

HEALTH AND HOME HINTS

In lighting a candle hold the match beside the wick, not at the top, and it will light more readily.

There is nothing more soothing in a case of nervous restlessness than a hot salt bath just before retiring.

If girls would have roses for their cheeks they must do as the roses do—go to sleep with the lilies, and get up with the morning glories.

People with poor digestion should drink no water with meals, but take a glassful half an hour before, and drink plentifully an hour or so after each meal.

For brittle finger-nails, anoint the nails at the roots every night with vaseline, or dip them in warm sweet oil. This will cause them to grow better, and they will not split.

Chapped Hands.—Wash them with a mixture of bran and water, or an application of vaseline rubbed in once a day will keep the hands from chapping. Another way to prevent chapped hands is to wash them in soft water and honey soap. Dry with a soft towel.

Dandruff Wash.—An excellent dandruff wash is composed of the following ingredients: Alcohol, two ounces; witch hazel, two ounces; resorcin, fifteen grains. It cleanses the scalp and makes the hair soft and silky. It should be applied every morning by rubbing well into the scalp with the finger tips.

Cornmeal and rice waffles.—Sift together half a cup of cornmeal, half a cup of flour, one teaspoon of salt, and two teaspoons of baking powder. Add one cup of cold boiled rice (the grains should be distinct), then gradually mix with the yolks of two eggs, beaten and diluted with one cup and a half of milk; lastly, add two tablespoons of melted butter and the whites of two eggs beaten until dry. Cook on waffle irons.

Sultana Caramels.—Put one fourth cup butter into a saucepan; when melted, add two cups sugar one-half cup milk, and one-fourth cup molasses. Heat to boiling point, and let boil seven minutes. Add two squares unsweetened chocolate, stir until chocolate is melted, then let boil seven minutes longer. Remove from fire, beat until creamy, and add one-half cup English walnut meat cut in pieces, two tablespoons sultana raisins, and one teaspoon vanilla. Pour at once into a buttered tin, cool slightly, and mark in squares.

Salmon with Eggs.—Cover a platter with perfect leaves of curled lettuce, the stems for the centre. Pour off the oil from a can of salmon; lay the fish carefully in the centre of the platter, and season with salt, pepper, and lemon juice. Boil nine eggs hard, remove the shells and cut each egg in three slices, into a crock; stir salt, pepper, a tablespoonful of melted butter, one-half teaspoonful of mustard and one tablespoonful of vinegar together and pour over the eggs. Place them around the salmon, on the platter, and serve at once. The green lettuce, the white and yellow eggs and the pink of the salmon, make this dish as pleasing to the eye as to the palate.

LIQUOR AND TOBACCO HABITS.

A. McTaggart, M.D., C.M.

75 Yonge Street, Toronto, Canada.

References as to Dr. McTaggart's professional standing and personal integrity permitted by:

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SPARKLES.

"What is the use of quarreling, my dear girl? It's Christmas. Let us forgive and forget."

"That is just the trouble. I am always forgiving and you are always forgetting."

"Yes," exclaimed the New Yorker, "great age we're living in—wireless telegraphy, horseless carriages, smokeless powder."

"And glory be to the man who gives us meatless sausage," broke in the man from Chicago.

Tommy—When I grow up I ain't never goin' to have to wash me face.

Johnny—Aw, g'on! How kin yer help it?"

"I'm goin' ter grow whiskers all over it."

"Aw, dat'll be worse. Den yer'll have to comb de knots outer yer face."

Client—This bill of yours is exorbitant. There are several items in it that I don't understand.

Lawyer—I am perfectly willing to explain it, but the explanation will cost you thirteen shillings and fourpence.

"And now, my son," said the father, "as you are about to go into business for yourself, it is well for you to remember that honesty is the best policy. And, continued the old man, "if you will study the laws you will be surprised to find how many things you can do in a business way and still be honest."

Mr. Graspall—"Yes, you can marry my daughter if you like; but I tell you candidly she won't have a penny until I die. Are you still of the same mind?" Young Doctor—"Will you permit me to medically examine you, sir?"

Drink.—Gadsby—"My wife will raise Cain with me if she discovers that I've been drinking." Jagsby—"All you've got to do is to hold your breath when you go near her," Gadsby—"That's all right; but I'm afraid it's too strong to be held."

Brown—"Hallo, Jones, what are you doing carrying your winter overcoat on a broiling day like this?" Jones (wearily)—"Well, you see, my wife's collecting goods for a jumble sale just now, and if I don't keep hold of my overcoat goodness knows what will become of it."

"Do you think a flying machine would be safer than the ordinary means of exploring the Arctic regions?"

"Much safer," answered the inventor. "It would be likely to break down before the party got as far as usual from civilization."

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DEADLY LA GRIPPE.

Canada Again Being Ravished by an Epidemic of This Disease.

Winter after winter Canada is swept from ocean to ocean by an epidemic of la grippe, or influenza. It is one of the deadliest troubles known to our climate. It starts with a sneeze—and ends with a complication. It lays the strong man on his back; it tortures him with fever and chills; headaches and backaches. It leaves the sufferer an easy prey to pneumonia, bronchitis, consumption and other deadly diseases. You can avoid la grippe by fortifying your system with Dr. Williams' Pink Pills. You can cure its disastrous after effects with this same medicine. These pills protect you, they cure you, they uphold you, they banish all evil after effects. Dr. Williams' Pink Pills ward off all winter ailments. They cure all blood and nerve disorders. They are the greatest blood-builder and nerve tonic science has yet discovered. Ask your neighbors, no matter where you live, and you will learn of someone who has been cured by Dr. Williams' Pink Pills after other medicines have failed. It is on the unbiassed evidence of your neighbors that we ask you to give these pills a fair trial if you are sick or ailing. Mrs. Emma Doucet, St. Eulalie, Que., says: "Words can hardly express my gratitude for what Dr. Williams' Pink Pills have done for me. I had an attack of la grippe which left me a sufferer from headaches and pain in the stomach. I used several medicines but found nothing to help me, until I took Dr. Williams' Pink Pills. When I began them I was weak and very much run down. The pills have not only fully restored my health, but I gained in flesh while taking them. I recommend them to all sufferers."

You can get these pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.

BRITISH AND FOREIGN.

The Vatican has denounced the newly organized "French Apostolic Catholic Church."

King Alfonso of Spain issued decree suspending the sessions of Parliament and will submit issues of church and state to the people.

Canton of Geneva, Switzerland, voted to separate church and state, thus saving the government millions of dollars now paid to priests and ministers.

At revival service conducted by Dr. Torrey at Cleveland, O., 760 persons professed conversion.

The original Dr. Jekyll is said to have been Deacon Brodie, a cabinetmaker in the Lawnmarket, in Edinburgh.

More monuments have been erected to the late Prince Consort than to any other man who ever lived.

The parish minister of Stranraer has preferred a claim to a tithe of all the herrings landed at Stranraer.

An interesting Masonic event last month was the celebration of the 150th anniversary of Lodge Doric Kilwinning.

Over twenty congregations still remain to be dealt with by the Churches Commission in the matter of equipment.

Baillie Watt has sold the old cottage in Alva where the Rev. Dr. Eadie, author of the "Concordance to the Bible," was born.

Lady Minto, the wife of the Viceroy of India, who has returned from India, has brought home a number of trophies of the chase.

Rev. Dr. Winter, of Dyke, is to be entertained at dinner by the Presbytery of Forres and Nairn on the occasion of his ministerial jubilee.

The service in a church at Beckenham, Kent, on Sunday, the 6th ult., was conducted by three generations of the same family—father, son and grandson.

The Prince of Monaco received the honorary degree of LL.D. of Edinburgh University at a special graduation on the 17th ult., in recognition of his distinguished services to science.