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Is especially true of Hood's Pills, for no medicine ever contained so great curative power in so small space. They are a whole medicine.

## Hood's Pills

chest, always ready, always efficient, always satisfactory; prevent a cold or fever, cure all liver ills, sick headache, jaundice, constipation, etc. 20c. The only Pills to take with Hood's Sarsaparilla.

## IMPURE BLOOD

is the cause of nearly all diseases. As the blood supplies every bone, nerve, muscle and tissue in the body, these parts will be in the same condition as the blood.

Unless the blood is absolutely pure the body will be in an unhealthy condition and sickness will be sure to arise.

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**LIFE OF MAN BITTERS** and **SYRUP**, which have been tested for the last 60 years, curing many cases of Dropsy, Liver Complaint, Humors and all Blood Diseases.

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Health  
is impossible.

### LAXA-LIVER PILLS

Bring Health, then Beauty follows. They clear the muddy complexion, chase away Sick Headaches and Bilious Spells, cure Dyspepsia and remove all poisonous matter from the System.

Mrs. Addie Theriault, of Brunswick Street, St. John, N.B., says: "Laxa-Liver Pills cured me of Constipation, Indigestion and Bilious Headaches. They have corrected the irregularities of Liver and Stomach, and restored my entire system to healthy natural action."

## The Home

### The Best Food.

It is the fashion of some well-meaning people to look suspiciously upon all food that is especially tempting to the appetite. They seem to regard the taste as naturally depraved and liable to lead those who are guided by it into all varieties of danger. Nothing could be more absurd than such a fancy. The taste of a person who is not in health, whether man or child, is the best guide it can have in the selection of food.

The mother who ignores the taste of her children by compelling them to eat that which she considers good for them is doing a cruel, as well as a dangerous, thing. She is attempting to supplant the Heavenly-given guide which man, as well as the poor brute of the fields, possesses to enable him to distinguish between that which is good and wholesome and that which is poisonous. A poison is not necessarily a thing which is fatal to life. Strictly defined, it is anything which in itself or in any of the products of its chemical transformation in the body shall be injurious to the structure or action of any organ.

Oatmeal porridge, in this sense, may be a poison, for every intelligent person ought to know that this "simple grain food" sometimes acts very injuriously on the digestive organs. The mother who forces a little child to eat oatmeal when it is repugnant to its taste is acting in a tyrannous manner and probably endangering its health. One of the inalienable rights of all human beings, even of children, is that the food be enjoyable and agreeable to the taste, as God intended it should be.

The human organs of taste are very complicated. When food is taken into the mouth it passes before three sets of nerves before it can be swallowed. Nearly all virulent poisons have so acid a quality that they are rejected at once by the taste. This is especially true of vegetable poisons which, for the protection of man and animals, are made especially bitter and distasteful. The sense of odor assists the taste. A great many things which we call tastes are perceived by the sense of odor. This is true of pepper and most spices.

This combination of the nerves of taste and smell, which is the only protection of the animal, should also be the highest guide of man in his selection of food. The idea of food theorists change with each generation. The favorite foods of one generation are condemned by the theorists of the next. Meantime that God-given guide, the taste, remains, and after all the ages has changed but little. Essentially the same kind of leavened bread and the same meats and vegetables are eaten to-day as were served on the tables of the Pharaoh of the Exodus. The best guide to the best food is given in the simple lines of one of England's greatest poets: "That which is not good is not delicious to a well-governed appetite."

### Collops of Meat.

The term collop is applied to pieces of meat cut in shapely circular form from cold roast or boiled beef and warmed over in some species of sharp or piquant sauce. The Monday before Ash Wednesday was formerly known as Collop Monday, and was a season when collops of spiced or salted meat were served in very much the same spirit of fun and feasting that pancakes were served on Shrove Tuesday.

Properly prepared, a collop is a very delicious and wholesome dish, and it offers one solution to the question, "What shall we do with cold roast beef?" Cut rather thin slices from cold roast or boiled beef or mutton. Prepare a rich sauce and heat the collops of meat slowly for about fifteen minutes in the boiling sauce without letting it boil. After cooking them this length of time in the sauce let it boil up once and they are ready. Serve the collops piled in an even pile on a hot platter, and strain the sauce over them. Any rich, highly-seasoned acid sauce is good for the purpose. A piquant or sharp sauce is especially nice.

To prepare this sauce fry a teaspoonful

of white onion minced fine in a tablespoonful of butter, add four tablespoonfuls of good vinegar and let the vinegar cook until it is nearly absorbed. Use a porcelain-lined or granite saucepan for this cooking. Now stir in an even tablespoonful of flour and pour in a pint of broth or brown gravy. Let the sauce boil very slowly for half an hour. Add the collops of cold meat and cook them as directed before. Just before pouring the sauce over the collops on the platter add a tablespoonful of minced cucumber pickles.

### The Drawing of Tea.

In spite of much discussion and much practice in the drawing of tea, the entire process still seems to be a mooted question with many housekeepers. There are fewer persons who boil tea now than there were about twenty years ago, when the crusade against boiled tea and tannic acid began. There are still, however, a great many cooks to-day who allow tea to boil and excuse themselves on the plea that while green tea can be drawn without boiling black tea needs a few moments' boiling.

While upon this subject let it be stated now plainly that there is no variety of tea that is not injured by boiling. Black tea does not require boiling any more than Japanese tea or green tea.

It is essential to the preparation of a good cup of tea that the water used be fresh water, which has been brought to the boiling point and boiled for only two minutes. That is, the water has been heated to the point where it bubbles in the centre of the kettle for at least this time. Water in a kettle that merely steams at the spout is not always boiling. Moderately soft water is better for tea, oolong or ordinary black tea, young hyson or green tea, and Japanese tea are all made about the same way and used in the same quantity. Allow a teaspoonful of tea to each cup of water used. Put the tea in a pot that is perfectly dry and hot. The teapot should be made of earthenware and not of metal, not even of silver. As delicious tea as ever was made is brewed in those old-fashioned brown teapots still decorated, as they were in our grandmothers' days, with a Scriptural relief of "Rebecca at the Well." These teapots are thicker, and for that reason better than the lighter ones of shining brown ware that have to some extent superseded them in the shops. There are a great many excellent Oriental teapots now sold in china shops. The cheapest and most picturesque of these are made of the same stoneware as the familiar ginger jar, and are decorated in the same manner. There are a great many expensive brands of tea now in the market, which are much stronger than the ordinary brands mentioned, and must be used in smaller quantities. They depend for their superior strength on the manner in which they are handled and prepared for market. There is only one species of the tea plant, of which there are only three varieties known.

### There is rather a good story told about

Pasteur. He was dining with his daughter, her husband, and their family one evening in their country residence in Burgundy. Cherries formed part of the dessert; and the savant ate a good many, taking care, however, to dip the fruit well in a glass of water, and then to wipe it thoroughly dry before putting it to his mouth. His scrupulous care caused mild laughter at the table, whereupon Pasteur gently rebuked his relatives for their indifference to the fact that the exteriors of the cherries were covered with infinitesimal and invisible microbes. He then launched forth into a long argument to prove the existence of the unseen animalcules, and wound up by advising his hearers never to touch fruit without washing it. A few moments afterward the savant, who had fallen into one of his fits of abstraction, suddenly seized the glass in which he had washed the cherries, and drank the water, and the microbes contained therein in a single draught!



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