

HEALTH AND HOME HINTS.

Drying the face hurriedly coarsens the skin. Pat it gently until dry.

Instead of keeping parsley in water, which often turns it yellow, put it in an air-tight jar in a cool place. This will keep it fresh for some time.

Rub a drop of olive oil on knives and forks that are to be put away, and they will retain their brightness, and be found free from rust when required again.

A soiled black coat can be quickly cleaned by applying with sponge strong coffee containing a few drops of ammonia. Finish by rubbing with a piece of colored woollen cloth.

Once a day is quite enough for the average woman who has reached forty to eat meat. Most women eat far too much as they get on in years, and as a result lose their complexions and their figure.

Parsnip Croquettes.—Boil a number of parsnips until tender; drain and wash, then season with salt to taste, add a beaten egg and a small quantity of flour to make a stiff batter; drop a spoonful on a hot griddle and fry in some melted butter.

Pastry Toast.—Cut stale sponge cake in inch slices, toast golden brown and cut in two-inch squares. Beat to a froth one-half of a tumbler of quince jelly, and when very light add gradually the stiffly whisked whites of two eggs. Heap this on the pieces of toast, and top each with half of a candied cherry. Serve with cream.

Egg Biscuit.—Mix and sift well together one pint flour, one-half teaspoon salt, one teaspoon sugar, one teaspoon baking powder. Beat one egg, add one-half cup milk, stir into dry mixture, adding more milk if necessary to mix to soft dough. Turn out on board, knead for a moment, cut into circles, place one inch apart on greased pans. Brush with little beaten egg, and bake in very hot oven.

Rolled Jelly Cake.—Four eggs, two-thirds cup powdered sugar, two-thirds cup pastry flour, one-quarter teaspoon salt, one-half teaspoon baking powder. Beat egg yolks and sugar till light. Add mixed dry ingredients; then stiffly beat on whites. Mix lightly together. Bake in thin sheet in quick oven. As soon as done turn quickly on a towel wrung out of water, spread with jelly, roll up, and dust with powdered sugar.

Stuffed Apples.—Cut a slice from the top of tart apples and scoop out the core and part of the inside, leaving a fine shell. Mix the scrapings of this rind with equal parts of chopped raisins and almonds. Refill and replace the top and bake, basting often with a thin syrup of sugar dissolved in a little hot water. Serve cold, heated with whipped cream, flavored with orange or almond.

LIQUOR AND TOBACCO HABITS.

A. McTaggart, M.D., C.M.

75 Yonge Street, Toronto, Canada.

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

Sir W. R. Meredith, Chief Justice.
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Dr. McTaggart's vegetable remedies for the liquor and tobacco habits are healthful, safe, inexpensive, home treatments. No hydrothermic injections, no publicity, no loss of time from business, and a certainty of cure.

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"I wis hearin' ver minister on Sunday." "Whit dae ye think o' im?" "His mairner's magnificent, bit his mairter's unea meedloere."

SPARKLES.

Doctor—"There is one thing more. Your wife must not speak another word to-day. Tell her that." Patient Husband—"W would you mind telling her yourself?"

Ambling Andrew—Turn back, pal, turn back! This town you're a comin' to is awful.

Chilly Nyles—Wot's wrong with it? Ambling Andrew—W'y, everybody keeps a dog, there's three cooking schools, a soap factory, an' the town's name is Bath.

"Have you ever looked death in the face?" asked the beautiful young widow. "Yes," replied the Major. "I once put on a cotton-trimmed suit and played Santa Claus among a lot of lighted candles."

A pompous clergyman was examining a class of small children in Bible knowledge, and sternly asked the question, "Who made the universe?" The children were frightened, and no answer seemed forthcoming. At length one urchin timidly replied, "Please, sir, it wasna me."

"I'm going to be a deaconess when I get big," declared a little girl in a home where the deaconess was calling. "If you do," her mother cautioned, "you will have to go away from home and study for two years."

"Shall I, Miss Morse?" "Yes, that is what I had to do." "Well, then I'm not going to be a deaconess at all; I'm going to hunt me a man and get married."

A well-known cleric, who was noted for his absent mindedness, was engaged to preach in a church in a neighboring city. He had purchased a new hat for the occasion. The young man who was to escort him to the church met him at the railway station. Upon meeting him, he said, after what the parson thought a rude stare:—"I beg your pardon, sir, but your hat—"

"Oh, yes; never mind the hat," the clergyman interrupted, and proceeded to ask some questions. The people they met stared and smiled. "Strange how many people notice when one has got a new hat," thought the parson. The church was reached, and the worshippers approaching naturally turned to observe the noted preacher. His host met him at the vestry door to welcome him, but hesitating, said, "Pardon me, but pray why do you wear your hat so?" The title was doffed, and the outside found to be still covered with white paper which the absent-minded divine had forgotten to remove!

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TORTURING SCIATICA.

A Severe Case Cured by Dr. William Pink Pills.

Fierce darting pains—pains like red hot needles being driven through the flesh—in the thigh; perhaps down the legs to the ankles—that's sciatica. None but the victim can realize the torture. But the sufferer need not grow discouraged for there is a cure—a sure cure in Dr. Williams Pink Pills. These pills make new blood, this new blood feeds and strengthens the nerves and frees them from pain. The pain is banished to stay banished—the cure is complete. Mr. Chas. B. Maclean, a prosperous farmer near Brockville, Ont., has been cured of a severe case of sciatica and wishes other sufferers to hear of his cure that they may benefit by his experience. He says:—"For upwards of five years I was a periodical sufferer from sciatica. In the morning while getting up I would be seized with agonizing pains in my hips. Sometimes these pains extended down one leg, sometimes down the other; often down both. The pain was terrible. Imagine the agony caused by a red hot spike being driven through the flesh. That was just my feeling when the sciatica was at its worst. Often while carrying water to the horses the pain became so acute I had to drop the pail in the middle of the yard. I followed doctor's treatment but with slight relief. I then tried rheumatic plasters and liniments but these did not help me at all. Then I decided to give Dr. Williams Pink Pills a trial. At first they did not seem to help me but as they had been so highly recommended I resisted in the treatment and gradually noticed a change in my condition. The pain became less severe. I felt stronger and my appetite improved. I think I used the pills about four or five months before I was completely cured, but though that was two years ago I have not since had the slightest return of sciatica. I think Dr. Williams Pink Pills are a marvellous medicine and so does my wife who used them as a blood builder. She says they have no equal and never wearies of praising them to her friends."

Good blood is the secret of health—Dr. Williams Pink Pills is the secret of good blood. That is why they cure sciatica, rheumatism, St. Vitus dance, heart palpitation, indigestion and the ailments common to women and growing girls. Sold by medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

BRITISH AND FOREIGN.

The library of the Edinburgh Working Men's Club contains 10,000 volumes.

In many Irish counties the distress of the neasants is said to be extreme.

Dublin Distress Committee have decided to give employment to 250 men, making close upon 400 in all.

One thousand troops have returned to Turkey out of 4,000 sent two years ago to suppress an Arab revolt.

The Rev. Andrew Gray, Greenock, has been appointed assistant in Greenside Parish church, Edinburgh.

Trypsin, the new remedy now on its trial for the cure of cancer, was first suggested by Dr. Beard, of Edinburgh.

Lord Dundonald, formerly commanding the Militia in Canada, has been promoted to a lieutenant-general.

Rev. Alexander Connell, of the Sifton Park church, Liverpool, is preaching with much acceptance to a large congregation.

Premier Sir Henry Campbell-Bannerman said Principal Rainy's death was a heavy loss to Scotland, for he was the foremost living Scotsman.

A movement has been started to erect a drinking fountain in every town in the kingdom as a memorial to the late Sir Wilfrid Lawson.