

HEALTH AND HOME HINTS. HOUSEHOLD SUGGESTIONS.

Recipes.

Horseradish Meat Relish—Grate or put through meat chopper several times green or dried horseradish roots. Add the same amount of ground mustard and mix to a thick paste with good vinegar. Keep closely covered in glass or earthen dish.—Another Okanaganite.

Almond Cake—The following recipe for almond cake is a good one. It makes a very nice cake for the basket. Take one cup of butter, one cup and a half of sugar, three eggs, half a cup of milk, two teaspoonfuls of baking powder, three and a half cups of flour, flavor it with a little almond extract, blanch one pound of almonds, lay aside enough to cover the top of the cake when they are cut in halves; chop the rest and put into the cake. After the cake is in the tin, lay the split ones over the top of the cake; they will rise and brown as the cake bakes. This is delicious; try it.—Margaret.

Molasses Tarts—Two eggs, half cup sugar, one cup table syrup, one teaspoon vanilla, beat all together same as a custard. Fill your tart shell half full and bake till the filling thickens.—Mother Goose.

Wheat Pancakes—To one pint sour milk add one level teaspoonful of soda, a little salt and a tablespoonful of cornmeal. Add flour to make a batter and one teaspoonful of baking powder. No eggs are needed. Buckwheat cakes are made the same way, using two-thirds buckwheat to one-third wheat flour.—Aunt Mac.

Baked Onions—Parboil six large onions, slice off the tops and remove the centres and chop fine with breadcrumbs and bits of cold meat. Add one egg, salt, pepper and tomato juice. Fill onion shells and cover with breadcrumbs dotted with bits of butter and grated cheese and bake.

Meat Roll—Take two pounds of rump steak and two pounds of veal cutlet, and finely mince together. Add one-half a pound of breadcrumbs with a seasoning of parsley, sage, pepper and salt. Three eggs, with a dash of mustard, are put into the basin, and the whole is then formed into a roll. Dried breadcrumbs thickly sprinkled over it, two sheets of buttered paper placed round it, and bake for about two hours. When cold cut into thin slices with a sharp knife.

Sweet Rice—Wash a quarter of a pound of rice and put it in a double saucepan with a pint and a half of milk; let it cook till the milk is absorbed. Stir in two ounces of butter, sugar, and ground cinnamon to taste. Serve heaped on a dish with stewed fruit if liked.

Blackberry Tarts—Roll out some paste, and cut in rounds about six inches across. Heap some blackberries on half the pastry, put some brown sugar over, and a half a teaspoonful of cornflour to each to absorb the juice. Wet the edges of the paste, stick together, and bake.

Ham Scramble—Use cold boiled ham, minced. To half a cupful, add a teaspoonful of grated onion and a little chopped parsley. Beat five eggs till very light, add a tablespoonful of cold water and the ham. Cook a skillet, like scrambled eggs, stirring constantly. Remove from the fire before the egg gets hard. Serve on toast. A delicious breakfast dish.

Practical Uses for Sour Milk.

Remove freshly-spilled ink stains by soaking in sour milk.

Sour milk is good for the liver. Drink a glassful of buttermilk now and then. Sweeten if desired.

Give your face and neck an occasional bath in sour-milk. It is a complexion beautifier.

An excellent way to clean silver is to take all the small pieces, put in a pan and cover with sour milk—sourer the better—and let stand for two or three hours. Then remove and wash in hot water. Rinse and dry.—Aunt Mac.

SPARKLES.

A man hurried into a quick-lunch restaurant recently and called to the waiter: "Give me a ham sandwich."

"Yes, sir," said the waiter, reaching for the sandwich; "will you eat it or take it with you?"

"Both," was the unexpected but obvious reply.

"Are your poems widely read?"

"Well, the last one I wrote was read by over fifty editors."—April Lippincott's.

Mr. Cityman—What do you find the hardest thing to raise on a farm?

Farmer Clovertop—The interest on the mortgage.—Philadelphia Record.

HOW MANY CAN GUESS?

What candy is a spice and a money-making establishment?

Peppermint.

What sweets are wild-flowers of the springtime?

Buttercups.

What goodies result when a sour fruit rolls off the table?

Lemon drops.

What candy is a lively goat and a near neighbor of the English?

Butterscotch.

What candy is rubber and "to fall"?

Gumdrop.

And which consists of a famous river in the East and a variety of nuts?

Jordan almonds.

What candy good for the throat is gray with age and a hunting dog?

Hoarhound.

What American dainty is to "explode" and an important food product?

Pop-corn.

What species of caramels are an uncomplimentary exclamation?

Fudge.

What popular flavor is like holly and mistletoe?

Wintergreen.

What bonbons should show which way the wind blows?

Straws.

NOT A PARALLEL CASE.

Jokes on the doctor are tempting if the doctor suffers no injustice from them. He is usually a good, as well as a good-natured target for assorted witticisms. A writer in the Argonaut has recently related a variation of an old jest, the victim of which is the medical man. Among the patients in a certain hospital there was one disposed to take a dark view of his chances for recovery.

"Cheer up, old man!" admonished the youthful intern attached to the ward wherein the patient lay. "Your symptoms are identical with those of my own case four years ago. I was just as sick as you are. Look at me now!"

The patient ran his eye over the physician's stalwart frame.

"What doctor did you have?" he finally asked, feebly.

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MONTREAL

NERVOUS DISEASES IN THE SPRING

Can Only Be Removed By Toning Up the Blood and Strengthening the Nerves.

Nervous diseases become more common and more serious in the spring than at any other time of the year. This is the opinion of the best medical authorities after long observation. Vital changes in the system after long winter months may cause much more than "spring weakness," and the familiar weariness and aching. Official records prove that in April and May neuralgia, St. Vitus dance, epilepsy, and various forms of nervous disturbances are at their worst, especially among those who have not reached middle age.

The antiquated custom of taking purgatives in the spring is useless, for the system really needs strengthening—purgatives make you weaker. Dr. Williams' Pink Pills have a special action on the blood and nerves, for they give strength and have cured not only many forms of nervous disorders, but also other spring troubles such as headaches, weakness in the limbs, loss of appetite, trembling of the hands, melancholy and mental and bodily weariness as well as unsightly pimples and skin troubles.

Dr. Williams' Pink Pills cure these nervous disorders and spring ailments because they actually make new, rich, red blood. 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.

IT IS A BAD FORM.

To make remarks about the food at dinner.

To talk about things which only interest yourself.

To contradict your friends when they are speaking.

To grumble about your home and relations to outsiders.

To say smart things which may hurt someone's feelings.

To dress shabbily in the morning because no one will see.

To be rude to those who serve you either in shops or at home.

To think first of your own pleasure when you are giving a party.

To refuse ungraciously when somebody wishes to do you a favor.

To behave in an omnibus or train as if no one else had a right to be there.

To speak disrespectfully to anyone older than yourself.

Pine River charge, in the Presbytery of Maitland, is vacant, through the retirement of the Rev. John McFarlane. The charge was on the Augmentation list, but has now decided to become self-sustaining. There is but one station, very compact, and situated in one of the best farming sections in Ontario. Candidates will please communicate with Rev. W. A. Bremner, Ripley.

The congregation of Glammis, Ont., is vacant, and anyone who wishes to preach in the church should apply to Rev. K. MacLennan, Tiverton, for a hearing.

Markdale and Berkeley, in the Presbytery of Owen Sound, will be vacant after May 1st, owing to the translation of Rev. A. W. Shepherd to Leamington. The interim moderator is Rev. Jas. H. Lemon, of Walter's Falls.

There are three or four vacant charges in the Rock Lake Presbytery along the C. P. R., Deloraine branch. They are all good openings for enthusiastic workers. If any minister who desires a hearing will correspond with Rev. R. A. Clarkson, Cartwright, an effort will be made to give him several Sunday's successive supply. Presbyterian