

HEALTH AND HOME HINTS.

The most severe cold or hoarseness may be relieved by applying to the chest, as quickly as possible, a flannel wrung out of boiling water, and on which turpentine is sprinkled.

For Felon—Take equal parts of gum camphor, gum opium, castile soap and brown sugar; wet to a paste with spirits of turpentine. Prepare it and apply a thick plaster of it.

Chestnut Patties—After boiling and mashing, add to one pint of chestnuts a half cup of cream or two rounded tablespoonsful creamed butter, a cup and a half milk, two well-beaten eggs, quarter of a cup of sugar and salt to season. Beat well, turn into little patty tins filled with rich paste and bake quickly.

Creamed Potatoes—Wash potatoes and cook in boiling salted water with their jackets on. Drain, and let stand twenty-four hours. Peel, and cut into one-third inch cubes. Sprinkle with salt and generously with paprika. Add thin cream just to cover the potatoes, and cook very slowly for forty-five minutes. Success depends upon the long, slow cooking.

Pumpkin Pie—When pumpkins are cheap and eggs are dear, the housewife wonders whether it is economy to waste the pumpkin or invest in thirty-cent eggs. But instead of following the usual rule of two eggs to a pie, let her stir into the pumpkin finely rolled cracker crumbs, one rounded tablespoonful to a pie. If this is done, three eggs well beaten will be sufficient for three pies, as the crackers help to thicken without making the pumpkin heavy or soggy. In fact the pies seem more nutritious and digestible because of them.

Mince Meat—Three teaspoonful of cooked beef chopped, six teaspoonful of half sweet and half sour chopped apples, a teaspoonful of chopped suet, two teaspoonful of grape or other acid fruit juice, two teaspoonful of raisins, a teaspoonful each of sugar and molasses, a level tablespoonful each of cinnamon and cloves, a small nutmeg grated, half a teaspoonful each of salt and pepper. Soak the suet, add it to the other ingredients, except the spices, and bring to boiling heat, then add spices. Fill the crust with meat, sprinkle over sugar, and dot with bits of butter; cover, and bake.

To Cook a Goose Nicely—After dressing the fowl nicely, put it in a deep pan, pour boiling water over it, and let it stand till cold, all night if convenient. When cold, wash it off and wipe it dry; then put it over the fire in cold water, and let it come to a boil; take it out and wipe it again. In this way you remove nearly all the strong, oily taste. Stuff it with dressing of bread crumbs seasoned with salt and pepper, butter (or salt pork chopped fine), sage, and a trifle of chopped onion. Tie it up and roast till tender. Fifteen minutes to a pound—weighed after it is dressed and before it is stuffed—is the rule for fowls.

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:—

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SPARKLES.

Grump—Do you call this steak fit for a Christian to eat?

Waiter—We hain't anxious about de religion of our customers, boss.

Clark—Will you have the soap scented or unscented?

Maidservant (from a foreign shore)—I take it wid me.

Poet—I can make no mistake in saying her cheeks are like the rose.

Friend—But you have never met her.

Poet—That matters not. If she is blushing, there are red roses; if she is pale, there are white roses, and if she is sallow, there are yellow roses.

The artist had just given the last touches to a purple and blue canvas when his wife came into his studio. "My dear," said she, "this is the landscape I wanted to suggest a title for. Why not call it 'Home'?" she said, after a long look.

"Home? Why?"

"Because there's no place like it," she replied, meekly.

A father, going into his stable one day recently, found his little son astride of one of the horses, with a slate and pencil in his hand.

"Why Harry!" he exclaimed, "what are you doing?"

"Writing a composition," was the reply.

"Well, why don't you write it in the house?" asked the father.

"Because," answered the little fellow, "the teacher told me to write a composition on a horse."—Our Dumb Animals.

Marion, five, was corrected for some act of rudeness by her grandmother, who a little later quoted to a friend:

"You may break, you may shatter the vase, if you will, but the scent of the roses will hang round it still." After a minute of thought came, with a wounded air, the paraphrase, "You may hurt, you may scold, you may box if you will, but the love of the grandma will cling to you still—how's that, grandma?"—The Congregationalist and Christian World.

Lady —, who is known as an ardent worker in the interests of the Romish Church, wrote to the Duke of —, who was equally well known as a sturdy Protestant, that she was greatly interested in a Roman Catholic charity, and, knowing the Duke's wide benevolence, had ventured to put down his name for £1,000. The Duke wrote back: "Dear Lady —: It is a curious coincidence that, just before I got your letter, I had put down your name for a like sum to the English Mission for Converting Irish Catholics. So no money need pass between us."—Manchester Guardian.

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MONTREAL

MAKE NEW BLOOD.

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When persons have not enough blood, or when their blood is weak and watery, the doctors name the trouble anaemia. Bloodlessness is the direct cause of many common diseases, such as indigestion, decline, neuralgia, nervousness, rheumatism and consumption. The surest signs of poor blood are paleness, bluish lips, cold hands and feet, general weakness, low spirits and headaches and backaches. If anaemia is not checked in time it will probably develop into consumption. There is one certain cure for anaemia—Dr. Williams' Pink Pills. These pills actually make new, rich red blood, which fills the veins and brings new life, new energy and good health to bloodless people. In proof of this Miss Mabel Clendenning, Niagara Falls, Ont., says: "For two years I suffered from anaemia. I was weak, thin, had no appetite. I sometimes had distressing headaches and felt low spirited. My heart would palpitate violently; I could do no work around the house; I became very pale and my nerves got unstrung. The efforts of two good doctors failed to help me, I was in such a pitiful state. One day a friend urged me to try Dr. Williams' Pink Pills and I did so. Soon I saw the pills were helping me and by the time I had taken nine boxes I was completely cured. I had a good appetite; gained in weight, I hadn't an ache or pain, could sleep well and I am in far better health now than I ever was. I cannot speak too highly of what Dr. Williams' Pink Pills have done for me."

What Dr. Williams' Pink Pills have done for thousands—they will do for you. But you must get the genuine with the full name "Dr. Williams' Pink Pills for Pale People" on the wrapper around every box. If your dealer has not got the genuine pills you can get them at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

BRITISH AND FOREIGN.

Rev. James Harvey has been elected principal clerk and the Rev. Robert Gray junior clerk of Edinburgh United Free Presbytery.

Last year 53,000 persons emigrated from Scotland, a larger number than even Ireland lost.

Edinburgh and Glasgow Church of Scotland ministers are considering what to do with the deceased wife's sister.

Greece is said to be the poorest country of Europe. Her total wealth amounts to \$1,000,000,000, or about half that of Switzerland.

The earnestness of the Chinese government in abolishing the use of opium is shown in the dismissal from public service of two princes who persisted in the use of the drug.

The village population of India has increased one and one-half per cent. in ten years, but the percentage of increase of native Christians is thirty.

The preacher who neglects the pastoral end of his ministry has failed in meeting the needs of modern evangelism.



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