

HEALTH AND HOME HINTS.

SAVORY SALADS.

At this season the system craves lighter, daintier foods than the heavy meats and vegetables with which it is surfeited, and now's the time when salads should be freely used.

When in a hurry to mix a salad, and there isn't time to prepare a mayonnaise or cooked salad dressing, make a simple French dressing in this way. In a half-pint bottle put one-half teaspoon salt, one-quarter teaspoon pepper, five tablespoons olive oil and two of vinegar. Cork bottle and shake vigorously until the contents form a creamy mixture, when it is ready for use.

For those who dislike oil, a cooked dressing which will keep for weeks if sealed, is hereby given. Put one-half cup strong vinegar, one half-cup sugar and one tablespoon salt in double boiler and heat to boiling point. Beat together two tablespoons flour smooth in little milk and the beaten yolks of three eggs. Pour into these the rest of one pint of cream (sour or sweet) and one-half teaspoon mustard dissolved. Pour this mixture into the heated vinegar, stir constantly until cooked. Set aside until cold, then beat in the beaten whites of eggs and two tablespoons melted butter. Olive oil may be used instead of butter, if liked. This recipe is much cheaper than mayonnaise.

To make a good mayonnaise, all ingredients must be thoroughly chilled. Have them all at hand before starting. Beat yolk of one egg with pinch of salt until quite stiff, then add oil, drop by drop. When mixture gets so thick it is hard to beat, add lemon juice to thin it, and oil may be added a little more rapidly. When sufficient is made add vinegar or lemon juice, and cayenne pepper to taste.

Pepper Sala—Mix two finely chopped hard boiled eggs, two tablespoons parsley, chopped fine, two tablespoons chopped red peppers, one teaspoon salt, one-third teaspoon black pepper, a little paprika, five tablespoons oil and two of vinegar. Chill. Shake well before serving on lettuce or watercress.

Mint and Orange Salad—Peel whole oranges, slice thin, place on lettuce on individual plates. Cover with one teaspoon mayonnaise, over which is sprinkled fine chopped mint. Serve with roast lamb, or lamb chops.

Tomato Jelly Salad.—To one pint stewed strained tomatoes, add one-third teaspoon each salt and powdered sugar and two-thirds box gelatine which has been dissolved in one-half cup cold water. Stir well and pour into coffee cups to set. Turn out on lettuce leaves and serve with mayonnaise.

CARE OF THE LAWN.

and from the front that are from that Lawn mowers are self-sharpening, and when they do not cut the grass properly, it is because the screws need setting, and not because the blades are dull. To make the lawn mower cut smoothly, adjust the screws on the sides of the stationary knife or blade. Loosen the front screw and tighten the back screw, so that the front sharp edge of the stationary blade will be raised closer to the rotary blades. Then, if the lawn mower is still not sharp enough also tighten the screws that fasten the rotary blades so that they will be lowered closer to the stationary blade. To illustrate, a pair of scissors, whose screw is loose, will not cut, but tighten the screw, thereby bringing the blades together. Do not sharpen a lawn mower by filing the edges of blades, for if you do you will increase the space between the rotary blades and stationary blade, and your lawn mower will cut worse than before you tried to sharpen it. Although this hint will be new and valuable to men mostly, it is stated here because, by prolonging the life of a lawn mower, it is a household economy and housewives should welcome a hint that affects household expenses favorably.

SPARKLES.

"Here!" shouted the railway official; "what do you mean by throwing those trunks around like that?"

The porter gasped in astonishment, and several travellers pinched themselves, to make sure that it was real. Then the official spoke again.

"Don't you see that you're making big dents in the concrete platform?"

"Do you see the horizon yonder, where the sky seems to meet the earth?"

"Yes, uncle."

"Boy, I have journeyed so near there that I couldn't put a sixpence between my head and the sky."

"Oh, uncle, what a crammer!"

"It's a fact, my lad. I hadn't one to put."

The Lady—Poor tramp! Have you anything in your life to be proud of?

The Hobo—Yessum. I never beat nobody out of no laundry bill.

"Henry, how do you like my new hat?"

"Well, dear, to tell you the truth—"

"Stop right there! If you're going to talk that way about it, Henry, I don't want to know!"

"When a man has a rip in his coat and only three buttons on his vest," writes a western sage, "he should do one of two things: either get married or get divorced."

Visitor—"What became of that other windmill that was here last year?"

Native — "There was only enough wind for one, so we took it down."

An old lady always cursed in church whenever the word "devil" was mentioned. The parson asked her why she did it, and the old lady said:

"Well, sir, civility costs nothing, and one never knows what may happen."

He had run up a small bill at the village store, and went up to pay it, first asking for a receipt.

The proprietor grumbled and complained it was too small to give a receipt for. It would do just as well, he said, to cross the account off, and so drew a diagonal pencil line across the book.

"Does that settle it?" asked the customer.

"Sure."

"An' ye'll niver be askin' for it again?"

"Certainly not."

"Faith, thim," said the other coolly, "an' I'll kape me money in my pocket."

"But I can rub that out," said the storekeeper.

"I thought so," said the customer dryly. "Maybe ye'll be givin' me a receipt now. Here's yer money."

"L.: the GOLD DUST twins do your work."



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BROKEN HEALTH
BRINGS WRINKLES

How All Women Can Preserve

Health and Good Looks.

Too many women and girls look old long before they should. In nine cases out of ten it is a matter of health. Work, worry, confinement indoors and lack of exercise cause the health to run down. Then faces become thin and pale; lines and wrinkles appear; there are headaches, backaches and a constant feeling of tiredness.

Women and girls who feel well look well. Therefore improve your health and you will look better. It is a fact that thousands of Canadian women and girls owe the robust health they enjoy to Dr. Williams' Pink Pills. They feel well and enjoy life as only a healthy person can.

The simple reason for this is that Dr. Williams' Pink Pills make new, rich, red blood which strengthens all the vital organs, brings brightness to the eye, a glow of health to the cheek, and bracing strength to every part of the body. Mrs. Warren Wright, Una, Sask., says:—"I feel that I owe a debt of gratitude to Dr. Williams' Pink Pills that nothing I can say in their favor will fully repay. I was so reduced in health and strength that I was hardly able to walk at all, and could do no work whatever. My blood was so thin and watery that my lips and finger tips resembled those of a corpse. I had almost constant headaches, and the smallest exertion would set my heart palpitating violently, and often I would drop in a faint. Nothing I did seemed to help me in the least, and I felt so far gone that I never expected to recover my health. I was in this critical condition when I read in a newspaper of a cure in a case like mine through the use of Dr. Williams' Pink Pills, and I decided to try them. I got half a dozen boxes and before I used them all there was a great change in my condition. My appetite returned, the color began to come back to my lips and face, and my strength was increasing. I continued the use of the Pills for some time longer, and they restored me to the pink of perfect health. While using the Pills I gained twenty pounds in weight. My cure was made in the summer of 1909, and I am now enjoying better health than ever before."

Dr. Williams' Pink Pills will do for other weak and worn women just what they did for Mrs. Wright. If they are given a fair trial, 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.

Dear brother, when your wife asks you for a little spending money, don't draw a wry face as though she had trod upon your corn. Just shell out with a smile, remembering all the while that the half of what you have is hers by right.

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