

## HEALTH AND HOME HINTS.

Weak legs in little ones are greatly helped by gentle rubbing morning and evening.

A simple aperient for children is made of senna pods. Steep two or three in half a teacupful of cold water for twelve hours, and drink the liquid at bedtime.

Don't nurse baby. If you accustom baby to be in the cot, or on the floor on a pillow, he will not want to be nursed. Firmness at the beginning will save much trouble later.

Use old newspapers instead of dusters for polishing and cleaning. You will save your washing and your dusters. Newspaper is excellent for cleaning windows, for polishing tins, the stove and so on.

Ham toast is delicious for breakfast. Melt a little butter in a pan, add to it a breakfast cupful of finely minced ham, two table-spoonfuls of milk, a beaten egg, cayenne and salt to taste. Stir till very hot, and serve on squares of buttered toast.

Ginger Biscuits—Take four ounces of butter, two pounds of flour, three ounces of powdered sugar, two ounces of powdered ginger. Work all into small crumbs then knead into a stiff paste with new milk; roll out thin, cut out, and bake in a slow oven till crisp.

Friars' Omelet—Stew 6 large cooking apples and beat up finely with a fork. Add a good teaspoonful of butter, two tablespoonfuls of sugar, some grated lemon-rind and two beaten eggs. Butter a pie-lish, scatter brown crumbs over, pour in the mixture, cover with breadcrumbs and bake for half an hour.

Cream together a cup of powdered sugar and a heaping tablespoonful of butter. Add a cupful of milk, three eggs, beaten light and three cupfuls of flour sifted well, with a teaspoonful of baking powder. Bake in a greased tin, covering it for the first half of the time. Uncover and cook until a straw comes out clean from the thickest part of the loaf. Eat hot with a hard or liquid sauce.

Baked Quince Pudding—Pare and core six quinces, boil until soft, mash and put through a coarse strainer, add a teaspoonful of ground ginger, the well-beaten yolks of three eggs and a pint of milk. Sweeten to taste. Butter a baking dish, put in the mixture, cover with a meringue made of the whites of the eggs well beaten, bake until the whites are slightly browned.

## APPETITE AND DIGESTION.

The gastric juice is so intimately connected with the appetite and the digestion of our food that no good health may be expected when there is a deficiency of it or when its quality is impaired. There can be no true normal appetite when during the prevalence of a fever, inflammatory or any other acute form of disease, it is wanting. It is folly, nay, worse than folly, at such a time to force food into the stomach, since it cannot digest, but must ferment and soon decay, if not mercifully ejected from the system. If it remains undigested, as in any other warm place, it must ferment and decay, which is practically the same as if decayed food should be eaten. As a guide to the appetite, when this juice ceases to flow the appetite ceases, and the system is satisfied; and yet, by rapid eating, more than is needed may be taken while this is still flowing; rapid eaters are always in danger of over-eating. It may also be remarked that there will be a reasonable appetite when there is a good supply of gastric juice; it is the juice that is needed, not simply appetite. Plain food, regularity of meals and moderate exercise will usually secure both the stomach juice and the appetite, all that nature demands.

Imagine the feelings of the chagrined minister who said "tot and jittle" in the pulpit, and in trying to correct himself said "tit and jottle."

## SPARKLES.

Little Willie—"Say, pa, what is a hypocrite?"

Pa—"A hypocrite, my son, is a man who publicly thanks Providence for his success, then gets mad every time anybody insinuates that he isn't mainly responsible for it himself."

"Where do we get our most valuable furs?" asked the teacher.

"From the fir tree," said the wide-awake boy.

This recalls a story of a young woman from the country who entered a draper's shop and asked for a muff.

"Yes, miss," said the shopman.

"What fur?"

"What fur?" echoed the girl in astonishment. "Why, to keep my hands warm, of course!"

"Elsie says there was only one drawback to her wedding."

"What was that?"

"She says her father looked too cheerful when he gave her away."

"I believe no use has been discovered for the appendix."

"Oh, yes, there has."

"What is it?"

"To give the surgeons exercise."

A deaf but plous English lady, visiting a small country town in Scotland, went to church armed with an ear trumpet. The elders had never seen one, and viewed it with suspicion and uneasiness. After a short consultation one of them went up to the lady, just before the opening of the services, and wagging his finger at her warningly, whispered, "One too, and ye're out."

She—"I'm living on brown bread and water to improve my complexion."

He—"How long can you keep it up?"

She—"Indefinitely, I guess."

He—"Then let's get married."

Sapleigh—"I'm — aw — beastly fond of — aw — following the hounds, doncher know."

Miss Cayenne—"I inferred as much from what papa said."

Sapleigh—"Weally? And what did youah — er — fawthah say?"

Miss Cayenne—"Oh, he said you seemed to be going to the dogs."

"Arabella," said old Billyuns, as he finished his dinner, "I am going to ask you to do me a favor. I want you to give your young man, Mr.—Mr. Whats-hisname—a message from me."

Arabella blushed and looked down at her plate.

"Tell him," the bluff old millionaire went on, "that I don't object to his staying here and running up my gas bills, but that I do object to his carrying the morning paper away with him when he leaves."

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Dr. Williams' Pink Pills are a remedy to use when the blood is thin as in anaemia; or impure, as in rheumatism, or when the nerves are weak, as in neuralgia; or lifeless in paralysis; or when the body as a whole is ill nourished, as in general debility. They build up the blood, strengthen the nerves and cure the troubles of women and growing girls, and many forms of weakness. That thousands of people have tried this treatment with good results is shown by the constantly increasing number of cures reported.

Mr. Paul Charbonneau, a young man well known in the town of St. Jerome, Que., is one of the host who bear testimony to the value of Dr. Williams' Pink Pills. He says:—"When I left school I became a bookkeeper in an important office. Probably due to the confinement I began to suffer from indigestion and loss of strength. I became a pale and seemingly bloodless and was often seized with palpitation of the heart and violent headaches. I tried several remedies but they did not do me a bit of good. I was advised to try Dr. Williams' Pink Pills and did so, and the use of eight boxes brought me back to perfect health and strength. I have since enjoyed the best of health and cannot say too much in praise of this valuable medicine."

You can get Dr. Williams' Pink 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.

## SELF-CULTURE AND ANIMALISM.

A man does not need a college education in order to succeed in any ordinary business. You may be materially successful without a touch of higher culture. You may be a millionaire, and yet be almost wholly ignorant of books, art, music, or travel.

But this is a very narrow view of success. Libraries lined with noble books are not absolutely essential to bare existence; a knowledge of the mysteries and beauties of Nature and science, the fascination of literature, the delights of music and art—none of these things is necessary to the support of life; but what could we substitute for them to differentiate our lives from those of animals?

## HOW TO TREAT YOUR SISTER.

It is the easiest thing in the world for a boy to be kind to some other fellow's sister. Why is it that some of them find it so hard to remember to be equally courteous to their own sister? Many a boy is rude to his sister without really realizing it; in other words, he forgets to be polite. Then, again, he is afraid of being dubbed as "sissy" if he should be caught paying some attention to his sister: It is a bad habit for any one to get into—that of saving one's polite ways for outside.

If she asks you a question, don't answer her in a rude or careless manner, as if you thought she did not know what she was talking about, and wasn't worth listening to.

Don't tease her and make fun of her in a way to hurt her feelings. You won't do that to some other girl. You can depend on the boy who is kind and thoughtful to his own sister, for you may be sure he will develop into the right sort of a man, and is bound to win the respect and admiration of every one.—Selected.