasoning it with a little mace, and after boiling a quarter of an hour stir in the cream, and do not allow it to boil afterward.

"Bishop Greer of New York," said a missionary, "has an apt way of fitting a story into an address.

"I once heard him speaking on the divorce evil in a very chilly and badly heated hall.

"After a remark or two about this defect, he said he was reminded of a little Yonkers girl.

"The child, one unseasonable cold morning returned from church quite blue.

"And what was the text, dear?" her mother asked her.

"Many are cold, but few are frozen," was the reply."—Minneapolis Journal.

THE ITALIAN DISASTER.

Goldwin Smith in Weekly Sun: Once more the Tower in Siloam has fallen; fallen on the most tremendous scale and in the most awful form. Again it may no doubt be said, that the sufferers were not sinners above their fellow-men. They had settled in a volcanic region, where nature warned them by Etna and Vesuvius; but if she warned them by her volcanoes, she wooed them by her beauty. How does this, low do plague and famines, sweeping off innocent multitudes, how do all the inevitable scourges of man's life comport with the belief in the providential government of the universe? What is the explanation? The answer is, that there appears no explanation visible to our finite intelligence. Had there been one, it would hardly have been missed by so acute an apologist as Paley. The mystery extends beyond things material. Why those immense tracts of inevitable ignorance and barbarism preceding the era of knowledge and civilization? Humanity advances, and apparently towards a spiritual ideal. In this, it seems, we must rest.

It is supposed that this Sicilian calamity is the greatest of the kind since the world began. This is doubtful. On July 1, 365, under the Roman Empire, a great part of the Roman world was shaken by a violent and destructive earthquake. The shores of the Mediterranean were left dry by a sudden retreat of the sea; great quantities of fish were caught with the hand and large vessels stranded in the mud. But the tide soon returned with an immense deluge, severely felt on the coasts of Sicily, Dalmatia, Greece and Egypt; large boats were lodged on the roofs of houses or at the distance of two miles from the shore; the people were swept away with their houses, and in the City of Alexandria fifty thousand people lost their lives. So say the chroniclers of the day. With a declining empire there seemed to be a sinking world.

On no nation or race could this awful calamity fall more heavily than on the poor Italians. They are a race excessively nervous and emotional, while the more ignorant classes are extremely superstitious and prone to regard calamities as supernatural visitations, to be met, not with rational remedies, but with superstitious incantations. Among the first things done by the poor sufferers is carrying about the body of St. Agatha. Italy has done much for the world in literature, art and invention. We are sorry therefore to see that her outlook appears not very bright. She lacks fuel for manufactures, and cannot do much in that line. Art and the elegancies generally, are her strong point, and these will not go far towards assuring prosperity to the body of her people.

You and I must not complain when our plans break down—if we have done our part. That probably means that the plans of One Who knows more than we do have succeeded.—E. E. Hale.

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 \$2.00.

LIQUOR HABIT

Marvellous results from taking his remedy for the liquor habit. Safe and inexpensive home treatment; no hypodermic injections, no publicity, no loss of time from business, and a cure certain.

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

TONIC TREATMENT
FOR INDIGESTION

The Only Sensible Way to Cure Stomach Troubles and Give New Health.

When the stomach is feeble the food lies in it undigested, decays and throws off poisonous gases that distend the walls of the stomach, and causes serious interference with other organs, especially with the action of the heart and lungs. These poisonous gases have other ill effects. They are absorbed by the blood and so weaken and corrupt it as to cause aches in remote parts of the body and the formation of unhealthy tissue everywhere. General bodily weakness and loss of weight is the result. The nerves and the brain are disturbed, and discomforts such as dizziness, hot flashes, sleeplessness, irritability and despondency originate from this source. Experience shows that these troubles vanish just as soon as the stomach is made strong enough to digest the food. In other words it needs a tonic that will rouse it to do the work of changing the food into nourishment. The tonic ought to be one that will agree with the most delicate stomach, and this is exactly what Dr. Williams' Pink Pills do. Here is a bit of strong proof:

Miss Lizzie Macdonald, Harbor-a-Bouche, N.S., says: "Dr. Williams' Pink Pills have done for me what no other medicine did or apparently could do. For almost three years I suffered untold agony from indigestion. I would have the most distressing pains in the stomach after eating. I could not sleep at night and I would rise in the morning feeling tired and worn out. I lost in weight and was almost reduced to a shadow. I was under doctor's treatment almost constantly, but with no benefit. One day I read the testimonial of a lady who had been cured of dyspepsia by Dr. Williams' Pink Pills and decided to try them. The first two or three boxes I took did not show any apparent relief and I began to fear the medicine would not help me, but as I had bought a half dozen boxes I decided that I would use them up anyway. To my joy, before they were all used I began to improve and I got three boxes more. By the time I finished these I was again in the best of health, and had gained 12 pounds in weight. I have not since had a twinge of this terrible trouble, and am more grateful than words can say for what Dr. Williams' Pink Pills have done for me."

You can get Dr. Williams' Pink Pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

SPARKLES.

Mother—"What ever are you doing to your poor dolly, child?"

Child—"I'm going to put her to bed. I've taken off her hair, but I can't get her teeth out."

Little Ethel (just returned from Sabbath school)—Mamma, did they have very large beds in Bible days?

Mother—I don't know, dear. Why do you ask?

Little Ethel—Because our teacher said today that Abraham slept with his four fathers!

"Young man," said the stern parent, "when I was your age I worked hard for my living."

"Very inconsiderate of you to mention it," answered the gilded youth.

"You'll have them talking about it at the club next."—Washington Star.