SPRING SALADS.

Spanish Salad.—Remove the skins from six ripe tomatoes and put in a stewpan with one onion and three sprigs ing tried out, afterward pouring it into of parsley, the two latter chopped fine; moulds, where it will harden and keep add a good sized piece of butter, salt sweet for a long time. To keep it in a and pepper to taste, and boil twenty fresh state always ready for use in minutes; dissolve a teaspoonful of corn- doughnuts, biscuit, corn bread or pudstarch in a little milk and add this, stir- dings, prepare it in this way : Remove ring constantly; cook two minutes and all skin and chop very fine. To each remove from the fire; then add three quart of suet when chopped add 1 tableeggs, beaten lightly; add a little more spoon salt and 1/3 qt. flour. Mix thorsalt; serve on toast. This is a delicious oughly and place in glass jars, tightly luncheon dish.

finely chopped cabbage use a dressing one-half teaspoonful of salt, one-half cup of butter to a cream with one tea- and it will keep indefinitely. spoonful of flour and add it to the boiling vinegar; boil five minutes; then stir over the cabbage.

spoonfuls of sugar, yolks of two eggs, cup of cream.

Cream Cheese Salad. - Color the cream cheese a delicate green, using eilher the juice of boiled spinach or vegetable coloring, and form it into balls or eggs the size of a walnut; take a flat salad dish and make nests of the tender leaves of lettuce, and in each nest put three or four eggs of the cheese. With these serve mayonnaise dressing and crisp, salted biscuits or water crackers.

Oyster Salad.—Scald oysters until they are plump, and then put them in whites and chop fine; lay a bed of white the eggs, which have been mashed fine, spinach. and lastly the chopped whites of the Lemons are used more for fish than eggs. Do not let it stand long before meats, such as fried oysters and lobster sure the lettuce is thoroughly dried.

of your dish; chop the rest of the eggs, from coming through. put in dish and pour over any good effect around a white entree. sayed out and serve.

pineapple, and after cutting off the top, or ammonia. pieces; also cut the pineapple and rust from tins, irons, door-hinges, keys, grapes in small pieces; mix all together etc. the pineapple shell, and serve.

## HOW TO USE SUET.

The value of suet is often little understood by the housekeeper, and much of it is wasted that ought to be made use of. It is valuable for shortening and for frying in connection with lard, cooking which is so oily that many people never medium for frying by adding an equal thoroughly, and always hung out in the amount of suet which has been care- open air to dry. fully tried out. Food fried in it soaks

The season's first cold may be slight-may yield to early treatment, but the next cold will hang on longer; it will be more ter, and the picture will look almost or troublesome, too. necessary to take chances lating. You require one-half pound on that second one. Scott's

when colds abound and you'll have no cold. Take it when the cold is contracted and it checks inflammaof the throat and lungs and drives the cold out.

Send for free sample.

SCOTT & BOWNE, Chemists Toronto, Ont. Asoc. and \$1.00 . O . All druggists always use part suet on that account.

like to try out any kind of fat on account of the odor penetrating to every room, but there is no need of this. Cut the suet in small slices and put in a double boiler or a pail with tight-fitting cover. Set in a dish of boiling water over the fire until all the grease is tried out, then strain and the fat is ready for use. No odor is noticed in the house, and the fat can show no trace of scorching.

Ways to Keep It .- To keep the suet on hand ready for use, salt it well after becovered. When wanted for use, take 1 Cabbage Salad .- For one quart of cup of mixture to each 2 cups of flour. To preserve suet in its raw state withas follows: Boil together one-half cup out chopping, place it in a pail of suit- law of the community. of vinegar, two tablespoonfuls of sugar, able size, sift in flour to surround it completely, thus making it air-tight.

As Shortening.-If the suet is chopped so fine as to be creamy, it can be used in one well beaten egg; pour while hot in almost any food requiring shortening, the usual trouble being that in food Celery Salad .- Two heads of celery, eaten cold the particles of suet if coarse four hard-boiled eggs; chop the celery make the food unpalatable. Pie crust, and three of the eggs with it; cover with when made of the finely chopped suet is maintained solely through the medium the following dressing: One cup of as good as that made of lard or cooking of the sense of smell. If the ant is covvinegar, one teaspoonful of salt, one oil, and for meat pies it makes an exteaspoonful of mustard, three table cellent crust. For this use % cup finely ing recognized is diminished to an exchopped suet, 3 cups flour sifted with 1 traordinary degree. The antennae in with a teaspoonful of cornstarch, small teaspoon salt and 6 level teaspoons bak- particular must always be kept clean, piece of butter; when cold add one-half ing powder. Mix a soft dough with 1 for it is only with their aid that the ant cup icewater, then roll out to fit the top remains in close communication with its of the baking dish. This is also suitable tribe," for the crust of fruit puddings to be baked or steamed.

out less should be used as it packs so which so much has been written. Ants, closely that one is liable to use too it is well known, carry their dead to much. As suet can be bought for 5 cents | definite burial places, where they ara pound anywhere, and has little waste range them in most careful order. The in it, there is quite a saving over lard at little creatures do not, however, do this 9 or 10 cents.

### HOUSEHOLD HINTS.

Parsley and watercress are the most them to remove all refuse from the nest cold water while they are boiling hot so practical garnishes, for they look well and carry it away to a definite spot." as to make them firm; put them to one with almost any dish. If parsley is not side and boil five eggs hard; take off the obtainable fine celery tips may be used. Eggs are used either hard boiled and lettuce in a long dish; place the oysters sliced or the hard-boiled yolks may be in this; cover them with a mayonnaise grated and sprinkled over or around a dressing; over them place the yolks of dish; the grated yolks are effective on Can Obtain New Health Through the

person. Beet Salad .- Boil six small beets un- Paper frills for decorating broiled starved and irritable. Then comes hytil tender, and when cold chop them; chops are made by folding and fringing steria, neuralgia, sleeplessness and boil six eggs hard and remove the whites thin letter paper, then wrapping around other nerve disorders. Headaches, backfrom three of them to garnish the top the end of the chop to keep the grease aches and sideaches wear out and de-

but not in with the beets; salt and pep- Boiled carrots and beets, sliced with liams' Pink Pills soon bring ruddy per the beets and eggs after they are vegetable cutters into fancy shapes, are health and lively vigor. They soothe the chopped and mix them together lightly; nice for cold meats and have a pretty jangled nerves and give new strength

rings out of the whites of the three eggs to clean an enameled bath-tub. It will run down that my friends thought I soon take off the enamel if the use is was going into consumption. I was Pineapple Salad.—Select a large, ripe continued long. Use kerosene on a cloth as pale as a corpse, had no appetite and

remove the inside, leaving only the Tin boilers and other tin articles of tired me out, and if I walked a few shell; next remove the skins and seeds household service must be thoroughly blocks I would be almost breathless. from a few grapes; then take two ripe dried before putting away, or rust will My sister advised me to take Dr. Willibananas, peel them, and cut into small quickly appear. Kerosene will remove

with mayonnaise dressing, replace in Bread and cake boxes should be well washed once or twice a week with warm water and soap, and dried thoroughly, and left with lid open to air well before being used, otherwise the contents will become mouldy and musty, and the box

itself rusty. Dish and glass towels should be thoroughly washed every day in hot, very oil or any oily fat. The grease from fowls, should also be put over the fire in a

> To cleanse speedily and effectually all immediately after removing the con- ville, Ont. tents, pour in hot water and washing soda, put on the lids or covers, and let stand until ready to wash thoroughly. After wiping dry, turn upside down on the range, before putting away in the

A photograph which has become soiled by dust, or smoke, can easily be cleaned. Hold it underneath the cold water faucet, and gently wash it with the hand or soft brush, as the water flows over it. Thoroughly rinse in clear, cold wa-

Un - quite as good as new. Beef tea made this way is very stimulean beef, cupful of cold water, pinch of salt. Wipe the meat with a cloth, Emulsion is a preventive cut it down very fine, taking away all the fat. Put it into a jar, and add the as well as a cure. Take water and salt. Cover with a strong paper, and put into a pan of hot water, which must be three-quarters up the jar. Let it cook slowly for two hours, then strain, and serve with a small piece of toast.

# CORRECTS SOLOMON.

tolled the Ant for its Cleanliness.

tion, heals the membranes entomologist of Strasburg University, tions of all postcards on instructive and lungs of the throat and lungs of the throat and lungs of scious pride; "Ah, you've seen some of the throat and lungs published the results of an exhaustive views in the school collection, these are sary gear for trawling. The Queen

and when filling up the frying kettle combats the views of those investigators who assign to them almost human in-Trying Out Without Odor .- Many dis- telligence. But as exponents of that virtue which stands next to godliness, he maintains that ants stand pre-eminent, and if the human race would pattern after them in this respect, half the diseases on which doctors thrive would

Ants, he declares, abhor dirt in any form about their persons. Nature has provided them with implements that serve the same purpose as combs and brushes in the hands of civilized folk, and they make far more effective use of them. They are never too busy to clean themselves. No job is so important to an ant that he won't knock off work to clean himself. He does not wait until the day's labors are finished to perform his ablutions. He is never too tired to lend another ant a hand—or rather a leg—to effect a thorough scouring. He will tolerate loafing occasionally, for the professor asserts it is a mistake to suppose that ants are everlastingly hunting up jobs, but he won't put up with dirty neighbors. Cleanliness is the supreme

But the professor rather detracts from the credit one would otherwise be disteaspoonful of pepper; rub one-fourth Cover closely and set in a cool place posed to give them for the practice of this most exemplary virtue by telling us that ants are driven to it by the conditions of their existence. "Without the most scrupulous cleanliness," he says, they could not recognize each other nor communicate anything. The cohesion of the individual with his fellows is

> It is their highly developed sense of cleanliness, the professor says, which If the suet is used after being treated also explains the ants' "funerals" about with the object of providing their dead comrades with a last resting place, Dr. Escherich states: "they merely obey the instinct of cleanliness which impels

### BLOODLESS GIRLS.

Use of Dr. Williams' Pink Pills.

Anaemia means bloodlessness. Dr. serving. If you do the oysters and cutlets. They are cut in quarters, and Williams' Pink Pills actually make new, mayonnaise will become watery. Be a portion served on the plate of each rich, red blood and thus cure anaemia. When the blood is poor the nerves are press the poor pale victim. Dr. Wilto every organ. Miss Winnie Allen, salad dressing; garnish the top with Never use any kind of scouring soap Montreal, says: "I was so weak and did not sleep well. The least exertion ams' Pink Pills, and after using them for a few weeks I am again enjoying good health, and have good color. think every weak girl should take Dr. Williams' Pink Pills.

Dr. Williams' Pink Pills will cure any case of bloodlessness just as surely as they cured Miss Allen. The pale anaemic needs only one thing-new blood. Dr. Williams' Pink Pills make new, rich blood with every dose. That is why they cure all common diseases like anaemia, indigestion, neuralgia, palsoapy, water. If at all greasy, they pitation of the heart, headaches and backaches, St. Vitus dance, partial parkettle of diluted soda or ammonia and alysis and the secret troubles that make think of using it, can be made a good water and allowed to boil, then rinsed the lives of thousands of women miserable. Dr. Williams' Pink Pills are sold by medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from fat less than when pure lard is used, cooking utensils, place on the range The Dr. Williams' Medicine Co., Brock-

## POSTCARD SCHOOL BOOKS.

Children's Education Assisted by Foreign Pupils' Letters.

change of letters and postcards between lene, Paddington, and St. Mary Magdapupils in the London County Council lene, Munster Square-are not in favor schools and those in schools in our of the reporting of sermons. A preacher colonies, says the London Express.

communication with children in the cording details of services and criticiselementary schools in any part of his ing sermons. He said they thus sin Majesty's dominions from which appli- against "holy reserve." Let them not cations are received. Already there talk about the music or sermon, much have been many cases of interesting less speak of publishing it. and instructive correspondence. The Possibly the most novel church in the County Council pays the postage on the world is a floating church which poslific correspondents.

course if they see fit. According to Dr. Escherich, a learned At the Ostend Public schools collecthe ant to the sluggard as a shining tricts and photographs of national cos- Alexandra, has been fitted up especially example of wisdom and industry. The tumes and scenes of current events, are as a floating church and hospital, for German savant thinks Solomon would exhibited at the classrooms, and are dis- service with fishing fleets. She was have better justified his claim to be re- cussed between the children and the built at Leith, Scotland, and was the gift garded as the wisest man that ever teacher. Two or three times a week the of an anonymous donor to the Royal lived had he extolled the ant as an ex- selection is changed, and when during National Mission to Deep Sea Fisherponent of cleanliness. He has just the lessons any topic arises related to men. She is provided with the necesstudy of these wonderful insects. He shown and explanations given.

That's why you should use

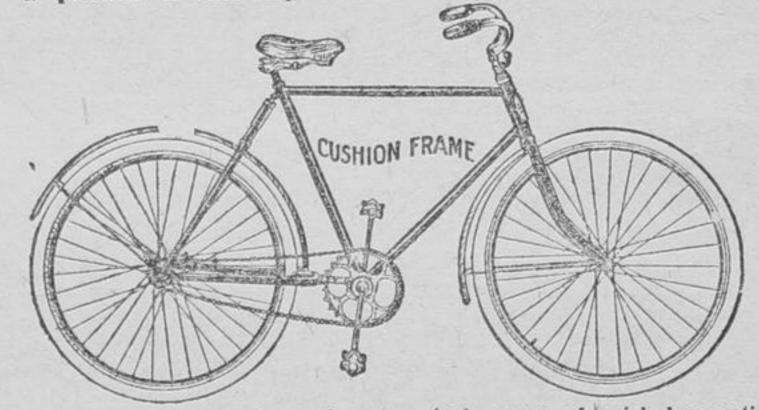


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"Makers of the Worlds Best Bicycles."

# GENERAL OFFICE AND WORKS - TORONTO JUNCTION.

STEAMER QUEEN ALEXANDRA IS FLOATING CHURCH.

One in England Encourages Flirting and One in Chicago Has Opened

a Nursery.

tional Church at Leeds, England, have attract people to the churches the sergone so far as to provide a speaking- mons will be made much shorter. Lord tube for the deaf. This tube consists of Rosebery remarked that he had some ordinary gas-piping, which is construct- time ago read that one of the bishops ed between the pews and the pulpit, had issued a charge to his clergy comwhere there is a trumpet-like contri- plaining of the undue shortness of servance which acts as the transmitter. At mons of the present day. This struck the extreme end there is a funnel-like him with development of the speaking-tube.

will be possible to dispense with the that diocese, for he was under the imchurches to a large extent. All that will pression that the sermon that was be necessary will be to switch on telephones from the various homes of the congregation and connect them with the home and enjoy the sermon, having all people to worship is a debatable point. the comforts of their own private room. The Rev. M. B. Williams, however, is

mitted by the Holy See. Some little time ago'the Holy See was appealed to on the question whether it would be in fact, it is now

SPECIFICALLY CONDEMNED.

The preachers of two of the "highest" Much success has attended the inter- churches in London-St. Mary Magdaat one of these churches has vehemently London boys and girls are put in denounced the habit of the Press in re-

London headmasters from adopting this This church is able to follow the sailors about on the

SURFACE OF THE WATER.

Alexandra is magnificently equipped,

and acts in a first-rate manner as a church to the thousands of men engaged in the deep-sea fisheries.

Another very curious church is to be seen at Galleywood, near Chelmsford, in Essex, England. It stands in the centre of a racecourse, the only other building being a windmill. The course runs quite close to the church, and two or three races are held there every year. The circumstance is rendered more remarkable by thet fact that the church was built after the racecourse was laid

The Harehills Road New Congrega- It is very probable that in order to

A MELANCHOLY FEELING.

It is suggested that in a short time it His lordship said that he should avoid too short had yet to be written.

Whether flirting in church will be encouraged as a means of bringing more It should be added, by the way, that distinctly in favor of flirting in church. confessions by telephone are not per- He says: "The expectation of seeing a young woman home has brought many a man to church for the first time."

One Yorkshire church, in order to atconsidered valid to hear confessions tract visitors undertakes to take care of made in this manner. As has been men- bicycles and similar articles. A Chicago tioned, the decision was in the nega- minister has gone further than this, for tive. Archbishop Kain has received he has opened a nursery for the benefit another decision from the same source, of mothers who have babies so young on the subject of asking dispensations that they do not care to leave them at from canonical laws by cable and tele- home. At the same time these mothers graph. The answer from Rome is that do not care to take them to church lest this practice cannot be allowed, and, they disturb the congregation. Hence the necessity of the nursery which has been opened.—Pearson's Weakly.

## A DANGER TO CHILDHOOD.

No mother would give her little one poison if she knew it, and yet all the se-called soothing syrups and many of the liquid medicines given children contain poisonous opiates, and an overdose will kill. When a mother uses Baby's Own Tablets she has the guarantee of e government analyst that this medicine does not contain one particle of opiate or narcotic that it cannot possibly do harm. This assurance is worth much letters. Canadian and New Zealand sesses a tower and steeple. This church to the mother who cares for the safety school boys and girls are the most pro- is built on the decks of two large boats, of her little ones. Mrs. Chas. Mcand can be moved from point to point on Laughlin, DeBert Station, N.S., says: "I One feature is the interchange of pic- the Delaware River as required. It have used Baby's Own Tablets for colic torial postcards which invariably re- effects a most striking appearance as it stomach troubles and other ailments of sults. The scholars engage in this on moves up and down the river. This is childhood and find them so valuable their own initiative. A suggestion is due to the fact that it possesses a lofty that I would not be without them in the thrown out that the postcards might be steeple, rising from its square tower, house." Sold by medicine dealers or by made as instructive as the letters. There while from the top of the steeple waves mail at 25 cents a box from The Dr. Dr. Escherich Says He Should Have Ex- is nothing in the regulations to prevent a flag with the word "Bethel" upon it. Williams' Medicine Co., Brockville, Ont.

> Fodd: "Charley, you were born to be the things I've turned off?" Fodd: "No, I wasn't referring to what you had written. I was thinking what a splendid ear you had for carrying a pen. Immense, Charley-simply immense!"

Perseverance works wonders, but I can't convert bad eggs into chickens.