

## HEALTH AND HOME HINTS.

**Breaded Veal Cutlet.**—Have the cutlets less than an inch thick, parboil, drain and cool. Season with salt and pepper, dip in beaten egg and crumbs and fry till brown. Serve with tomato sauce or with a border of green peas.

**Sweetbreads a la Creme.**—Parboil, drain and cut up, but not too fine. Make a cream sauce and put the parboiled sweetbreads into it. Sweetbreads a la creme are frequently combined with chopped mushrooms, chicken, oysters, lobster, crab, shrimps or green peas.

**Rhubarb Cobbler.**—As the chief ingredients in a cobbler, the rhubarb shines transcendent. Butter a deep earthenware dish and fill with rhubarb cut in inch pieces. Make a batter of flour, milk, salt and eggs, allowing a tablespoonful of flour to each egg and milk enough to make a batter of the consistency of that used for fritters. Pour this over the rhubarb and bake until a golden brown.

**Inexpensive Sponge Cake.**—One cupful of granulated sugar, one and one-half cupfuls of flour, with one scant teaspoonful of baking powder sifted together three times. Three eggs beaten separately, one-half cupful of cold water. Pour about half of the water on the sugar and then add yolks of eggs, well beaten; add the remainder of the water and flour alternately, then add whites of eggs, stir lightly, put in pan and bake.

**Grilled Beef.**—Cut some beef in half-inch slices. Dip each in melted butter or olive oil and broil quickly over a clear fire. In a small saucepan put two tablespoonfuls of hot water, two tablespoonfuls of butter, one tablespoonful each of tomato sauce, a pinch of salt and pepper, one-half teaspoonful of made mustard, a little juice from an onion, and one or two drops of lemon juice or vinegar. Dip each slice of meat in this. Serve on toast, and pour the remainder of the sauce over each.

Probably few housekeepers know that an ordinary cork may be made as serviceable as a glass bottle stopper by steeping it in hot sweet oil. Heat the oil in a little basin on the stove, drop in the corks, and, drawing the basin back from the fire, let the corks lie in the oil for a few minutes.

An easy way to soften hard water delightfully is to throw orange peel into it just before the water is used. The peel will not only prove agreeable to the skin, but will give out a fragrance like that which follows the use of toilet water.

**Rice as Food.**—As an article of diet rice possesses the advantage of being the most easily digested (but one hour being required for perfect digestion) and most completely assimilated of the starch grains. For these reasons it becomes a valuable food for persons of sedentary habits. It is also rich in nutritive properties, being four times as nutritious as the potato and more uniform in quality. According to the views of modern chem-

ists, rice contains a smaller amount of flesh-forming substances and a larger amount of fat-forming or heat-producing substances than any other grain. Owing to the small quantity of gluten which it contains rice is capable by itself of only very imperfect fermentation, and is therefore unfit for baking into bread.

The palatableness of rice, if not, indeed, its wholesomeness, depends largely upon the way it is cooked. The gummy preparation which passes muster on so many tables under the name of boiled rice is a sorry travesty upon this wholesome dish when it is properly cooked.—When the train was late

Hostess—"Well, Tommie, you can tell your mother for me that you are the best-behaved boy at table I ever met." Tommie—"Thank you, Mrs. Jones, but I'd rather not. Hostess—"Rather not? And why, pray?" Tommy—"She'd think I was ill, Mrs. Jones, and send for the doctor."

We may not have a place in our will for the poor, but we can have a gift in our hand and a place in our heart for him.

## LIQUOR AND TOBACCO HABITS.

A. McTaggart, M. D., C.M.  
75 Yonge Street, Toronto.

References as to Dr. McTaggart's professional standing and personal integrity permitted.  
Sir W. R. Meredith, Chief Justice.  
Rev. John Potts, D.D., Victoria College.  
Rev. Father Teefy, President of St. Michael's College, Toronto.

Hon. G. W. Ross, ex-Premier of Ontario.  
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## HEALTH IN SPRING.

Nature Needs Assistance in Making  
New Health-giving Blood.

Spring is the season when your system needs toning up. In the spring you must have new blood just as the trees must have new sap. Nature demands it. Without new blood you will feel weak and languid; you may have twinges of rheumatism or neuralgia, occasional headaches, a variable appetite, pimples or eruptions of the skin, or a pale, pasty complexion. These are certain signs that the blood is out of order. The only sure way to get new blood and fresh energy is to take Dr. Williams' Pink Pills. They actually make new, rich blood—they are the greatest spring tonic in the world. Dr. Williams' Pink Pills clear the skin, drive out disease and make tired, depressed men and women bright, active and strong. Mr. Neil H. McDonald, Estmere, N.B., says: "It gives me great satisfaction to state that I have found Dr. Williams' Pink Pills all that is claimed for them. I was completely run down, my appetite was poor and I suffered much from severe headaches. Doctors' medicine did not give me the needed relief, so I decided to try Dr. Williams' Pink Pills. I used only a few boxes when my former health returned, and now I feel like a new man."

Dr. Williams' Pink Pills are not only the best spring tonic, but are a cure for all troubles due to poor blood or shattered nerves. That is why they cure headaches and backaches, rheumatism, anemia, kidney and liver troubles, and the special secret ailments of women and growing girls. But you must get the genuine, with the full name, "Dr. Williams' Pink Pills for Pale People," printed on the wrapper around each box. Sold by all medicine dealers or sent by mail at 50 cents a box or six boxes for \$2.50 by writing the Dr. Williams' Medicine Co., Brockville, Ont.

## A MAGNIFICENT OUTING.

A trip through the 30,000 Islands of the Georgian Bay, visiting the weird and romantic scenery of the Inner Channel, Manitoulin Island, the North Channel, Sault Ste. Marie, Parry Sound, Mackinac, etc., is one that once taken is never forgotten. The region stands first in lovely scenery and interesting environments and capital sport is assured lovers of rod and gun. It also gives one an opportunity of making a voyage of 1,500 miles on the great inland seas. A descriptive publication has recently been issued by the Grand Trunk Railway System giving full information together with maps and all particulars, copies of which may be had free on application to J. Quinlan, D.P.A., Bonaventure Station, Montreal.

To test all problems by the Gospel of the Son of man is the safest and the sanest way to meet them.

To be angry is to revenge the faults of others upon ourselves.—Alexander Pope.