

**POOR PACKAGE DYES MAKE
Women Miserable and Cross.**

Diamond Dyes

**Have Made Millions of Wives,
Mothers and Daughters
Happy and Con-
tented.**

Women who buy and use any of the adulterated, weak and worthless package dyes put up in imitation of the reliable and never-failing DIAMOND DYES, must expect to meet with sad trials and disappointments in the home.

Crude package dyes with only fancy names to recommend them, and sold by some dealers for the sake of large profits, are the direct cause of much of the feminine bad temper and irritableness manifested in many homes.

If our women and girls would avoid trouble, loss of goods and hard cash, they must insist upon getting the DIAMOND DYES whenever home dyeing is to be done. One ten cent package of the time tried DIAMOND DYES will always color more goods than will two packages of other dyes, and give brighter, fuller, more brilliant and more lasting shades. Once used, DIAMOND DYES become the chosen dyes for all well-regulated homes.

Send your name and address to Wells & Richardson Co., Limited, Montreal, P. Q., and you will receive free of cost new Dye Book, Card of Dyed Cloth Samples and Booklet in verse, entitled "The Longjohn's Trip to the Klondike."

Virginia pudding—Boil a quart of milk, pour it over a pint of fine stale bread crumbs. Stir into this one tablespoonful of butter and three of sugar; add the well-beaten yolks of four eggs. Bake in a deep dish. When done spread a thick layer of jam over the top; beat the whites of the four eggs to a stiff meringue with four tablespoonfuls of powdered sugar and a small teaspoon of vanilla extract, and spread smoothly over the top. Put in the oven just long enough to brown.

The wholesaler, the retailer, the farmer, the consumer, the manufacturer, and the producer alike use the columns of the Farmer's Advocate. Advertising rates on application. A yearly subscription is \$1.50.

HEART TROUBLE

The heart itself has no power—no self-control. It is made to beat by a tender nerve so tiny that it is scarcely visible to the naked eye. Yet ten thousand times a day this delicate nerve must assist the heart to expand and contract.

This nerve is only one of the branches of the great sympathetic, or INSIDE, nerve system. Each branch of this system is so closely allied with the others that weakness or irregularity at any point is apt to spread. Heart trouble frequently arises from Stomach trouble through sympathy, and Kidney trouble may also follow. For each of these organs is operated by a branch of these same sympathetic nerves—the INSIDE NERVES.

In Heart, Kidney or Stomach troubles, it is of but little use to attempt to doctor the organ itself—the most permanent relief lies in restoring the INSIDE NERVES. Dr. Shoop regards these nerves to be the real cause of such troubles. The remedy—known by physicians and druggists everywhere as Dr. Shoop's Restorative—is the result of years of endeavor along this very line. It does not dose the organ to deaden the pain—but it aims to go at once to the nerve—the inside nerve—the power nerve—and builds it up, and strengthens it and makes it well.

Every heart sufferer may have Dr. Shoop's book on the heart. It will be sent free, and with it you will receive the "Health Token," an intended passport to good health.

For the free book, Book 1 on Dyspepsia, and the "Health Token," you must address Dr. Shoop, Box 52 Racine, Wis. State which book you want. Book 2 on the Heart. Book 3 on the Kidneys. Book 4 for Women. Book 5 for men. Book 6 on Rheumatism.

Dr. Shoop's Restorative Tablets—give full three weeks treatment. Each form—liquid or tablet—have equal merit. Druggists everywhere.

Dr. Shoop's Restorative

when it should be folded over and sent to the table on a hot platter. Never turn an omelet in the pan, as this flattens and toughens it.

Plain Omelet: This is only a little different from the simple one just given, and will satisfy most appetites. Beat the whites of three eggs to a stiff froth, pour the beaten yolks in to the whites, and stir gently with a silver spoon; pour the mixture into the frying pan containing an ounce of melted butter, carefully raise the edges of the omelet as it cooks, turning them toward the centre until the omelet lies folded in the middle of the pan in a light mass, cooked, hard or soft, to suit the taste. When it is done to the degree desired turn it upon a hot dish, without touching it with fork or spoon, and send to the table at once.

Cheese Omelet: To each egg used as above add one tablespoon of grated cheese to the beaten yolk with salt and pepper to taste; stir into the beaten whites, and cook in the same way as a plain omelet. This makes a delightful addition to a Sabbath supper or an unexpected company luncheon.

Fish Omelet: This is a good dish and utilizes cold, baked, or boiled fish. Make the omelet according to the first method given, and just before folding over spread with fish that has been finely minced and thoroughly heated, and seasoned well.

Jelly Omelet: Stir into the stiffly beaten whites of three eggs the unbeaten yolks and a tablespoon of sugar (the powdered). Have ready a frying pan containing a tablespoon of melted butter, pour in the omelet and cook five minutes, spread over the top, half a glass of beaten currant jelly, fold, arrange on a hot dish and dredge with powdered sugar; serve with whipped cream. This makes a very dainty and wholesome dessert for a family where there are children or people with weak digestion.

J. M. C.

A "QUEEN OF NURSES."

Miss Florence Nightingale's fame as a nurse has somewhat eclipsed her fame as a staunch friend to dumb animals. Her first patient was a shepherd's dog with a wounded leg, and, though she was only a child, she tended it with such watchful care that it completely recovered, much to the surprise of its owner, who had been about to kill it and put it out of its misery.

All her life Miss Nightingale has been noted in her intimate circle for having curious pets. One of these was a tame owl which she picked up when travelling in Greece, before the outbreak of the Crimean war. It had fallen out of its nest at the Parthenon, and its saviour christened it "Athena" and brought it home with her to Lea Hurst, her Derbyshire home. "Athena" was scarcely ever separated from its mistress. Even when visiting friends Miss Nightingale took it with her. An illustrated account of the little creature was privately circulated in the family of "Athena's" mistress.

When she returned from the Crimea, Miss Nightingale brought back a big Russian hound, which was her faithful companion for some time and the astonishment of the country folks at Lea Hurst.—The Grand Magazine.

ABOUT THE HOUSE.

Peanut cookies—Cream $\frac{1}{4}$ cup butter. Gradually beat in $\frac{1}{2}$ cup of sugar, 1 beaten egg, 2 tablespoons milk; 1 cup flour sifted with $\frac{1}{4}$ teaspoon salt and 2 level teaspoons baking powder; lastly add $\frac{1}{2}$ cup of fresh-roasted peanuts pounded fine in a mortar. Drop the dough by the teaspoonful on to a buttered tin leaving plenty of space between the portions. Press half a nut meat on the top of each and bake in a moderate oven.

A lady who is noted for her delicate cakes says that she never uses an egg except for filling. Her recipe is: One cup granulated sugar; $\frac{1}{2}$ cup butter; 1 cup sweet milk; 2 cups flour; 2 teaspoons baking powder. She attributes her success to her practice of creaming the butter and sugar by squeezing through the fingers, and to sifting the flour and baking powder half a dozen times.—Boston Cooking School Magazine.

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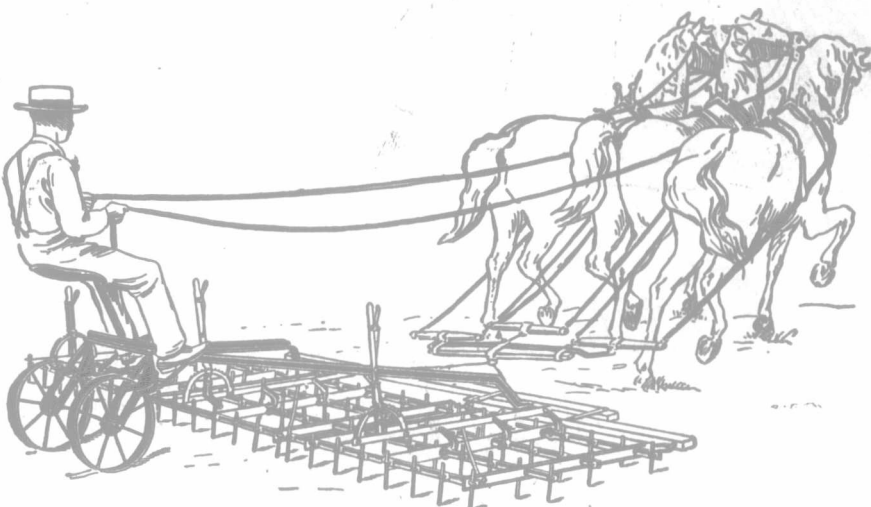
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