

HEALTH AND HOME HINTS.

At least twice a day the nostrils should be carefully cleansed with a soft rag and warm water. If this is done immediately after coming in from the street, so much the better, as in that way the dust particles will have less time to irritate the delicate membrane.

Quite as much care ought to be bestowed upon the teeth as upon the choice of the material for the summer frock; indeed, more, for, while the frock is only for temporary use, the teeth are permanent. As soon as a child is old enough to use a brush, it should be given one, and taught to use it after every meal.

Never allow babies or young children to lie continually in one position, especially on the back, because the blood gravitates to the back of the chest. Change of position and movements of the limbs are absolutely necessary for the development of the internal organs, as well as for the strengthening of the muscles.

Fig cake: Make a layer cake the same as for whipped cream cake. Mince one half pound of figs, add three-quarters of a cup of water and one-half cup of sugar. Boil until it thickens, stirring constantly. Use this between the layers, keeping a portion for the top. For the icing, boil one half cup of sugar and a little water until it strings well. Have the white of one egg beaten stiff, and add boiled sugar to it, beating until thoroughly mixed. Add the remainder of the figs, and ice the cake.

Vegetable Hash: Hash may be made with one or many cooked vegetables, the vegetable or vegetables being used alone or combined with meat or fish. Potato is the most useful vegetable for a hash, as it combines well with the animal food or with other vegetables. The conditions essential to a good hash are that the vegetables shall be cut fairly fine, but not so fine that the pieces will lose their shape or stick together—that is, the particles should drop apart readily when shaken on a fork. Each vegetable must be cut up separately, then all be mixed. The vegetables or vegetable, and meat or fish must be well seasoned with salt and pepper, and, if liked there may be added a little minced onion, chives, parsley, chervil or green finely minced. The hash must be moistened a little with meat broth, milk or water (not more than half a cupful for a quart of hash). When the hash is mixed, seasoned and moistened, put a tablespoonful of butter or savory drippings in a frying-pan. When this is melted, put in the hash, and spread evenly and lightly in the pan. Over this put little dots of butter or savory drippings, using about one tablespoonful in all. Cover the pan, and place where the hash will not burn, but where the heat is fairly good, and cook half an hour; then fold, and turn on a hot platter. A rich brown crust will have formed on the bottom of the hash if the heat was sufficient. Serve very hot. The plates on which hash is served should be hot.

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, Hon. G. W. Ross, ex-Premier of Ontario, Rev. John Potts, D.D., Victoria College, Rev. Father Teofy, President of St. Michael's College, Toronto.

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SPARKLES.

It was the first time little Alfred had ever seen a shredded wheat biscuit. Leaning over, he whispered in his mother's ear:

"Oh, mamma, what did they soak that Turkish wash-rag in milk for?"—Ex.

Among the curious inscriptions this must be included: "Here lies in a horizontal position the outside case of Thomas Hinde, clock and watchmaker, who departed this life wound up in the hope of being taken in hand by his Maker and being thoroughly cleaned, repaired and set going in the world to come. On the 15th day of August, 1836. In the nineteenth year of his age."—Ex.

A professor of music was once going to call on a friend and asked a fellow musician the number in which he lived in a certain street. "I don't know his number," answered the other, "but the note of his door-scraper is C-sharp." The professor went off, contentedly kicked the door scrapers all down the street until he came to the right one, when he rang the bell and went in.

To let your light shine before men it isn't necessary to make a fireworks display.

After asking a great many questions of a lady a barrister felt that some apology was necessary, so, he remarked: "I really hope I don't annoy you with all these questions?"

"Not at all," answered the lady quietly. "I'm used to it. I have a six-year-old son."—Philadelphia Inquirer.

Mrs. A.—You appear to be very much interested in that awkward crab, George.

Mr. A.—Yes; he reminds me of something.

Mrs. A.—What does he remind you of?

Mr. A.—Why, a woman getting off a street car.

Some time ago a man presented himself before the Liverpool magistrates with the following tale: "Me name is Patrick O'Connor an' I lives at—— street, an' I kapes hens in my cellar, but the water pipes is burst, and my hens are all drowned."

"Well, my good man, we can do nothing for you; you had better apply to the water company," was all the ad vice he got.

A few days later the same man appeared with precisely the same tale. "You were here a few days ago, and we advised you to go to the water company. Did you do so?"

"I did, yer honors."

"And what did they say to you?"

"They told me ta kape ducks!"—Ex.

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MONTREAL

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Every mother of small children knows how fatal are the summer months. Dysentery, diarrhoea, cholera infantum and stomach troubles are alarmingly frequent at this time and too often a precious little life is lost after only a few hours illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of Baby's Own Tablets prevents stomach and bowel troubles, or if the trouble comes unawares the Tablets will bring the little one through safely. Mrs. Geo. Robb, Aubrey, Que., says:—"I have used Baby's Own Tablets for stomach and bowel troubles with the best results. I feel quite safe when I have the Tablets in the house." Sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

FROM COAL MINE TO PROFESSOR'S CHAIR.

Among recent appointments of professors to Welsh theological colleges appears the name of Mr. Joseph Jones, B.A., B.D., of Jesus and Mansfield Colleges, Oxford, who has been appointed Greek Professor at Brecon Memorial College at the age of twenty-nine.

The British Weekly says that when he was 12 he lost his father in a colliery accident, and then worked underground himself until he commenced preaching. He then entered Cardiff University College and graduated with honors in Greek and afterwards gained his B.D. (Wales) in the minimum time. Going to Oxford, he won the maximum scholarship of £60 a year for three years at Mansfield; Dr. Williams' Divinity scholarship of £50 for two years, and a scholarship of £80 a year at Jesus College. He has just won the Hall and Houghton University prize in Greek Testament.

The same paper tells of Rev. Thomas Rees, who was recently made Vice-Principal of Brecon, worked underground until he was 19. Entering the ministry, he gained his M.A. (Lond.) in six years after leaving the coal mine, and afterwards took his Oxford degree with honors in theology. He was made professor before he was 30, and is now vice-principal before he is 40.

And still another; Rev. J. T. Evans, M.A., of University of Wales and Leipzig University, has just been elected Hebrew Professor at Bancor Baptist College, in succession to the Rev. T. Wotton Davies, B.A., Ph.D. He worked in a colliery in the Rhondda Valley until he was 20. He is now 30 years old.

These are cases of men literally fighting their way from the coal mine to the professor's chair, and show what achievements can be scored by men who are not afraid to grapple with difficulties and discouraging environments and overcome them by sheer force of character and well directed determination. From the coal mine to the professorial chair of the university is a long step, but what has been accomplished in the past can be accomplished again if young men will only make good use of their opportunities and capabilities.

Fruit salad: Peel two oranges with a sharp knife; cut between the pulp and skin and remove the sections whole. Slice the meats of half a pound of English walnuts. Of half a pound of figs reserve a few for a garnish, and cut the rest in thin slices. Slice four bananas. Toss half the ingredients together with two or three tablespoons of oil (if oil be desired), and if the oranges are sweet add a tablespoon of lemon juice. Add a few candied cherries, and serve with or without mayonnaise dressing as preferred.