

HEALTH AND HOME HINTS.

When piling green wood to dry, place the sticks bark side down. The bark will come off in drying, and is good for kindling.

Keep silverware bright by placing it in a white cotton flannel bag, with a small piece of camphor gum in a thin cloth. Keep the bag tied.

Parsnip Fritters.—To half a dozen boiled and mashed parsnips add two eggs, two tablespoonsful of flour, and season to taste. Form into small flat cakes and brown in butter.

If cooked meat is ready for the table before it is required, place in a dish and set over a pan of boiling water placed on the back of the range and covered with a cloth. The steam will keep the meat hot without drying it or drawing the juices out.

Carrots in Sauce.—Scrape small tender carrots to take off the thin skin and cut into thin slices. Add water to cover and cook until tender. Use as little water as possible so that when done there will be little left. Add salt to the carrots, turn into a hot dish and pour over them a cream sauce flavored with a very little grated nutmeg.

Oyster Croquettes—Chop fine one half pint each of raw oysters and cold cooked veal; soak three heaping tablespoonsful of cracker crumbs in the oyster liquid; mix meat crumbs, a heaping tablespoonful of softened butter, yolks of two eggs, salt and pepper, a few drops of onion juice, all well together; shape by hand or by wine glass, dip in cracker crumbs and fry.

A medical writer declares that the apple is such a common fruit that very few persons become familiar with its medicinal properties. The best thing just before going to bed, he says, is to eat an apple. "Persons uninitiated in the mysteries of the fruit," he continues, "are likely to throw up their hands in horror at the visions of dyspepsia which such a suggestion may summon up, but no harm can come even to a delicate system by the eating of a ripe and juicy apple before going to bed. The apple excites the action of the liver, promotes sound and healthy sleep, and thoroughly disinfects the mouth. This is not all; the apple prevents indigestion and throat diseases."

SPARKLES.

Lady: Why in the world are you bringing the milk at four o'clock in the afternoon? Can't you get here earlier?
Milkman—Earlier? Why, madam, this is to-morrow morning's milk.

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"What do you mean by this, sir?" demanded the angry advertiser.
"What's the matter?" inquired the publisher of the country paper.
"This advertisement of 'our delicious canned meats from the best colonial houses'—you've made it read 'horses.'"

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Tourist (who during a steady tramp has inquired, once every hour, how far it is to Ballymaloney, and has now for the third time received the same answer—namely "About four and a half miles")—"Thank heaven we're keeping pace with it anyway.—Punch.

The angel-child offered the new minister a piece of candy, as he was paying his ministerial call. "Eat it," she commanded, and he obligingly caused it to disappear. "Was it nice?" she enquired, and on being assured of its delectability she continued meditatively: "That white candy was once pink," and left him to his reflections.

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"Sit still, boy,"
"Can't pay; I'm a fidgetarian."

Liquor and Tobacco Habits

A. McTAGGART, M.D., C.M.,

75 Yonge St., Toronto, Canada.

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

Sir R. W. Meredith, Chief Justice.
Hon. Geo. W. Ross, ex-premier of Ontario.

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

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

Right Rev. J. F. Sweeney, Bishop of 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 certain cure.

Consultation or correspondence invited.

LIFE'S OUTLOOK

FOR YOUNG GIRLS

Nature Makes Demands Upon Them Which only Such a Tonic as Dr. Williams' Pink Pills Can Supply

The girl of to-day is the woman of to-morrow, and until that to-morrow oft-times she suffers a weariness and loss of strength and brightness. These woes, with pallid cheeks, shortness of breath and persistent headaches, tell plainer than words that she needs assistance in the form of new, rich red blood.

Dr. Williams' Pink Pills for Pale People are just the medicine growing girls need. Every dose helps to make new, rich blood, thus helping languid despondent girls on to the full bloom of womanhood, making them robust, cheerful and attractive. Mrs. Albert Putman, Port Robinson, Ont., says: "A couple of years ago my daughter Hattie, now fifteen, was in declining health. She complained of severe headaches, had no appetite, was very pale, and exhausted at the least exertion. As time passed on she was hardly able to drag herself about, notwithstanding that she was under medical treatment and continuously taking medicine. At this juncture a neighbor strongly advised me to give Hattie Dr. Williams' Pink Pills, and I decided to do so. After she had taken three boxes some improvement was noticed; the headaches were not so frequent, nor so severe, and her appetite was much improved. This was indeed cheering and she continued taking the Pills until she had used some eight boxes, when she was as well as ever she had been in her life, and since that time she has been as robust as any girl could wish to be. I would strongly urge all mothers of growing girls to keep their health fortified through the use of Dr. Williams' Pink Pills."

Dr. Williams' Pink Pills can be had from any medicine dealer or by mail from The Dr. Williams' Medicine Co., Brockville, Ont., at 50 cents a box or six boxes for \$2.50.

Customer — How is that clerk of yours that got hurt when the soda fountain exploded?

Druggist—I'm sorry to say, sir, that he's what you might call a fizical wreck!

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"You don't know what that's a picture of, Johnny?" said Mrs. Lapelling, in a tone of reproof. "You ought to read an ancient history more. That is the temple of Dinah at Emphasia."

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"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 COCO SOAP (oval cake)

If You Have Rheumatism Let Me Send You a 50 Cent Box of My Remedy Free.



Deformity in Chronic Rheumatism.

I Will Mail FREE To Anyone Suffering From Rheumatism, Gout, Lumbago, Sciatica (Who Will Enclose This Advertisement) A 50 Cent Box of my Rheumatism Remedy Free.

My Remedy has actually cured men and women seventy and eighty years of age—some were so decrepit that they could not even dress themselves. To introduce this great remedy I intend to give fifty thousand 50 cent boxes away, and every suffering reader of this paper is courteously invited to write for one. No money is asked for this 50 cent box, neither now nor later, and if afterwards more is wanted I will furnish it to sufferers at a low cost. I found this remedy by a fortunate chance while an invalid from rheumatism, and since it cured me, it has been a blessing to thousands of other persons. Don't be sceptical, remember the first 50 cent box is absolutely free. This is an internal remedy which goes after the cause of the trouble, and when the cause of rheumatism is removed, have no fear of deformities. Rheumatism in time will affect the heart, so do not trifle with this merciless affliction. Address, enclosing this adv., JOHN A. SMITH, 536 Laing Bldg., Windsor, Ont.