

HEALTH AND HOME HINTS.

Foot Sprains.—Slide the fingers under the foot, and, having greased both thumbs, press them successively with increasing force over the painful parts for about a quarter of an hour. The application should be repeated several times, or until the patient is able to walk. This is a simple remedy for a very frequent accident, and can be performed by the most inexperienced.

Duchesse Potatoes are usually served with fish, on the same plate. They are little cakes of mashed potatoes. Take four steamed potatoes and mash them with an ounce of butter, the yolk of egg and salt. Spread on a pie plate, brush over with the yolk of an egg mixed with a spoonful of milk, cut in pieces of any shape, take up the pieces with a knife point, place them on a greased baking-pan and bake a nice colour on top.

Whipped Raspberry Cream.—Beat the whites of two eggs to a stiff froth with four tablespoonfuls of powdered sugar and add four tablespoonfuls of preserved (or canned) raspberry juice. Beat until it is very stiff. Lemon flavouring may be added if desired.

Tomato Butter.—Sixteen pounds nice tomatoes, one quart vinegar, eight pounds sugar. Boil all together until thick. When half done add two large spoonfuls of cinnamon, one of ground mace, and a teaspoonful of cloves or allspice.

Onions are at their best estate in the "rich midsummer prime." In winter they are plebeians. Useful they may be, and they may be rendered almost delicate by cooking in two waters and then treated to a final boil in milk. In summer a parboil of ten minutes in slightly salted water and a second ten minutes in half milk, half water converts them into patricians.

Stewed Cheese.—Take four ounces of grated cheese, which has become too hard and dry for table use. Set this in a stewpan with one gill of new milk, half an ounce of butter, and stew the whole till it is dissolved. When it is nearly cold add a beaten egg. Set in a pie-dish, and brown in the oven.

Inexpensive icing for cakes.—Thoroughly beat the white of an egg add to it one tablespoonful of cold water, and stir into it gradually sufficient sugar to thicken it. Lay this on the cake and smooth it with a knife dipped into boiling water. Set the cake in a cool oven to dry. This icing cuts easily without breaking.

Savoury shoulder of mutton.—Bone a small shoulder of mutton, and place onion stuffing in the cavity. Roll up the meat and make it into a firm roll. Slice turnips, carrots and celery, and place in a baking tin with one pint of stock. Stand the meat on the vegetables, cook gently till thoroughly done, basting frequently. Dredge the meat well with flour, so that it will be frothed, and serve with the strained gravy round.

Croquettes of veal.—Take any part of cold, lean veal and chop very finely. Place in a stewpan with a little cold stock, a tablespoonful of cream, a little salt and pepper, and enough flour to thicken. Let all just come to a boil, then pour into a soup-plate and put aside till cold, then divide into small portions, form into balls, roll in fine flour, then in egg and breadcrumbs. Fry in deep fat till a good golden colour and serve in pyramid form, garnished with fried parsley.

Poverty is uncomfortable, as I can testify; but nine cases out of ten, the best thing that can happen to a young man is to be tossed overboard and compelled to sink or swim for himself.—Garfield.

SPARKLES.

He—Can you explain to me the difference between "shall" and "will"? For example, if I say "Will you marry me?" should you reply, "I shall" or "I will"? She (coldly)—I should reply, I won't.

"How high is the thermometer?" asked the Philadelphia girl.

After a busy moment with a tape measure her Boston cousin replied "Five feet and three inches from the floor, dear."

"What was the worst money panic you ever saw, Colonel?" asked the interviewer.

"The worst money panic I ever saw," replied the great financier, "was when a nickel rolled under the seats of a street car and seven women claimed it."

"No, sir," said the motorist, "the airship is utterly impractical."

"Do you speak as a scientist?"

"No, sir. As a man of an experience. Suppose your engine breaks or your gasoline gives out and leaves you stuck away up yonder in a cloud bank, how are you going to get a team of horses to pull you out?"

Mrs. Caller—Are your new neighbors refined?

Mrs. Nextdoor—I should say so. They never borrow anything but our silver and cut glass.

An old colored preacher was addressing his dark-skinned congregation, when a white man arose in the back of the building.

"Mr. Preacher," said the white man, "you are talking about Cain, and you say he got married in the land of Nod, after he killed Abel. But the Bible mentions only Adam and Eve as being on earth at that time. Who, then, did Cain marry?"

"The colored preacher snorted with unfeigned contempt. 'Huh!' he said, 'you hear dat, brederen an' sisters? You hear da fool question I am axed? Cain, he went to de land o' Nob just as de Good Book tells us, an' in de land o' Nob Cain gits so lazy an' so shiftless dat he up an' marries a gal o' one o' dem no' count pore white trash families dat de inspired apostle didn't consider fittin' to mention in de Holy Word.'"

A TEA CABINET.

For a little house in the country—or, indeed, for any house where space is small and must be used to the best advantage, the tiny tea cabinet is most useful and handy. It serves as a tea cabinet and a side-table. One of its convenient points, really the most important, is the curtained cabinet provided with two shelves underneath, where cups and saucers may be tucked away to keep them free from dust. A complete tea service can be concealed behind the dainty curtains ready for use at a moment's notice.

If the tea cabinet has a position in the sitting room or library, then it may fulfil the office of a bookshelf or magazine rack. The top may be piled with volumes, while the curtained interior may be used for the tea things. It makes an excellent place for magazines, keeps them separate from the books, and one always knows where to find them.

A part of the curtained section may be converted into a bookcase by having partitions put down the sides, giving the space in the centre to the tea set and that at either side to small books. In this case the top is left for any use or decoration one likes. It offers a charming stand for flowers and bric-a-brac.

Thin silk or cretonne curtains give an effective finish. These should match the furnishings of the room.

BUSINESS GIRLS

LOSE STRENGTH

They Risk Health Rather Than Lose Employment and Eventually Break Down.

Thousands of earnest intelligent young women who earn their livelihood away from home in public offices, and large business establishments are silent suffering victims of overtaxed nerves and deficiency of strength. Weak, breathless and nervous they work against time, with never a rest when headaches and backaches make every hour like a day. They wonder their cheeks lose the tint of health and grow pale and thin; their eyes are dull and shrunken and beauty slowly but surely fades. Business girls and women, because of their work and worry look older than their years. What they seriously need is the frequent help of a true strengthening remedy to carry them through the day. Dr. Williams' Pink Pills are like actual food to the starved nerves and tired brain of the business girl. By making rich, red blood they supply just the kind of help that girls need to preserve their health and their good looks. They bring bright eyes, high spirits and thus make the days duties lighter.

Miss Alexandrine Bedard, a stenographer residing at 36 Richelieu St., Quebec, says:—"For the past couple of years I felt my constitution being gradually undermined through constant indoor work, and the great tax on my nerves through the long tedious hours over a typewriter. But it was only some six months ago that the climax came when one afternoon I lost consciousness through extreme weakness. The real seriousness of my condition was then pathetically apparent, as I was confined to my room, lacking even the strength to walk about. I was attended by a doctor, but after being a month under his care showed no signs of improvement. It was at this stage that one of my relatives read of the cure of a young girl whose case bore a striking resemblance to my own, by the use of Dr. Williams' Pink Pills. I began the use of these Pills the next day, and I attribute my complete recovery entirely to them. I had not taken more than three boxes when I began to get better, and after taking the pills for about a month I felt as strong and was enjoying as good health as ever in my life."

You can get Dr. Williams' Pink Pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

LIGHT SAFER THAN BLINDS.

Light is a better protection than any amount of barricades. Formerly, when men left their business places at night, they turned off the light and put up great shutters. Today they have learned that their greatest safeguard against enemies is to pull back the blinds, and keep a bright light constantly burning. For years, many thought it necessary to defend the teaching of Jesus, when all that his teaching needed was the clear light of day so that men and women could see what it really was. It is pathetic to see the little hedges that some well-disposed persons have tried to build for the preservation of truth, when what is needed is only that lives be truly lived in the open. A lighthouse needs no one to convince people of its genuine character.