

HEALTH AND HOME HINTS.

Simple Cure for Warts—Take a raw onion, peel it, cut a little bit off the top, then get a saucer with a little table salt on, dip the onion in the salt, and rub it on the wart.

Bolled or fried potatoes make an excellent garnish for fish, with the addition of parsley and lemon. Hard bolled eggs are suitable accompaniments for bolled fish or molded spinach.

Coffee Cake—Two cups of sugar, one-half cup of butter, one cup of molasses, one cup of cold coffee, four cups of flour, three eggs, one teaspoonful of cinnamon, and one of cloves, four teaspoonfuls of baking powder.

A handsome cover for a sofa pillow is made by embroidering two strips of blue satin with pink rosebuds and some fine green foliage; alternate these strips with velvet or plush of a contrasting color; a dark crimson is particularly pretty with the blue.

To Cure Hoarseness—When the voice is lost, as is sometimes the case, from the effects of a cold, a simple, pleasant remedy is furnished by beating up the white of an egg, adding the juice of one lemon, and sweetening with white sugar to the taste. Take a teaspoonful from time to time. It has been known to effectually cure the ailment.

Apple Jelly—Take five pounds of cooking apples, rub them clean with a cloth, and core and cut them down into cold water, but do not peel them. Have two quarts of water boiling in your jelly pan, and into this put the cut apples, after straining them from the cold water; boil now till the apples are quite reduced. Strain the again through a flannel jelly bag, and again through a flannel jelly bag, and to each pound of juice add ten ounces of sugar, and boil for twenty minutes after it comes to the boil. Before dishing add a pennyworth of essence of lemon and a little saffron or cochineal; gum up while hot, and keep in a cool, dry place.

Don't Turn Down the Lamp—An exchange says the following incident occurred in the west end of the city the other night. In regard to the management of coal oil lamps it is worthy of notice. A merchant returned home about two o'clock at night, and found his wife lying on the bed groaning heavily, and unconscious. She was waiting his return, and at last, tired out, laid herself on the bed, after turning down the wick of a lighted lamp as low as possible without extinguishing it. In this position of the wick, if the oil is bad, a vapor mixed with innumerable quantities of specks of soot diffuses itself through the apartment, and so covers the eyes, nose and respiratory organs that, on falling asleep, one is in danger of suffocation. It is always advisable, therefore, in the use of coal oil lamps, to allow the wick to burn brightly, or to extinguish it altogether.

Care of Teeth—Desirable as sound teeth are, there is no part of the bodies of young children that is so neglected by parents. Scarcely one child in a hundred has regular, sound teeth, and the proportion of those that are covered to a greater or less extent with an unpleasant-looking coating is equally great. A very little care on the part of parents would largely obviate this difficulty, but the misfortune is that so few parents are willing to exercise such care. And this is especially the case in America where dentistry thrives more vigorously, perhaps, than in any other country, and all because parents are neglectful of their children's teeth. The daily use of the brush, without any other dentifice than pure white castile soap, and the removal of a misplaced tooth or two, would, in most instances, not only give pearly whiteness, but regularity, both combining to greatly enhance beauty.

SPARKLES.

"John, your smoke will spoil the curtains."
"That's better than having the curtains, spoil my smoke."

"A little nonsense now an' them," said Uncle Eben, "is all right. But dar's allus a heap o' danger dat it's g'nheter git to be a habit."

Guest—Hey, waiter, how long will my steak be?

Waiter—The average length is about four fitches, sir.

Wiggles—I hear Bjenks has been very ill. Is he out of danger yet?

Waggles—Well, he's convalescent; but he won't be out of danger until that pretty nurse who has been taking care of him has gone away.

Musician—At your afternoon concert would you like me to play some of Wagner's works?

Parvenu—Yes—but on the hurdy-gurdy, or my guests will not understand it.—Flegende Blaetter.

"What are you crying about?"
"My husband beat me."
"Who is he?"

"A gypsy fiddler. He beat me with the fiddle-bow."

"Then you ought to be thankful he doesn't play a bass viol."—Flegende Blaetter.

"Pray, my good man," said a judge to an Irishman, who was a witness on a trial, "what did pass between you and the prisoner?" "Oh, then, please your lordship," said Pat, "sure I sees Phelim atop of the wall. 'Paddy!' says he. 'What?' says I. 'Here!' says he. 'Where?' says I. 'Whist!' says he. 'Hush!' says I. And that's all, please your lordship."

An old Tennessee dinky was arrested, charged with stealing a pig. The evidence was absolutely conclusive, and the judge, who knew the old man well, said reproachfully: "Now, Uncle Rastus, why did you steal that pig?" "Bekaze mah poor fambly whuz starv'ing, yo' honnah!" whimpered the old man. "Family starv'ing!" cried the judge; "but they tell me you keep five dogs. How is that, uncle?" "Why, yo' honnah," said Uncle Rastus reprovingly, "you wouldn't 'spect mah fambly to eat dem dawgs!"

Teacher: "Freddy, you may go to the principal's room and see if he is in, and then come and tell me." Freddy (on his return): "He ain't there." Teacher (severely): "He ain't there!" Freddy (correcting himself): "He is went out."

Almost no one desires to be pitied. But is there any one who does not long to be comforted?

"Let the GOLD DUST twins do your work."



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 other Washing Powders.

Made only by THE N. K. FAIRBANK COMPANY
Montreal, Chicago, New York, Boston, St. Louis,
Makers of COFCO SOAP (oval cake)

REBUILDING THE
WHOLE BODY

That is the Constant Business of the Blood.

And That is Why a Blood Making Tonic will Make the Body Well and Keep It So.

Pure, red blood is the vital principal of life, for upon it the tissues of the body live. It goes practically to every part of the body, carrying nourishment and oxygen, taking up the wastes and so changing them that they can be cast out of the body. As our every act results in the breaking down of some of the tissues and the formation of waste materials, the body is in a constant state of change. To maintain health, strength and life the blood must be pure in order to replace these tissues with plenty of fresh nourishment and rid the body of its waste material.

Men and women who are run down will find Dr. Williams' Pink Pills the best tonic for their condition because these Pills are a certain blood-builder and purifier. They enable the blood to meet the usual demands of the body and give perfect health. We offer the case of Mrs. John Harman, of Welland, Ont., as a proof of the great power of Dr. Williams' Pink Pills over disease. Mrs. Harman says: "For several years I lived a life of pain and misery, and even now as I recall that illness it seems awful to contemplate. The trouble began with weakness and loss of appetite. This was followed by headaches and emaciation. At times I had violent palpitation of the heart and shortness of breath, finally I was completely prostrated. I was so haggard that my friends hardly knew me, and I often thought my last hour had come. My sufferings would follow me into the region of dreams with such distinctness that often times I would awaken shivering and shaking with sobs, and scarcely able to realize that I had been but dreaming. The best efforts of three doctors at different times failed to help me. Then I was urged to try Dr. Williams' Pink Pills. Within one month I felt a distinct improvement, and after using eleven boxes I was again in the full possession of health and strength. Several years have now elapsed since this illness and as I have constantly enjoyed the best of health I am warranted in saying that the cure is permanent."

Dr. Williams' Pink Pills should be used in all diseases caused by thin, watery or impure blood, such as anaemia, rheumatism, stomach trouble, the after effects of la grippe and fevers, neuralgia, headaches and the various ailments common to women and growing girls. These Pills are sold by all medicine dealers or sent by mail at 50 cents a box or six boxes for \$2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

Delicate Soup—Boil a small cup of rice in a little over a quart of water. Boil until it is so soft that it will pass through a sieve. Grate the nicely bleached parts of two heads of celery and add to the strained rice; add to this one quart strong beef stock, or that made from mutton or veal may be used; it should be strained, and be clear and free from lumps when it is put in with the rice. Let this boil until the celery is tender. Season with a dash of cayenne pepper, or a little curry powder, and plenty of salt.

A man who heeds not the call of his brother in need will be disobedient to the pleadings of his own spirit.