

## HEALTH AND HOME HINTS.

Always scald rhubarb before cooking it, for it requires much less sugar and yet loses none of its flavor.

It is now said that the tectotal tuberculosis patient has a far better chance of a recovery than the one who imbibes alcohol.

A tablespoonful of ammonia in a gallon of warm water will often restore colors in carpets; it will also remove white-wash from them.

When china dishes become discolored from placing them in the oven, rub the brown spots with ordinary whiting, and wash as usual.

Onions should not be eaten after they have lain about peeled and cut, as they absorb any bad odor or infectious condition that may exist.

Warm plates and dishes by pouring boiling water over them. There is not the chance of their cracking and becoming brown as when they are put in the oven.

**Lemon Pie.**—The juice and grated rind of one lemon (being careful not to grate through the yellow into white lining or it will make it bitter), one tablespoonful of cornstarch, one cupful of sugar, one egg, a piece of butter the size of a small egg, one cupful of boiling water. Put the water in a small saucepan and thicken with the cornstarch; when it boils up after stirring it in, set it off the stove, add the butter and sugar, which have been previously well stirred together, when cool add the beaten egg and lemon. Bake with upper and under crust cover with meringue, and return to oven and brown slightly.—M. H.

**Meat Soufflé.**—Make a cupful of white sauce, seasoning it well and adding a little chopped parsley or shaved onion. The usual large spoonful of butter and as much flour must be very smoothly rubbed together, and either milk or milk and hot water in equal proportions used for thinning. A good sauce is perfectly smooth, and thick enough to mask the look of a spoon. Stir into the sauce a cupful of finely chopped meat of any kind available. Beat the yolks of two eggs, and add over the fire; remove, and when cooled, fold in the whites, beaten to a stiff froth. Bake half an hour in a buttered dish, and serve immediately.

## OTTAWA HOUSE, CUSHING'S ISLAND.

This favorite resort which is so well known by the tourist and those spending the summer on the Maine Coast has been remodelled, refurnished, new plumbing and bathrooms installed, and put in first-class order, and will be open for the reception of guests this year on June 27th.

Inasmuch as this popular house has been closed for the past two years, patrons will be glad to learn of its reopening under good auspices.

A feature which will appeal to guests this year is the fresh water supply that has been secured by the boring of an artesian well, 275 feet deep, and which gives an unlimited flow of fresh water.

Cushing's Island in Portland Harbor, Me., is easy of access by Grand Trunk Railway System and the magnificent surroundings that are found in Casco Bay are but one of the many attractions that are offered this year.

Illustrated circular free on application to J. Quinlan, Bonaventure Station, Montreal.

The sudden downpour of rain which usually follows a bright flash of lightning has generally been supposed to be the result of the discharge of the electricity. The most advanced weather students now put forward the statement that the contrary is the case; in other words, that the sudden increased precipitation causes the lightning flash, instead of the lightning flash causing the sudden increase in rainfall.

## SPARKLES.

**The Leader.**—All right, I'll lend you \$5, but don't forget that you owe it to me.  
**The Borrower.**—My dear fellow, I shall never forget it as long as I live.

The mother of the family stood in the reception hall, with her eyes fixed on the rather dowdy applicant for a position in her nursery. "Why were you discharged from your last place?" she asked shrewdly.

"Because I sometimes forgot to wash the children, mem."

"O mamma," came in chorus from the children hanging over the stairs, "please engage her!"—Household Words.

A man who had to make a speech at a dinner began: "Ladies and gentlemen,—I am not accustomed to public speaking, and, of course, when one is suddenly called upon"—here he stopped and hesitated, and his wife, who thought he had broken down, exclaimed—Why, Charlie, you could say it perfectly this morning."

**Friend.**—"Haven't you named the baby yet?"  
**Prond Mother.**—"No; we must be very careful to give him a nice one, because there will be so many named after him when he is Premier."

**She.**—"I think a girl is very foolish to marry a poor man." He—"Yes; but not half so foolish as the poor man who marries that kind of a girl."

The man who always has the sins of others before him puts his own in his pocket.

Lives there a man who has not said,  
"Tomorrow I'll get out of bed  
At six o'clock and get things done  
Before the setting of the sun?"  
Lives there a man who has not said,  
At 6 a.m., "How good this bed,  
Does feel," and snores until after 8,  
Then wondered how he slept so late?

A tourist who was spending a week in the Highlands lost his way among some lonely hills on a stormy night. At length he saw a light in the window of a lonely cottage, and making his way to it said to the good-wife who answered his knock, "I've lost my bearings." Then, replied the sympathetic dame, "I hope to God they mither's wi' them, for it's an awfu' night."

"Hold on!" shouted the corpulent matron in the big skyscraper. "I want you to take me and my six children to the top floor."

"Sorry, lady," chuckled the elevator boy, "but I can't do it."

"Can't do it? Why not?"

"Because I am too young to raise a family."

And tipping his blue cap he guided the car out of sight.

S. C. Cronwright Schreiner, husband of Olive Schreiner, author of "The Story of an African Farm," has written a book about England, which the New Age Press will publish. It is ironically called "The Land of Free Speech." The author feels that Great Britain was not conspicuously the land of free speech during the period in which he figured in Britain as an opponent of the South African War.

H. B. Whates, a well-known English journalist, has written a volume on "Canada, the New Nation," which E. P. Dutton & Co. are bringing out in this country. It is in two parts, and will be of interest to the settler, the emigrant, and the politician. In Part I, the author attempts to answer the question, Shall I emigrate to Canada? He also endeavors to portray actual conditions in the Dominion. In the second division he gives a definition and analysis of Canadian political thought. The book is the result of experience and observation, and is illustrated.

## WHAT WOMEN SUFFER.

## At all Ages They Need the Rich, Red Blood That Dr. Williams' Pink Pills Actually Make.

A woman needs medicine more than a man. Her organism is more complex, her system more delicate. Her health is disturbed regularly in the course of nature. If anything happens to interfere with that natural course she goes through unspeakable suffering. In fact the health of every function and the health of every moment in a woman's life depend upon the richness and regularity of her blood supply. That is the simple scientific reason why Dr. Williams' Pink Pills are worth their weight in gold to women of all ages from the early girlhood up—they actually make the rich red blood all women need.

Mrs. Edwin Ward, Brookdale, Ont., says: "For years I suffered from those ailments that make the lives of so many of my sex miserable. I would take weak spells and become so nervous that I could not go about. My stomach was out of order, and I frequently vomited the food I took. Headaches and backaches afflicted me nearly all the time. Then I took a severe cold which settled on my lungs, and I went to an hospital for treatment. I had the best of care, but the doctors gave me little hope of recovery. My face and limbs became swollen and my system racked with a harsh dry cough. As the doctors did not look hopefully upon my case I decided to try Dr. Williams' Pink Pills. By this time I had taken half a dozen boxes there was a great change for the better. I still continued to take the pills until I had used thirteen boxes, and I am now enjoying perfect health. I have no hesitation in saying that I believe Dr. Williams' Pink Pills saved my life."

Dr. Williams' Pink Pills cured Mrs. Ward by actually making the new blood her system needed. That is all Dr. Williams' Pink Pills do, but they do it well. They don't act on the bowels. They don't bother with mere symptoms. They go straight to the root of the trouble in the blood. That is why they cure all blood and nerve troubles like anaemia, female irregularities, indigestion, rheumatism, headaches and backaches, sciatica, nervous prostration and St. Vitus' dance. Substitutes and imitations won't cure, purging medicines only make you worse, therefore you must get the genuine pills with the full name "Dr. Williams' Pink Pills for Pale People" on the wrapper around every box. 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.

**MERINGUE.**—Beat whites of three eggs until stiff, and add four tablespoons powdered sugar very gradually while beating constantly and vigorously; then cut and fold in three and one-half tablespoons powdered sugar, and add one-half teaspoon lemon extract.

**PRINCESS PUDDING.**—Beat the yolks of three eggs until thick and lemon-colored, and add, gradually, while beating constantly, one-third cup sugar; then add grated rind one-half lemon, two tablespoons lemon juice and three-fourths tablespoon granulated gelatine dissolved in three tablespoons boiling water. As mixture begins to thicken fold in the whites of three eggs beaten until stiff. Mold and chill.

**Crystal Palace Pudding.**—Three parts fill a mold with layers of sponge cake, chopped almonds and jam of some kind. Make a custard with a pint of milk and the yolks of four eggs, with sugar to taste. Dissolve one-half ounce of gelatine in a little milk and add to the custard with a few drops of almond flavoring. Pour this over the cakes in the mold and leave till next day, when it will turn out.