

HEALTH AND HOME HINTS.

Always put a cauliflower in cold water so as to draw out any insects. If salt is added to the water it kills the insects and they are left in the vegetables.

When buying nutmegs choose small ones in preference to large ones, as they have a nicer flavor. To test the quality prick them with a needle. If they are good the oil will instantly spread round the puncture.

To clean a porcelain kettle fill it half full with hot water and put in a tablespoonful of powdered borax; let it boil. If this does not remove all the stains scour with a cloth rubbed with soap and borax.

When making puddings always beat the yolks and whites of eggs separately and use the whites as the last ingredient. When tin molds are used for boiling and steaming puddings, remember to grease the covers of the mold as well as the mold itself with butter. In order to get the pudding to come easily from the mold plunge the latter in cold water for a moment.

WAYS OF SERVING PEACHES.

If one uses raw fruit for breakfast, it is often almost necessary to cook the fruits of the season for serving at other meals to make a variety in the menu. Every housekeeper knows, too, that a slight change in preparation is sufficient, generally, to constitute a new dish. Therefore, although most people will agree that our delightful Canadian peaches are most delicious when in their natural state, a few recipes for the purpose of varying the household meals may not be out of order.

Baked peaches are very simple, but delicious as a sweet course at luncheon or dinner. Peel, cut in halves, and remove the stones from the peaches. Place in baking pan and fill each cavity with sugar, a tiny lump of butter, a few drops of lemon juice, and a little nutmeg. After cooking twenty minutes serve on circular pieces of buttered toast.

Peach canapes are very convenient for making with a chafing dish. Saute rounds of sponge cake in butter until lightly browned. The peaches, in halves, slightly stewed previously, are sprinkled with powdered sugar, lemon juice and nutmeg, then heated in the chafing dish with a tablespoon of butter, and served on the rounds of cake.

Peach custard.—Sections of stale cake and pared peaches are laid alternately in a glass dish and boiled over the whole. Chill and cover with meringue.

CUCUMBERS.

Now that cucumbers are getting much cheaper, and, incidentally, a trifle older they may be served in many appetizing ways. As a change from the simple vinegar dressing, French or mayonnaise, a white sauce well flavored with lemon juice or vinegar may be served moderately hot over the cucumber, which has been sliced in the ordinary way and chilled.

Another, a breakfast dish, may be evolved by frying moderately thick slices of the vegetable in the hot fat from the bacon. First dust with flour and then fry quickly. Do not allow slices to cook too much, as they become rather soft. Garnish the bacon with the fried cucumbers.

To serve as a substantial vegetable course peel one, two or three good-sized cucumbers; pour over boiling water and dash in considerable salt. Let boil briskly until tender, then drain, and split through centre, removing the seeds with silver spoon. Place in serving dish and pour over a white sauce. —Maria.

A celebrated physician says that, from a medical point of view, no young man who has sown his wild oats is anything but the worse for the sowing.

HOUSEWORK MADE EASY.

It is clearly every woman's duty when the days of summer are here to lighten her domestic labors as much as possible in order that she may enjoy the open air pleasures and so store up strength and health for the comparatively shut in winter days.

One piece house dresses of calico or lawn are nice because they are cool, easily laundered, do not fade and are always becoming.

To keep the house cool and clean in the easiest way we should have bare floors, small rugs which are easily shaken and simple muslin draperies. Many are using double sash curtains at windows for summer, and the effect is quite pretty. The lower curtains are fastened to the sash and so raise with the window, leaving the entire space for air to enter.

Heavyweight sheeting with wide hems all around make dainty bed-spreads. They are light and easily laundered.

The kitchen floor may be scrubbed with an ordinary scrub brush fastened to a mop stick, so that one need not get down on hands and knees. Surplus water can be taken up with cloth in another mop stick.

A wise housekeeper keeps a burner over the catch-all pan under the burners of the gas stove and changes it often. That's easier than scouring the pan.

On the sill she keeps a small pot of growing parsley, and she always has green on hand to flavor soup and to decorate the meat platter.

BOILED FISH.

If you always fry fish try boiling it for a change. Cut three pounds of fish into thin slices and sprinkle with salt. One quart of water, one-fourth whole pepper, one tablespoonful chopped onion, one tablespoonful chopped celery and one tablespoonful chopped carrot will be required. Clean fish and let it stand in salt for an hour. Put the vegetables in the water and boil until the water is well flavored, then add the fish and let it simmer until the fish leaves the bones. Place on a platter and serve with slices of lemon and parsley. A white sauce may be used if desired. Flavor the sauce strongly with onions.

CHOCOLATE CREAM DROPS.

After forming the cream into balls or cones lay them on oiled paper for a few hours to harden, then melt some chocolate in a double boiler. When melted and the creams are hard enough to handle, take one at a time on a toothpick or hairpin and stir it around in the melted chocolate until well coated and place on the oiled or wax paper to harden.

MAPLE ICE CREAM.

Make a custard of three pints of milk, one cupful of white sugar and the well beaten yolks of five eggs. Moisten half a pound of maple sugar and boil until it candies. Stir into the custard and when cool and ready to freeze add one pint of whipped cream and the beaten whites of the eggs.

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The N. K. FAIRBANK COMPANY
MONTREAL

HOW ONE WOMAN
REGAINED HEALTH

Utterly Helpless, and Friends Did Not Expect Her to Get Better.

Pink Pills is due to the fact that they restored to active health and strength hundreds of people when all other treatment had failed to cure, and who had come to believe themselves hopeless, chronic invalids. The case of Mrs. Henry Britton, 1284 Alexander avenue, Winnipeg, Man., adds another striking proof to the truth of this assertion. Mr. Britton writes as follows concerning his wife's long illness and ultimate cure through the use of Dr. Williams' Pink Pills. "It is a simple thing to recommend Dr. Williams' Pink Pills and yet it is difficult to express fully one's heartfelt gratitude for such a marvelous remedy, as they have restored my wife to health and strength after the best efforts of the medical fraternity had failed. For years prior to our coming to Canada, and since that time up to about three years ago, my wife had been subject to severe illness from what the doctors said was chronic anaemia. She was utterly and entirely helpless, and so weak that she had to be lifted in and out of bed for weeks at a stretch. The trouble was aggravated by recurrent rheumatism and heart trouble. She had no appetite or strength for anything. I employed the medical attendance and nurses procurable. The doctor gave her tonics and ordered beef tea and wine. The tonics and medicine would relieve her for a time, and then she would slip back once more into the old state—bad worse if anything. Then we began giving her advertised remedies but all seemed of no avail. One evening while reading a newspaper I happened to see an advertisement of Dr. Williams' Pink Pills. It told the case of a young woman who had been a great sufferer from anaemia, and who testified to having been cured through the use of these Pills. The case seemed to describe very closely the symptoms of my wife and although I had pretty nearly lost all hope of her ever being well again, I decided to get a supply of the Pills and urged her to use them. My wife was thoroughly disheartened, and said she expected it was only another case of money thrown away. However, she began taking the Pills, and I thank God she did, for after she had used them for a time, she felt they were helping her. From then on her appetite came back, her color began to return, and she who had been looked upon as a helpless invalid began to take a new interest in life. She continued taking the Pills, and through them her health continued to improve, until at last we were able to see her heartily congratulate her upon her complete restoration to health. Some three years have since passed, and in that time she has never been bothered in the slightest degree with the old trouble. Her cure has astonished everyone who knew how ill she had been, and we acknowledged with heartfelt thanks our gratitude to Dr. Williams' Pink Pills which literally brought her back to health from the brink of the grave."

Dr. Williams' Pink Pills cure such cases as this in just one way—they actually make new blood, which fills the depleted veins and brings new strength to every nerve and every organ in the body. Nearly all the everyday ailments of life come from poor or watery blood, and it is because Dr. Williams' Pink Pills make new blood that they cure anaemia, indigestion, headaches, sideaches and backaches, rheumatism, neuralgia, general weakness and the ailments that growing girls and women do not like to talk about, even to their doctors. If you are weak, sick or ailing, no other medicine will cure you so quickly as Dr. Williams' Pink Pills. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams Medicine Co., Brockville, Ont.