

HEALTH AND HOME HINTS.

Nervous children should invariably be spoken to in a quiet tone of voice, and never ridiculed. Naturally, the thoughtful mother will bear this in mind, and will see to it that other members of the household do likewise.

When the administration of oil is advisable, for medicinal purposes, mothers will find that children will take olive-oil much more readily than castor-oil, and it will be found quite as efficacious.

Apple and Beef Hash.—Chop together 1 cupful of cold beef and 1 cupful of tart apples moistened a little with gravy or soup stock, and brown in the oven.

Graham Bread.—One pint buttermilk, one cup sugar, two scant teaspoons soda, salt. Thicken with graham flour; bake one hour, more or less, according to thickness.

Welsh Rarebit.—While this is a favorite preparation for the chafing dish, it can be prepared just as well in an ordinary saucepan or a double boiler. Melt one tablespoonful of butter. Stir into it a teaspoonful of cornstarch, and when they are thoroughly blended stir in, slowly one-half of a cupful of thin cream. Cook two minutes after the cream is all in; then add half a pound of mild cheese, which has been cut in small pieces. Season with salt, paprika and mustard. Serve as soon as the cheese is melted, on rounds of toasted bread, or crisp small crackers.—Emilie Fox.

Brazil Nut Pralines.—Put one pound of shelled Brazil nuts, one pound of granulated sugar, and a cup of water over the fire to cook. When the nuts begin to shine with a covering of syrup, remove from the fire, and stir until the syrup becomes very sugary; then return to a slow fire to dissolve the sugar again, and stir until the nuts are well covered with sugar and the sugar begins to turn a reddish brown. Put the nuts on a sieve in the oven to dry, and they are ready for use.

English Meat Pie.—If you should some day, instead of getting a tender beef-steak, find yourself the possessor of a tough piece of beef, do not despair. There are wonderful possibilities in such meat when converted into a meat pie. Cut it into small pieces and put it on to boil, bones and all. Three or four slices of salt pork parboiled with it is an improvement. Put the meat on in time for it to get well cooked. Make a crust, and line the sides of a pan or dish with it. Select the best of the meat, excluding bones, skins, and string pieces, and put a layer on the bottom of the dish. On this put a layer of dumplings cut from the crust dough. Now another layer of meat and more dumplings. Pepper the top, drop a few small pieces of butter and a little flour over it. Half fill the pan with the water in which the meat was boiled, and put on a top crust. It should cook with but moderate heat for almost an hour.—London Farm and Home.

Passengers of the new turbine steamers often express disappointment and surprise to find that the vibration experienced on ocean-going vessels has not been entirely eliminated. As a matter of fact, the vibration has been suppressed and the conditions greatly improved, but there is a certain amount of vibration resulting from the passage of the propellers through the water, and this will never be overcome as long as propellers are used.



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SPARKLES.

A fly and a flea in a flue
Were imprisoned; so what could they do?

Said the fly: "Let us flee."

Said the flea: "Let us fly."

So they flew through a flaw in the flue.

"If ye please, mum," said the ancient hero, in an appealing voice, as he stood at the back door of the cottage on wash-day, "I've lost my leg—"

"Well, I ain't got it," snapped the woman, fiercely. And the door closed with a bang.

Andrew D. White repeats an anecdote of the late Lord Kelvin, told to him by the German scientist Hoffman. The latter had arrived in Glasgow on Saturday night, and on Sunday morning went to call on Professor Sir William Thomson (afterward Lord Kelvin). The doorbell was answered by a woman servant, of whom Hoffman asked if Sir William was at home. To this the servant answered, "Sir, he most certainly is not." Hoffman then asked, "Could you tell me where I might find him?" She answered, "Sir, you will find him at church, where you ought to be."

He: Do you remember your old school friend, Sophy Smythe?

She: Yes, indeed I do. A most absurd looking thing. So silly, too! What became of her?

He: O, nothing; only—I married her.—Punch.

Giles: My wife can drive nails like lightning.

Miles: You don't mean it!

Giles: Sure I do. Lightning, you know, seldom strikes twice in the same place.

The wise man does not speak of all he does, but he does nothing that cannot be spoken of.

One cold, wintry morning a man of tall and angular build was walking down a steep hill at a quick pace. A treacherous piece of ice under the snow caused him to lose control of his feet; he began to slide and was unable to stop.

At a cross street, half-way down the decline, he encountered a large, heavy woman, with her arms full of bundles. The meeting was sudden, and before either realized it a collision ensued and both were sliding down hill, a grand ensemble—the thin man underneath, the fat woman and bundles on top. When the bottom was reached and the woman was trying in vain to recover her breath and her feet, these faint words were borne to her ear:

"Pardon me, madam, but you will have to get off here. This is as far as I go."

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Sciatica is neuralgia of the sciatic nerve. Its origin is generally rheumatism and is the direct result of taking cold. For this reason the disease is commonly known as "sciatic rheumatism."

There is only one thing more painful than sciatica, and that is the treatment of it, as practiced. The sickening burning of the flesh is only one of the forms of cruelty employed by the old school doctors, and all too often this is entirely vain, for the relief gained is but temporary.

It is a scientific fact that the majority of sciatica cases result from exposure to cold when the patient is in an anæmic or bloodless condition, in which the nerve is literally starved. It needs no argument to show any reasonable person that a starved nerve cannot be fed by the application of a hot iron to the outer flesh. It may deaden the sciatic pain for a time, but it will cure sciatica.

Absolute rest is the best aid to proper medical treatment. Rest and Dr. Williams' Pink Pills, which actually make new blood and thus feed the starved nerve, will cure most cases.

Mr. H. W. Awalt is one of the leading merchants of Hemford, N. S. A few years ago he was a great sufferer from this excruciating trouble. He says:—"The attack was so severe that I had been off work for some time. The cords of my legs were all drawn up and I could only limp along with the aid of a stick. The pain I suffered was terrible. I was in misery both day and night. Every movement caused me such pain as only those who have been tortured with sciatica know. I was treated by several doctors, but they did not help me a bit. In fact I almost began to think my condition was hopeless, when Dr. Williams' Pink Pills were brought to my notice. I got a half dozen boxes. I had used the entire quantity before I found any benefit. But I was encouraged and got a second half dozen boxes, and before these were all gone every vestige of the trouble had disappeared. Not only this, but I was improved in health in every way, as it will be readily understood that the long siege of pain I had suffered had left me badly run down. I can't speak too highly of Dr. Williams' Pink Pills. I cannot recommend them too strongly to other sufferers.

Sciatica is stubborn in resisting treatment and the patient often suffers for years. Dr. Williams' Pink Pills do not simply relieve the pain. They cure the disease caused by poor watery blood. They actually make new blood and have therefore a direct and powerful curative effect on such diseases as rheumatism, anæmia, general debility and after effects of the grip. As the nerves depend upon the blood for nourishment, Dr. Williams' Pink Pills are unequalled for the treatment of even the most severe nervous disorders, such as neuralgia, partial paralysis, St. Vitus dance and locomotor ataxia. As a tonic for the blood and nerves they are used everywhere with the greatest success, building up wasted bodies and bringing the glow of health to pale and sallow cheeks. Sold by all medicine dealers or by mail at 50c a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.