

HEALTH AND HOME HINTS.

The woman who keeps pretty in midsummer does so by keeping her temperature cool. She drinks cool drinks, cleans her skin with cooling lotions and maintains an even temperature. Even so should she do in the Jack Frost days, but her methods are entirely different. She must keep her temperature even but she must keep it warm at the same time.

On going out on a snapping cold day it is best to rub a little oil upon the lips. If the lips will bear the use of glycerine, one can make a very good lotion of glycerine and rose water, half and half. And this will keep the lips from cracking. Otherwise one can use vaseline, or a little bit of cold cream. A tiny speck of it on coming into the house, will preserve the lips and make them red.

Cosmetics are to the skin what a coat is to the back. Cosmetics preserve the skin, keeping it warm so to speak, and protecting it from the cold. Some good face cream, a quantity of good face powder, and a little of a good anointing lotion will do the skin a world of good in cold weather.

The main fault in the winter time is that women change too suddenly from heat to cold. This will utterly spoil the skin. Learn how to make the change from indoors to outdoors. And don't forget to memorize the few cold weather complexion rules here given. On bitter cold days, way below the zero mark, be sure to protect your face with a hygienic veil. This is ordinary veiling of the right shade. Keeping the body warm is a good thing for the skin. Don't get chilled. At night, if a low neck is in order, be sure to go over the skin with salt and water, which toughens it and keeps one from catching cold. Bathing whiskey would be good were it not for the odor. But salt and water answers the purpose. There is little need of catching cold in evening dress if one will remember this. Never go to bed with cold feet. If the feet refuse to get warm when immersed in hot water they can be dipped in cold in paddling fashion. Sit upon the edge of the bathtub and paddle the feet in and out of very cold water. In a few minutes they will burn with the glow of a healthy circulation. Keep the body warm if you want the skin nice. This is one of the most insistent of the Jack Frost beauty laws.

The courage of faith can do heroic deeds, but it requires the heroism of love to bear the burdens which can not be rolled away.

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:—

Sir W. R. Meredith, Chief Justice.

Hon. G. W. Ross, ex-Premier of Ontario.

Rev. N. Burwash, D.D., President Victoria College.

Rev. Father Teefy, President of St. Michael's College, Toronto.

Rev. Wm. McLaren, D.D., Principal Knox College, Toronto.

Dr. McTaggart's vegetable remedies for the liquor and tobacco habits are healthful, safe, inexpensive home treatments. No hypodermic injections, no publicity, no loss of time from business, and a certainty of cure.

Consultation or correspondence invited.

SPARKLES.

"Hellao, Bilkins! Who are you working for now?"

"Same people—a wife and five children."

Gentleman Lodger: "I say, Mrs. Napper, I don't care for your bacon this morning! It doesn't seem fresh."

Mrs. Napper: "Very strange, sir. The shopman said it was only cured last week."

Gentleman Lodger: "Well, it must have had a relapse."

Mike: "So poor owd Timothy's dead, eh? Whin did he die?"

Pat: "Faith, if he'd lived till to-morrow, he'd ha bin dead just a week."

One Sexton: "Do you have matins at your church?"

The Other: "No, we have oilcloth."

"Can you tell me the quickest way to get to Canada?"

"Do I look like a bank cashier?"

"Why is a pancake like the sun?"

"Because," said the Swede, "it rises out of der yeast and sets behind der vest."

Awkward Nephew: "Uncle John, what's a tenderfoot?"

Gouty Uncle (glaring): "Mine, and don't you forget it!"

"Professor," said a senior, trying to be pathetic at parting, "I am indebted to you for all I know."

"Pray don't mention such a trifle," was the reply.

"Father, what are wrinkles?"

"Fretwork, my son, fretwork," replied pater familias, confidently.—Philadelphia Inquirer.

"Have you ever contributed any money towards the cause of higher education?"

"Indeed, yes. We use Standard Oil at our house."

GETTING THE BETTER OF THE WEATHER.

Gloomy weather makes little difference to the man whose heart is sunny. And the brightest day of the season can not let in light and cheer to one whose heart is darkened. A keen nature-student writes: "The real sorrows of life are not of Nature's making; if faithlessness and treachery and every sort of baseness were taken out of human lives, we should find only a healthy and vigorous joy in such hardship as Nature imposes upon us." And even the faithlessness of others cannot permanently darken the life of one who lives in the Friendship that never fails. To begin to live and close every day with that Friend is better than to let spirits be controlled by the barometer.

"Let the COLD DUST Twins do Your Work"



GOLD DUST
WASHING POWDER "CLEANS EVERYTHING."

The N. K. FAIRBANK COMPANY

MONTREAL

A FAMOUS COOK AND HER SECRET.

Maggie, the late Senator Hanna's cook, was famous for a simple and often despised dish, corned beef hash. Many tributes have been given to her by distinguished guests of the late Senator. In "Leslie's Weekly" is given the recipe as Maggie gave it to a reporter:

Not at all averse to sharing her precious secret of hash-making, Maggie smiled skeptically at any mention of her fame, and she said that any person who had lived in Ireland knew how to make Irish hash. Nevertheless, as the following will prove, few Americans, Irish or otherwise, make it as she does. According to her recipe, one puts into the pan a good-sized lump of butter, and, when the pan is hot, adds, according to the members of the family, the desired quantity of finely-chopped corned beef, and lets it heat. The original part comes in the treatment of the potatoes, which are freshly baked, scooped out from the skins while hot, and added to the beef. The mixture is seasoned with salt, pepper, a dash of nutmeg and a dash of onion juice, moistened with chicken broth or beef stock, and served piping hot. The concoction is simple and delicious.

BANANA SALAD.

A strip of the peel of a large and perfect banana may be turned back, and most of the pulp carefully scooped out. The short, thick variety of banana, in either red or yellow, is the best for this purpose. To fill the space left by the removal of the pulp, prepare a mixture of thinly sliced banana, shredded orange or grapefruit, seeded and peeled white grapes, and a few kernels of English walnuts or pecans in small pieces. In their season, stoned cherries may be added. All must first be mixed in a bowl with a generous supply of dressing, and after the yellow cases are filled with the salad each must be laid on lettuce leaves. These must be prepared a short time before using. Either a mayonnaise or a good boiled dressing may be used.—Harper's Cook Book Encyclopedia.

Wife—"The doctor orders me to the mineral baths at Carlsbad, and you refuse me the means to go. That shows how little you value me."

Husband—On the contrary, I do not wish to lose a pound of you."

Every Boy Wants
A WATCH AND CHAIN.

FREE

For selling 25 copies of that popular illustrated monthly, the "Canadian Pictorial" at 10 cents each. Send us the \$2.50 and you get a guaranteed Rogers' Watch, stem wind, stem set, and a serviceable Chain. Watch alone for selling 25. Other premiums—all good. Everyone likes the "Pictorial." It "sells at sight." Beautiful glossy paper. Over 1,000 square inches of exquisite pictures in each issue. Many worth framing. Send no money, but drop us a postcard, and we will forward supply of "Pictorials" also premium list and full instructions. Address JOHN DOUGALL & SON, Agents for the "Canadian Pictorial," "Witness" Block, Montreal.

N.B.—Besides earning premiums, your sales will count in our splendid prize competition. Write for particulars.



BOOK OF PRAYERS

Complete Manual of several hundred terse, pointed, appropriate Prayers for use in Church, Prayer Meetings, Young People's Society, Sunday Schools, Missionary, Grace and Sentence Prayers. Question of How and What to Pray in public fully covered by model, suggestive and devout Prayers. Vest Pkt. size, 128 pages, Cloth 25c, Morocco 55c, postpaid; stamps taken; Acts Wanted. GEO. W. NOBLE, Lakeside Bldg, Chicago