

Health and Home Hints

Boiled Cream Dressing.—A very delicious and inexpensive dressing may be made with two well beaten eggs, one cup of sweet cream, one teaspoon of vinegar, one teaspoon of mustard mixed with water, one-fourth teaspoon of pepper, a scant half teaspoon of salt, one tablespoon of granulated sugar, one piece of butter the size of an egg. Add cream to beaten eggs, then add mustard, pepper, salt and sugar. Stir briskly all the while and very gradually add vinegar, a little at a time. Then add butter, not melted. Stir constantly over moderate fire till it thickens. Do not allow it to boil.

Luncheon Eggs with Spinach.—Cook six eggs very hard; cool and cut in halves lengthwise. Take two cups of cold spinach, heat it in a few tablespoons of water, drain and rub through a colander. Mix with pepper, salt and butter, place it in the bottom of an earthen dish, lay the halves of eggs about on the spinach and pour over them a cream sauce, made from one cup of milk thickened and seasoned with salt, paprika and about four tablespoons of mild grated cheese. Cover with cream and set in the oven. Serve when well browned. This is a luncheon dish that will gladden the heart of a dyspeptic and not hurt his stomach.

Strawberry Cream Cake.—Make a sponge cake and bake in two layers. Cover each layer with whipped cream which has been sweetened and flavored and arrange whole strawberries close together over the entire surface. Place one layer on top of the other and serve at once, as if left standing long the cream will moisten the cake.

Strawberry Cannelon.—Boil two cups of water and a cup of sugar ten minutes, add a teaspoon of gelatine soaked in cold water, stir until the gelatine is dissolved and take from the stove. Cool, add the juice of an orange, the juice of a lemon and a cup of strawberry juice. Strain and freeze as ice cream. Boil a third of a cup of sugar in a fourth of a cup of water until it spins a thread, then pour on the stiffly beaten whites of two eggs. Beat until cold, flavor with vanilla and fold in a cup of cream whipped until stiff and dry. Line a cylindrical mold with the frozen sherbet, fill in the center with the cream mixture and let it stand packed in ice and salt for several hours.—Canadian Good Housekeeping.

Butter-milk is excellent for cleaning sponges. Steep the sponge in milk for some hours, then squeeze it out, and wash it in cold water. Lemon juice is also good.

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World of Missions.

The Missionary Ax.

One day a missionary was preaching in the city of Benares. The large crowd was civil and attentive. At length a Brahmin said: "Look at those men, and see what they are doing."

"They are preaching to us," replied the people.

"True. What has the sahib in his hand?"

"The New Testament."

"Yes, the New Testament. But what is that? I will tell you. It is the Gospel ax, into which a European handle had been put. If you come to day you will find them cutting; if you come to-morrow you will find them doing the same. And at what are they cutting? At our noble tree of Hinduism—at our religion. It has taken thousands of years for the tree to take root in the soil of Hindustan; its branches spread all over India; it is a noble, glorious tree. But these men come daily with the Gospel ax in their hand. But it is helpless. The Gospel ax is applied daily, and although the tree is large and strong it must give way at last."

"True" replied the missionary, "but many a handle gets worn out, and many a one breaks and it takes a long time until a new one is obtained from Europe."

"Ah," he answered, "if that were all it would be well enough, and the tree would have respite; but what is the real case? No sooner does a handle find it can no longer swing the ax than it says, 'What am I to do now? I am getting worn out; I can no longer swing the ax; am I to give up cutting? No, indeed! He walks up to the tree, looks at it, and says, 'Here is a branch out of which a handle might be made.'"

"Up goes the ax, down comes the branch; it is soon shaped into a handle; the European handle is taken out, and the native handle put in, and the swinging commences afresh. At last the tree will be cut down by handles made of its own branches."—Our Young Folks.

The eminent explorer, Nansen, does not believe in modern sport. He thinks that the excessive praise bestowed on record breakers makes them vain and unfits them for practical life. Their bodies are unequally developed, and they fall easy victims to tuberculosis and other diseases. What the young folks should do, he says, is to go out into the woods and study nature. His motto is: "Plenty of bodily exercise, but no sport."

Mrs. Kenyon Cox, the artist, entertained a little girl of five, the daughter of a noted painter, and an amusing companion. Her sash became untied during the visit, and she drew near her hostess. "Tie my sash, please," she said. "Can't you tie it yourself?" said Mrs. Cox. "No indeed." "Why not?" "Because I'm in front," said the little girl.

Tomato Fritters.—They are appetizing made from canned tomatoes when the season is so late fresh ones are expensive. Strain one quart of tomatoes reserving the liquor as the basis of tomatoe sauce for another day. Add one egg well beaten and sufficient flour (with which a scant teaspoonful of soda has been sifted) to make a batter the consistency of griddle cakes. Drop a spoonful at a time in very hot lard, and fry a delicate brown on both sides, serving immediately.

Like a Miracle.

The Wonderful Recovery of a Nipissing Man.

Stricken With Partial Paralysis He Was Unable to use Either Right Arm or Right Leg.

Mr. John Craig, a well known farmer living near Kells, Nipissing district, Ont., is another of the many paralytics, who owes his present good health and ability to go about—if not life itself—to the use of Dr. Williams' Pink Pills. Mr. Craig gives his experience as follows:—"But for the blessing of God and the use of Dr. Williams' Pink Pills I do not believe that I would be alive to-day. I was stricken with that terrible affliction, partial paralysis, I had absolutely no power in my right arm or leg. I was not able to sit up—in fact if I tried to do so I would fall over. I had to be lifted like a child, and my family and friends believed death was very near. The doctor told me that he could do nothing for me, and that I was liable at any moment to have a second stroke which would carry me off. I was in this deplorable condition when I was advised to use Dr. Williams' Pink Pills, I sent for three boxes and before they were all used I could move the fingers on my hand, which had hitherto been absolutely numb and powerless. You can scarcely imagine my joy at this convincing proof that the pills were helping me. From this on I kept getting stronger and the control of my paralyzed limbs gradually came back until I was again able to walk about and eventually to work. To my neighbors my cure seems like a miracle, as not one of them ever expected to see me out of bed again. I gladly give permission to publish the story of my cure with the wish that it may bring life and hope and activity to some other sufferer."

The cure of Mr. Craig gives additional evidence that Dr. Williams' Pink Pills are not an ordinary medicine, and that their power to cure in all troubles of the blood or nerves places them beyond all other medicines. You can get these pills from any medicine dealer or direct by mail at 50 cents a box or six boxes for \$2.50 by writing the Dr. Williams Medicine Co., Brockville, Ont. See that the full name "Dr. Williams' Pink Pills for Pale People" is printed on the wrapper around every box.

When the hands have become soft and shrunken by using soda and hot water; rub them with common salt, and it will help to make them smooth again.

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