

HEALTH AND HOME HINTS.

When hanging pictures use copper wire. It is rust-proof, and wears for years if sufficiently stout.

Coal dust mixed with salt and water and made into good-sized lumps is excellent to bank up fires for the night.

Verdigris should be carefully looked for on all metal in daily use. Directly it appears remove by rubbing with plate-powder on liquid ammonia.

Clove syrup is useful in winter. Pour one pint of boiling water on one ounce of cloves, and macerate for four hours in a covered jar. Then add two pounds of loaf sugar, and, when dissolved, strain through a flannel bag.

Try buttered beetroot as a vegetable course. Boll the beetroot in the ordinary way, rub off the skin, and cut the root into thick slices. Place on a hot dish, season with pepper and salt. Pour over a little oiled butter, and serve.

Seed Cakes—Rub together thoroughly one pound of kour and one half pound of butter, then beat in three-fourths pound of sugar and four eggs until creamy, adding one half teaspoonful of caraway seeds and one tablespoonful rose water; drop by dessert-spoonfuls into a greased tin and bake from twenty to thirty minutes in slow oven.

Cream of Celery Soup—Cut a bunch of celery into small bits and put over the fire with enough water to cover it. Stew till very tender; rub this through colander. Rub to a cream a tablespoonful of flour and one of butter, and pour slowly upon it a pint of hot milk. When thick and smooth, add gradually, stirring constantly, the celery. Season with pepper, celery salt, and serve.

THE KEYNOTE TO RIGHT EATING.

Man is an omnivorous animal—whether he was originally intended to be one is outside of the question. In this practical world we have to deal with existing facts and not with theories. Savage races live, some on animal food almost exclusively, some on vegetables, fruits, and nuts, according to their environment; but civilized man turns to both the animal and the vegetable world for his nutriment, and through a long course of adaptation his digestive organs have accommodated themselves to a mixed diet—meat, vegetables, fruits, nuts, and sweets, even alcoholic beverages in moderation. This world is indeed the keynote of right eating—moderation. There is no one class of food which need be selected to the exclusion of any other (we are speaking to the normal man, not to the invalid who must be treated dietetically as well as medicinally) and while it is possible to live well and preserve health on a vegetarian diet, such a regime is entirely unnecessary. It is a greater tax on the digestive organs to extract the needful amount of proteids from vegetables than from meat, and, even when diseased, vegetable proteid is less easily assimilated than that obtained from animal food. The cow, the pig, the sheep, the fowl, and fish are provided by nature as the converters of vegetable proteid into animal, and it is only common sense for man to leave this task to the lower order of creation and to take his food to the form best adapted to his needs.—Dr. Thomas L. Stedman, in Good Housekeeping.

TOBACCO HABIT.

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.

LIQUOR HABIT.

Marvelous results from taking his remedy for the liquor habit. Safe and inexpensive home treatment; no hypodermic injections, no publicity, no loss of time from business, and a cure guaranteed.

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SPARKLES.

"That horrid cat!" "What's the matter girl?"

"Oh, the cat went to sleep on my new hat, and I wore her down-town and back."

A lady took a little six-year old to call upon her physician. The doctor took the little girl upon his knee and said:

"I think you had better come and live with me."

"Why, I can't," said the little one, "because I'm my papa's little girl." But you have lived with your papa six years, now you can come and live with me six years," urged the doctor.

The little girl looked at him pityingly.

"That ain't the way they do it," she said decidedly, "when they gets 'em they keeps 'em."

"Maud's father objected to the man she wanted to marry, and she objected to the man he wanted her to marry, but finally they agreed on a third party."

"And so she's going to marry the compromise?"

"No; the man objects."

Little Ruth is the five-year-old daughter of a Methodist minister in one of the large city churches. One evening, she climbed upon her father's knee, and, in her most coaxing way, asked him to buy her a dolly.

"But, Ruth," objected her father, "I haven't the money."

"Well," replied the child quickly, "why can't you take up another special collection?"

"So you never make fun of your wife's hat?"

"Never. I tried that long ago."

"What happened?"

"She kept on buying others trying to please me."

"Now, Tommy," said the teacher in her most persuasive tones, "tell us when is the harvest season."

"From November to March," said Tommy, with great promptness.

"Why, Tommy, I am surprised that you should name such barren months. Who told you they were the harvest seasons?"

"Pa. He's a plumber."—(Chicago Daily News.

In a written examination on astronomy one of the questions was, "What happens when there is an eclipse of the moon?"

A student with rather a good knack of getting out of a difficulty wrote:

"A great many people come out to look at it."

Miss Goldrox—"I simply dote on soldiers. Are you a son of Mars?" Impetuous Man—"No; but I should like to become her son-in-law."

Mistress (engaging young servant) — "But do you always stammer like that?"

Applicant—"N-n-n-n-o m-m-m; only w-w-when I t-t-talk."

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MONTREAL

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Behind the veil of her modesty and silent patience nearly every woman endures suffering that casts a shadow over half her existence. An aching back, tired limbs, attacks of faintness, and headache upon headache need not be part of a woman's life. Such trials indicate plainly that the system requires the new blood that is supplied by Dr. Williams' Pink Pills. These pills are valued by suffering women, who have used them, above all other medicines, because they make the rich, red blood that makes women well, bright and at their best. This is the secret of the great success of Dr. Williams' Pink Pills. Mrs. Geo. C. Wadden, Wadden's Cove, N.S., says:—"A few years ago I was completely run down. At times I would be so weak that I was unable to do my housework. I suffered from severe headaches, pains in the back and dizziness, and at times I felt as though life was scarcely worth living. I had tried several medicines without getting relief, when I finally decided to give Dr. Williams' Pink Pills a trial. After using two or three boxes I noticed a change, and after taking the Pills about two months I was again enjoying good health, and have since been well and strong. I can confidently recommend Dr. Williams' Pink Pills to all weak and run-down women."

You can get this great blood-building, health restoring medicine from any dealer in drugs, or the Pills will be sent by mail at 50 cents a box or six boxes for \$2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

CHEERFULNESS AT TABLE.

An old lady who looked as though she might have belonged to the "Sunshine Society" all her life, was asked by a friend for the secret of her never-failing cheerfulness. Her answer contains a suggestive lesson for parents. "I think," said the clever old lady, "it is because we were taught in our family to be cheerful at table. My father was a lawyer with large criminal practice; his mind was harassed with difficult problems all the day long; yet he always came to the table with a smile and a pleasant greeting for everyone, and exerted himself to make the table hour delightful. All his powers to charm were freely given to entertain his family. Three times a day we felt this genial influence, and the effect was marvellous. If a child came to the table with cross looks he or she was quietly sent away to find a good boy or girl, for only such were allowed to come within that loving circle. We were taught that all petty grievances and jealousies must be forgotten when meal time came, and the habit of being cheerful three times a day, under all circumstances had its effect on even the most sullen temper.

Much is said and written these days about "table manners." Children (in well-bred families) are drilled in a knowledge of "good form" as to the use of the fork and napkin; proper methods of eating the various courses are descanted upon, but training in the most important grace or habit a child should have, that of cheerfulness at table, is too often neglected.

The Orientals had no family ties of affection until they began to eat at a common table. Let the gathering at meal time be made the most happy hour of the day, and the influence on the children may be beyond estimation.—Table Talk.

Patriotism that counts first counts in God and knows that He will triumph.