

Health and Home Hints

Tomato Salad.—Choose uniform sized ripe tomatoes, pour boiling water over, drain at once, cover with cold water, remove the skins and set on ice. Make a filling of finely chopped cucumbers and one-third as much chopped green peppers; when it is nearly time to serve, cut a slice from the stem end, carefully take out the seeds, drain out the juice, fill half full of the prepared cucumber, and fill with whipped cream dressing.

Thanksgiving Dinner.

Oysters on the Half-Shell		
Clear Soup		
Roast Turkey		Gilbert Gravy
	Cranberry Sauce	
Lettuce Salad		Celery
	Potatoes Souffle	
Squash		Corn
	Wafers	Cheese
Pumpkin Pie		Plum Pudding
	Ice Cream	
Fruit		Coffee

Choosing the Turkey.

In choosing a turkey, a young hen is best. The age of the bird may be ascertained by feeling the lower part of the breast bone. If soft and pliable, the turkey is young; if stiff, it is too old for anything except boiling or braising. Birds weighing from eight to twelve pounds each are considered best.

Potatoes Souffle.

Boil the potatoes in water in which a tablespoonful of salt has been put. When done, drain off the water, mash the potatoes fine and mix them with one cup of milk, one ounce of butter and the yolks of two eggs. Add the whites, beaten to a stiff froth, and put the potatoes in a dish. Make four or five dents with a knife on the top of the potatoes and put a small piece of butter in each dent. Set the dish in a hot oven, bake a light brown and serve.

Baked apples are attractively served with this novel fruit dressing: One tablespoonful of cocoa dissolved in a little boiling water, add five tablespoonfuls of rich cream, two spoonfuls of sugar, mix skillfully together.

To keep the color of the cranberry sauce right, cook in a porcelain-lined dish. Allow a pint of water to a quart of cranberries, cover and boil for ten minutes. Add one pint of granulated sugar and stew for ten minutes longer, covered all the time. Stir with a wooden spoon. Strain and squeeze through everything but the seeds and the tough skins. Then have plenty of good cheer, cook till it is well done, and serve piping hot.

Pumpkin for the old-fashioned pie should be pared, steamed and mashed, then turned into an agate kettle and placed by the side of the fire where it will slowly dry, and sweeten, and redden. To three cupfuls of this prepared pumpkin there should be added one cup and a half of scalded milk, one cup of sugar, one teaspoonful of salt, one-half teaspoonful of cinnamon, one-quarter teaspoonful of cloves or any other spice and three eggs. This amount will make two small, thin pies which should be baked in a slow oven.

Ice Cream.

So many delicious and inexpensive desserts can be made with the aid of a freezer that it ought to become a household institution. The following is a satisfactory recipe for a most delicious dessert.

FRENCH ICE CREAM.

1 quart of milk.
1 quart of cream.
1 cup of sugar.
3 eggs (yolks).
1 tablespoonful of vanilla extract or one vanilla bean.
1 salt spoon of salt.
Scald the milk in a double boiler, beat the yolks, salt and sugar together, and stir the scalded milk (slightly cooled) slowly on them. Return to the double boiler, place on the fire, and cook till it coats the spoon. If vanilla bean (which is much better than the extract) is used, cut it lengthwise, and let it steep for ten minutes in the scalded milk. Remove the custard from the fire; strain, and beat until cool; add the cream and flavoring, and the beaten whites of the eggs, and freeze.

The Two Rivers.

There is an ancient Eastern parable that tells how all the other rivers said to the Euphrates: "Why is the current of thy waters not heard at a distance?" The Euphrates replied: "My deeds testify for me. Anything sown by men at my shores will be in full bloom within thirty days."

Then the rivers asked the noisy Tigris: "Why is the current of thy waters heard at a distance?" "I must direct the attention of the people to me," replied the Tigris, "by my tumultuous rapidity."

The parable holds as well to day in America as it did ages ago in Mesopotamia. It is the quiet, fruitful lives which count. When we are at work with all our energies, we have no time to think about proclaiming it. It is only the man who is not fully occupied who has time to boast of how important he is. The single-minded, steady, humble worker is the one who is sought after and honored in the end.

It is well to realize this early in our life. So many young people are caught by the mere outside of things. The dashing, glittering surface worker or thinker attracts them. They even feel a certain contempt for humble, solid, daily, drudging goodness. Yet all the richness, all the sweetness, all the true, deep powers of life, come out of these quiet qualities of strength and endeavor. Let us remember the Eastern parable, and not be misled by the vain rush of a noisy life into choosing it instead of a great and noble and fruitful one.—Forward.

When He Shall Reign.

O Father! haste the promised hour,
When at His feet shall lie
All rule, authority and power,
Beneath the ample sky;
When he shall reign from pole to pole
The Lord of every human soul.

When all shall heed the words He said;
Amid their daily cares,
And by the loving life He led
Shall strive to pattern theirs;
And He who conquered death shall win
The mightier conquest over sin.
—William Cullen Bryant.

A Popular Belief

THAT RHEUMATISM IS DUE TO COLD WET WEATHER.

SUCH CONDITIONS AGGRAVATE THE TROUBLE, BUT IT IS NOW KNOWN TO BE A DISEASE OF THE BLOOD—OUTWARD APPLICATIONS CANNOT CURE IT.

The once popular belief that rheumatism was entirely the result of exposure to cold or dampness, is now known to be a mistake. The disease may be aggravated by exposure, but the root of the trouble lies in the blood, and must be treated through it. Liniments and outward applications never cure, while Dr. Williams' Pink Pills always cure because they now make new, rich, red blood, in which disease finds lodgement impossible. Concerning the use of these pills Mr. A. G. Lacombe, Sorel, Que., says:—"For upwards of five years I was a victim to the tortures of rheumatism. At times the pains in my knees, shoulders and hip were almost past endurance. At other times I could not dress without assistance. I tried several remedies, some of them very costly, without getting any more than temporary relief at the most. At this juncture a friend urged me to try Dr. Williams' Pink Pills, and spoke so highly of the pills that I decided to try them. Almost from the very first these pills helped me, and by the time I had taken seven or eight boxes, every twinge of rheumatism had disappeared and I was feeling better than I had for years. I would strongly advise similar sufferers to give Dr. Williams' Pink Pills a fair trial, as I am confident they will not only drive away all pains and aches, but leave you strong, active and happy."

Dr. Williams' Pink Pills are the greatest tonic medicine in the world. These pills not only cure rheumatism, but all troubles whose origin comes from poor blood or weak nerves, such as anaemia, consumption, neuralgia, kidney trouble, St. Vitus' dance, partial paralysis and the irregularities which make the lives of so many women a source of misery. Some dealers offer substitutes, and in order to protect yourself you must see that the full name "Dr. Williams' Pink Pills for Pale People" is on the wrapper around every box. Sold by all dealers or sent by mail, post paid, at 50 cents a box or six boxes for \$2.50, by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont.

Poached Peaches—Poach the half peaches exactly as if they were eggs, in some lemon flavored syrup, then lift them out, drain for a minute, and place each on a round of sponge cake previously fried a golden-brown in fresh butter; boil up the syrup for a minute to reduce and thicken it, and place a good teaspoonful on each crouton. Serve very hot. Preserved or canned peaches heated in their own syrup answer admirably, and many people like a small teaspoonful of essence of vanilla with the syrup.

TO CONSUMPTIVES.

The undersigned having been restored to health by simple means, after suffering for several years with a severe lung affection, and that dread disease consumption, is anxious to make known to his fellow sufferers the means of cure. To those who desire it, he will cheerfully send (free of charge) a copy of the prescription used, which they will find a sure cure for Consumption, Asthma, Catarrh, Bronchitis and all throat and lung Maladies. He hopes all sufferers will try his remedy, as it is invaluable. Those desiring the prescription, which will cost them nothing, and may prove a blessing, will please address.
Rev. EDWARD A. WILSON. Brooklyn, New York