

"I AM AS WELL AS I WISH TO BE."

Miss Blake, of Hamilton, Ont., after using Paine's Celery Compound, is a Picture of Womanly Vigor and Beauty."

A Story for All who Stand in Need of Perfect Health.

Miss Isabella Blake, of 303 Hughson Street, Hamilton, Ont., is one of the fairest and best known young women in the ambitious city. Today, she is a picture of womanly health, vigor and beauty, and joyfully declares, "I am now a new woman, can enjoy life, and am as well as I wish to be."

When Miss Blake makes the declaration that she is a "new woman," she does not wish it to be understood that she has entered the ranks, and adopted the fads of those lightbrained women who would usurp the legitimate positions of men, and go through life clad in half masculine attire, with the fixed idea of altering the plans of an all-wise Providence, and turning the world upside down. Ah! no; this is far from what Miss Blake wishes to imply when she makes the statement that she is a "new woman."

The "new woman" that the world values is not the modern creature that dons the open vest, exposed shirt front, four-in-hand tie, straight and high collar, stiff Derby hat, who walks out on our streets with cane in hand, giving evidence of empty brain and unsatisfied vanity. The true "new woman," is perfectly represented by Miss Blake, made healthy, vigorous, strong and active by the use of Paine's Celery Compound. This is the "woman" that sensible and rational beings honor and appreciate—the type of "woman" that blesses home, friends and the world at large.

Miss Blake, though a young woman, can relate a tale of sad experiences. In the past, lions have stood in her way threatening destruction; she knows what sore afflictions are, owing to the rough grasp of disease; and at times, the cold

touch of the destroyer, death, has made her shiver, and caused her to think of the dark gloom of the silent tomb.

When Miss Blake's heart was faint, sick and void of hope; when all the doctors and medicines failed to do good, and when threatened with that relentless foe consumption, an angel of mercy suggested the use of a remedy that has brought new life to thousands of poor sufferers in the past. Yes, it is Paine's Celery Compound that is recommended; it is used, and in a short time makes a "new woman" from the material that the grave had battled for.

These facts, dear reader, are not overdrawn or colored in the least. Miss Blake and her friends will gladly vouch for the truth of the statement that Paine's Celery Compound, and it alone, under God's blessing, was the agent that saved life at a critical juncture. The following letter from Miss Blake is surely of sufficient weight to convince the most hardened unbeliever:—

"For years I suffered greatly, and was under the care of doctors who finally told me I was going into consumption. I was becoming worse through the use of medicines, and I gave up my doctors. While in a very critical condition, not able to sleep or rest, always faint and weak, appetite and digestion bad, and my system run-down and little life left in me, I commenced to use Paine's Celery Compound. After taking one bottle I felt much relieved. I have used in all seven or eight bottles, and am now a new woman, can enjoy life, and am as well as I wish to be. Many thanks for your great medicine."

HEALTH AND HOUSEHOLD HINTS.

Use soapy water when making starch. The clothes will have a glossier appearance and the irons will be less likely to stick.

The most satisfactory dusters are those made from the cheapest grade of white cheesecloth. They should be cut about a yard square and neatly hemmed.

Chemists say it takes more than twice as much sugar to sweeten preserves, sauces and the like if put in when they begin to cook, as it does to add it after the process is accomplished.

An eiderdown quilt rolled up and tied with a broad ribbon is now occasionally seen piled with the other cushions of a divan. It is said to have admirable fitting-in qualities, and if the quilt is handsome, as such usually are, it is decorative as well.

Silver may be kept bright and free from stains by washing daily in castile soap suds. Keep a piece of chamols at hand and polish the silver thoroughly with it after it has been dried, and you will find the use of silver polish needed only occasionally.

Water boiled in galvanized iron becomes poisonous, and cold water passed through zinc-lined iron pipes should never be used for cooking or drinking purposes. Hot water for cooking should never be taken from hot-water pipes. Take from cold water pipes and keep a supply for use in kettles.

Almond Cake.—Two cups of powdered sugar, one half-cup butter, one cup milk, two and one-half cups flour, one teaspoonful baking powder, the beaten whites of five eggs, one pound finely chopped almonds.

Cracker Omelet.—Break one quart of oyster crackers into small pieces, pour over them one pint of hot milk with half teaspoonful salt. Stir in three eggs well beaten and put into a hot buttered skillet. Cook slowly ten minutes stirring frequently.

Turk's Head.—One pint of flour, one pint of milk, two eggs, butter half the size of an egg, a little salt. Mix the flour and butter, then add the yolks, beaten very light, then the milk, and lastly, the whites well beaten. Bake in quick oven, and serve at once.

Graham Pudding.—One cupful of graham flour, half a cupful of flour, half a cupful of molasses, one cupful of sweet milk, one teaspoonful of soda, a little salt, one cupful each of seeded raisins and currants; steam one hour and three-quarters; serve with cream or any pudding sauce.

Charlotte Russe.—Soak half a box of gelatine in a little milk or water for two hours; then pour over it a pint of boiling milk, let it cool and just before it congeals add the whites of four eggs and a pint of cream whipped to a froth. Season and sweeten to taste before adding the cream.

Ginger Pears.—Ginger pears are a delicious sweetmeat. Use a hard pear, peel, core and cut the fruit into very thin slices. For eight pounds of fruit after it has been sliced use the same quantity of sugar, the juice of four lemons, one pint of water, and half a pound of ginger root, sliced thin. Cut the lemon rinds into as long and thin strips as possible. Place all together in a preserving kettle and boil slowly for an hour.

Beef Loaf.—Put three pounds of the round of beef into a kettle, cover with cold water and simmer until tender; let the meat cool in the liquor; then remove the bones and chop the meat fine. Put the liquor on to boil and reduce until you have about two cupfuls, now add two tablespoonfuls of vinegar to the liquor, mix cloves, mace, cinnamon and allspice, making about a teaspoonful in all, add salt, pepper and the juice and grated rind of half a lemon; mix with the meat thoroughly and press it in a mould, pour the hot liquor over it and stand it away until cold, then turn it out carefully and serve in slices with lettuce or cress salad.

When rum was invented the devil felt that he could take a little rest.

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