

HEALTH AND HOME HINTS.

Greasy foods of any sort and too much sweets are bad for one who is subject to pimples. Eat plenty of fresh spring greens, dates, and rhubarb.

Discolored enamelled saucepans can often be made to look like new by boiling a little chloride of lime in the water with which they are filled.

When frying ham or bacon for breakfast always place it in the pan before putting it on the fire. It cooks and browns much quicker and better than if put on in a warm pan.

Maple Filling for Cake.—Two-thirds of a cup of maple sugar, half a cup of cream, boiled together. Pour over the white of an egg, beat well together. When cold spread on cake.

A tiny pinch of salt added to the whites of eggs when beating will make them froth quicker, and the froth will be stiffer. In whipping cream a little salt helps to make it turn.

Baked Rice Cakes.—One pint of cold boiled rice mixed with a cupful of cold milk, one egg, about half a pint of flour—just sufficient to hold it together. Put into a deep pan, and bake half an hour.

Maple Biscuit.—Make a very rich biscuit dough. Roll out thin in a sheet; cut in half; brush lightly the lower half with butter, and sprinkle over with crushed maple sugar; moisten the other half with milk, and press it over the first. Bake in a quick oven, and send to table hot.

Sugared Almonds.—Boil half a pint of maple sugar in a little water until it will "ball" when dropped into cold water. Add a half cupful of blanched almonds; remove from the fire and stir until the almonds are coated with sugar. Then turn them out before they adhere to each other. Boil another half pint of sugar as before and give another coating if desired.

Maple Caramels.—Put into a pan one pound of maple sugar and a scant half pint of cream. Mix well; let boil ten minutes, stirring constantly. Then add one-fourth pound good butter. Boil again until it reaches the hard ball stage, which is found by dropping a spoonful of the syrup into a cup of cold water. If it is brittle upon removing it from the water, it is done. Pour into a shallow pan to one inch in depth; cut into squares when cool.

Brown Bread.—Add a tablespoonful of suet and a tablespoonful of molasses to one quart of boiling water. When the water is lukewarm, add half a pint of yeast, one cupful of corn meal and sufficient graham flour to make a soft dough; cover and stand in a warm place over night. In the morning add a tablespoonful of salt and one cupful of white flour; mix well; pour this into greased bread pans, and when very light, bake in a moderate oven for three-quarters of an hour. This makes four loaves.

Experiments now show that during profound sleep a noise not sufficient to awaken the sleeper produces a perceptible rise in the brain and head temperature.

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Dr. McTaggart's tobacco remedy removes all desire for the weed in a few days. A vegetable medicine, and only requires touching the tongue with it occasionally. Price \$2.

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SPARKLES.

Teacher—Tell me a few of the most important things existing to-day which did not exist a hundred years ago.

Thomas—Us.

Dr. Robertson, of Irvine, had a man-servant who was a bit of a character. At the catechising one Sunday evening he was asked the question "What is man's chief end?" Scratching his ear for a minute or two, he leisurely drawled out, "Weel, maister, I may be wrang, but I'm thinking it should be his heid."

I see that some French scientists have been able to produce artificial vegetables.

"Nothing new about that."

"There isn't!"

"No; the milliners have been doing it for years."

Sergeant—"Where are you going, Smith?"

Smith—"To fetch water."

Sergeant—"In those disreputable trousers?"

Smith—"No, sergeant; in this 'ere pair."

Little Irene, who had just moved to the country from the city of Toronto, was sitting on the porch with her brother Edgar. They had never seen lightning bugs before, so they were surprised when they saw several bugs flying and lighting in the air.

"They are bugs," cried Edgar.

"No, they're not," declared Irene, "they're matches in the air!"

CLEANING BIBBON.

There are various ways in which ribbon may be cleaned. The following are all good:—If the ribbon has been made up into bows or sewed in any way, unpick all the stitches first, then brush lightly with a stiff brush. Lay the ribbon on a plain smooth board or table—a board is preferable. Sponge it well with clean water and ammonia. Ammonia varies very much in strength, but the following proportion is usually strong enough: Two teaspoonfuls to one breakfast cup of water. To stiffen the ribbon, sponge it after it has been cleaned with dissolved gum arabic and water (two teaspoonfuls to a half pint of water) and leave it on the board to dry, when it will be found smooth and ready for use. If the ribbon is required at once, it may be ironed immediately after the cleaning and stiffening processes. Lay it on the ironing sheet, with blanket beneath, and over the ribbon place either a clean, smooth piece of muslin or paper, and iron with a fairly hot iron.—American Cultivator.

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More clothes are rubbed out than worn out.

GOLD DUST

will spare your back and save your clothes. Better and far more economical than soap and water Washing Powders.

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A RHEUMATIC WRECK.

After Hospital Treatment Failed Dr. Williams' Pink Pills Cured Him.

"I suffered the greatest agony from rheumatism. Leading physicians prescribed many medicines, but with unsatisfactory results. I was compelled to go to an hospital, but even the treatment there failed. Then I took Dr. Williams' Pink Pills and to-day I am a well man."

These words were spoken by Clifford L. Forbes when interviewed at his home in Port Maitland, N.S. Mr. Forbes is a fisherman and had always been very healthy, until some three years ago, while fishing off Newfoundland, he was seized with a very severe attack of rheumatism. In his own words he says: "I was fishing on the Grand Banks in the spring of 1903 when I was stricken with rheumatism. I could not work or sleep, and the pain was almost unbearable. My case became so serious that I had to be landed and for weeks I lay in a Cape Breton hospital as helpless as a cripple. The hospital doctors prescribed different remedies, but they did not cure me. I then left the hospital and was taken home with rheumatism apparently completely fastened upon me. Day and night I suffered. Nothing I did for the trouble seemed to help me and I became despondent and down-hearted. Then a friend advised me to try Dr. Williams' Pink Pills. I was skeptical, but my friend praised the pills so highly that I determined to try them, with the result you see to-day. I am fully cured and have not since had even a twinge of that dreaded affliction. I cannot say too much in favor of Dr. Williams' Pink Pills and I urge all rheumatic sufferers to try them."

Dr. Williams' Pink Pills cured Mr. Forbes because they struck straight at the root and cause of his crippling rheumatism. They don't act on the mere symptoms like ordinary medicine. They don't act on the bowels. They do only one thing, but they do it well—they actually make new blood. In that way they root out all common blood diseases like anaemia, headaches and backaches, rheumatism, sciatica, neuralgia, and the secret ailments of girls and women who suffer unexpressibly when the richness and regularity of their blood becomes disturbed. Dr. Williams' Pink Pills are sold by all dealers in medicine, or sent by mail at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams Medicine Co., Brockville, Ont.

All you are responsible for is the doing of your duty.

The average rainfall in Great Britain and Ireland is 3,000 tons to the acre.

Over 14 million sterling are paid yearly in the United Kingdom in life insurance claims.

Six years ago the average price of warships was £70 per ton of displacement, it is now £100 per ton.

When the Bank of England was created in 1694 the staff was only 54 strong. There are now employed over 900.

Broad-headed horses are the cleverest. In cavalry regiments the horses with broad foreheads learn their drill more rapidly than the others.

In Algiers the grinding of corn is done by women. They use a portable handmill which, during the wanderings of a tribe, is strapped to a camel or donkey.

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