

## HEALTH AND HOME HINTS.

Just before serving corn soup, add a few kernels of freshly popped corn to each plateful for a garnish.

When interrupted while frying in deep fat, drop a crust of dry bread into the fat to prevent its burning.

A teaspoonful of lemon juice to a quart of water will make rice very white and keep the grains separate when boiled.

When the eyes become watery or show signs of indistinctness of vision it is time to rest them, not use them.

A piece of ammonia is said to keep gloves in good condition if placed in the box with them. Care must be taken, however, that the ammonia does not touch the gloves.

Washable paper carpets are being manufactured in Bohemia. They harbor practically no dust, and are produced in the same patterns and colors as ordinary carpets.

Soaking handkerchiefs overnight in fairly strong salt water will make them wash easier. In the morning, with the clothes stick, lift them into fresh warm water and then wash in the usual manner.

In case of whooping-cough, if it is at all severe, the patient should be kept in bed. Medicines will do no good. The child needs abundance of fresh air, day and night—thorough ventilation—but should not be permitted to run about. It is worse for the young patient and endangers other children.

**Corn Meal Waffles.**—Add one tablespoonful of butter to a pint of sifted cold meal mush, and when it is quite cold stir in the well-beaten yolks of four eggs and one cupful of flour with which has been sifted a heaping teaspoonful of baking powder. Then add the stiffly beaten whites of four eggs and cook on very hot waffle irons.

**Fig pudding** is always a popular dish. A simple recipe is: A quarter of a pound of figs, chopped fine, two cups of breadcrumbs, one cup of brown sugar, a quarter of a pound of suet, chopped fine, two eggs, the grated rind and juice of one lemon, one dessert spoonful of molasses, half a nutmeg, sifted, one tablespoonful of flour. Steam three hours and serve with lemon sauce.

**Spanish Toast.**—Is a change from the usual or French toast, try this dish for supper. Cook in a double boiler until smooth, two well-beaten eggs, a teaspoonful of flour, and one cupful of milk with a little salt. Dissolve slices of bread in the mixture and fry a nice brown in hot lard or drippings. For the lad with the sweet tooth, sift powdered sugar over each slice and serve hot.

**English Muffins.** After scalding a pint of milk dissolve in it one tablespoonful of butter and a scant teaspoonful of salt. When lukewarm add half a cake of compressed yeast dissolved in one-quarter of a cupful of warm (not hot) water, and stir in sufficient flour to make a thick drop batter. Beat well for five minutes, cover closely, and put in a warm place to rise. When light, beat well, half fill muffin rings with the batter, and put on a hot griddle until the batter rises almost to the top of the rings, then quickly bake until brown.

## LIQUOR AND TOBACCO HABITS.

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References as to Dr. McTaggart's professional standing and personal integrity permitted by:

Sir W. R. Meredith, Chief Justice.  
Hon. G. W. Ross, ex-Premier of Ontario.  
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## SPARKLES.

Bertie—"Pa, a little stream is a streamlet, isn't it?"

Pa—"Yes, Bertie."

Bertie—"Well, pa, is a outlet a little cut, and a hamlet, a little ham, and a gimlet a little gim, and a pamphlet a little pamph?"

Pa—"Oh, go away, Bertie; I want a little quiet."

Bertie—"Well, why didn't you say you wanted a quietlet?"

"What would you do, Henry, if burglars got into the house?" asked a lady of her husband. "Do?" replied the man. "Just what they told me. I've never had my own way in this house yet!"

"They said that we would never be happy," moaned the young bride.

"But you are happy."

"But now they say it won't last."

"At luncheon I had something which was excellent, but not substantial."

"What was it?"

"An excellent appetite."

A thoughtful hostess gave a children's party, and decided it would be healthier to serve only mineral waters. One little girl tasted of her carbonic and laid the glass down.

"What's the matter, dear? Don't you like charged water?"

"No ma'am. Please may I have some water that you've paid for?"

Two youths hired a horse and trap for a day's outing, and having come to the close of the expedition were confronted with the task of harnessing the animal. The bit proved their chief difficulty, for the horse made no response whatever to their overtures. "Well, there is nothing for it but to wait," said one. "Wait what for?" grumbled the other. "For the horse to yawn," replied his companion.

When catechising by the clergy was customary the minister of Godingham, in Berwickshire, asked a simple country wife who resided at the farm of Godingham Law, which was always styled "the Law" for brevity's sake, "How many tables, Janet, are there in the law?" "Indeed sir, I canna jist be certain," was the simple reply; "but I think there's one in the fore room, and in the back room, an' another upstairs."

There were three gentlemen—an Englishman, Scotchman and Irishman—arguing which of them had travelled in the fastest train. The Englishman said that one train he had travelled in went so fast that it made the trees look like hedges. The Scotchman said one train he had travelled in made the telegraph poles look like a paling. The Irishman said—"Oh, that's nothing. We were going so fast as we passed fields of turnips, potatoes and cabbage that, begorra, they looked like broth."

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MONTREAL

## A SPRING DANGER.

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by Dosing with Purgative  
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A spring medicine is a necessity. Nature demands it as an aid to enriching the blood and carrying off the impurities that have accumulated during the indoor life of the winter months. Thousands of people, recognizing the necessity for a spring medicine, dose themselves with harsh gripping purgatives. This is a mistake. Ask any doctor and he will tell you that the use of purgative medicines weakens the system and cannot possibly cure disease. In the spring the system needs building up—purgatives weaken. The blood should be made rich, red and purgatives cannot do this. What is needed is a tonic, and the best tonic medical science has yet devised is Dr. Williams' Pink Pills. Every dose of this medicine actually makes new, rich blood, and this new blood strengthens every organ and every part of the body. That is why these Pills banish pimples and unsightly skin eruptions. That is why they cure headaches, backaches, rheumatism, neuralgia and a host of other troubles that come from poor, watery blood. That is why the men and women who use Dr. Williams' Pink Pills eat well and sleep well and feel active and strong. Miss Mabel Synnott, Lisle, Ont., says—"I was pale and weak and suffered greatly from headaches, and I found nothing to help me until I began taking Dr. Williams' Pink Pills. These have completely restored my health and I bless the day I began taking them."

But be sure you get the genuine Pills with the full name, "Dr. Williams' Pink Pills for Pale People," on the wrapper around each box—all other so-called pink pills are fraudulent imitations. Sold by medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

In a very interesting letter to the editor of the Christian Guardian, Rev. C. R. Carscallan, who went to West China about a year ago, there occur the following sentences: "My belief in the possibilities of the Chinese is greater than ever. They are a strong race. It is true that they are very materialistic as it natural with people who live so close to starvation as they do, but they have never had the environment to make them anything else, to give them an interest in things that are spiritual. It takes Christ to do that. Their capacity, however, I believe, is as great as our own, and my conviction is that the Chinese church will be a strong church and a spiritual church and will stand for some things, perhaps, along the line of co-operation and social endeavor that our Western church does not; for the Chinaman is a great organizer and is very practical." This judgment of the Chinese character agrees with that of the profoundest modern students of things Chinese, but how greatly it differs from the idea many of us have been holding all along!

If God can keep a little flower stainless, white as snow, amid clouds of black dust, can He not keep hearts in like purity in this world of sin?—Rev. J. R. Miller.

"None of the best things in life can be proved. Love defies analysis and God hides himself from speculation. There is no path to the highest experiences through the intellect alone."

There is always darkness on the face of the deep until, the Spirit of God moves on the face of the waters.