

## HEALTH AND HOME HINTS.

Eggs and Tomatoes.—Fry large, thick slices of tomato and lay on rounds of toast; put a poached egg on each and a teaspoonful of finely-chopped green pepper or parsley on top.

A Supper Dish.—Toast to a golden brown thin slices of bread, spread them with butter and quince jelly flavored with nutmeg. Eat hot with chocolate having whipped cream on top of each cup.

An Appetizing Dessert.—Cut a loaf of sponge cake into thick slices, spread them with quince marmalade and dust with pulverized hickory nuts. Place on individual plate, heap with whipped cream and dot with the nut meats.

Mustard Egg Dressing.—Place a cup of vinegar on stove, two tablespoonfuls sugar, one teaspoonful mustard; mix together one teaspoon corn-starch, one-half teaspoon pepper, two eggs. Beat thoroughly and pour the mixture into the hot vinegar, and let it boil until it is thick enough to spread on cold boiled eggs. Cut lengthwise. This dressing will keep some time, and is very fine.

English Rhubarb Jam.—Take eight pounds of rhubarb, cut fine, five pounds of sugar and three pounds of almonds, chopped fine. Mix well and cook till as thick as orange marmalade. This keeps indefinitely, and is very good with meats, or in sandwiches. It can be put up in pint jars instead of glasses.

Anaemic Children.—Sometimes when a child gets over its first year, after existing on a milk diet from birth, it shows signs of bloodlessness, and its skin and lips become pale. This can, as a rule, be remedied without medical advice—provided that the child is otherwise in good health—by change of diet, such as a little good red gravy with potato and green vegetable mashed up in it for lunch, instead of the usual milk pudding or food. If necessary, a doctor should be consulted, and a good blood-making tonic prescribed.

A nice pudding may be made by cutting bread in pieces about an inch square, put in a baking dish one quart of milk, three eggs and sugar to taste; eaten with sauce. Bread cakes may be made by pouring hot water over a pint or more of bread. Beat to a pulp, when cold add a beaten egg, a little salt, two tablespoonfuls of flour, a teaspoonful of yeast powder, fry brown. If you have a loaf, cut off the top, hollow it out, fill with seasoned oysters and bake.

Shaker Codfish.—Boil hard as many eggs as there are persons to be served. Set aside in a saucepan one-quarter pound of bacon or fine salt pork in thin strips. Add to this in slices six or eight parboiled potatoes. Shred up a little unsalted codfish, and simmer for a few minutes in a very little water until the water is evaporated. Add a cupful of cream, and turn all over the potatoes and bacon. Dish on a large platter, and garnish with the eggs cut in quarters and a few sprigs of parsley.

## TOBACCO HABIT.

Dr. McTaggart's tobacco remedy removes all desire for the weed in a few days. A vegetable medicine, and only requires touching the tongue with occasionally. Price \$2.

LIQUOR HABIT.—Marvellous results from taking his remedy for the liquor habit. Safe and inexpensive home treatment; no hypodermic injections, no publicity, no loss of time from business, and a cure certain.

Address or consult Dr. McTaggart, 75 Yonge street, Toronto, Canada.

## SPARKLES.

It was a New England parson who announced to his congregation one Sunday, "You'll be sorry to hear that the little church of Jonesville is once more tossed upon the waves, a sheep without a shepherd."

He—Would you get married if you were me?  
She—I don't believe I could—if I were you.

"Doctor, how can I ever repay you for your kindness to me?"

"Doesn't matter old man. Check, money order, or cash."

First Artist—What do you think of Payne's latest picture after Rubens?

Second Artist—I think that Rubens would be after Payne if he could only see it.

I admire a man, said Uncle Eben, who keeps hoping for the best, but I do not like to see him sit down and call it a day's work.

Little Fred—Why is it that women are always complaining about their servants?

Little Elsie—Oh, that's just to let people know they can afford to have 'em.

"When in trouble," said the eminent lecturer, "refrain from worrying."

"But, doctor," asked a woman in the audience, "how can we?"

"Anyway," replied the lecturer, "refrain from worrying other people."

A suburban family has a servant who is an excellent cook, but insists upon making all her dishes strictly according to her own recipes. Her mistress gave her full swing not only as to cooking, but as to the purchasing of supplies. The other day her mistress said to her:

"Bridget, the coffee you are giving us is very good. What kind is it?"

"It's no kind at all, mum," replied the cook. "It's a mixer."

"How do you mix it?"

"I make it one-quarter Mocha, and one-quarter Java, and one-quarter Rio."

"But that's only three-quarters. What do you put in for the other quarter?"

"I put in no quarter at all, mum. That's where so many spiles the coffee, mum, by putting in a fourth-quarter."  
—Ex.

Italy has again been visited by earthquakes. Many of the villages rebuilt since the last disaster have again been destroyed and many people are reported buried beneath the ruins.

"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)

## SUFFERING WOMEN.

## Made Well and Strong by Dr. Williams' Pink Pills.

Every dose of Dr. Williams' Pink Pills makes new blood. Every drop of pure blood brings the ill disheartened woman nearer to health and happiness. Dr. Williams' Pink Pills have brought the glow of health to thousands of sufferers who gladly bear testimony to that effect. One of these is Mrs. Elizabeth Dunham, of Welland, Ont., who says: "For more than a year I was greatly run down. I had sickening headaches and my heart would palpitate so violently that at times I feared death was near. I was under the care of a doctor, but instead of improving I lost strength and my weight decreased from one hundred and forty to ninety pounds. I was discouraged, but finally decided to give up the doctors' treatment and try Dr. Williams' Pink Pills. I am glad I did so, for after using the Pills a few weeks I could see a marked improvement in my condition. The headaches left me; I regained strength; the distressing heart palpitation ceased and at the end of two months I was fully restored to health and felt better than I had for the past twenty years. Dr. Williams' Pink Pills are truly a marvellous medicine and I cannot praise them enough."

Heart palpitation, anaemia, headaches, loss of appetite, general weakness, backaches, weariness and a host of other troubles are all the outcome of bad blood. Dr. Williams' Pink Pills make new, rich red blood—the pure blood does the rest. That is why these pills cure all troubles due to watery blood or weak, shaky nerves. There is not a nook or corner in Canada where you will not find some grateful person who has been cured by the use of Dr. Williams' Pink Pills. On the word of your neighbor we ask you to try this medicine if you are weak, ailing or run down. The pills are sold at 50 cents a box or six boxes for \$2.50 at all medicine dealers or from The Dr. Williams' Medicine Co., Brockville, Ont.

## JUST FOR A CHANGE.

I'm sort of tired of things that is, They're 'a'inkin' somewhat as to fix. There ain't no ginger in life's jar With things a-go'in' as they are. The fault may be with me, and then, It may be otherwise again. I ain't a-tryin' to fix no blame Because all tastes about the same.

How'er it is, I wish it might Have things turned round a bit some night,

So that instead of as they be, They'd work toward the contrary. I'd like to see some mountain rill Have spunk enough to flow up-hill, So that old Nature might be showin' It had opinions of its own.

I'd like to see the settin' sun Out in the east when day is done, Just as a hint, when go'in' to bed, To prove it wasn't bigoted. I'd like to hear a bullfrog sing Like nightingales upon the wing, Instead of that eternal "clunk" With which he seeks his swampy bunk.

'Tain't discontent that's vexin' me With life so everlastin', But just a sort of parchin' thirst To get a peek at things reversed. They've been the same so very long A change would strike me pretty strong. And, though I'm makin' no complaint, For once I'd like 'em as they ain't. —John Kendrick Bangs, in The Century.

Sir Henry Campbell-Bannerman is reported to be the probable Lord Warden of the Cinque Ports to succeed the Prince of Wales.