

## HEALTH AND HOME HINTS.

To set dye in black stockings put a good handful of common salt in the washing water.

Young rhubarb should not be peeled. It only needs wiping before cutting in lengths for cooking.

New tan boots should be polished several times before they are worn. This will prevent their staining easily.

For hoarseness, beat a fresh egg, and thicken it with castor sugar, and flavoured to taste with lemon juice. Eat freely of this and the hoarseness will soon disappear.

**DELICATE CAKE.**—Take one cup of butter, two of white sugar, four of flour, one of sweet cream, the whites of eight eggs and one-half teaspoonful of baking powder; flavor with lemon or rose water.

**POTATO PIE.**—Beat together two tablespoonfuls of sugar, one of flour and two eggs; add one cupful of mashed potatoes seasoned with salt and butter and milk enough to make two pies. Bake with one crust.

**STUFFED APPLES.**—Take six large cooking apples, core them, and fill the holes with this mixture—Two tablespoonfuls of brown sugar, one of butter, and a dessertspoonful of finely chopped mixed peel. Pour over some thin syrup and bake.

**EGGLESS GINGER SNAPS.**—One cup of granulated sugar, one full cup of shortening—equal parts lard, butter, and beef dripping, or one-half butter and one-half lard—one tablespoon ginger, one-half cup cooking molasses, one-half cup hot water, one tablespoon baking soda, one teaspoon salt. Put soda on the molasses and pour on water and stir. Flour enough to roll thin.

**OYSTER PIE.**—For each pie, take a tin plate half the size of an ordinary dinner plate. Butter it and cover the bottom with a puff paste. Lay on it enough oysters to cover the bottom. Butter them to cover the bottom. Sprinkle them with salt and season with a little salt and plenty of pepper. Spread over this an egg batter and cover with a crust of the paste, making small openings with a fork. Bake in a hot oven from fifteen to twenty minutes. When brown, serve hot.

**BAKED SWEETBREADS.**—Sprinkle with salt and pepper, roll in crumbs, then in beaten egg, to which a spoonful of milk has been added, then in crumbs again, the last time having the crumbs well buttered. Bake three-quarters of an hour in a moderately-hot oven, and serve or toast, with the brown gravy poured over the slices.

**Cure for Croup.**—Croup can be cured in one minute, and the remedy is simply alum and sugar. The way to accomplish the deed is to take a knife or grater and shave off in particles about a teaspoonful of alum; then mix it with twice its quantity of sugar, to make it palatable, and administer it as quick as possible. Almost instantaneous relief will be sure to follow.

Let the GOLD DUST Twins do Your work!



**GOLD DUST**

WASHING POWDER "CLEANS EVERYTHING."

The N. K. FAIRBANK COMPANY  
MONTREAL

## SPARKLES.

"Doctor, do you think eye-glasses will alter my appearance?" inquired Mrs. Gunson, anxiously.

"I shall at least expect them to improve your looks," replied the physician.

A Chicago woman has prepared a book setting forth "How a model servant may be trained." A companion book by a hired girl, "Showing how employes can be kept in still further subjection," is awaited.

"I understand I gave an alias when I got arrested last night. I hope I didn't use the name of any of my friends."

"You didn't. You told the desk sergeant that your name was Norval, and that your father was in the sheep business in the Gramplan Hills."

"Ever been locked up?" demanded counsel.

"I have been," admitted the witness. "Aha! And what had you been doing to get yourself locked up?"

"I had been doing jury duty."

Returned Explorer—Yes, the cold was so intense at the Pole we had to be very careful not to pet our dogs.

Miss Youngthing—Indeed! Why was that?

R. E.—You see, their tails were frozen stiff, and if they wagged them they would break off.

Clubstick—What did old Goldcoffer say to you when you told him you wanted to marry his daughter?

Dawdler—He didn't absolutely refuse; but he imposed a very serious condition.

Clubstick—Indeed! What was that? Dawdler—He said he would see me hanged first!

The following schoolboy "howlers" are given by a correspondent: "To kill a butterfly you pinch its thorax." "The blood vessels are the veins, arteries and arterioles." "A ruminating animal is one that shews its cubs." "Algebra was the wife of Euclid." "The masculine of vixen is vicar."

"I hope you were a good little boy while at your aunt's and didn't tell any stories," said his mother.

"Only the one you put me up to, ma," replied her young hopeful.

"Why, what do you mean, child?" "When she asked me if I'd like to have a second piece of cake I said, 'No, thank you; I've had enough.'"

Contributor: I should like to leave these poems with your editor. What is the usual procedure? I haven't done any magazine work before.

Office boy: Well, the usual custom is to leave 'em, 'nd call back in a day or so—and git 'em.

## SKIN CURED THROUGH SKIN.

Suppose you scratch your hand—do you suppose the stomach to cure the wound? Don't you wash and cleanse it instead, and thus let the skin cure itself?

It is the same with Eczema and other skin diseases. The trouble is in the skin and no amount of blood medicines will kill the disease germ. To accomplish this cure the best medicine is oil of wintergreen compounded with thymol, glycerine, etc., and this must be used in liquid form. The liquid penetrates to the inner skin and kills the germs while soothing the healthy tissue.

If you want quick relief and a permanent cure write the D.D.D. Laboratories, Dept. O.D., 23 Jordan Street, Toronto, for a free sample bottle. We don't ask you to buy till you have proved positively that D.D.D. relieves the itch. The free trial bottle will prove that, and to complete the cure you can get D.D.D. in regular size bottles.

For sale by all druggists.

SPRING REMINDERS  
OF RHEUMATISM

Raw, Damp Weather Starts the Pain, but the Trouble Lies in The Blood.

Changeable spring weather, often raw, cold and damp, is pretty sure to bring a time of misery to people who suffer from rheumatism. But it must be borne in mind that it is not the weather that causes rheumatism, the trouble is rooted in the blood—the damp changeable weather merely starts the aches and often almost unbearable pains going. The trouble must be reached through the blood, and the poisonous rheumatic acids driven out. This is a medical truth every rheumatic sufferer should realize. Liniments, outward applications and so-called electric appliances, never did, and never can, cure rheumatism. The sufferer is only wasting valuable time and money with this sort of treatment, and all the time the trouble is becoming more firmly rooted—and harder to cure. There is just one sure way to cure rheumatism—Dr. Williams' Pink Pills. They act directly on the impure, weak, acid-tainted blood.

They purify and strengthen it and so root out the cause of rheumatism. Mr. John Finnamore, Marysville, N.B., says: "I was laid up with rheumatic fever for a year, and for eight months of that time I could not go about. My blood had seemed to turn to water, and the pain I endured was at times almost unendurable. Notwithstanding I was under the doctor's care I was not regaining my strength and I decided to give Dr. Williams' Pink Pills a trial. I took altogether nine boxes and they simply worked wonders in bringing back my lost strength. I still take the pills occasionally as I am working in a saw mill where the work is pretty heavy."

Not only rheumatic sufferers, but all who have any trouble due to weak, watery blood, will find a cure through Dr. Williams' Pink Pills. It is because of their direct action on the blood that these pills cure such troubles as anaemia, indigestion, general weakness, neuralgia, and the aches, pains and secret troubles women folk alone know. Give Dr. Williams' Pink Pills a fair trial, and they will not disappoint you. 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.

## THE TEMPER OF THE ELEPHANT.

Every wild animal fears his trainer or his trainer's weapons. Once a beast believes he is the physical superior of man, his career as a performing exhibit is ended, else he ends the career of his trainer.

Elephants furnish the best illustration of this fact. Despite the story-book shrewdness of the fox, the elephant is the wisest animal in existence. Though clumsy and bulky, he may be made to do the most difficult tricks; but as he grows older he grows wiser, and some day realizes his brute mastery of man. Then he is retired from the arena, because no trainer of sufficient courage to handle him can be found. It is a safe wager that there is not a male elephant fifty years old performing at the present time. Bolivar, a giant pachyderm which children rode upon fifteen years ago, had been for some time before his death this past summer chained up at the Zoo in Philadelphia, with his fore and hind legs crossed and bound with iron. In his younger days he was as gentle as Mary's little lamb. At the last, to come within reach of his trunk would have meant certain death.—Maurice B. Kirby, in Everybody's Magazine.

The real advantage of being untrammelled by the past is largely forfeited when one is content to remain untaught by it also.—W. D. Howells.