

HEALTH AND HOME HINTS.

Lemon Snow—Boil together two tea-cupfuls of sago, four cupfuls water, one cupful sugar and the rind of two lemons. When boiled add the juice of three lemons, and when nearly cold the well beaten whites of four eggs.

If a few grains of salt are sprinkled on coffee before the water is added to the coffee it will bring out and improve its flavour.

Ivory Jelly—Blend four teaspoons of gelatine with one-half cup of cold water, add one cup of hot milk, two-thirds of a cup of sugar, vanilla, one and one-half cups of cream.

If one fears a draught from the open window in the bedroom have the opening at the top covered with a strip of muslin, and keep the window open the year round.

A cheap shoe is always an extravagance. Aside from its wearing qualities, a cheap shoe never fits, nor is it either comfortable or stylish. In point of cost, every one knows that one pair of good quality shoes will outwear two pairs of inferior ones.

Cocoa is an excellent beverage for children. It is not stimulating like tea and coffee, and contains a good proportion of tissue-building material; so it is food as well as drink. Chocolate and cocoa are both made from the seeds of the South American chocolate tree.

Curried Salmon—To one cup of canned salmon add one cup of white sauce (made from one cup of milk, two table-spoons of flour, and two of butter). Flavor with one teaspoon of curry, shake of pepper and salt. Heat, add two hard-boiled eggs cut in small pieces.

Prune Souffle—Cook one pound prunes until soft. Remove stones. Mash the prunes, adding a quarter of a cup of sugar while they are warm. Beat the whites of four eggs stiff, and fold into the prunes. Bake in the oven one-half hour in a buttered baking dish. Make a soft custard with the yolks.

HOW MANY EGGS DID HE GET?

Just as Jones was leaving his house in Harlem the other day his wife called after him: "Don't forget to drop in at the corner and order some eggs sent up to the house right away. You know the Smiths are coming over to dinner this evening, and I've really got to bake some cake." "All right," answered Jones, and mindful of his promise he stepped into the grocery. "Hello," said Jenks, "we grocers don't often see you. What can I do for you this morning?" "How much are your best eggs?" asked Jones. "Well," said Jenks, "two more than I am now selling for twenty-five cents would make them two cents per dozen less than they now are." "All right," said Jones. "Send twenty-four cents worth over to the house right away. My wife is waiting for them." How many eggs did he buy? After he had reached the office he started to figure it out, and before he got through he was nearly crazy. Then he gave the problem to his bookkeeper, who also came to grief over it. How many eggs did the grocer send Mrs. Jones?

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SPARKLES.

Dispensary patient, who worries doctor with a succession of doleful tales—"Doctor dear, but O'm mortal bad wid me head." Doctor—"Faith, and ye'd be worse without it."

A small boy, just old enough to go to school, came home one day and said, "Papa, I don't like to go to school." "Why?" replied his father. "Because it breaks up the day so."

"So you've refused my brother Dick?" "Yes," he had the audacity to propose to me by telephone. "What did you answer?" "I answered, 'Ring off!'"

"Taking them one with another," said the Rev. Sydney Smith, "I believe my congregation to be most exemplarily observers of the religious ordinances; for the poor keep all the fasts and the rich all the feasts."

Intrepid Widow—"Speaking of conundrums, Mr. Slocum, 'here's a good one—Why is the letter 'd' like a wedding ring?" Procrastinating Bachelor—"Oh, I'm no good at conundrums." Intrepid Widow—"You, give it up? Why, because 'we' can't be 'wed' without it."

A small boy, after watching some builders making mortar, said: "My! What a lot of dough you make."

"Do you enjoy going to church now?" asked a lady of Mrs. Partington. "La, me, I do," said Mrs. Partington. "Nothing does me so much good as to get up early on Sunday morning and go to church and hear a populous minister dispense with the gospel."

Overheard on the ice at Ocheltyre—A clerical player said if a rink had not lost five shots they would have won. "If," replied a skip, "the devil was dead there would be no need for ministers."

Teacher—Now a monologue is a recitation in which one person takes part; a dialogue is one where two persons take part. Now can any one give a further example?

Bright Boy—Is it a catalogue where a cat takes part?

Sheppard's Pie.—Take one pound of minced beef, three cups of cold mashed potatoes, salt, pepper, onion juice, tomato catsup or worcester sauce. Mix lightly together the beef and two cupfuls of potatoes; add the seasoning to suit the taste about one-quarter to one-half cup catsup being sufficient. Turn into a baking dish. Pour over this one-quarter to one-half cup of gravy. Cover the top with mashed potatoes. Bake in the oven. Serve hot.

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Cold winter months, enforcing close confinement in over-heated, badly ventilated rooms—in the home, in the shop and in the school—sap the vitality of even the strongest. The blood becomes clogged with impurities, the liver sluggish, the kidneys weakened, sleep is not restful—you awake just as tired as when you went to bed; you are low-spirited, perhaps have headache and blotchy skin—that is the condition of thousands of people every spring. It comes to all unless the blood is enriched by a good tonic—by Dr. Williams' Pink Pills. These pills not only banish this feeling, but they guard against the more serious ailments that usually follow—rheumatism, nervous debility, anaemia, indigestion and kidney trouble. Dr. Williams' Pink Pills are an ideal spring medicine. Every dose makes new, rich, red blood. Every drop of new blood helps to strengthen the overworked nerves; overcomes weakness and drives the germs of disease from the body. A thorough treatment gives you vim and energy to resist the torrid heat of the coming summer. Mrs. Jas. McDonald, Sugar Camp, Ont., says: "I was badly run down, felt very weak and had no appetite. I could scarcely drag myself about and felt that my condition was growing worse. I decided to try Dr. Williams' Pink Pills and before I had used a dozen boxes I was as strong as ever. My appetite returned and I am now able to do my housework without feeling worn-out. I think Dr. Williams' Pink Pills the best tonic there is."

It is a mistake to take purgatives in spring. Nature calls for a medicine to build up the wasted force—purgatives only weaken. It is a medicine to act on the blood, not one to act on the bowels, which is necessary. Dr. Williams' Pink Pills are a blood medicine—they make pure, rich, red blood, and strengthen every organ of the body. See that the full name, "Dr. Williams' Pink Pills for Pale People," is printed on the wrapper around each box. All other so-called pink pills are fraudulent imitations. Sold by medicine dealers or sent by mail at 50 cents a box, or six boxes for \$2.50, from The Dr. Williams Medicine Co., Brockville, Ont.

BRITISH AND FOREIGN.

The Commission of the General Assembly of the Free Church of Scotland on the 6th inst., adopted a motion calling attention to the need of better observance of the Lord's Day throughout the country. Reference was made to motorists and cyclists, and to the magic lantern entertainments.

Mrs. Brown, the granddaughter of the poet Burns, with her husband, Mr. Thomas Brown, and her daughter, Miss Jean Armour Burns Brown, have decided to remove from the Burns House at Dumfries, where they have resided now for about four years, since the building was taken under the joint control of the town council and the Burns Club. Experience has proved that the duty of acting as caretakers is too taxing, more especially during the tourist season. Every succeeding year has brought an increased number of visitors, and 1906 witnessed the largest record—about a thousand more than in 1905.

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