

A YOUNG LADY'S ESCAPE.

FRIENDS THOUGHT THAT THE SPAN OF HER LIFE WOULD BE SHORT.

AT LAST WITH BUT A GRAIN OF FAITH HER MOTHER ADMINISTERED DR. WILLIAMS' PINK PILLS AND SHE IS NOW CURED.

From the Montreal Herald.

This world is full of change. There are changes that affect the constitution of the individual, changes that will come, we cannot avert their coming, but we may parry the unsalutary character of their influence. Womanhood in its inception is susceptible of changes that demand the most judicious attention and prudence to ensure perfect development and happy maturity. These changes are so vital and so subtle in their character that unless the utmost vigilance and discrimination is exercised in the choice and application of reputed remedies the worst results may accrue. The constitution may be undermined and the germs of disease fostered. Vigorous life is at the basis of all enjoyment and success. To be weak is to be miserable. It is, therefore, fundamental to every interest of humanity that life's red stream be kept pure and healthy. Owing to neglect of these particulars many young women have a wearisome round of duties. Faint and weak very aptly describes their condition after venturing to perform some ordinary household duty. What can be done to accomplish the rejuvenation of these unfortunate ones? There is a remedy widely known and loudly applauded, whose virtues are proclaimed on the house tops and whispered on the streets. Ten thousand mothers have recommended it and twelve thousand daughters praise it. Read what one of them has to say. In the village of Lancaster there lives Mrs. A. J. Macpherson, widow of the late A. J. Macpherson. She is well and favorably known in the community. Some four or five years ago Mrs. Macpherson sent her eldest daughter to New York. While there she resided with her uncle and attended school, being then only about sixteen years of age. The social life of her temporary home made rather severe demands upon her time, and being ambitious she was anxious to make rapid progress in her studies. In each particular she enjoyed a covetable measure of success, but at no small cost. Many remarked her paleness and loss of color. She began to feel tired and weak after a little exercise, such as a short walk. Miss Macpherson's stay in New York lasted about two years. All this time she ate and slept fairly well. In the spring of 1893 she came home, and her mother could not but remark how changed her daughter was—pale and languid instead of being bright and ruddy. Thinking that nourishing food and perfect quiet, with judicious exercise, would restore the lost vigor and ruddy glow, it was participated in to the fullest extent. For a month this was tried, but Miss Macpherson was as pale as before, liable to turns of weakness and with an unsatisfactory desire for sleep. At this juncture the family doctor was consulted. Iron pills were prescribed and a trip to the Thousand Islands taken, the stay lasting about six weeks, during which time everything was done to help her recovery. The friends with whom she stayed came to regard her recovery as extremely doubtful, and when she returned home her mother saw no improvement. One day while making purchase from a dealer in vegetables he (the dealer) took the liberty of making some remarks about the health of Miss Macpherson, which was obviously not promising. He strongly urged the use of Dr. Williams' Pink Pills. Mrs. Macpherson was not over credulous of the qualities of the Pink Pills, but they were purchased and used to the best advantage. Soon after beginning the use of the pills, says Mrs. Macpherson, I thought I saw a reddish tinge upon her cheek and in the course of a week or so my daughter felt better. The tired feeling began to vanish and the abnormal sleepiness began to yield to the influence of Dr. Williams' Pink Pills. Continuing the use of the pills the progress of her restoration was continuous and complete, and her improved looks were the subject of favorable comment for some time. Today her health is all that could be desired, and both the young lady and her mother are firm believers in the medicinal virtues of Pink Pills and often recommend them.

Dr. Williams' Pink Pills create new blood, build up the nerves, and thus drive disease from the system. In hundreds of cases they have cured after all other medicines have failed, thus establishing the claim that they are a marvel among the triumphs of modern medical science. The genuine Pink Pills are sold only in boxes, bearing the full trade mark, "Dr. Williams' Pink Pills for Pale People." Protect yourself from imposition by refusing any pill that does not bear the registered trade mark around the box.

Powerful Speeches.

Speeches in political season are very powerful. The gold and silver question are the topics of the day. Bryan, with his thousands of speeches, has not done as much good to the sufferers of coughs and colds as Menthol Cough Syrup has. It is the most valuable remedy in the season of coughs and colds there is. It is known to the public as not having its equal. Try it; only 25c a bottle. It is sold everywhere by all druggists and general dealers.

P. A. MILLOY,

MANUFACTURER OF - GINGER ALE, GINGER POP, GINGER BEER, CREAM SODA, PLAIN SODA, - CIDERINE. Sole Agent for Plantagenet Waters 119, 121 ST. ANDRE S. TELEPHONE 6978.

HOW TO SET A TABLE.

According to the Rules Prevailing in Modern City Homes.

To begin with, a round board is preferable to any other shape. Its decorative possibilities exceed those of the square or oblong tables. On the round board goes first the cover of cotton flannel, then the tablecloth, whose requisites are immaculate whiteness and perfect laundering and as great a degree of fineness as one's purse may buy. The cloth should hang over the table 18 inches at the narrowest point, which, on the curves, of course, gives a deeper sweep. The napkins (this being a dinner board) should be a full yard square and should match the cloth in delicateness and quality. The simplest way to fold them is the best. On a model table, described in the New York Times, the napkins are folded in a simple diamond shaped pocket, whose opening points from the person seated at the place. In the opening goes the dinner roll and across the top is laid the name card.

In the center of the table is placed the low dish holding the floral decorations. At opposite sides, flanking the centerpiece, are the candelabra. These may be, in the case of the table being described, which is laid for eight persons, either two of two lights each or four single ones. Four small silver or china dishes on low standards make a square outside the circle of centerpiece and candelabra, and are filled with assorted bonbons, and two small, low, shell shaped dishes hold the relishes—olives, radishes or salted almonds.

At each corner is placed a service plate, at the right side are two knives of uniform size and at the left their companion forks. Resting against the plate at the right side, near the handles of the knives, is the oyster fork. At the head of the plate is the individual salt dish and a pepper stand. At the right of the knives is the soup spoon, which is the average sized tablespoon. At the right, too, are placed, in two rows, five goblets of varying sizes, but similar in shape and design. The largest is for the water served, be it mineral or plain, the second size for champagne, the smallest size for sherry and the two others for red and white wine respectively. According to the authority quoted, the color of dinner is not highly esteemed. There should be harmony, but not monotony. Violets or rose petals are still used in finger bowls.

The Fad For Cut Glass.

Cut glass comes next to gold and silver (indeed, at present it ranks above the latter metal) in value for wedding gifts. Among the presents recently received by the daughter of a ten times millionaire and the prospective bride of an equally rich man was a barrel of cut glass, and it was reckoned as worthy a place among the best of the



AN EXQUISITE VINAIGRETTE.

magnificent gifts, says The Standard Designer, which illustrates a beautiful little vinaigrette in this ware.

The cutting on the little vinaigrette is unusually rich and very artistic. The rosettes on the sides have centers that alone are worth examining, and the rest of the surface is cross hatched. The fineness of the cutting is remarkable. The stopper and neck are of gold, the former being exquisitely chased.

New Ham Patties.

The ingredients are: Half a pound of cold roast chicken, same quantity of cold boiled ham, a little good stock, half a teaspoonful of grated lemon peel, one ounce of butter, a teaspoonful of lemon juice, a large tomato, salt and pepper, puff paste. Mince the chicken and ham finely and put them in a stewpan with sufficient of the stock to well moisten, adding the lemon peel and juice, butter and seasoning to taste. Stir over a moderate fire until thoroughly heated, thickening with a teaspoonful of flour. Line some rather deep patty pans with the puff paste, fill with the mixture, slice the tomato thinly, lay a slice on each patty, cover neatly with the paste, brush over with egg and bake a nice brown. Serve cold.

Haphazard Jottings.

Delit ware has lost none of its popularity.

When you want to drive a nail into the wall or closet to hang things on, drive it through a spool up to the head.

Furniture is now stained all the colors of the rainbow.

English decorators are replacing ornamented friezes with immense photographs.

Trying bath hot, tired feet in tepid water in which has been thrown a tablespoonful of borax to the gallon of water.

Colored table linen is very little used nowadays.

A mustard plaster with the white of an egg will not leave a blister.

Anything with a meringue over it should be put in a cool oven and allowed to brown slowly if you wish to have it light. A strong heat toughens meringues.

ENGRAVED DIAMONDS.

How to Obtain Satisfactory Results—Some Notable Examples.

It was long believed that the diamond could not be engraved with safety or satisfactory results, but a contemporary says that a few stones roughly engraved were found in India and a diamond was exhibited at the Paris exposition of 1878 on which a portrait of the king of Holland was scratched. But the work was very imperfect. Some of the finest examples of engraving on diamonds are the work of a Paris jeweler. One is a certain scarf-pin, representing a yataghan, of which the blade is a slender diamond and the handle is a ruby. Another is a large circular stone on which a pansy, with its foliage, is engraved, and in a third case the design is a knife made with two diamonds. An elaborate piece of work is a bicycle, of which the wheels are two circular diamonds. The spokes are represented by lines engraved on the diamonds. A small hole is pierced at each angle. Another diamond is carved like a fish. A handsome brooch is a scarabeus surrounded by sapphires and brilliants. The most remarkable is a ring made of one diamond, the interior surface being polished and the exterior elaborately engraved. It is said that there is nothing similar to this in existence. Other examples are brooches representing flies of which the wings are thin, engraved diamonds, two diamonds engraved with armorial bearings, the imperial arms of Russia, being used in one instance on shirt and cuff buttons. Formerly it was only possible to produce the polish on flat surfaces, but M. Bodmer has been able to do this on concave portions, as on the body and tail of the fish and the interior of the ring. His tools produce not only straight lines, as in the wheels, the racket and the flies' wings, but a free modeling, as in the pansy, the Russian arms and the scarabeus. He has invented these tools himself and intends that his son alone shall have the use of them. They are exceedingly delicate and difficult to handle. He has spent 25 years bringing them to perfection.

How to Make Chocolate Tartlets.

Make some small pastry cases and fill with the following pastry cream: Mix the yolks of three eggs with a spoonful of sifted flour; then add gradually three-quarters of a pint of boiling milk and a little salt. Stir all together over the fire until it begins to thicken and sticks to the spoon. Heat and skim well 2 ounces of fresh butter, stirring till it ceases to hiss; then leave it to color a little. Stir it into the custard with 2 ounces of grated chocolate, an ounce sifted sugar and 2 ounces of crushed macaroons. This may be used either hot or cold.

How to Care For the Children's Hair.

If mothers would give more thought to the welfare of their children's hair than to its beauty for the moment, our daughters would have luxuriant hair at an age when the majority of the sex are mourning over the loss of it. It is best to keep girls with short hair like a boy's till the age of 10 or 12; then it should grow naturally. If it be straight, let it remain so, being only confined into one loose plait at night unspooled by curling. On the score of cleanliness, too, it is good to keep a child's hair short, thus enabling it to receive a thorough and constant washing. Besides the other reasons for keeping the hair short, much pain is saved, as there are no tangled tresses to be combed out constantly. There was a large family of sisters who were very strong and active, but who had very little hair, with one exception. Upon inquiring the cause, it was found that they had been very free of the usual childish ailments, etc., and they had, as children, all had good heads of hair except one, who had worn hers like a boy till the age of 13 years. It is needless to tell you that the present possessor of good hair is the one sister who had it kept short for so long.

How to Make a Savory Dish.

Make square boxes with note paper, or they may be bought at the confectioner's, put a small lump of butter and a little chopped parsley in each, place them on a hot tin plate, break an egg in each, sprinkle over the top grated cheese and bread crumbs, with pepper and salt to taste. Bake in a hot oven for three minutes or until the eggs are set. Grated cheese alone cooked and served in this manner is very popular and highly savory.

How to Alight From a Carriage.

Grasp the dress lightly at about the knee, standing steadily on the right foot. Point the left foot sharply and bend the left knee, letting the weight of the body steadily down thus toward the street level, the prettily pointed toe and trim ankle being daintily in evidence. Directly the left toe touches the ground let it take the weight of the body with a pretty springiness. All the beauty of the move depends on the steady lowering of the body on the right foot and the pretty pointing of the left foot. If you need steadying, you may grasp the inside of the carriage with the hand nearest. The usual way of alighting from the carriage is to extend a flat foot and come down on it, while the grip on the side of the carriage is so tight that the whole body is swung around awkwardly.

How to Make Apple Fritters.

Core and pare large, tart apples. Cut them in slices about one-third of an inch thick. Season the slices with nutmeg; then dip them in the batter. Lift them one by one from the batter and drop gently into hot fat. Cook for three minutes; then lift from the fat, drain and serve immediately. Powdered sugar may be sprinkled on the fritters when they are arranged on the dish. Peach fritters are made in the same way.

How to Make Indelible Ink.

Dissolve ten grains of chloride of platinum in two ounces of rainwater. Apply with a quill pen.

Best for Wash Day

makes clothes sweet, clean, white, with the least labor.

USE SURPRISE SOAP

Its remarkable lasting and cleansing properties make SURPRISE most economical and Best for Every Day

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PARISIAN HAIR RENEWER.

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RESTORES GRAY HAIR TO ITS NATURAL COLOR. STRENGTHENS AND BEAUTIFIES THE HAIR. CURES DANDRUFF AND ITCHING OF THE SCALP. KEEPS THE HAIR MOIST AND THE HEAD COOL. IS NOT A DYE, BUT RESTORES THE HAIR NATURALLY. FOR THE HAIR. IS A DELIGHTFUL DRESSING FOR LADIES' HAIR. RECOMMENDS ITSELF, ONE TRIAL IS CONVINCING. IS THE BEST HAIR PREPARATION IN THE MARKET. IMMEDIATELY ARRESTS THE FALLING OF HAIR. DOES NOT SOIL THE PILLOWSLIPS OR HEAD-DRESS.

R. J. Devins, GENERAL AGENT, MONTREAL.

WHOLE WHEAT BREAD.

How to Make This Most Wholesome and Palatable Food.

Whole wheat bread should be used at most to the entire exclusion of that made from fine white flour, which passes through so many processes that all the most essential properties are extracted. The albuminoids and phosphates in this whole wheat are retained, the hull being only excluded. After experimenting with the different recipes, it is concluded the following makes the better bread: Three pounds of flour, a cake compressed yeast, 2 tablespoonfuls lard, 2 of sugar, 1 of salt, mixing either with milk or water, will make three loaves about the size of our bakers' 5 cent loaf. First put your flour in basin, then mix through it thoroughly the lard, salt and sugar. Now use wooden spoon for stirring in lukewarm water or milk, being careful to pour in slowly, as it must be so thick a spoon can scarcely stir. Should you have it too thin, your bread would be sticky and soggy. Last put in the yeast, which has been dissolved in half a cup of lukewarm water. Now stir it for ten minutes, when it will be ready to stand in a warm place to get light, which will not require the length of time of other bread. When light, put into pans, letting stand to rise again, which will be but a short time. Then bake one hour in an oven not hot enough to burn. It will come out a lovely brown. All housekeepers are no doubt aware that bread made in small loaves is better than the large ones, for the reason that when a loaf is cut and the air reaches it it will soon dry. But as each loaf is cut it seems fresh. Keep wrapped in a coarse towel and in a tin bread box. It also makes lovely toast.

If children are given this bread rather than so much of the fine white, they will not want to be eating all the while, as this supplies the necessary food qualities the bones and nerves require.

How to Relieve the Bite of a Dog.

While waiting the arrival of a doctor place a tight ligature above the affected part, and, if possible, at once have the wound vigorously sucked; then apply hartshorn. Should a doctor not be available after this treatment a piece of potassa fusa can be placed in the wound and allowed to dissolve. This has a cauterizing influence upon all parts of the wound. Nitrate of silver as a cautery has been proved dangerous.

It is a very foolish thing to kill a dog that has bitten anybody, for he may be a healthy and harmless animal.

How to Give a Rose Whist Party.

To begin with, the invitations are sent out on pale pink paper and announce that rose whist is to be the order of the evening. The game played is that familiar one of progressive whist, with the exception that each player keeps account for herself of all the red cards which are taken, and nothing else is counted. When the time is up, the fortunate player who holds the most red cards takes the first prize, while the one who has the least gets the booty.

The prizes should all be something pertaining to the rose. Numerous articles can be thought of—such as rose bowls, rose candlesticks, rose sachets, bottles of rose perfume, boubonnieres, with candied rose leaves, etc. Upon each table are placed four full blown La France or Mermet roses, with long stems and green leaves, as well as a dainty dish filled with pink and white bonbons. Each player also has a tally card of pink paper and a pink pencil attached for keeping the score.

The ices served are pink and white, and the supper table should be gracefully draped with pink ribbons, with rose petals strewn about on the cover. In fact, roses in profusion should be everywhere, and the lights should be softly shaded in pink. It would be an added attraction if the hostess were dressed in a rose pink gown.

THE SOCIETY OF ARTS, OF CANADA.

1666 NOTRE DAME STREET, MONTREAL. Distributions every Wednesday. Value of prizes ranging from \$2 to \$2000 Tickets 10 cents.

YOUR SUMMER SKIRTS.

How to Renew Petticoats Which Have Seen Service.

The wear and tear of warm weather leaves only too visible traces in the wardrobe, and petticoats in particular have a hard time of it.

On a damp, muddy or dusty excursion the dress is raised out of harm's way, but the petticoat takes its own share of hardship, with the addition of what belongs by right to the dress skirt. It is spotted by water, stained by mud and grass, permeated by dust, and, however carefully it may be brushed daily, unless it is of a kind that can be washed its beauty is soon a thing of the past. Silk petticoats suffer most in the campaign, although delicate shades of alpaca and moreen do not come forth scathless.

As for lace trimmed ones, they ought to be kept from the outset for house and piazza wear. The delicate, bell shaped, much beruffled petticoats of lawn or cambric that have figured so well under sheer organdie gowns will answer quite as well for evening wear during the winter if they are carefully laundered, provided that the lace has not been torn.

If it has, it should be replaced, torchon or valenciennes being the most desirable variety to use. The frayed and discolored ruffles of the silk petticoat may be ripped off and replaced by fresh ones, not necessarily of the same color, the garment itself well shaken and pressed with a warm flatiron before the new frills are added.

These may be of plain silk if the skirt is figured, or vice versa if harmony of color is preserved. Moreen and alpaca petticoats must be well shaken, brushed and aired and the edges rebound or freshly faced. If the material has been wet, it should be pressed.

How to Stain a Floor.

It will be found very difficult to stain the center of a floor to match the border. The quickest means will be to stain it with burnt umber mixed with waxyke brown ground up in water (not oil) and diluted with boiling water in which a piece of soda has been dissolved. This will take if the boards are clean, dries soon and can be repeated if not dark enough. It can be waxed and polished for dancing by being brushed with a stiff brush to imitate a frottoir. Spirit varnishes will not stand the wear and tear. Permanganate of potash is another stain that might answer the same purpose.

How to Improve Defects In the Hands.

Starched linen should be placed next to only those skins that have the firmness and perfect texture of youth. White, starched linen is fatal to almost any woman's charms. If elderly women would have their sleeves finished at the wrist with a narrow frill instead of that stylish cuff and allow a ruffle of yellow lace to fall over the hand, what a difference it would make!

The fullness would conceal the awful wrist bone, the lace would veil and shadow the hands, and the yellow hue would make the skin seem white by comparison.

Cuffs, in the sense of linen folds, are generally to be tabooed. Any straight, sharp, abrupt sleeve ending should be avoided by women whose arms are not prettily rounded and tapering. Frills are the salvation of all who have defects to conceal. Women with long hands should wear the tab style of cuff, that falls well over the hand, concealing half its blemishes.

Not one woman in a hundred should wear sleeves which reveal the elbow, for it is generally ugly. Not one woman in a thousand should go about with really bare arms—at any rate not until she has cultivated a state of absolute smoothness and marblelike firmness by scrubbing and massage.

Until then she should indulge in chignon undersleeves, which make the arms beneath them seem beautiful. And no one whose wrist is not tapering and smooth should ever wear bracelets.

How to Prepare Cauliflower Au Gratin.

Boil the cauliflower, drain, lay in a dish and pour over it a cup of drawn butter well seasoned. Sprinkle with four tablespoonfuls of grated cheese and brown by holding a red-hot shovel so close to the cheese that it sings and takes fire. Blow out at once and send to table. If the juice of a lemon and a half teaspoonful of French mustard are added to a cupful of drawn butter and it is then poured over the boiled vegetable, it is called "cauliflower with sauce tartare."

How to Make Candied Lemon Peel.

As lemons are used, drop the yellow rind into a weak brine in a glass jar. When a dozen are thus pickled, they are freshened by putting them into cold water and letting them seald, changing the water once or twice to extract the salt. Boil them in the last water till they are thoroughly tender and drain; then make sirup enough to cover them out of slightly more than a pound of sugar and a pint of water, using always the same proportion of pint for pound. Cut the peel into pieces about half an inch square and drop them into the boiling sirup, which is allowed to cook slowly till the peel looks translucent; then keep them slowly steeping till the sirup has almost dried out of the peel, spread on plates, sprinkle with more sugar and put in a cool oven to complete the drying.

How to Cook Carrots.

Peel and scrape some carrots and divide each into four quarters. Boil in salted water till tender and drain very dry. Dissolve some butter in a saucepan and add the pieces of cooked carrot. Shake constantly and after five minutes serve very hot with good brown gravy or dry, as taste dictates.

How to Prevent the Burning of Vands In the Oven.

Keep a small pan of water in the oven, refilling as often as necessary. If the oven is very hot, fill with cold instead of hot water.

How to Care For Fuel.

When the fire is burning, a small shovelful at a time will keep the oven in prime condition and cook everything as well as if the heat was intense. If you let the coal in the latrobe all get on fire at once, it will drive you out of the room with heat, but it will all burn to white ashes in an hour, when by feeding down properly it would have heated the house, and the one federal would have sufficed for a whole day.

How to Choose Poultry and Game.

Young poultry may be distinguished by the pellucid appearance and peculiar feel of the flesh and by the flexibility of the breastbones. The feet and bill of a young goose are yellow. They turn red as the bird grows old. If fresh, the feet are supple. If stale, they are dry and stiff. Young ducks feel tender under the wings; the web of the foot is transparent. Tame ducks have yellow legs; wild ducks reddish ones. In pheasants and quail yellow legs and dark bill are signs of a young bird. Pigeons should be fresh, fat and tender, and the feet pliant and smooth. The eyes of prairie chickens are full and round when young, and the breastbone is soft. Snipe and plover may be chosen by the same signs. Partridges taint first in the crop. If the bill is black and the legs yellow, the bird is young. If the bill is white and the legs have a bluish cast, the bird is too old for the table. The capon is known by a short and pale comb, a thick rump and breast and a fat vein on the side of the breast. When young, the spurs will be short and the legs smooth.

How to Tell the Quality of Drinking Water.

A simple test to ascertain the quality of drinking water can be made by filling a decanter half full, tightly corking it and then violently shaking it for a minute or more. On uncorking it, if the slightest disagreeable odor develops, there is some kind of pollution in it.

How to Keep the Water Cooler Pure.

To purify the water cooler, either porcelain or zinc lined, pour a little vinegar on a clean cloth and wipe it well once or twice a week.

THE ONLY True Blood Purifier prominently in the public eye today is Hood's Sarsaparilla. Therefore get Hood's and ONLY HOOD'S.