

## Health and Home

**Ox Tail Soup**—Two ox tails, five pints cold water; boil gently for four hours, then thicken with one large tablespoonful flour, mixed with one-half cup cold water, salt and pepper to taste.

A dainty and seasonable dessert is made as follows: Press all the juice from three quarts of thoroughly ripe strawberries, and strain it through a fine hair sieve into an enamelled or agate saucepan, that has stood on the stove till thoroughly heated. Leave the saucepan on the back of the stove after the juice is in, and to every gill of the juice add a heaping tablespoonful of powdered sugar, which must be heated in the oven as hot as possible without discoloring it. Stir the sugar constantly in the juice until it becomes as thick as a rich cream, then pour it in a shallow glass dish and stand it where it will get ice cold. Put half a pint of rich cream in a bowl, add to it two heaping tablespoonfuls of powdered sugar, a tablespoonful of gelatine dissolved in a very little water, the white of one egg and the juice of half an orange strained. Whip this mixture to a stiff froth, put in a dozen little scalloped confectioners' timbals, and place them on the ice; let them remain till the cream sets quite stiff, then turn them from the moulds on top of the strawberry syrup.

The little daughter of a certain clergyman has reached the age where big words are apt to floor her, and where she is very sensitive to the remark of an older brother.

Not long ago she came running to her father.

"Papa, papa, George called me names."

"Why what did George say?"

"Oh," said the little girl, with a strong expression of disgust, "he said I practised what I preached. I don't, do I?"

"Well, my child, I—"

"But I don't, do I, papa? I don't any more than you do, do I?"

And then the clergyman flushed. But he took a half hour from his sermon and explained the meaning of the obnoxious expression to the best of his ability.

We have received the second edition of the Canadian Newspaper Directory published by the well-known firm of Advertising Agents—Messrs. A. McKim & Co., Montreal. It contains, in easily understood tabulated form, a list of every paper published in the Dominion and Newfoundland. With the name of each publication is all information obtainable regarding its circulation, political bias, size, day of publication, etc. There are also fine lithographed maps of the different provinces in which every newspaper town is prominently shown. The directory contains some well thought-out information regarding advertising in general, enlightens the enquirer as to the Libel Laws and Customs Tariff, etc., etc. The paper is a clean white, of heavy firm texture; in short, the make-up of the book is a great credit to Messrs. McKim & Co.

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