

HEALTH AND HOME HINTS.

Suet Pudding.—Four cups flour, one cup chopped raisins, one cup milk one cup chopped beef suet, one cup molasses, one teaspoonful soda; steam three hours. Eat with sauce.

A Delicious Soup.—Make a stock of chicken soup. When strained, add and just before it is served, add a beaten egg, and a half pint of cream to a quart of the soup. Let it boil one minute, and pour into the tureen. This will be found most delicate in flavor.

Those who suffer from habitual cold feet should take an alternate hot and cold foot bath morning and evening. Soak the feet in hot water at a temperature of about 108 degrees or 110 degrees for two or three minutes, then dip them in cold water for half a minute, then back into the hot water for another two or three minutes, and continue alternating five or six times, finally drying the feet from the cold water. This will stimulate the circulation and produce a glow of warmth in the feet that will be maintained for hours afterwards.

Hot buns for tea are nice during the winter. Try these: Mix half a teaspoonful of carbonate of soda very carefully with one pound of flour. Rub in lightly two ounces of dripping or lard, then add three ounces of caster sugar, four ounces of currants, and a quarter of a teaspoonful of powdered cinnamon. Mix with half-a-pint of milk and one egg. Beat all together lightly with a wooden spoon. Put lumps of the dough on a baking tin, and bake in a quick oven. When nearly done, brush over with warm milk and dust with coarse sugar.

A Good Recipe.—The following recipe makes a refreshing wash for an invalid, and will relieve headache: Take a large handful each of lavender, sage, mint, rue, wormwood and rosemary strip the leaves off and bruise them slightly, and put into a stone jar; pour over them one gallon of strong vinegar; cover tightly and place near the fire for a week; then strain off the vinegar; add to it one ounce of powdered camphor, bottle and keep tightly corked. If the face and hands are wetted in before exposure to infection there will be no danger. It is very aromatic, and if poured into saucers and kept in a sick room it will sweeten the air.

Old-fashioned Loaf Cake.—Three pounds flour, one and a fourth pounds butter, one and three-fourths pounds sugar, five quills new milk, half pint yeast, three eggs, two pounds raisins, two teaspoons soda, gill of brandy or wine, two teaspoons of cinnamon and two of nutmeg. All the butter and part of the sugar should be rubbed into the flour at night. Warm the milk, and pour the yeast into it; then mix together, and let it rise light. It is better to set the sponge over night, and in the morning add the other ingredients (flouring raisins), and let rise again. When light, fill baking-pans and let rise again. Bake in a moderate oven. This recipe makes three large loaves.

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GOLD DUST

WASHING POWDER "CLEANS EVERYTHING."

The N. K. FAIRBANK COMPANY

MONTREAL

SPARKLES.

In the course of a lesson on the subject of domestic economy and hygiene, a mistress got a singularly smart and apt answer from a girl.

Speaking of milk and its importance as a food, the lady asked:

"What is the best place wherein to keep milk perfectly nice and fresh during, say, a hot summer day?"

And one girl—evidently thinking it was an easy one—promptly answered: "Please, teacher, in the cow."

Housekeeper.—You here begging again? Aren't you the man I gave one of my pies to yesterday?

Tramp.—It wasn't me, mum. I never felt better in my life.—*Washington Herald.*

Tommy.—Pop, which is correct: "I shall" or "I will"?

Tommy's Pop.—It depends on the sex, my son. A man says "I shall" and a woman says "I will."

Bronx.—That's a handsome umbrella you've got there, old man.

Lenox.—Yes, isn't it?

Bronx.—About what does it cost to carry an umbrella like that?

Lenox.—Eternal vigilance!

"And how are the tomatoes coming on?" asked Mr. Younghusband of his little wife.

"Well, dear," began the lady, nervously, "I'm rather afraid we shall have to buy them, after all."

Mr. Younghusband frowned.

"But, my dear Maria," he expostulated, "I distinctly understood from you a couple of months or so ago that you had planted a whole row!"

"That's quite right, dear," explained Maria, "but I've just remembered that I forgot to open the tins!"

"I suppose you couldn't get any life insurance," said the automobile tester's friend.

"Oh, yes," said the chauffeur, "I'm a good risk. It's the people along the road who are barred."

A teacher in one of the cooking classes of a New York school tells of the unique criteria by which her pupils sometimes judge each other's work in that line.

One little girl was criticizing the production of a pie by another pupil, when she said:

"That pie's all right, but it isn't as good as me aunt in Orange used to make. You could take a piece of them in your mouth an' wa'k all round the place eatin' it an' it wouldn't break!"

TAKEN AT HIS WORD.

When dealing with servants in heaven lands it is necessary to be very careful in the wording of one's instructions, for they are sometimes taken very literally.

A missionary the other day, voyaging on a river-boat with primitive accommodation, was compelled to use a bucket as a wash-bowl. One morning his boy-servant was bringing the bucket to his master, when he spilled some of it over the latter's feet.

"Why don't you throw it all over me?" said the missionary irritably.

"Aha!" exclaimed the boy, and promptly did so.—*Ex.*

TOBACCO HABIT.

Dr. McTaggart's tobacco remedy removes all desire for the weed in a few days. A vegetable medicine, and only requires touching the tongue with it occasionally. Price \$2.

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Marvellous results from taking his remedy for the liquor habit. Safe and intensive home treatment; no hypodermic injections, no publicity, no loss of time from business, and a cure guaranteed.

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THE DARK DAYS OF
STOMACH TROUBLE

Obstinate Indigestion Can Be Cured
by a Fair Use of Dr. Williams'
Pink Pills.

No trouble causes more widespread suffering and discomfort than indigestion. The ailment takes various forms. Some victims are ravenous for food; others turn sick and faint at the sight of meals; but as a rule every meal is followed by intense pains in the chest, heartburn, sick headaches, dizziness and shortness of breath. Indigestion assumes an obstinate form because ordinary medicines only subdue its symptoms—but do not cure. So-called predigested foods only make the digestion more sluggish, and ultimately make the trouble take a chronic form.

Dr. Williams' Pink Pills cure indigestion because they go right to the root of the trouble. They make new, rich blood that invigorates weakened organs, thus strengthening the digestive system so that the stomach does its own work. That is the Dr. Williams' way—the rational way—to cure indigestion and the ailments that arise from it. This has been proved time after time in the published cures wrought by Dr. Williams' Pink Pills. Miss Blanche Wallace, Dartmouth, N.S., says:—"I suffered greatly with my head and stomach, and often took fainting spells. I could not retain anything on my stomach and while I naturally craved food I really dreaded mealtime with the pain and discomfort that followed. I tried a number of remedies but got no relief. My mother was using Dr. Williams' Pink Pills at the time with so much benefit that she induced me to try them. The result was that soon the trouble had passed away, and I have since enjoyed the best of health."

Dr. Williams' Pink Pills are sold by all medicine dealers or will be sent by mail at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

TRAINING MODERN MECHANICS.

Just as Canada is a great melting pot for the making of men taking in the raw aliens, immigrants, and moulding them into Canadian citizens, so have the big railway shops become training schools for boys. The boy just out of school, who becomes an apprentice in a railway shop, is, within a very short time, turned out an intelligent useful citizen, capable of earning good wages in any country.

By sending a postal card to the Superintendent of Motive Power, Grand Trunk Railway System, you can secure, free, a handsomely illustrated book on "Training Modern Mechanics."

A Fact in Ventilation.—If we remove air from an ordinary room, other air will flow in from some source to supply its place. If it finds no proper entrance it will come in from or through drains or sewers and soil pipes, or down dirty flues of chimneys, or from the cellar up through floors and carpets, bringing the dust with it. If the cellar floor is not made impervious, or nearly so, by coatings of concrete or asphalt, air may be drawn directly from the ground under the house; and it is easy to see what this course of supply, contaminated in various ways, may furnish a very unhealthy atmosphere. From one place to another the new air "has got to come," and it behoves us to regulate its source and quality.—*Journal of Chemistry.*

If chicken is roasted or panned with the breast down instead of up it will be more juicy and tender. It should be turned over ten minutes before it is done to brown.