

## HEALTH AND HOME HINTS.

Add one or two tablespoonfuls of sugar to strong turnips when cooking.

It is said that paper will soon be used instead of straw in making women's hats.

Two or three lumps of sugar added to starch made with boiling water will make it stiffer and more glossy.

To make mashed potatoes light and creamy, beat them well with a fork, adding a little hot milk to them.

Hot water should never be poured over roast beef gravy. The water ruins the flavor of the meat and softens it.

If a few grains of salt are sprinkled on coffee before the water is added to the coffee it will bring out and improve its flavor.

To Destroy Flies.—Two drachms of extract of quassia, dissolved in one-half pint of boiling water, sweetened with a little brown sugar and pour on plate.

Creamed fish or fowl may be satisfactorily combined with rice. Fill timbale moulds with boiled rice and set them aside to cool. When the rice is cold scoop out the inside, turn out from the moulds, and fill the hollow centres of the moulded rice with the creamed meat.

A delicious salad for a picnic is made with equal proportions of chopped apples, celery and nuts packed in paraffine paper. Just before serving, pour over a good mayonnaise dressing carried in an olive bottle. The salad is more appetizing if served on a lettuce leaf.

Beef Loaf.—Three and one-half pounds of bottom of round steak; grind. One cupful of rolled crackers, two eggs, one cupful of milk, two-thirds tablespoonful of salt, one-fourth teaspoonful of pepper, one-fourth teaspoonful sage, one-half cupful of suet. Mix thoroughly; shape. Bake 3 1/2 hours. About one-half hour before serving place inch thick slices of cold hominy cut in strips and lightly floured in the pan. Baste frequently.

## Sauces for Meats.

Mint Sauce.—Time for making, three minutes. Take two tablespoonfuls vinegar; add the same amount of sugar. Scoop fine two tablespoonfuls of green mint, cover it with four tablespoonfuls of vinegar, let stand three minutes, turn sweetened vinegar and mint with vinegar together; it is ready for use.

Butter Sauce.—Time for making, five minutes. Put two tablespoonfuls of flour and a little salt into a bowl, mix them smooth with half a pint of milk, turn into a saucepan, add four teaspoonfuls of butter and boil ten minutes.

Potato Sauce.—Forty minutes. Take equal quantities of potatoes and onions with a piece of butter, pepper and salt to season. Boil and mash the potatoes and onions together. Heat a cup of milk, add the mash and seasoning. Boil two minutes.

Tomato Sauce.—Five minutes. Six large tomatoes or one pint of canned ones. One tablespoonful of olive oil and the same of vinegar, half a teaspoonful of mixed pepper and salt to taste. Mix all together. To be eaten cold with cold meats or hot for warm meats.

Onion Sauce.—Half an hour. Heat a pint of milk, peel and chop fine four onions, put them into the milk and boil soft; add a teaspoonful of butter, and salt and pepper to season, with a teaspoonful of flour rubbed smooth in a little milk. Boil up and serve with warm meat.—Good Housekeeping.

A little child picked up her mother's sewing and tried to finish a seam, because she loved her mother and wanted to help her. The sewing was not perfect, but the mother pressed her child to her heart and praised her effort. That is the way our Master feels toward our poor work when we love him and do our best to please him.

The productive power of a day is doubled by doubling the capacity for prayer.

## EXCELLENCE AND ELEGANCE.

Mr. G. T. Bell, General Passenger and Ticket Agent of the Grand Trunk railway system, is frequently in receipt of communications from patrons, eulogizing the service that is found on Canada's great quiet track railway. An unsolicited letter of recent date, reads as follows:

"I have just returned from the Pacific coast and it may interest you to know that my wife and I immensely enjoyed the run over your road, and you must admit that when a woman is pleased and delighted, she receives something that has the classic touch of excellence and elegance. I am inclined to think that the railroad that pleases a woman is pretty near perfection."

Another letter from a physician of Aiken, South Carolina, reads:

"I had the pleasure of travelling over your line from Portland, Me., to Detroit, Mich., and have no hesitation in saying that your roadbed is one of the smoothest I have ever been on, and the night from Montreal to Toronto, the train was as steady as if one had been in a hotel."

The travel over the Grand Trunk is increasing every year, and as the excellence of this railroad is becoming known more and more, travellers from all parts are taking the opportunity of riding on the fast trains which this line is noted for in Canada and over their double track route between the principal cities of the East and West.

"The man who simply sits an' waits

Fur good to come along,  
Ain't worth the breath that one would take

To tell him he is wrong.  
Fur good ain't flowin' round this world

Fur every fool to sup;  
You've got to put yore seers on,  
An' go an' hunt it up."

## THE CZAR IN PROTEST.

In a recent number of the Paris Figaro were found collated some characteristic Russian proverbs that regard the Czar and his position and find much current application:

"The crown does not protect the Czar from headache.

"Even the lungs of the Czar cannot blow out the sun.

"The Czar's back, too, would bleed if it were gashed with the knot.

"The Czar even covered with boils is declared to be in good health.

"The Czar may be a cousin of God, but his brother he is not.

"The Czar's arm is long but it cannot reach to heaven.

"The hand of the Czar, too, has only five fingers.

"The voice of the Czar has an echo even when there are no mountains in the vicinity.

"It is not more difficult for Death to carry a fat Czar than to carry a lean beggar.

"What the Czar cannot accomplish time can do.

"Even the Czar's cow cannot bring anything else into the world but a calf.

"When the Czar has the smallpox his country bears the scars."—Translation made for The Literary Digest.

Germany shows 166, France 180, Roumania 204, Switzerland 432, and the United States 612 divorces for every 10,000 marriages.

In Switzerland, which shares with Scotland the distinction of being the best-educated country in the world, the earliest school age is seven.

A tourist at a hotel in Ireland asked the girl who waited at table if he could have some poached eggs. "We haven't any eggs, sor," she replied; then, after a moment's reflection, she added, "but I think I could get some poached salmon!"

## AILING WOMEN.

## Gain Health and Strength Through Dr. Williams' Pink Pills.

Bloodlessness is the surest starting point of consumption. When your blood is thin and weak and watery your whole health declines. Your face grows pale, your lips and gums white, your appetite fails, and your heart jumps and flutters at the least excitement. You have frequent attacks of headache and dizziness, and sometimes fainting spells. You are always weak and wretched and lose heart in everything. These are the sign posts of consumption, and you may easily slip into a hopeless decline if you do not build up your blood with Dr. Williams' Pink Pills. They actually make new, strong, rich, red blood, which brings back your rosy cheeks, your hearty appetite, your strength, energy and general health. Here is strong proof from Mrs. Samuel Behie, wife of a contractor at Sheet Harbor, N.S. Mrs. Behie says: "Some years ago I became so run down and distressingly weak that life seemed not worth living. I had a bad cough, was tired out at the least exertion and was unable to do even light housework. I had the best medical aid and medicines, but did not get any benefit, and grew so seriously ill that I was at last confined to bed, and my friends thought I was in a decline. My cough grew worse and I despaired of getting better. My husband then brought me Dr. Williams' Pink Pills, and to my joy they soon began to help me. Gradually my strength returned, my appetite improved, and the cough left me, and day by day I grew better until I was again a well woman. I have since had perfect health, and when I compare my condition now with the state I was in when I began taking Dr. Williams' Pink Pills, no one need wonder that I am enthusiastic in praising this medicine."

Cases of this kind can only be cured by filling the veins with new rich blood, and every dose of Dr. Williams' Pink Pills make rich health-restoring blood, which goes right to the foot of the disease. That is why these pills cure every-day ailments like anaemia, heart troubles, indigestion, nervousness, headaches and backaches, neuralgia, kidney troubles, rheumatism, erysipelas, and the special ailments of womanhood and girlhood. All these troubles are rooted in the blood, and Dr. Williams' Pink Pills is the only medicine that actually makes new blood. Common medicine cannot do this, so you should insist upon getting the genuine pills with the full name, "Dr. Williams' Pink Pills for Pale People," on the wrapper around every box. If in doubt send direct to the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be sent by mail at 50 cents a box or six boxes for \$2.50.

We understand that the Rev. R. J. Campbell is engaged on a book on "The History of the Doctrine of Atonement," which he hopes to publish next year.

A street preacher in a West of Scotland town called a policeman who was passing, and complained about being annoyed by a certain section of the audience. "Weel," replied the officer, "I'll tell ye what I'd dae if I were you." "What would you do?" eagerly inquired the preacher. "Just ga roun' wi' the hat!"

There is always hope for ignorance but there is none for insence.

Take away men's faith in the accuracy of the Bible and you take away their hope in God.

An imbecile hand can in a moment mar a statue or a painting which has cost years of patient care and study to produce. To trifle with a pure and beautiful faith, or to mar the hope of a little child, is the work of an enemy and not of a friend.