

**DO YOU KNOW THAT**

Omelets are more tender if the eggs are thinned with hot water instead of milk.

Cottage-pudding in muffin-pans is a tempting way to serve this desirable and quick dessert?

For making sandwiches, bread baked in large-size baking-powder cans will be just the right size and free from crusts?

When the fat or deep frying looks muddy while very hot, a handful of crushed egg shells would clarify it?

Cranberries are more tempting if

**HAIR GROWTH**

**Promoted by Shampoos of Cuticura Soap**

**And Dressings of Cuticura the Great Skin Cure**

**Purest, Sweetest, Most Effective Remedies for Skin, Scalp and Hair.**

This treatment at once stops falling hair, removes crusts, scales and dandruff, destroys hair parasites, soothes irritated, itching surfaces, stimulates the hair follicles, loosens the scalp-skin, supplies the roots with energy and nourishment, and makes the hair grow upon a sweet, wholesome, healthy scalp when all else fails.

Millions of women now rely on Cuticura Soap assisted by Cuticura Ointment, the great skin cure, for preserving, purifying and beautifying the skin, for cleansing the scalp of crusts, scales and dandruff, and the stopping of falling hair, for softening, whitening and soothing red, rough and sore hands, for baby rashes, itchings and chafings, for annoying irritations, or too free or offensive perspiration, for ulcerative weaknesses, and many sanative, antiseptic purposes which readily suggest themselves, as well as for all the purposes of the toilet and nursery.

Cuticura remedies are the standard skin cures and humour remedies of the world. Bathe the affected parts with hot water and Cuticura Soap, to cleanse the surface of crusts and scales and soften the thickened cuticle. Dry, without hard rubbing, and apply Cuticura Ointment freely, to allay itching, irritation and inflammation, and soothe and heal, and, lastly, in the severer forms, take Cuticura Resolvent, to cool and cleanse the blood. A single set is often sufficient to cure the most torturing, disfiguring skin, scalp and blood humours, from pimples to scrofula, from infancy to age, when all else fails.

Cuticura Resolvent, liquid and in the form of Chocolate Coated Pills, Cuticura Ointment and Cuticura Soap are sold throughout the world. Depots: London, Z. Charlesworth; Paris, G. B. de la P. Paris; Australia, R. Towns & Co., Sydney; Boston, 137 Columbus Ave. Potter Drug & Chemical Corp., Sole Proprietors. Send for "How to Cure Every Humour."

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**Woodstock, N. B.**

strained before sweetened, made into a jelly, and cut into cubes when cold, than in ordinarily used form of sauce?

To have celery very crisp but not soggy, wash it thoroughly eight or ten hours before using; do not dry, but roll in towel and put on ice till time to serve?

Fried potatoes will be tough if washed after being cut, and potatoes will be dark if fried in boiling fat, but light golden-brown if cooked for five minutes in hot fat?

A pleasant novelty in jelly is obtained by using sweet cider in place of water with gelatin? If English walnuts are used to garnish the jelly, a delightful combination of flavoring will result.

A delicious breakfast dish is made from sweet apples from which the cores have been removed and the space filled with chopped nut meats sprinkled with sugar and cinnamon baked until the apples are tender?

Bread crumbs when used as dressing for a fowl or roast of meat should never be wet, but chopped fine, seasoned, and allowed to absorb the juices? In this way, dressing will never be soggy. If a rich dressing is desired melted butter with beaten egg can be poured over the chopped bread.

Twenty minutes to the pound should be allowed for roasting meats containing dressing—especially fowls which, like lamb and mutton, should be well done, as few persons care for those meats rare?

**AN INVISIBLE ACHE.**

A Pittsburg teacher has a seven-year-old pupil whose mind is very fertile in invention. Seeing an expression of pain on his face as he raised his hand, she asked:

"What is it, Jamie?"

"I have such a bad headache I think I must go home," was the reply.

Putting her hand on his head and finding it quite cool, she said: "I think it can't ache much, Jamie. You would better not go now."

Jamie went back to his work, but soon his hand was raised again, and inquiry developed the fact that his tooth ached so severely that he felt he could not remain a moment longer.

The teacher looked at his teeth, and, finding them in remarkably fine condition, once more assured him that the pain was only imaginary, and returned to her class.

She had just become absorbed in the lesson when a wail from Jamie's seat caused her to go to him again, and, with some impatience, she said: "Well, Jamie, what can it be this time?"

With tears in his eyes, and raining down his cheeks, Jamie answered: "It's stomach ache, and that's so far down you can't see it."

**GETTING A PRACTICAL EDUCATION.**

Constant contact with humanity has so tamed the Adirondack bear that his Western brother would not recognize him. One whose habitation the New York Sun has placed at Sander's Mill, on the Mad River, actually goes to school. He may still be uncertain in literature and vague in spelling, but he is rapidly learning gentle manners.

He came slouching out of the woods one day and advanced directly on the district schoolhouse. Some of the children had eaten their luncheon on the grass in front of the building. The bear stopped and licked up the crumbs and scattered remnants of the repast, and then stuck his head in at the schoolhouse door.

The children and the school teacher

screamed, and the big fellow was so frightened that he took to his lumbering heels. The next day, however, he came to the schoolhouse the same hour, and ate the crumbs and crusts as before. He looked at the schoolhouse door, but did not venture there. After he had eaten every morsel he went slowly back to the woods.

His visits soon became of daily regularity, and as it was evident that he came with no evil intent, the teacher, and now and then a pupil, took to tossing him an apple or other bit of luncheon. From that to feeding him out of their hands was an easy step, until now the bear has almost quartered himself in that school district and lunches regularly with the Sander's Mill school children and their teacher.

**PUTTING BABY TO SLEEP.**

If baby is restless or sleepless do not give it "soothing" medicines to make it sleep. These medicines always contain opiates, and you are merely drugging the little one into temporary insensibility—in fact you are placing its life in peril. Restlessness and sleeplessness is usually the result of some trouble of the stomach or bowels, and if this is removed the child will sleep naturally, and awake bright and healthy. Baby's Own Tablets cure all stomach and bowe! troubles, and the mother has a solemn assurance that the medicine contains no opiate or harmful drug. Mrs. Louis Reville, Gawas, Ont., says:—"My baby suffered from colic, cried a great deal and was very sleepless. After giving him Baby's Own Tablets the trouble disappeared and through giving him an occasional Tablet since, he has always been healthy, and is now a strong rugged child. No mother should ever be without the Tablets in the house." You can get Baby's Own Tablets from any dealer in medicine, or if you write to The Dr. Williams' Medicine Co., Brockville, Ont., the Tablets will be sent by mail at 25 cents a box.

**GIVING.**

A little girl carrying a little box came up to Professor Smith, in his mission school in New York, one day and giving it to him as her contribution, she said: "Mr. Smith, be careful when you open it." He said, "What is this?" He thought the money would be likely to fall out but the box was very light. She said, "That's two mice." "Why!" Mr. Smith said, "What do you mean by bringing me two mice?" She replied, "Didn't you tell about the woman that brought two mice in Christ's time? And you said we all could probably do as much as that woman did." And she added, "It took me and my little brother all the week to find these two mice." That little child of the slums (mistaking "mites" for "mice") did as much in the sight of God as those who gave two thousand dollars at that same time.

A little boy was making mud-pies by the roadside. A lady coming along said to him: "My little man, wouldn't you like to be an angel in heaven?" "No," he replied, "I want to be an angel here in the mud." There was a good deal of philosophy in the reply as related to the work of Christ in the world.

Puts new life into you! A strong statement, but it is borne out by facts by those who have taken "The D & L" Emulsion; write Miss Black, Supt. Grace Hospital, Toronto, and ask her what she thinks of it.

**EASING THE CHEST.**

It is the cold on the chest that scares people and makes them sick and sore. The cough that accompanies the chest cold is racking. When the cold is a hard one and the cough correspondingly severe, every coughing spell strains the whole system. We feel sure that if we could only stop coughing for a day or so we could get over the cold, but we try everything we know of or can hear about in the shape of medicine. We take big doses of quinine until the head buzzes and roars; we try to sweat it out; we take big draughts of whiskey, but the thing that has its grip on the chest hangs on and won't be shaken loose.

If the irritation that makes us cough could be stopped, we would get better promptly, and it is because Adamson's Botanic Cough Balsam is so soothing and healing to the inflamed throat that it is so efficient a remedy for coughs and colds. This really great medicine is a simple preparation; made of extracts of barks and gums of trees, and it never deceives. It heals throat and the desire to cough is gone. When the cough goes the work of cure is almost complete. All druggists sell Adamson's Balsam, 25 cents. Try this famous Balsam for your sore chest and you will find prompt relief.

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**DR WOODS NORWAY SYRUP PINE**

Heals and Soothes the Lungs and Bronchial Tubes. Cures COUGHS, COLDS, BRONCHITIS, HOARSENESS, etc., quicker than any remedy known. If you have that irritating Cough that keeps you awake at night, a dose of the Syrup will stop it at once.

USED FOR EIGHT YEARS.

I have used DR. WOOD'S NORWAY PINE SYRUP for every cold I have had for the past eight years, with wonderful success. I never see a friend with a cough or cold but that I recommend it.—M. M. Ellsworth, Jacksonville, N.B.

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