

## HEALTH AND HOME HINTS.

For burns the most important point in their treatment is to at once exclude the air. Sweet oil and cotton are standard remedies, or flour and oil. Do not remove the dressing until the inflammation subsides.

If there has been anything burnt in the oven throw salt in, and the smell will disappear. If salt is rubbed on silver, china, or earthenware it will take off stains of tea, etc. Salt will kill weeds if sprinkled on gravel walks.

To rid a pantry of insects, stir a couple of pounds of alum into four quarts of boiling water. Then take a brush and apply it, as hot as possible to the cracks and crevices, shelves, etc.

The woman with no ice supply will especially appreciate this method of keeping butter firm and cool in warm weather. Place the butter on a plate, and put on top a bowl of cold water. Cover with a piece of damp butter-muslin, long enough to allow of both ends dropping into the water.

**Ginger Snaps:** Heat one cupful of molasses and pour over half a cupful of sugar, add one-half cupful soft butter, one tablespoonful of ginger, a teaspoonful of soda, and flour sufficient to roll very thin. Cut, and bake in a quick oven, being careful not to let them get too brown.

**How to Preserve Boots and Shoes.** When boots and shoes not in use are deposited in a damp place, they become covered ordinarily with mould, which attacks the leather; when deposited in a dry place, they become hard and wrinkled—a fact well known to all, although the remedy may not be. This double disadvantage may be avoided if the articles are first rubbed with a rag on which a few drops of oil of turpentine have been sprinkled. The oil of turpentine acts favorably as a preservative to the leather, and is a deterrent to rats and mice, whose depredations are often as injurious as those of temperature.

**Bread and Custard—**Cut the crust from a slice of bread, two inches thick, and cut the corners so as to give the slice a nice round shape. Put into a soup plate, entirely covered with cold milk, and let it soak for three or four hours. If the bread absorbs all the milk, add more. Put a tablespoonful of butter, or good dripping, into a frying pan. Make hot, but do not brown. Fry the bread slowly on both sides till tinged with brown. With a fish-slice, or something flat and smooth, lift the bread carefully on to a hot dish. Spread the top with jam of any kind, and pour over the whole a custard sauce. The sauce should be made while the bread is frying. Put into a basin one tablespoonful of flour and one of sugar. Mix up smoothly with a spoonful of cold milk, then pour over it a breakfast-cupful of boiling milk. Beat up one egg and mix it with the other ingredients. Put the whole into a jug in a saucepan containing a little boiling water. Stir the custard one way till it thickens, then at once pour it over the bread and serve, hot or cold.—London Farm and Home.

## TOBACCO HABIT.

Dr. McTaggart's tobacco remedy removes all desire for the weed in a few days. A vegetable medicine, and only requires touching the tongue with it occasionally. Price \$2.

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## SPARKLES.

Naturally a girl would rather be beautiful than intellectual. There are more stupid men in the world than blind ones.

"Freddy, you shouldn't laugh out loud in the schoolroom," exclaimed the teacher.

"I didn't mean to do it," apologized Freddy. "I was smiling, when all of a sudden the smile busted."

He is great who can do what he wishes. He is wise who wishes to do what he can.

"Now, be careful how you drive, cabby, and go slowly over the stones, for I hate to be shaken. And mind you pull up at the right house, and look out for those dreadful railway vans." "Never fear, sir; I'll do my best. And which 'orspital would you wish to be taken to, sir, in case of an accident?"

"Johnny, did you catch a fish?"

"No, sir but I drowned a lot of worms."

"Now, Thomas," said a certain bishop, after taking his servant to task one morning, "who is it that sees all we do and hears all we say and knows all we think, and who regards even me in my bishop's robes as but a vile worm of the dust?" And Thomas replied, "The missus, sir!"

We never know what we can do till we try, and then we are frequently sorry we found out.

The most remarkable instance of simple faith in the abilities of a physician, says a doctor, came within my experience when I was a student. I had a patient, an Irishman, who had broken a leg. When the plaster bandage was removed and a lighter one substituted, I observed that one of the pins went in with some difficulty, a fact I could not understand at the time. It was a week afterwards that I removed the pin, when I found it had been stuck hard and fast, it being necessary to remove it with forceps. To my great astonishment, on examination, I found that the pin had actually been run through the skin twice, instead of through the bandage cloth. "Didn't you know that the pin was sticking in you?" I demanded of the patient. "Sure!" he exclaimed. "But as I thought ye knew your business I held me tongue."

The religious system that makes light of sin brings no joy to human souls in the midst of their trials.

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More clothes are rubbed out than worn out.

## GOLD DUST

will spare your back and save your clothes. Both far more economical than soap and other Washing Powders.

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## SUMMER AILMENTS.

Can Best be Banished by Dr. Williams' Pink Pills for Pale People.

In summer your blood gets thin and watery. You feel simply wretched—tired, worn out, dull, your nerves are irritable, your whole system is out of gear. There is just one medicine that can banish this summer feeling. Just one medicine that will give you strength and vim to endure the fag of even the hottest days—Dr. Williams' Pink Pills. They have helped thousands. Perhaps your neighbors have already told you they have helped them. They're the medicine that makes that pure, rich, red blood that everyone needs for good health—they never fail to do that. Mrs. L. A. Carriere, the popular stewardess of the Jacques Cartier Club, Montreal, Que., says: "For two years I was a constant sufferer from general debility. The least work fatigued me and sometimes I could not work at all. I could not raise my hand above my head without feeling pains in all my muscles. I was very weak and sometimes became so dizzy that I would fall unless I could lean against something for support. While in this condition I was advised to try Dr. Williams' Pink Pills. I did so and by the time I had taken ten boxes, I was in perfect health and am now able to look after all my duties without the least fatigue. When I began taking the Pills I was a great sufferer—to day I feel as if I never was ill—thanks to Dr. Williams' Pink Pills.

Dr. Williams' Pink Pills strike right at the root of anaemia, debility, rheumatism, indigestion, the secret ills of women and growing girls, etc., when they make new blood—they do just that one thing, but they do it well—good blood always brings good health. 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 HUNTING SPIDER.

I wonder if you know that there is a kind of spider which spins no web? It is called the "hunting spider," and its favorite hunting ground is a sunny wall, because there the flies are most likely to assemble; and flies are a dainty of which it is particularly fond.

It is a most interesting sight to watch one of these savage little creatures when in search of a dinner. It prowls along just like a little lion until it catches sight of a fly. Then there is a moment's pause, while the spider looks carefully over the ground as if deciding the best course to take. As soon as its mind is made up upon this point it pulls itself together and rushes on its prey so quickly that the poor little fly does not even know it is in danger until it is actually in the enemy's clutches.

**Cold Tea Punch:** Have the following orangeade prepared early in the morning: Pour one quart of cold water in a small saucepan; add the juice of two lemons and three oranges, quarter of a pound of sugar, quarter of the rind of a lemon and orange. Let it come to the boiling-point. Strain it into a pitcher. Mix with strong tea, let it cool, and serve very cold in a punch-bowl with a few small pieces of orange and pineapple.

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