

SUMMER COOKING OF FISH.

Yarmouth Bloaters Creamed.—Select those not too hard and dry. Take off head, tail and fins, then split in half all the way through. Put into a saucepan full of cold water, and cook just five minutes after it comes to a boil. Lift out carefully and most of the bones will float to the surface so that they can be readily picked out. Have a hot sauce ready, prepared as follows: Melt in a frying pan a tablespoonful of butter. Add a tablespoonful of flour, and when bubbly pour in little by little a cup of cream or rich milk. As soon as thickened, remove and pour over the fish on a hot platter. Serve with sweet potatoes.

Broiled Finnan Haddie.—Soak for an hour in cold water, then wipe dry. Boil over clear coals or a gas flame for twelve minutes, putting the split side first to the fire. Season with butter, parsley and lemon, and serve hot with grilled sweet potatoes.

Finnan Haddie Hash.—Shred fine left-over finnan haddie, removing all bones. Mix well with an equal amount of fine-chopped boiled potatoes. Put a tablespoonful of butter in a frying pan and when hot add the fish and potato mixture, together with one cup of milk, a teaspoonful onion juice and a teaspoonful minced parsley and panrika to season. Brown well on the bottom, then roll over on to a hot platter.

Codfish with Walnuts.—This is a California dish, and a very good one, too. Soak one pound codfish over night, then nick apart in as large flakes as possible. Fry a clove of pounded garlic in a tablespoonful of lard, together with an onion cut fine. Put in the fish and fry a light brown. Have ready a quarter loaf of bread that has been soaked in water and then squeezed out dry. Add to the fish, together with two dozen English walnuts chopped fine. Stir well, add hot water to moisten, cook five minutes and serve very hot.

Codfish Balls.—Never chop codfish unless you wish it to be as tough as leather. Peel some raw potatoes, cut into small pieces and measure out three cupfuls. Put potatoes and fish together in a steppan, cover with boiling water and cook until the potatoes are done—no longer, lest they become soggy. Drain off the water, steam two or three moments uncovered on the back of the range, then mash and beat until very light. Season with pepper, more salt if needed, and two tablespoonfuls of butter. Add one unbeaten egg and whip until as light as "feathers." Shape into balls, roll deftly into fine sifted bread crumbs, slide into a frying basket (not more than four at a time) and fry in smoking hot fat for just a moment. Take out, drain on soft paper and serve with tomato sauce. Stew a half can of tomatoes with half a small onion sliced, three peppercorns and a bay leaf. Rub through a strainer. Cook one tablespoonful butter with a heaping tablespoonful of flour in a small saucepan until blended, then add the strained tomato, little by little. Season with salt and pepper and pour around the fish balls.

It is computed that the English language is spoken by 350,000,000.

On St. Patrick's day in all the city of Galway Catholic Churches but one the sermons were in Irish.

The Chinese Ministry of France will establish a bank in Tibet to issue notes for circulation there.

In Dinwiddie United Free Church special collections were taken on a recent Sunday in connection with the fund for churches and masses for dispossessed congregations. At the close of the day it was found that a total of \$5,265 was raised.

SPARKLES.

"I did not see you in church last Sunday."

"I do not doubt it. I took up the collection."

"Katie, do you know the policeman on this beat?"

"Sure I do, ma'am."

"He told me to-day he had taken up Esperanto."

"And sure, what had the O'Italian been doin', ma'am?"

Knicker—Do you thing hoopskirts will ever return?

Bocker—The women are wearing them on their heads this year.

"So you are going to teach your daughter music?"

"Yes," answered Mrs. Thineilt. "Just enough to give us an excuse for having a piano lamp and a mahogany music rack."

A traveller who passed through a small English town noticed a post on which was marked the height to which the river had risen during a recent flood. "Do you mean to say," he asked a native, "that the river rose as high as that in 19—?" "Oh no," replied the native; "but the villager children used to rub off the original mark, so the mayor ordered it to be put higher up, so as to be out of their reach."

Mrs. Parvenu, patronizingly: "Were any of your ancestors men of note?"

Mr. Flippant: "Yes, madam, I should say so. One of them was the most famous admiral of his day, and commanded the allied forces of the world."

Mrs. Parvenu with altered tone of deep respect: "Is it possible, Mr. Flippant? And what was his name?"

Mr. Flippant: "His name was Noah."

THE QUEEN'S LESSON.

One of the ladies in waiting to the late Queen Victoria had a very bright little daughter about four years old, and of whom the queen was very fond. The queen invited the child to have lunch with her. Of course, the mother was highly pleased, and charged the little girl to be very careful about her table manners and to be very polite to the queen.

The little girl came home in high glee and the mother asked her all about the luncheon. "Were you a very polite little girl? And did you remember to do all I told you at the table?" asked the proud mamma.

"O yes; I was polite," said the little girl "but the queen wasn't."

"The queen wasn't?" said the mother. "Why, what did she do?"

"She took her chicken bone up in her fingers and I just shook my finger at her. Like you did at me, and said, 'Piggy, piggy, piggy!'"

A motion for the abolition of capital punishment in Sweden has been vetoed by both chambers.

Thousands of tourists are crowding to Sicily to witness Mount Etna's eruption.

An Indian famine relief fund has been inaugurated under the King's patronage.

Rev. Thomas Lord, aged 100, of Hornostle, England, preaches every Sunday.

The Kaiser and Crown Prince are lending their support to a movement to popularize baseball in Germany.

The professor of chemistry and physics at the University of Berne, Switzerland, is a woman only 21 years old.

INDIGESTION

CAN BE CURED

Dr. Williams' Pink Pills Succeed After Other Remedies Fail.

There are twenty drugs to help your digestion for a time, but there is only one medicine that can positively cure your indigestion for good. To any one with indigestion a half dozen boxes of Dr. Williams' Pink Pills are worth all the purgatives and mixtures in the country. After all these things have failed Dr. Williams' Pink Pills have cured the worst cases of indigestion by going straight to the root of the trouble in the blood.

You can take a purgative to tear through your bowels and make a clean sweep of your food, whether it is digested or not. You can take stomach bitters to create a false appetite—if you don't care what happens after you swallow your meal. You can drug your stomach with tablets and syrups to digest your food for you—if you don't care how soon you ruin your system altogether. You can do all these things—but don't call it "curing your indigestion." There is only one way to cure indigestion, and that is to give your system so much good, pure, red blood that your stomach and liver will have strength enough to do their natural work in a healthy and vigorous way. That is why Dr. Williams' Pink Pills cure indigestion—they actually make new blood. Here is the proof. Mr. R. McCorkell, St. Thomas, Ont., says:—"About a year ago my system became generally wrecked. My stomach was always in a state of nausea. The sight of any kind of food often turned my stomach and I would arise from the table without eating. Doctors advised different medicines which I took without benefit. Finally I became so run down that I had to quit work. For two months I tried to build myself up with the aid of doctors, but as time went on and my condition did not improve I became much discouraged. Then a friend told me he thought Dr. Williams' Pink Pills would help me, and I began their use. In three weeks time I was so improved that I went back to my work, but I continued using the pills until I had taken twelve boxes, and now my stomach is strong, and I am ready for a good meal three times a day, and life now really seems worth living."

It is because Dr. Williams' Pink Pills make new, red blood that they cure such common ailments as anaemia, with all its headaches and backaches, rheumatism, neuralgia, St. Vitus' dance, partial paralysis and the secret ailments from which women and young girls suffer so much. You can get the pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.

A good intention won't serve for a ladder.

Norway and Sweden contain a larger proportion of Protestants than any other country in the world.

It is estimated that on fine days as many as 10,000 passengers will ascend the Jungfrau, in Switzerland, as soon as the railway is completed.

Austria is the country most lenient to murderers. In ten years over 300 persons were found guilty of murder, of whom only 23 were put to death.

"I only know one soldier who was satisfied with his pay," said General Sir William Butler at Islington, "and that was Charlie Gordon."