

HEALTH AND HOME HINTS.

If a short strip of kid (from a glove) is sewed to the center of a necktie the roughness of the leather will hold the tie in place against a polished collar.

Put into turpentine all the gum camphor it will cut and keep in a glass stoppered bottle to apply to burns. It will not only heal even the most severe burn, but prevent a scar.

To shrink lace or embroidery before using lay it on a plate and steam for half an hour. Let it dry without unfolding, and iron on the wrong side if necessary before using.

Corn Croquettes.—Grate enough corn to make one quart of pulp; add one pint of cream or milk and cook for twenty minutes in a double boiler. Add two tablespoonfuls each of butter and grated cheese, one teaspoonful of salt, one-fourth as much pepper, and two well-beaten eggs. Set aside to cool. When cold form into two inch squares an inch thick. Egg-and-breadcrumbs, and fry in hot fat; or bake in the oven until brown. If the mixture be too moist to shape, add some rolled cracker meal.

Cheese Omelet.—Grate two ounces of cheese; mix the yolks of two eggs with one-eighth teaspoonful of salt and the same of pepper, and two tablespoonfuls of cold water. Beat the two whites to a stiff froth; while beating constantly add slowly the yolk mixture to the whites. Place a frying pan with one teaspoonful of butter over the fire, and when hot pour in the mixture, and as soon as the omelet is brown underneath sprinkle over one-half the grated cheese; place the pan for a few minutes in a hot oven, then turn the omelet so that both sides meet in the center, and turn on to a hot dish. Prepare another omelet the same way.

Marble Mousse.—One of my neighbors brought me a new kind of mousse, so simple to make that I have had it several times since. Whip the required amount of cream—I use a pint—flavor with vanilla, and sweeten to taste. Before putting into the mold melt two tablespoonfuls of chocolate or cocoa with the same amount of sugar, and mix into a small portion of the whipped cream; put this by tablespoonfuls in the bottom of the mold, then add the plain cream, then more of the chocolate dabs, till the mold is full. Pack and freeze as usual. When the mousse is out in slices a marble effect is shown. I used strawberry jam in the same way, and we liked that also.—Mrs. K., in "Good Housekeeping."

"It's dreadful queer," said the housewife, "that the potatoes you bring me should be so much bigger at the top of the sack than they are at the bottom."
"Not at all, mem," said the honest farmer; "it's jest this way:—Potatoes is growin' so fast jest now that by the time I dig a sackful the last ones dug is ever so much bigger'n the fust ones."—Exchange.

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. John Potts, D.D., Victoria College.
Rev. Father Teery, President of St. Michael's College, Toronto.

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

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Consultation or correspondence invited.



LAFONTAINE-BALDWIN MEMORIAL

TO BE ERECTED FOR THE
Government of the Dominion of
Canada

Terms of Competition:

1. It is intended that the Memorial shall take the form of portrait statues of Sir Louis H. Lafontaine and the Hon. Robert Baldwin. These may be designed as separate statues or in a group, as each competitor may decide.

2. The Memorial, whether in a group or in separate statues, is not, when completed and in position, to cost more than twenty thousand dollars, including material from the level of the ground.

3. The competition is open only to artists resident in Canada, and artists of Canadian birth residing elsewhere.

4. The site will be at a point in the grounds of the Parliament buildings at Ottawa, to be hereafter decided.

5. Designs shall be in the form of sketch-models, in plaster, made at a uniform scale of one and one-half inches to the foot. A description of the design shall accompany each model. No name motto or other distinctive device is to be attached to the models or description. The competitor shall send his name in a sealed envelope without distinctive mark thereon.

6. The models and all communications regarding this matter shall be addressed to:

Advisory Art Council,
C/o, Department of Public Works,
Ottawa, Canada.

The designs must be delivered before the 1st day of February, 1908. They will be kept from public view until the award has been made. All expenses of delivering the sketch-models and accompanying descriptions shall be paid by the competitors. Sketch-models will, after the award, be returned upon the request of competitors, but at their risk and expense.

7. Notice of the award will be sent to each competitor.

8. The award will only be binding provided the successful competitor is prepared to furnish satisfactory evidence, with security if demanded that he can execute the work for the sum mentioned above.

By Order,

FRED. GELINAS,

Secretary.

Department of Public Works,

Ottawa, August 3, 1907.

Newspapers will not be paid for this advertisement if they insert it without authority from the Department.

"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 COPCO SOAP (oval cake)

ANAEMIA CURED.

Dr. Williams' Pink Pills Bring Back
the Glow of Health by Making
New Blood.

To bud into perfect womanhood the growing girl must carefully guard her health. Unless the blood is kept rich and pure, headaches, backaches, and frequent dizzy spells will trouble her. She will always be ailing, and may slip into a deadly decline. Dr. Williams' Pink Pills are a never-failing remedy in building up the blood. Just a short time ago the reporter of L'Avenir du Nord had the following cases brought to his notice. In the town of St. Jerome, Que., there is an orphan asylum under the care of those zealous workers—the Grey Nuns. In this home Dr. Williams' Pink Pills are constantly used. For some months two of the young girls in the home were afflicted with anaemia. The symptoms in both cases were very much alike. They were both pale, lost all energy and were subject to headaches and dizziness. Dr. Williams' Pink Pills were taken, and soon there was an improvement in their condition. The color returned to their cheeks; their appetite improved; headaches ceased, and soon good health took the place of despondence. What Dr. Williams' Pink Pills have done for these two orphans—Marie Lavoie and Dosina Brooks—they will do for others.

The secret of Dr. Williams' Pink Pills in curing anaemia, lies in their power to make new, rich, red blood. That is why they strike straight at the root of all common ailments like headaches, sideaches, and backaches, rheumatism, neuralgia, indigestion, anaemia, St. Vitus dance, partial paralysis, and the special ailments that afflict almost every woman and growing girl. Dr. Williams' Pink Pills are sold by all medicine dealers or may be had by mail at 50 cents a box, or six boxes for \$2.50, from the Dr. Williams' Medicine Co., Brockville, Ont.

SPARKLES.

Facto. In the ages past, how did people ever manage to live without telephones and the telegram?

Philos: They didn't; they all died.

They were holding mid-year examinations in one of the public schools. The subject was geography. One of the questions was:—

"What is the equator?"

"The equator," read the answer of a nine-year-old boy. "is a menagerie lion running around the center of the earth."

"Now, Alec, don't be selfish," said his mother. "baby is only going to play with your marbles for a little while."

"No, mother, he's going to keep them always, if he can."

"Oh, no, dear."

"I'm sure he is, mother, 'cos he's trying to swallow them."—Boston Globe.

An Irishman who had lately come to this country was standing on the dock at New York, homesick, and wondering how he could get back. While standing there he saw a man come up out of the water with a diver's suit on. His face took on a look of intense disgust, and he exclaimed, "Be jabers, if I had known that, I would have walked over myself, an' saved me money to go home with."—Ex.

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