

HEALTH AND HOME HINTS.

A small plant has been discovered—the "pinguicula candata"—which has leaves constantly covered with a sticky gum, so that all insects which alight upon it are instantly caught. It is, in fact, a natural fly-trap.

Grana Toast—Take fresh cranberries and squeeze each, putting pulp and skin together in your saucepan, place over the stove, add sugar in the proportion of two table-spoonfuls to a cupful of fruit, and scald. Cut your toast into thin slices and butter, strain the hot grapes over the buttered toast and serve.

Stuffed Fruit Tomatoes—Remove the centres from ten tomatoes. Cut up into cubes one small pineapple, one lemon, and one small green pepper. Over this pour three table-spoonfuls of olive oil, a dash of pepper and sprinkling of salt. Mix all together, fill your tomato shells with it, garnish each with a sprig of parsley. Serve on a bed of lettuce leaves.

Tomato Pickle—For this take eight pounds of skinned tomatoes and four of brown sugar. Put them in a preserving kettle, and stir often to prevent burning. Boil till thickness of molasses, then add one quart of good cider vinegar, one teaspoonful of allspice or cinnamon (as one prefers), one teaspoonful of cloves, and boil five or ten minutes longer.

Eggs with Herbs—Break and beat your eggs until light. Season with pepper and salt. Chop finely a few sprigs of parsley, the same of garden cress and one small onion. Have a piece of butter melted in your skillet, turn in the eggs, and when they are beginning to set, sprinkle liberally with chopped savory. Turn all out upon thin slices of buttered toast and serve.

Nut and Vegetable Hash—Boil together half of one small turnip, four carrots, two onions and four potatoes in just enough water to cover. When done, strain, and turn into your chopping bowl and mince finely, adding pepper and salt to season. Chop separately one large cupful of walnuts, or any variety of nuts preferred. Now mix with the minced vegetables and pour over all one-half cupful of melted butter or olive oil. Brown in your skillet and serve on a platter garnished with tiny cubes of toast.—Physical Culture.

The British Army's dirigible war balloon sailed 35 miles to London, and circled under complete control around many high buildings.

For many years the manufacture of lead-pencils was entirely in the hands of the Jews. The first we hear of a pencil of graphite (commonly called blacklead) was a description by Conrad Gesner in the year 1615.

Every year the sacred shrine of Mecca the "Caaba," is re-covered with a costly carpet sent by the Sultan. A single one of these coverings has cost \$15,000.

LIQUOR AND TOBACCO HABITS.

A. McTaggart, M.D., C.M.

75 Yonge Street, Toronto, Canada.

References as to Dr. McTaggart's professional standing and personal integrity permitted by:

Sir W. R. Meredith, Chief Justice,
Hon. G. W. Ross, ex-Premier of Ontario,
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Dr. McTaggart's vegetable remedies for the liquor and tobacco habits are healthful, safe, inexpensive home treatments. No hypodermic injections, no publicity, no loss of time, from business, and a certainty of cure.

Consultation or correspondence invited.

SPARKLES.

A teacher asked: "Tommy, if you gave your little brother six sticks of candy and then took away five, what would that make?" And Tommy, thinking of little Joe, said: "That would make him yell."

Lady: And it was impossible for you to rescue your friend from the car-fish?

African Traveller: Unfortunately! When I arrived he had already been stricken off the menu card!

At a Southern eating station an old colored man was ringing a bell, and a little dog sat beside him howling dismally. The old man turned to him and said: "What you hollerin' for? You don't to have to eat here."

The Minister's Wife: Why, here is a safety pin in the collection!

The Minister: Yes, I fancy the man who used to put in a button is married.

"I am sick to death of everything," said the society woman. "Let's spend this evening where we've never spent one before."

"Agreed!" said her husband. "Shall we try home or church?"

"Church," she replied, sighing.

"Pa," what's the difference between an investment and a speculation?"

"When you win it's an investment. When you lose it's a speculation."

"Suppose you succeed in owning the earth," said the abrupt man, "what good will it do you?"

"Well," answered the oil magnate. "I'm naturally a man of hospitable instincts. There will be a kind of satisfaction in feeling that I am permitting other people to inhabit this globe."

An Ontario man had made his first visit to the West and was giving his impressions. "What struck me most," he said, "was that everything is on such a big scale. The country is big, the farms are big, the crops are big, men's ideas are big—and the stories—why it would take twenty Ontario men to believe one Western story."

Managing Director: Well, and what are your qualifications for the post of night watchman?

Applicant: Well, sir, for one thing the least noise wakes me up.

The very best glass eyes cost £5 apiece; a false nose can be purchased for the same money; a pair of false ears cost £6; and artificial hands, with which you can write and eat, can be bought for £25.

More than six thousand women are employed in the Russian Secret Service. Some draw two thousand a year, or even more.

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WASHING POWDER "CLEANS EVERYTHING."

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MONTREAL

A FISHERMAN'S LUCK.

Weak, Worn and Almost in Despair
When Dr. Williams' Pink Pills
Came to His Rescue.

"My strength was almost gone, my breath very short and I could hardly walk. I used many remedies but they did not help me. Finally a friend advised me to take Dr. Williams' Pink Pills. I did so and today, thanks to the pills, I am a perfectly well man."

This very emphatic statement is made by Mr. R. L. Porter, of Mailand, N. S. Mr. Porter is a fisherman and naturally a hard working man, subject to much exposure. He further says: "I was in a state of debility and bloodlessness. Sometimes I could attend to my work, but often was too weak and miserable to do so. I was unable and restless at night, and could not eat in the morning. I was troubled with pains in my back and shoulders, sometimes I could hardly straighten up. Then indigestion came to add to my misery, and my condition was one that made me almost hopeless. I tried several medicines—but in vain. Then one day a friend said why don't you try Dr. Williams' Pink Pills? I tried them and I shall always be grateful for them. In a short time I began to regain my health. I could eat better, and could eat any kind of food. My strength returned. I could attend to my work. I was in fact perfectly well again, and this is actually due to Dr. Williams' Pink Pills."

Dr. Williams' Pink Pills build up the strength and drive out disease in just one way—they actually make new red blood. That is all they do, but they do it well. They don't act on the bowels—they don't curdle and weaken like common pills. They don't bother with mere symptoms, they go right to the root of the trouble in the blood. That is why they cure anaemia, with all its headaches and backaches, and dizziness and heart palpitation. That is why they cure indigestion, rheumatism, neuralgia, St. Vitus dance, general weakness and the special ailments that grow out of girls and women do not like to talk about even to their doctors. But you must insist on getting the genuine pills with the full name "Dr. Williams' Pink Pills for Pale People" on the wrapper around each box. Sold by all medicine dealers or by mail at 50c a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

OUT OF THE WAY NOTES.

Germany uses up 214 million tons of potatoes yearly in the manufacture of alcohol, and only 350,000 tons of grain.

Agricultural capital represents one-third of all the wealth of nations.

The average man needs 1,600 lbs. weight of food to sustain him for a year.

Cape Colony has 20,000 acres of vineyards, containing 60 millions of vines. The usual so-called temperance drink averages at least three per cent. of alcohol.

Among people of wealth the average age for marriage is now—men, 37; women, 23.

Victoria holds a curious record. There are more boys born there than in any other Australian colony; 106 boys are born to 100 girls.

Not only are locusts eaten as food, but many other insects also. Among these are the buging moth of Australia, and the "gru-gru," a fat white grub found in the palm trees in the West Indies.

It takes four years to train a lion for exhibition work, and only one animal in four is fit for training. A well-trained lion is worth five times the price of one untrained.