

## HEALTH AND HOME HINTS.

Remedy for breaking up a cold: Slice raw onions very thin (the hearts are best) and cover each alternate layer with sugar. Let stand several hours until a syrup is formed, drink or better, sip freely of it just before retiring.

An excellent hair wash is to take one ounce of borax and one ounce of powdered camphor and dissolve in a pint of boiling water added to cold water in a bowl. The camphor will form into lumps, but a sufficient amount will dissolve. This will strengthen the hair and preserve the color.

Scrape and cut parsnips in thin slices; boil until tender, then drain and season; make a cream sauce of one cup of milk and one dessertspoonful of flour stirred smooth in one dessertspoonful of butter. Have ready slices of hot buttered toast. Spread parsnips on toast and cover with the sauce. Serve while hot.

A useful clothes pin bag of any shape or pattern one wishes may be tied on as an apron when hanging out clothes. For those whose fingers nearly freeze in cold weather at the clothes lines, a pair of mittens is useful, made from old soft woolen underwear, should have thumb and first finger separate like a harvest glove.

A lemon pudding that is acceptable if served very cold is the following: Over one pint of sponge-cake crumbs pour one quart of milk. Stir in the juice and grated rind of one lemon, the yolks of three eggs, a small cup of sugar and a pinch of salt. When baked, spread the top with currant jelly, and frost with the whites. Brown in the oven, and set on the ice when cold.

A Pear Compote—Wipe, but do not peel the pears; steam them until they are tender, take them from the steamer and put them in a pudding dish; add enough water to almost but not quite cover them, and a cupful of sugar to a quart of pears. Set them in the oven for some fifteen to twenty minutes. Quinces are also nice served in this way, only they should be peeled and cut in halves.

Farmhouse Cheesecakes.—The way to make the "Cheese"—Curdle one and a half pints of new milk with two teaspoonfuls of rennet. Break the curd with a wooden spoon and drain the whey from it. Add to the curd a well-beaten egg, one dessertspoonful of brandy, a tablespoonful of sugar, with currants and chopped peel to taste. Use this as you would any cheesecake mixture.

Meat roly-poly is an excellent dish for the children's dinner, being light, nourishing and inexpensive. Take a little cold meat and some fat bacon, chop both and add some sweet herbs, a little onion, pepper and salt. Make a light suet crust with ten ounces of flour, five ounces of suet, and one teaspoonful of baking powder. Mix into a stiff dough with cold water, and then roll out on a board. Now moisten the meat with a little good gravy, and spread it over the paste, roll up, and wet the ends to keep in the meat. Roll in a cloth and boil for two hours. Raw meat is even better than cooked for the purpose. When serving the roly-poly pour some thick brown gravy over.

Chicken Pie.—Prepare the chicken as for fricassee. When the chicken is stewed tender season and the gravy thickened, take it from the fire and take meat off of the bones. Line the sides of a four or six sided pudding dish with a biscuit dough a quarter of an inch thick. Put in part of the chicken, a few lumps of butter, pepper and salt; add the rest of the chicken and season as before. Pour over the gravy, being sure to have enough to fill the dish, and cover with a crust quarter of an inch thick, made with a hole in the centre the size of a teacup. Brush over the top with a beaten white of an egg and bake for from a half to three-quarters of an hour. Garnish with parsley or celery leaves.

## SPARKLES.

"How do you do, Mr. Pompus?" said Chumley.  
"Really," began Mr. Pompus frigidly, "you—er—have the advantage of me—"  
"Apparently I have. Your manners are as bad as you'd have me believe your memory to be."

"I do believe," said the old gentleman as he woke up, "that my right arm is still asleep."

"Yes, grandpa," said his grand-daughter, "but your nose has not slept a wink. It has been making a terrible noise all the time."

"Who are your neighbors?" a witness was asked at Preston.

"We have pigs on one side of us and these people on the other, and I would rather have the pigs."

Great Novelist (dictating) — "The storm increased in fury, rain fell in torrents, and the gale shrieked all night like—like—what shall I say?"  
Secretary (father of three)—"Like a baby cutting its teeth."

"My wife was rather worried when I left her this morning."

"What was the trouble?"  
"Well, she had been worrying about something or other last night and this morning she couldn't remember what it was."

"Say, pa, won't you buy me a drum?"  
"No, I'm afraid you'll disturb me with the noise."

"No, I won't pa; I'll only drum when you're asleep."

Wife—There's Mrs. Flutterby. I don't think that she can have been married long.

Husband—Why not?  
Wife—Why, she told me last night that in the morning she had tried to reason with her husband.

Scott—A Bohemian is a chap who borrows a dollar from you and then invites you to lunch with him.

Mott—Wrong. A Bohemian is a fellow who invites himself to lunch with you and borrows a dollar.

Mrs. Johnsing—Can't stay long, Mrs. Snow. I just come to see if you wouldn't join de mission band.

Mrs. Snow—Fo' de lan' sakes, honey, doan come to me. I can't even play on a mouf organ.

## SLEEPY TIME.

Good-night, little baby,  
I've counted your toes,  
I've kissed all your fingers  
And rumped your nose.  
Good-night, little baby,  
My arms are the bed,  
My heart is the pillow,  
My love is the spread.

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



More clothes are rubbed out than worn out.

## GOLD DUST

will spare your back and save your clothes. Better and far more economical than soap and other Washing Powders.

Made only by THE N. K. FAIRBANK COMPANY  
Montreal, Chicago, New York, Boston, St. Louis.  
Makers of COPCO SOAP (oval cake)

AFTER SIX YEARS  
OF INDIGESTIONDr. Williams' Pink Pills Made  
a Permanent Cure.

There are many medicines that will relieve indigestion for a time—there are few that will make a permanent cure. But there is one medicine that is a sure cure—that medicine is Dr. Williams' Pink Pills. They have cured thousands of cases—many of them of years standing. Cases like that of Mr. John E. Seale, of Montreal, Que., after many other medicines have been tried and found worthless. Mr. Seale says:—"For nearly six years I suffered with indigestion. During all that time I was constantly taking medicine for the trouble, but never got more than temporary relief. Finally I decided to try Dr. Williams' Pink Pills and after using them for some time the trouble disappeared and I am now able to eat heartily without the least trace of the suffering I formerly endured. I can, from my own experience, strongly recommend Dr. Williams' Pink Pills as a permanent cure for indigestion."

Dr. Williams' Pink Pills for Pale People are good for every disease that good blood is good for, simply because they make good blood—that is why they cure rheumatism, heart palpitation, indigestion, neuralgia, St. Vitus dance and the ailments of girlhood and womanhood. Dr. Williams' Pink Pills for Pale People are sold by all medicine dealers or direct by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

## VISITING EDITORS.

During the past month a party of editors representing some of the most important agricultural papers in the United States have been touring Western Canada, and on reaching Winnipeg on their return trip from Edmonton over the line of the Grand Trunk Pacific Railway, wired Mr. Chas. M. Hays, President of the Grand Trunk Pacific, at Vancouver, who is also in the West on a tour of inspection of the new line in company with Sir Charles Rivers-Wilson, President of the Grand Trunk Railway System, and party as follows:

"We believe that every foot of the land traversed by the road is eminently adapted to grain growing, mixed farming or the keeping of live stock, and that it must soon develop into a region of prosperous homes. We also unite in expressing our admiration of the high character and the completeness in construction of the road and road-bed, which must soon give the road high rank among transcontinental railway systems."

The party consisted of the following:

Prof. Thomas Shaw, of the "Orange Judd Farmer" and "Dakota Farmer," St. Paul, Minn.

Herbert Quick, editor of "Farm and Fireside," Springfield, Ohio.

John Arthur Dixon, managing editor of "Home Life," Chicago, Ill.

Phillip Eastman, editor of Capper publications, including "Nebraska Farm Journal," Omaha, Neb., "Missouri Valley Farmer," Topeka, Kan.; "Farmer's Mail and Breeze," Topeka, Kan.; "Topeka Capital," Topeka, Kan.

E. E. Faville, editor "Successful Farming," Des Moines, Iowa.

E. S. Bayard, editor "National Stockman and Farmer," Pittsburg, Pa.

C. P. Reynolds, editor of "Prairie Farmer," Chicago, Ill.

The party was also accompanied by Mr. Herbert Vanderhof, editor of "Canda West Monthly," Winnipeg, Man., and Mr. R. C. W. Lett, Traveling Passenger and Colonization Agent, Grand Trunk Pacific Railway, Winnipeg.