

HEALTH AND HOME HINTS.

Sweet milk is said to be as good for enameled shoes as for babies, only it needs to be applied differently. Remove all dust and dirt from the shoes, then wash the uppers thoroughly with the milk. Let them stand a minute with the milk on them, then wipe with a soft dry cloth. It is said that shoes thus treated keep their enamel bright for a long time without needing any polish or dressing.

Celery should be allowed to lie in cold water, to which a little salt has been added, for an hour before it is required for the table. This will make it very crisp.

If when frying fish of any kind a little salt is sprinkled on the bottom of the pan when it is hot, and the fat boiling, the fish can be easily turned without breaking in the least.

Orange Blossoms—Stir together for half an hour one pound of sugar, three whole eggs, and four yolks. Add sufficient flour to make a batter stiff enough to make cakes that may be laid on a baking tin with a spoon. Flavor with orange flower water, and bake in a quick oven. When cool, cover with white icing with a little orange colored frosting in the centre.

Mince Pie.—Three pounds of raisins, (chopped), 3 pounds currants, 3 pounds sugar, 3 pounds suet, (chopped fine,) 2 ounces candied lemon peel, 2 ounces of orange peel, 6 large apples, (grated), 1 ounce of cinnamon, juice of 3 lemons and rinds grated and 2 nutmegs.

Fruit Salad.—Six mellow, tart apples cut in dice; six oranges in neat bits, with all skin removed; half a pound of blanched almonds, sliced with a knife; a cupful of diced pineapple. Serve on crisp lettuce leaves with mayonnaise. Garnish with nut meats in halves.

Eggs and Scalds.—The egg is a very useful household remedy, and, as it is one ready to hand, it should be more appreciated than it is. For burns and scalds (which are apt to occur in most kitchens) there is nothing more soothing than the white of an egg. It makes a skin over the burn the same way that collodion does, and is more, soothing. In cases of burning, the great point is excluding the air as much as possible, and to prevent inflammation. As the white of an egg is the best remedy for this, it should be used at once.

Wash Stockings.—All kinds of stockings require careful washing. No soda ever should be used, and the water should be only moderately warm for both washing and rinsing. After rinsing, which should be done in water containing a few drops of liquid ammonia, dry them quickly out of doors in a good current of air, and press with a warm iron when dry. Silk stockings require several rinsings, and after pressing (not wringing) the water out of them and pulling them in shape they should be shaken out well and rolled in a cloth to dry.

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.
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SPARKLES.

Bertie—"Now that your engagement is broken, are you going to make Clara send back your letters?" Percy—"I am! I worked hard on those letters; they're worth using again!"

Mother—"Johnny, you said you'd been to Sunday school." Johnny (with a far-away look)—"Yes, mamma." Mother—"How does it happen that your hands smell of fish?"

"I wonder if there's anything serious between the tall girl and the little captain?"

"I think there is. She has had the heels of all her shoes lowered."

Teacher—What is the highest office in the Anglican church that a woman can hold?

Young lady pupil, blushing—A bishop's wife.

"Can't you find any work at all?"

"Plenty, sir; but everybody wants references from me last employer."

"Can't you get them?"

"No, sir. He's been dead twenty-eight years!"—Illustrated Bits.

Willie—"Ma, I'm not afraid of policemen any longer." Mrs. Williams—"You're not, Willie?" Willie—"No. There was a policeman in the kitchen with cook last night, and when I walked in on them I could see that he was frightened half to death."

"I told you" said the merchant, "to mark this box 'Handle with care.' What's this nonsense you've painted here?"

"That," said the college graduate, "is the Latin for 'Handle with care.'"

"How do you expect a baggageman to understand that?"

"He won't, and therefore, he won't get mad and smash the box."

"Don't you ever give your dog any exercise, Miss Hollyhock?" said Miss Primrose to the owner of a very fat pug.

"Of course I do," answered the maiden lady indignantly, fondling the unwieldy animal tenderly. "I feed him with chocolates every few minutes just to make him wag his tail."—Ex.

The schoolgirl with the large feet was sitting with them stretched far out into the aisle, and was busily chewing gum, when the teacher espied her.

"Mary!" called the teacher sharply.

"Yes, ma'am?" questioned the pupil.

"Take that gum out of your mouth and put your feet in!" was the command, somewhat difficult to be strictly obeyed.

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That gnawing pain in the stomach, sometimes shooting up into the chest, often producing a choking sensation in the throat; fierce pains around the heart; a feeling of drowsiness and a distaste for food—that's indigestion. Its victims are numbered by the thousands. To them life is a burden. Dr. Williams' Pink Pills have done more towards relieving this suffering than any other medicine. Often they have cured after all other help had failed, as in the case of Mr. Willis Herman, of St. Catharines, Ont., who says:—"I had been afflicted with indigestion and stomach trouble for years. At times my suffering was almost indescribable. Sometimes for whole days I was unable to touch food. I dieted at different times, was treated by six doctors, but they did not help me; I only grew worse. For a time I was living in New York; and while there consulted a specialist but he was unable to give me any relief. I then decided to try Dr. Williams' Pink Pills and in less than a month I felt some relief. I continued their use for a couple of months longer and gained in weight; my appetite improved; the pains left me and I now feel better than I have at any time during the past twenty-five years. I will always gladly recommend Dr. Williams' Pink Pills to other sufferers believing that they will surely do for others what they have done for me."

When you use Dr. Williams' Pink Pills as a blood builder and nerve tonic you are not experimenting—they have been tried and proved successful in thousands of cases. It is their power to actually make new, rich, red blood, that enables them to cure such troubles as anaemia, indigestion, rheumatism, kidney trouble, St. Vitus' dance, partial paralysis, and those special ailments of girlhood and womanhood that cause so much misery. For sale 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.

KILLED BY A SMALL THING.

A well-proportioned maple stood by the side of the street. Its rich foliage gave beauty to the spacious grounds in which it grew and likewise refreshed the passer-by and the little children who played beneath its shady boughs. But one day the leaves far out on the ends of the boughs seemed rusty. Each day they grew a little browner and before many weeks passed it seemed as if the friendly tree was dying. When the autumn touched the other trees with scarlet its leaves were withered and dead. When the springtime came and others put forth bud and leaf its stark boughs stood out cold against the sky. The tree was dead. All the long summer it stood there, dead between its fellows, and as the summer waned a piece of bark fell away from its trunk showing where the little insidious insect had done its fatal work. It was a tiny thing that ruined the life of the beautiful tree. The parable needs no application; yet have we seen a young life vigorous in church work, and fall as the tree fell. He was loved and adored for his works' sake. But after a while friends began to note a change. It was only the rust upon the ends of the boughs, but it was a prophecy. It called forth remark. There was the tell-tale symptom that all was not right. Some little sin was at work under the surface, known to him yet hidden away from the eyes of friends. He dropped out of religious work, first the Sabbath school, then the young people's meeting and before long he was a dead tree among his fellows. The insidious sin was permitted to do its work, and the ruin of character was the result.—United Presbyterian.