

## HEALTH AND HOME HINTS.

A little milk added to the water in which potatoes are boiled will make them whiter and taste better.

If a lamp wick sticks and will not work easily pull out a thread at each edge. This will often mend matters without any more trouble.

The nails of two fingers never grow with the same rapidity, that of the middle finger growing the fastest, while that of the thumb grows slowest.

Don't forget the importance of milk for children if you want them to grow strong and vigorous. Nothing can take its place as a builder of blood and bone.

In case of whooping cough a milk diet is necessary. Two or three pints may be taken daily, but not very much at a time should be given. Vomiting is very frequently a serious complication in this disease; but however unwilling a child may be to take food, he must be made to do so in order to keep up his strength. If the vomiting be very severe solids are better than food in a liquid form.

In airing a room there are two things to be remembered—first, that the impure air must be allowed to escape; and, secondly, that fresh air must be admitted. Impure air in a room is almost always warm, and will therefore rise towards the ceiling, when it will escape if the window be opened at the top; while cold, fresh air will enter through the lower part of the window if given a chance.

For round scones take one pound flour, two ounces butter, one ounce sugar, one-quarter ounce carbonate of soda, one-half ounce cream of tartar, one-half pint sweet milk. Mix the dry things on a sheet of paper, and pass through a sieve into basin, then rub in the butter very finely. (This point is particular.) Divide the dough into three pieces, make each piece very smooth on top, and the size of a small dinner plate. Glaze over with yolk of egg mixed with a spoonful of milk and a very little castor sugar. Quick oven for ten minutes.

For orange pudding peel and cut half a dozen oranges in slices (removing all the pips) and sprinkling them with full-half a pound of sugar. Make a paste of a little cold milk and a tablespoonful of corn-flour. Beat the yolks of two eggs thoroughly, and add to the paste. Stir well together and pour into a pint of boiling milk. Allow this to simmer gently until it thickens, then pour over the fruit. Beat the whites of the eggs to a stiff froth with a tablespoonful of sugar, spread over the top of the pudding, then place in the oven for a few minutes to harden.

Cyclists in many parts of Russia are bound to have fixed to the back part of the machine a metal plate, on which a registered number is displayed in figures large enough to be seen from a fair distance.

## LIQUOR AND TOBACCO HABITS.

A. McTaggart, M.D., C.M.

75 Yonge Street, Toronto, Canada.

References as to Dr. McTaggart's professional standing and personal integrity permitted by:

Sir W. R. Meredith, Chief Justice,  
Hon. G. W. Ross, ex-Premier of Ontario,  
Rev. John Fortis, D.D., Victoria College,  
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Dr. McTaggart's vegetable remedies for the liquor and tobacco habits are healthful, safe, inexpensive, home treatments. No hypodermic injections, no publicity, no loss of time from business, and a certainty of cure.

Consultation or correspondence invited.

## SPARKLES.

Muriel—"You haven't washed your neck, you dirty little boy."  
Harold (indignantly)—"Well, it isn't neck morning."

"I'm afraid I'll disagree with you," remarked Jonah as the whale swallowed him.

"Perhaps," replied the whale, "but it won't be a circumstance to the way the theologians disagree when they come to discuss this incident."

"Oui, madame is ill, but ze doctor haf pronounce it something very trifling, very small," said the French maid to an inquiring friend.

"Oh, I am so relieved, for I was really anxious about her," replied the friend. "What does the doctor say the trouble is?"

"Let me recall. It was something very little," answered the French maid. "Oh, I have it now! Ze doctor says zat madame has ze smallpox."

Tourist (in Ireland)—"I should like a room with an iron bedstead."

Hotel Proprietor—"Sorr, Ol haven't an iron bedstead in the place—they're all soft wood. But you'll find the mattress noise and hard, sorr."

An Irishman was suddenly struck by a golf ball. "Are you hurt?" asked the player. "Why didn't you get out of the way?" "An' why should I get out of the way?" asked Pat. "I didn't know there were any assassins around here." "But I called 'fore,'" said the player, "and when I say 'fore,' that is a sign for you to get out of the way." "Oh, it is, is it?" said Pat. "Well, thin, when I say 'foive,' it is a sign that you are going to get hit on the nose. 'Foive.'"

Tar—"On my last voyage I saw waves 100 feet high!"

Old Salt—"I've been a sailor forty years and never seen 'em over fifty."

Tar—"Praps not. But everything is higher now than it used to be, mate."

It was a noble tribute which President Roosevelt paid to womanhood in his address at the dedication of the equestrian statue of Gen. Geo. B. McClellan in Washington on Thursday. "One person," he said, "in this country ranks ahead of the soldier. She is the really good woman, the good wife and mother, who has done her full duty. She often has a pretty hard time, yet the woman who thus with labor and anxiety brings up her children is blessed among women; blessed among men. I respect and admire her and hold her worthy of admiration and honor."

Salt is a luxury in Central Africa. The long-continued use of vegetable food creates so painful a desire for salt that natives deprived of it for long often show signs of insanity.

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**GOLD DUST**  
WASHING POWDER "CLEANS EVERYTHING."  
The N. K. FAIRBANK COMPANY  
MONTREAL

## PALE AS A CORPSE.

## Dr. Williams' Pink Pills Brought Back the Ruddy Show of Health.

Thousands of young growing girls have pale, pasty complexions; distressing headaches, backaches and sideaches. Sometimes they are unable to sleep; their nerves are unstrung; they are languid; breathless and the heart palpitates violently at the least exertion—that's anaemia—and it may develop into consumption unless promptly attended to. Anaemia means bloodlessness. Dr. Williams' Pink Pills make pure, red blood—that's the secret of their success; Miss Winnie Allen, Montreal, Que., says:—"I was so weak and run down that my friends thought I was going into consumption. I was as pale as a corpse, had no appetite, and did not sleep well. The least exertion tired me out and if I walked a few blocks I was almost breathless. My sister advised me to take Dr. Williams' Pink Pills and after using them for a few weeks I am again enjoying good health and have a good color. I think every weak, sickly girl should take Dr. Williams' Pink Pills."

Dr. Williams' Pink Pills make new, rich blood and in this way strike right at the root of such troubles as anaemia, indigestion, rheumatism, St. Vitus' dance, the secret ills of girlhood and womanhood and a host of other every day troubles and cure them. But you must get the genuine with the full name, Dr. Williams' Pink Pills for Pale People" on the wrapper around every box—imitations never cured any one and sometimes they do much harm. If your dealer does not keep the genuine Pills they will be sent at 50 cents a box or six boxes for \$2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.

## AN ELEPHANT BURIAL.

A Ceylon planter tells the following remarkable elephant story: On one occasion I went after a herd of eight wild elephants. After stalking I got a chance at the biggest of the herd and dropped it at the first shot. About two hours afterward I had the tail and feet cut off and taken to the bungalow. Next morning I went to the spot to look at the elephant and to my surprise found no trace of the body. After searching round, I saw that the herd had been sick during the night, and I soon discovered a track where they seemed to have retired with the body. Following this up, I eventually came upon the dead elephant, lying at the bottom of a rocky stream. From the tracks it was quite evident that the body had not been rolled, but carried to the bank, and it was plain that it had been taken through the long grass which grew on the bank into the stream. My neighbors were incredulous, until I showed them where the elephant's tail and feet had been cut off, and where the body lay in the stream, which proved conclusively that by some means or other the body had been got over the intervening space during the night. It is difficult to understand how elephants with their trunks and feet could raise and support the dead body of a comrade. However, they seemed to have managed to do it, and it is a pity no human eye saw that strange funeral.—London Telegraph.

The British Islands are better provided with rivers than any other country of the same size on the globe.

It is Britain's moist climate that makes British linen the finest of all. Moisture is needed to spin fine thread.

Great Britain is crossed about a hundred times a year by earthquake waves having durations from three minutes to three hours.