

PURE RED BLOOD.

Is Necessary to Health, Strength and Happiness.

Pure, rich, red blood is what is needed by every woman, young or old. Thin, weak, watery blood is the cause of all the headaches—all the weakness and weariness, all the dizziness and fainting spells that afflict girls and women. The only thing that can help you is Dr. Williams' Pink Pills. These pills make new, rich, red blood, that gives new life and strength to every organ of the body. In this way they make pale, feeble girls develop into healthy, happy women, and for the same reason bring ease and comfort, and regularity to women at all ages of life. Miss J. Dietrich, St. Clements, Que., is one of the happy thousands made well and happy through the use of Dr. Williams' Pink Pills. She says: "I tried several medicines, but got nothing to help me until I took Dr. Williams' Pink Pills. I was subject to palpitation of the heart, throbbing in the head, and dizziness and fainting spells. I had no appetite and was weak, pale and discouraged when I began the use of Dr. Williams' Pink Pills. Six boxes of these have made me feel like an altogether different person, and have given me new health and strength."

Rich, red blood is the true secret of health and strength, and it is simply because Dr. Williams' Pink Pills make new, pure blood, that they cure such troubles as anaemia, loss of appetite, indigestion, neuralgia, rheumatism, St. Vitus dance, partial paralysis, kidney troubles, and the special ailments that only women-folks know. But you must get the genuine with the full name, "Dr. Williams' Pink Pills for Pale People" on the wrapper around each box. If in doubt, send to The Dr. Williams Medicine Co., Brockville, Ont., and the pills will be mailed at 50 cents a box, or six boxes for \$2.50.

HOW TO TEACH YOUR DOG TRICKS

The first thing to do if you wish to teach your dog tricks is to learn how to keep your own temper. A dog is different from a boy, for a dog always wishes to obey and please his master. Sometimes this is not the case with a boy. To beat a dog severely is mere cruelty—a couple of smacks with the open hand if he misbehaves, is quite enough to make him understand he has displeased you. A puppy's education should begin when he is about four months old, and the easiest trick to start with is to teach him how to fetch. His lesson should not last longer than ten minutes, and the best time for it is before his dinner, for then he is hungry and eager to earn the bits of biscuit which you must keep ready to give him every time he does what he is told. His first "book" should be an old slipper. Put it in his mouth, and then drag him across the room while you say, "Bring me the slipper—bring me the slipper! Good dog! Bring me the slipper!" When you have dragged the dog with the slipper in his mouth, across the room, give him a bit of biscuit, and pat and praise him. Do this five or six times, and do not be disappointed if the puppy does not quite understand what he is to do. Next day he will be probably much quicker, and after two or three more lessons he will not require you to touch him at all, but he will carry the slipper quite of his own accord across the room. Should he, however, drop the slipper when half-way across, scold him, and put the slipper in his mouth and, make him carry it all the way across the room before you give him his reward.

A pleasant duty fell to Consul Lay. In publicly addressing Lo Cheung Shing, the man who saved Miss Patterson at the risk of his own life, the Consul said, "Your brave, noble deed was the one bright spot in that dark day." Mr. Lo is forty years old, is employed in a rice shop, never professed Christianity and was never employed by the missionaries.

HEALTH AND HOME HINTS.

A spoonful of grated horse-radish will keep milk sweet for days.

The fibre of a baked apple will not cook evenly unless the core is removed.

A spoonful of vinegar put into the water in which meat or fowls are boiled will make them tender.

Hard water may be softened by adding borax to it. This will also whiten the clothes without injuring their textures.

The white of an egg rubbed upon the seats of leather chairs will brighten and improve them wonderfully.

Ammonia is better than borax in the water used for washing gray hair, as it does not impart the yellowish tinge resulting from the continued use of borax water.

Tea Cakes.—Two and one-half cups of flour, two teaspoons cream tartar, one egg (not beaten), half cup sugar, two teaspoons melted butter, one cup milk with one teaspoon soda dissolved in it, a little salt; beat all together; bake in gem pans and eat with hot butter.

Nut Frosting.—Use one cupful of confectioners' sugar and extract to suit the taste, or simply cocoanut, if preferred. Add cold water to make it soft enough to spread. This frosting will never dry or crack. Add half a cupful of prepared cocoanut, or half a cupful of chopped nut meats.

Escalloped Potatoes.—Pare and slice thin, potatoes enough to fill medium sized pudding dish, cover with cold water and let stand three or four hours. Drain and dry on a linen cloth; grease the dish and add alternate layers of potatoes and cracker crumbs, butter, pepper, salt and a little sugar; then pour in one pint of milk and bake. Cover the dish one hour, then open it, and brown daintily.

Grape Frappe.—One pint of grape juice, one cupful of orange juice, and the juice of two lemons are required. Add two cupfuls of granulated sugar and four of water. Boil the sugar and water fifteen minutes, and add the fruit juice. Strain, add a quart of ice water, and more sugar if necessary. Remember that ices are sweeter before they are frozen than afterwards. Do not freeze too hard.

Fomentations of hot or cold water are often very useful and every one should know how to give them. A flannel cloth may be folded, wrung out of hot or cold water as is desired, and applied directly to the skin. It is much better after wringing out the flannel as dry as desired, to fold it in a dry flannel cloth of one or two thicknesses before applying it to the patient. A little time is required for the heat of the fomentation to penetrate the dry flannel, and thus the skin is allowed an opportunity to acquire tolerance for the heat, and a higher degree of temperature can be borne than if the moist cloth is brought directly in contact with the surface. The outer fold of dry flannel will also serve to keep the cloth warm by preventing evaporation.

Dr. Schumacker, for years principal of Blair Hall, in New Jersey, had one standard of right and wrong for his students. When the boys or girls came to him with the question, "Is it right or wrong for us to do this?" his reply was ever the same: "If there be a question in your minds whether a course be right or wrong, do not follow it. If a thing be questionable, young people had best let it alone."

Increase in the ratio of the insane to the general population, as shown by statistics of the New York State Commission in Lunacy, is a startling feature of the 17th annual report. The population of the State was 8,066,672, and the insane under treatment in the different institutions amounted to 27,300, a ratio of 1 to 290 persons.

SPARKLES.

—Sunday school teacher: Tommy, doesn't your conscience tell you when you have done wrong?

Tommy: Yes, ma'am; but it doesn't tell my mother.

The Vicar: Jane, do I not hear a male voice in the kitchen?

Servant: It's only one of my brothers, sir.

Vicar: I was not aware you had any brothers, Jane.

Servant: Neither was I until this morning, sir, when you said in your sermon we was all brothers and sisters.

"And now," asked the master, "what country is opposite to us on the globe?" "I don't know, sir," answered the pupil addressed. "Well, if a hole were bored straight through the earth and you were to go in at this end where would you come out?" "Out of the hole, sir," replied the youngster, confident that he had found the correct answer.

A Parliamentary candidate was being heckled on the subject of poorhouses. "Our poorhouses are like jails in the inside," persisted the heckler. "Oh, no," protested the candidate. "But it's 'Oh, yes!' In the inside our poorhouses are worse than jails." "I defer, sir, to your superior knowledge of the inside of jails," was the soft answer which squashed the heckler.

"O my friends!" exclaimed the orator, "it makes me sad when I think of the days that are gone, when I look around and miss the old familiar faces I used to shake hands with!"—Modes and Fabrics.

Don't look before leaping when an automobile comes scorching your way.

"I see where a man has invented artificial lamb chops."

"Poo! that's nothing. I've been eating substitutes for a long time."

"What were they?"

"Mutton."

At a church in Scotland, where there was a popular call, two candidates offered to preach. Their names were Adam and Low. The last preached in the morning and took for his text, "Adam, where art thou?" He had an excellent discourse, and the congregation were edified. In the evening Mr. Adam preached and took for his text, "Lo, here am I!" The impromptu and his sermon gained him the church.

Both Alike.—A reverend D.D. was lately calling on a "Paisley bodie." Tam by name, a very well known character. Tam had a jug beside him, and the parson, observing it, asked what he had in the jug. "It's a sopp of yill," says Tam. "And how many have you taken to-day, now, Tam?" asks his reverence. "Oh, weel," says Tam, "this is jist my fourth pint." "Your fourth pint!" says the minister; "I don't believe I could drink four pints of water in a day." "Neither could I, your reverence," quoth Tam.

Saloon-bred crime is at flood-tide in Chicago. The city treasury is empty. The police department cost the people last year \$4,000,000. The saloons paid to the city \$3,750,000. In order to pay this and thrive, every saloon that gave \$500 for a license must have taken in during the year from three to four times that amount in trade.

The Salvation Army has specially chartered the steamship Kensington of the Dominican Line, for three voyages with emigrants this season, and it is expected that she will carry her full complement of 1,500 passengers on each voyage.