

HEALTH AND HOME HINTS.

Hot biscuits, generously buttered and spread with currant jelly are delicious served with game.

Wafer-like slices of bread, spread with caviare, sprinkled with lemon juice and salt, make tasty sandwiches.

Faces washed in skimmed milk should not be rinsed in water, but should be iron while still damp with the milk.

Combs will soon warp and break if washed with water. They should be cleaned with a good, stiff, dry tooth-brush or nailbrush.

Use paraffin paper which lines biscuit boxes to polish flat-irons. It is also a good lining for the cake tins.

Clean copper by rubbing it with lemon dipped in salt. Rinse in clear hot water and polish with a soft cloth.

Hanging the oven door is responsible for half the heavy bread and cake. The door should be closed very gently.

Shredded chocolate coconut, which is bought already prepared, makes a tasty addition to different kinds of salad.

For spring suppers sliced oranges and shredded coconut, put into a dish in alternate layers, is very appetizing.

A delicious jelly is made of gelatine flavored with grape juice and served with blanched nuts and whipped cream.

To make individual chicken pies, line gem pans with pastry, leaving crust enough to fold over a table-spoonful of rich chicken hash, and bake it in a quick oven.

When the milk supply is limited for any cause save the water in which the rice is boiled. When this is allowed to stand until it is jellied it makes an economical substitute for milk and can be used in all the cream soups and needs not the thickening with butter and flour that milk must have.

Mother's Vegetable Soup—Pare, slice the potatoes and turn into the soup kettle with plenty of cold water; add half an onion sliced and let boil 30 minutes, or until the vegetables are tender; a little chopped celery may be used if you have it. Season with salt and pepper, add some good rich milk or cream and a piece of butter the size of a walnut, and a few spoonfuls of canned or cold cooked tomatoes. Serve as soon as it comes to a boil.

MOLASSES COOKIES—One egg, one cupful brown sugar, one cupful of shortening, one cupful of molasses, three level teaspoonfuls of soda dissolved in one-half cupful of boiling water, one teaspoonful of ginger, one of cinnamon, a pinch of salt; beat this with spoon as you would for cake, then add three and one-half cupfuls of flour, roll out, cut in shape and bake in hot oven.

STUFFED FISH—A fish weighing from four to six pounds is a good size to bake. Make a dressing of bread crumbs, butter, salt, and a little salt pork chopped fine. Parsley and onions if you like. Mix this with one egg. Fill the body, sew it up, lay it in a large pan, cut gashes across the side and lay in thin slices of salt pork. Put a pint of water and a little salt in the pan. Bake it an hour and a half. Baste frequently. After taking up the fish thicken the gravy and pour over it.

DAINTY ORANGE SERVICE.—With a sharp knife pare the orange just as you would an apple, being careful to take all the white lining of the skin from the pulp. Now place your sharp knife on the left side of one of the little divisions of the orange and lift out the pulp, which if carefully done, will come out in one piece, and continue the process until all the pulp has been lifted out from each natural division. This frees the pulp from all the fibrous matter of the orange. Sparkle sugar upon the pulp and let it stand for an hour before serving.

SPARKLES.

"Anything romantic about their wedding?"

"Not a thing. She can cook, and he has a job."

"I always take a day off on my birthday," said the first one.

"That's nothing; my wife always takes a year off on hers," answered the second.

"Who are these anarchist people?" asked Ethel.

"Why, they want everything everybody else has got, and they never wash themselves," returned Johnny.

"Oh, I see. They is the little boys growed up!"

She—Fred, do you believe that the pen is mightier than the sword?

He—Well, you never saw anybody sign a check with a sword, did you?

Office Boy—I want to go to my grandmother's funeral.

Employer—I can't let you go, and I don't think you will be missed, anyway, as the last time she had a funeral there were fifteen thousand people there.

"Perhaps you can suggest some means of improving the system of weather prognostication," said the sarcastic scientist.

"I can," answered the superstitious person. "Exterminate the ground hog."

Ragson Tatters—Can't ye help a poor fellow wot's had an automobile pass over him?

King Gentleman—Certainly! Here's a quarter. How did it happen?

Ragson Tatters—I was sleeping under a bridge last night when an automobile went across.

"Why is the baby crying?"

"You must have scared or hit him."

"No, grandpa, I was trying

If your false teeth would fit him."

"My doctor told me I would have to quit eating so much meat."

"Did you laugh him to scorn?"

"I did at first, but when he sent in his bill I found he was right."

When Senator Vance was running for Congress he called on an old negro, who had in early life served the Vance family. Asked after his health, the negro replied:

"Mighty 'ol'y in this worl', but 't's all right over vander."

"Do you believe in the doctrine of election?" asked Vance, with great solemnity.

"'T's the doctrine of the Bible," answered the old man.

"Uncle Ephraim, do you think I've been elected?" asked Vance again.

"Massa Zeh, I'd a lectle ruther you wouldn't draw that question. I'm too near de grave to tell a lie, but de fact am, I neber yet knowed nor hear tell of no man bein' elected what want a candidate."

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MONTREAL

BANISH PIMPLES AND ERUPTIONS

In the Spring Most People Need

A Tonic Medicine.

If you want new health and new strength in the spring you must build up your blood with a tonic medicine. Following the long indoor winter months most people feel depressed and easily tired. This means that the blood is impure and watery. It is this state of the blood that causes pimples and unsightly eruptions. To this same condition is due attacks of rheumatism and lumbago; the sharp stabbing pains of sciatica and neuralgia; poor appetite, frequent headaches, and a desire to avoid exertion. You can't cure these troubles by the use of purgatives; you need a tonic and a tonic only, and among all medicines there is none can equal Dr. Williams' Pink Pills for their tonic, life-giving, nerve restoring powers. Every dose of this medicine makes new, rich blood, which drives out impurities, stimulates every organ, and brings a feeling of new health and energy to weak, tired out, ailing men, women and children. If you are feeling out of sorts give this medicine a trial, it will not disappoint you. Mr. Paul Charbonneau, a young man well known in the town of St. Jerome, Que., is one of the host who bear testimony to the value of Dr. Williams' Pink Pills. He says: "When I left school I became a book-keeper in an important office. Probably due to confinement I began to suffer from indigestion and loss of strength. I became pale and seemingly bloodless and was often seized with palpitation of the heart and violent headaches. I tried several remedies, but they did not do me a bit of good. I was advised to try Dr. Williams' Pink Pills and did so, and the use of eight boxes brought me back to perfect health and strength. I have since enjoyed the best of health and cannot say too much in praise of this valuable medicine."

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.

Wisdom ripens into silence as she grows more truly wise, And she wears a mellow sadness in her heart and in her eyes;

Wisdom ripens into silence, and the lesson she, doth teach,

Is that life is more than language, and that thought is more than speech.

—S. W. HAGEMAN.

IF DRUNKENNESS IS A DISEASE.

Drunkenness is a disease. Such is the theory, at any rate, of many physicians and scientists of note. Granting the truth of this statement, it is the worst plague which afflicts mankind, and it should be the easiest to cure. We know what causes it and the remedy is simple. Wipe out these foul breeding places. Treat the saloon as we would a house infested with the bubonic plague; cut off the rumseller from communication with his fellow-men, as we would a man afflicted with leprosy. Rum is more dangerous than either. It kills more people. The habit is more contagious than small-pox. The preventive is more certain than vaccination. It is—wipe out the saloon.—Catholic Messenger, Worcester.

Infidelity is purely destructive. It takes away one's faith and gives nothing in its place. That is also the difference between a reformer and an agitator; one rebuilds, while the other removes.