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The Home

VEGETABLES.

Lyonnais Potatoes.—Take six cold boiled potatoes and cut into thin slices; chop up an onion fine and fry to a light brown in a tablespoonful of hot butter in a frying pan, then add the potatoes and fry them also to a light brown, turning them often; put them into a hot dish, stirring in a teaspoonful of chopped parsley.

Parsnip Fritters.—After boiling the parsnips plunge them into cold water and the skins will slip off easily; mash them, and season to taste with butter, salt and pepper. Flour the hands and shape the mashed parsnips into small, flat, oval cakes; roll them in flour, and fry them in butter until brown; or dip them in molasses and fry.

Beets in Jelly.—Boil small beets, or cut larger ones in slices after they are cooked. When the skins rub off easily place them in an earthen mould. Make the jelly from five tablespoonfuls of sugar, three tablespoonfuls of arrowroot, one-half cup of vinegar and one-quarter cup of boiling water. Cook until clear, which will be in about five minutes. Pour the mixture around the beets and cool. When taken from the mould the beets will show through a crimson jelly. The clear, sour jelly will be found appetizing with the beets. If preferred, arrange the beets and jelly in a glass dish and cool.

Escalloped Onions.—Cook onions in freshly boiled, salted water. Cut in halves, lay in a buttered baking dish, cover with a white sauce and a layer of buttered bread crumbs, and brown in a quick oven.

Potatoes a la Creme.—Put two ounces of butter into a sauce pan with a dessert-spoonful of flour and some parsley and scallions, both chopped fine; salt and pepper to taste; mix together, and add one-half cup of cream, and set over the fire, stirring constantly until it boils; cut four or five potatoes into slices and put them into the saucepan with the mixture; boil again and serve hot.

ORANGES.

Orange Pudding.—Peel four large oranges and cut them into small pieces, taking out the seeds. Put them into a warm pie dish with three tablespoonfuls of sugar; stand it in the oven to get warm. Take one pint of milk and bring it to the boiling point, then add two tablespoonfuls of corn starch that has been dissolved in a little cold milk, and the beaten yolks of two eggs. Boil all this for a minute and pour it over the oranges. Beat the whites of the eggs with a little powdered sugar and spread over the custard like a meringue and

put it in the oven a moment to brown.

Orange Jelly with Bananas.—Soak half a box of gelatine in half a cupful of cold water until soft, then add one cupful of boiling water, the juice of one lemon, one cupful of sugar, and one pint of orange juice; stir until the sugar is dissolved, then strain it. Cover the bottom of a glass dish or mould with sliced bananas, pour over it some of the orange mixture, let this get a little stiff, then add a few more sliced bananas and more of the liquid; alternate this way until used.

Orange Dressing.—Shell half a pound of English walnuts, keep out some of the unbroken halves for garnishing the cake, chop fine the remainder. Take the juice and pulp of one orange and add to it a quarter of a pound of powdered sugar and the chopped nuts. Cook three minutes and stir until it thickens, then spread it between the two layers of the cake and on top.

English Orange Honey.—Take the juice and grated rind of two oranges, put it in a saucepan and add to it one cupful of sugar and two ounces of butter. Stir it, and when it boils add the beaten yolks of three eggs and the white of one. Remove to one side of the stove, when it will be hot but not boil, and keep stirring constantly until it has the appearance of melted cheese. Use as a filling for layer cake or tart cases.

Orange Flavor.—Into a saucepan put two cupfuls of hot water and one cupful of sugar. Wet with cold water two tablespoonfuls of corn starch and add to the water and sugar after it has boiled. Stir and let cook four or five minutes and then add the juice of one orange and half a lemon. Take the whites of three eggs and whip them stiffly. When the corn starch mixture is cool pour it over the whites of the eggs. Beat rapidly and in a few minutes the whole mass will be light and foamy. Set it away immediately in a cool place. The colder it can be kept the better. Make a soft custard of one pint of milk, two tablespoonfuls of sugar, three beaten yolks of eggs, and half a teaspoonful of vanilla. Pour this over the orange foam. This looks pretty served in small glasses.

DOMESTIC TID-BITS.

Damp salt will remove tea stains from crockery.

The best way to clean the oven is to scrub it with scouring soap and hot soda water.

Fish are scaled and fowls plucked more quickly if dipped into boiling water for an instant.

Eggs may be kept by packing them, when new laid, in salt, with the small end downwards.

A cook with common sense saves all her squeezed lemons to polish her copper utensils with.

A saucepan coated outside with dirt or soot will take as long again to boil as one that is perfectly clean.

Orange-peel dried and grated makes a very fine yellow powder that is a delicious flavoring for cakes and puddings.

A letter closed with the white of an egg cannot be opened by the steam of

boiling water, as the heat only adds to its firmness.

When a pie-dish or anything that is used in the oven gets discolored or burnt, a piece of emery paper, bath brick, or even a cinder, will clean it.

If the upper edge of the saucepan is yell greased with butter, you will find that chocolate, milk, cocoa, or anything of the kind will not boil over.

Eggs covered with boiling water and allowed to stand for five minutes are more nourishing and easier digested than eggs placed in boiling water and allowed to boil furiously for 3½ minutes.

If you rinse a plate with cold water before breaking the eggs on it, add to them a pinch of salt, and then stand where there is a current of air, you will have no difficulty in beating them to a froth.

Cloth wrung out of hot vinegar and water, laid on the forehead as hot as can be borne, will often relieve headache. Another good plan is to bathe the forehead and the nape of the neck with hot water to which has been added a little eau de Cologne.

Vinegar Danger.—The nature of the vessel used in pickling is of the utmost importance. Vinegar boiled in an unlined copper or brass pan dissolves a portion of the copper, and immediately becomes impregnated with a poisonous substance. Nothing should be used for boiling vinegar except stone or well-scoured cast-iron vessels, the former for preference.

Raw potato juice is a first-rate cleanser. It will remove stains from oil-paintings. For the last right method is to cut a raw potato, and to gently rub its cut side over the painting, cutting a slice off whenever the portion used has become dirty. The potato juice and dirt are finally removed with a soft sponge and cold water, but care must be taken not to wet the back of the canvas.

In case of illness, and when there are no nightlights at hand, a candle can be made to burn as slowly as a nightlight does by lighting a new candle and allowing it to remain till the top surface is flat; then blow it out and sprinkle finely-powdered salt over the surface and over the black part of the wick. The illuminating power of the candle is made very much smaller in this way, but it burns a much longer time.

A SPRING TONIC.

Dr. Williams' Pink Pills Make Rich, Red Health-giving Blood.

Cold winter months, enforcing close confinement in over-heated, badly ventilated rooms—in the home, in the shop and in the school—sap the vitality of even the strongest. The blood becomes clogged with impurities, the liver sluggish, the kidneys weakened, sleep is not restful—you awake just as tired as when you went to bed; you are low spirited, perhaps have headache and blotchy skin—that is the condition of thousands of people every spring. It comes to all unless the blood is enriched by a good tonic—by Dr. Williams' Pink Pills. These pills not only banish this feeling, but they guard against the more serious ailments that usually follow—rheumatism, nervous debility, anaemia, indigestion and kidney trouble. Dr. Williams' Pink Pills are an ideal spring medicine. Every dose makes new, rich, red blood. Every drop of new blood helps to strengthen the overworked nerves; overcomes weakness and drives the germs of disease from the body. A thorough treatment gives you vim and energy to resist the torrid heat of the coming summer. Mrs. Jas. McDonald, Sugar Camp, Ont., says: "I was badly run down, felt very weak and had no appetite. I could scarcely drag myself about and felt that my condition was growing worse. I decided to try Dr. Williams' Pink Pills and before I had used a dozen boxes I was as strong as ever. My appetite returned and I am now able to do my housework without feeling worn-out. I think Dr. Williams' Pink Pills the best tonic there is."

It is a mistake to take purgatives in spring. Nature calls for a medicine to build up the wasted force—purgatives only weaken. It is a medicine to act on the blood, not one to act on the bowels, which is necessary. Dr. Williams' Pink Pills are a blood medicine—they make pure, rich, red blood, and strengthen every organ of the body. See that the full name, "Dr. Williams' Pink Pills for Pale People," is printed 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.

SLEEPING AT WILL EXPLAINED.

To be able to sleep at will is one of the accomplishments most people would desire. It appears, however, that those who possess it are not so much to be envied. Dr. Courtney, an expert in nervous diseases, says that the majority of people who can fall rapidly asleep whenever they wish it are persons who have very little feeling or power of reflection. A poet, an artist, a man of strong emotions, cannot sleep at will, for his mind is as active when he closes his eyes as when he is looking out on the world. But in the case of the sleep-at-will people, when they shut out sights and sounds their mind is nearly empty. Very little remains to produce consciousness, and so they fall asleep because there is nothing to keep their brains at work.

THE HEIRLOOM.

Mrs. Nurich, proudly—"That clock on the stairs is more than 200 years old."
Mrs. Blueblood Cutting—"Ah, of whom did you buy it?"

ALL NATURE IS IN TUNE

If There Were No New Beginnings How Drear Our Life.

Who satisfieth thy mouth with good things so that thy youth is renewed like the eagle.—Ps. cii., 5.

Everywhere the leaves break forth in obedience to the call of spring. Everywhere the bird song starts again; everywhere the flowers come out into the sunshine. There is no rebellion, no anarchy here. All nature is in tune. Out of the depths of the past springs the life of the present. Slowly, imperceptibly, all nature develops, because there is life. There is a new life. Each springtide marks a tide a little higher than the one before.

Is there anything in man's higher, moral life that corresponds to this? Can it be that while all nature is in tune with the infinite, singing his praises, and finding new life, man alone is out of harmony? As truly as there is a tide when life springs upward in the woods and fields, so truly is there a tide that reaches the depths of a man's life.

The years of youth return to none; the elasticity goes forever from the step; and yet man may renew his youth; his finer self may come under the power of

THE RETURNING TIDE OF LIFE.

There is a springtide for the heart. So long as hope and faith remain there is always the possibility of new beginnings, the shedding of old leaves, the breaking into new beauties of soul and of deed.

Though we may have long given up the possibility of finding the fountain of eternal youth, that hope was but the outer evidence of an eternal, inner fact. There is a fountain of eternal youth for the heart. The head may become frosty, but the sun shines warm once again, new hopes spring up, new and better

ideals are born, wherever there is a heart turning toward love and light.

Is there anything more desolate than the life that seems to have settled down to perpetual winter? With some it comes before the days of youth are ended. The cynical spirit, the world worn attitude, or the heart crushed by moral failure and seeming dead to all hope, lie buried beneath the snows of despair. Yet there may come, through the wonderful awakening to the fact of the everlasting, all inclusive love, through the vision of the brooding hope and longing for new life that beats in the heart of the most high for us all, there may come

THE BEGINNING OF NEW LIFE.

the bursting of the bonds of the old lethargy and the dawn of a new year for even the dreariest lives.

Hope is the only measure of age. Your years are many as your ideals and aspirations are few. The forward, upward look, the anticipation of better things farther on, the determination, despite past failures and wanderings, to find the best, to begin again, give promise of life renewed. Lift up your heart. To have fallen once is not, must not be, the end. Begin again. Infinite love is on your side.

Sitting in the days of gloom, never believe that there are no others. Know that the love that makes a world so fair never meant that our hearts should be forever desolate. Life's winter may be long; but in the wonder of the springtide that follows all its weariness shall be forgotten. Joy waits for all who look up and go forward. God is over all; he who brings again the glory to nature will restore your life.

HENRY F. COPE.

ADMIRAL OF THE FLEET

BERESFORD WILL COMMAND THE CHANNEL FLEET.

Sketch of the Career of the Most Popular Officer—Brave and Modest.

Admiral Charles Beresford, who has been in America attending to the settlement of his late brother's affairs, and who upon his return takes over the command of the Channel fleet, and with it the supreme command of the naval forces of the British Empire in the event of war, is the most popular officer afloat. "So high has been the opinion of his capabilities held by successive Admirals and Governments that he has been able to criticize them with the utmost freedom and with unvarying effect without any ill consequences to himself.

To the public he is "Fighting Charlie"; in the service he is "Charlie B.," and he has so completely won the affections of his men by little acts of kindness that they would follow him to the ends of the earth. Yet it is not kindness alone that have won for him such high esteem.

It will be remembered that he was in command of the Channel squadron when the trouble with the Russian Baltic fleet arose, and the regulations he drew up for the guidance of those under him in the event of hostilities are said to have been perfect. He prepared everything, from the order of battle to the ships that were to convey the wounded home to England.

HIS MODESTY.

"Charlie B." has just passed his 61st birthday, and it is typical of the man that he has more than once declared that he is too old for the command of a war fleet.

Speaking at a meeting of the London Chamber of Commerce five years ago, he said: "I am now 56 years old, with one foot in the grave," and in reply to the shouts of "No, no!" he added: "Yes, I am, so far as riding a horse and handling a fleet are concerned.

We appoint admirals much too old. Fancy anyone sixty years old riding in the Liverpool Steeplechase! Yet you want as much physical activity to command a fleet in action as you would to ride a horse in the Liverpool Steeplechase."

Like every officer and man in the navy, "Charlie B." has suffered through lack of opportunity; but he has come through such fighting as he has seen with flying colors. The best-known incident is, of course, his work in the little Condor at the bombardment of Alexandria. Equally plucky was his magnificent work on the Nile, in the futile efforts to rescue Gordon. He was able to rescue Sir Charles Wilson from almost certain annihilation at the hands of the Dervishes.

HIS UNFORTUNATE IMPEDIMENT.

The stuttering young man was doing his best to declare himself. "Sit down and write it, Percy," said the sweet young thing, encouragingly. "I don't like to be proposed to on the installment plan."

CANADIAN INVENTOR'S EXPERIENCE

INTERESTING INCIDENT BY A FAMOUS PATENTEE.

Mr. Wm. Wilson, of Craigie Villa, London (Ont.), the inventor of the Wilson Fruit Case, now adopted by the Canadian Government, tells an interesting experience which shows the healing and antiseptic value of Zam-Buk, the herbal balm. He says: "I had two poisoned wounds on my leg, which were very sore and inflamed. They caused me much pain and suffering, and although I tried several salves they refused to heal. Zam-Buk was recommended and I applied some. It acted splendidly and in a very short time healed the wounds.

"At another time I sustained a nasty cut. Zam-Buk took away the soreness almost instantly and soon closed and healed the wound. I have also used Zam-Buk for other injuries, and I have no hesitation in expressing my high opinion of its value. It is without doubt, a splendid household balm!"

Zam-Buk cures blood poison, cuts, bruises, old wounds, running sores, ulcers, boils, spring eruptions, scalp sores, eczema, itch, barber's rash, burns, scalds, and all skin injuries and diseases. All druggists and stores sell at fifty cents a box, or from Zam-Buk Co., Toronto, for price. Remember, it is purely herbal.

THE ADMIRAL'S THREAT.

Admiral Sir John Fisher, concerning whom several rumors are afloat just now, is the strongest personality in the navy. No one thinks of opposing him, for it has become quite a tradition that he always gets what he wants. Yet Admiral Fisher started life as a young officer without any private fortune or influential friends to help his advancement. The honorable position he now occupies has been won entirely by ability, pluck, and hard work. He is somewhat of a Kitchener in his methods, as the following story goes to show. Some year or two back Sir John—"Jacky" they always call him in the navy—wanted a ship under his command to go to a certain place on a certain date. Her captain pleaded that it was impossible to get ready. "Tell — that if he is not ready to leave for — on the day named I will have him towed there," was Admiral Fisher's reply. Needless to say, it did not prove necessary to carry out this threat.

BABY'S FRIEND.

"Before I got Baby's Own Tablets my baby was troubled with colic and vomiting and cried night and day, and I was almost worn out. But after giving him the Tablets for a few days the trouble disappeared and you would not know it was the same child, he is so healthy and good-natured now." This is the grateful testimonial of Mrs. George Howell, Sandy Beach, Que., and it tells other mothers who are worn-out caring for cross sickly children, how they can bring health to the little one and ease to themselves. Baby's Own Tablets promptly cure the minor ailments of little ones, and there are no cross, sickly children in the homes where the Tablets are used. Sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



The effect of malaria lasts a long time. You catch cold easily or become run-down because of the after effects of malaria.

Strengthen yourself with **Scott's Emulsion.**

It builds new blood and tones up your nervous system.

ALL DRUGGISTS; 50c. AND \$1.00.