

HEALTH AND HOME HINTS.

Clean zinc with hot soapy water and polish with keroene.

Paint spots may be removed from glass by rubbing with a penny.

The line as soon as its duty is ended should be reeled up and placed in a bag until next time.

Keep a careful account of your household expenses. You will find it invaluable for reference.

It is said that lumps of gum camphor, scattered inside of a piano will keep the moths from attacking the wooden lining of the hammers.

A remedy of great value for both cats and dogs consists of sweet oil. Put two tablespoonfuls in their milk and they will seldom refuse it.

Try how much easier it is to poach an egg when you put a teaspoon of vinegar in the boiling water. It helps to keep the shape of the egg; it also makes the white firmer and whiter.

A plumbing hint is never to put rock salt in traps. It is true that the salt by absorbing moisture from the atmosphere, will keep the traps full of liquid, but the strong salt solution will attack brass couplings and trap screws and injure the glaze of porcelain.

Rice Milk Soup.—To every half pound of whole rice allow three quarts of milk and sugar to taste. Wash the rice well, put it into an enamelled saucepan, and pour the milk over it. Let it come to the boil over a clear fire, and then draw the saucepan on to the side and allow it to simmer for two hours, or rather more. Just before removing it from the fire, add sufficient sugar to taste. Serve either hot or cold for supper. This is an excellent vegetarian dish.

Sardine Sandwiches.—Take two boxes of sardines, and throw the contents into hot water, having first drained away all the oil. A few minutes will free the sardines from grease. Pour away the water, and dry the fish in a cloth; then scrape away the skins and pound the sardines in a mortar till reduced to paste, add pepper, salt, and some tiny pieces of lettuce, and spread on the sandwiches. The lettuce adds very much to the flavor of the sardines.

Danish Pudding.—Three-fourths of a cup pearl tapioca; one and a half pint boiling water, one saltspoonful of salt, one-fourth cup sugar, one-half tumbler currant jelly. Pick over and wash the tapioca. Put it in the double boiler with the boiling water and cook one hour, or till soft and transparent, stirring often. Add the salt, sugar and currant jelly. Stir till the jelly is all dissolved. Pour into a glass dish and keep on ice. Serve very cold with sugar and cream. Half a cup of lemon juice, or any acid fruit syrup, or one cup of canned apricot, peach or quince may be used instead of the jelly. Or, in summer, use one pint of ripe berries or any small fruits, adding more sugar as required.

Muffins or Stale Bread.—In every family bread is apt to accumulate, and the good economist always manages to dispose of it in some useful way before it moulds. The following recipe teaches the easiest way of making such a disposition, and will be found reliable: Take a quart loaf of bread, slice it, and put it in a bowl, and pour on sufficient water to cover, and let it stand until well soaked; then press the water from it, and mash the bread until no lumps remain. Add two thoroughly beaten eggs, two tablespoonfuls of flour, one of melted butter or lard, a little salt, a very small portion of soda (unless the bread or milk is sour when more will be required), and milk enough to make it into a stiff batter. Bake in muffin rings or drop from a spoon upon a gridle.

Out of an average annual loss to the world's shipping of 2,172 vessels, 94 are completely missing and never heard of again.

SPARKLES.

Mr. Subbs (after engaging cook).—There's one other thing I suppose you should know, Miss Flannigan—my wife is a chronic invalid, confined to her room.

Miss Flannigan.—That's fine. I was afraid she might be wan iv thim chronic kickers that are re confined t' th' kitchen.—Puck.

Church.—What's that piece of cord tied around your finger for?

Chapell.—My wife put it there to remind me to post her letter.

"And did you post it?"

"No; she forgot to give it to me!"—London Opinion.

Bangs.—I notice you call that dog of yours "John D."

Hunter.—Yes. Never lost a scent in his life.

Sahib (to native bill collector).—Well, what do you want?

N. B. C.—Four rupees wheel tax, one dog cart, sahib; two rupees tax each two ponies, and one rupee one bicycle; total, nine rupees, sahib.

Sahib.—How do you know what I've got? You've been asking my servants, and the next time I catch you here I'll set my dog on to you. Do you understand that?

N. B. C.—Yes, sahib. One rupee more dog tax. Total, ten rupees, sahib.—Punch.

Patience.—This paper says the kangaroo sometimes leaps 70 feet.

Patrice.—Oh, are they afraid of mice, too?

"Shakespeare wrote for all time."

"For instance?"

"Take his expression: 'Tis not so deep as a well, nor so wide as a barn door, yet 'twill serve. How well that describes a 1908 spring hat!"

First Aeronaut.—Hall is hover! hall the ballast has gone and we are sinking. What shall we do?

Second Aeronaut.—Couldn't we drop a few h's overboard?

THE "LAKE OF BAYS" COUNTRY.

A handsome brochure, artistically illustrated, has been issued by the Grand Trunk passenger department, telling of the beauties of the Lake of Bays district, in the "Highlands of Ontario." A new feature of this district is the new hotel—the Wawa—at Norway Point. The hotel itself has a page illustration reflecting the summer glories of woodland and water, with a brood of seven wild geese soaring skyward beyond the tower. The concise description embodies the story of a charming resort. The very pretty duo tone photo engravings show the beauties of the new fairy land far more effectively than words can do. A copy can be obtained free on application to J. Quinlan, Bonaventure Station, Montreal, Que.

A LESSON IN GIVING.

Nannie had a bright silver dollar given her. She asked her papa to change it into dimes.

"What is that for, dear?" he asked.

"So that I can get the Lord's part out of it." And when she got it into smaller coins, she laid out one of the ten. "There," she said, "I will keep that until Sunday." And when Sunday came she went to the box of offerings in the church vestibule and dropped in two dimes.

"Why," said her father as he heard the last one jingle in, "I thought you gave one-tenth to the Lord."

"I said one-tenth belongs to him, and I can't give him what is his own; so if I give him anything, I have to give him what is mine."—Selected.

TO PREVENT
A NERVOUS
BREAKDOWN

Take Dr. Williams' Pink Pills When the First Symptoms Are Noticed and Save Yourself Much Suffering.

Are you troubled with pallor, loss of spirits, waves of heat passing over the body, shortness of breath after slight exertion, a peculiar skipping of the heart beat, poor digestion, cold hands or feet, or a feeling of weight and fullness? Do not make the mistake of thinking that these are diseases in themselves and be satisfied with relief for the time being.

This is the way that the nerves give warning that they are breaking down. It means that the blood has become impure and thin and cannot carry enough nourishment to the nerves to keep them healthy and able to do their work.

There is only one way to prevent the final breakdown of the nerves and the more serious diseases which follow. The blood must be made rich, red and pure, and Dr. Williams' Pink Pills is the only medicine that can do this promptly and effectively. Every dose of this medicine helps make new blood and strengthens the weak or worn-out nerves.

Mrs. David J. Tapley, Fredericton, N.B., was cured by Dr. Williams' Pink Pills after suffering from nervous breakdown, which resulted in partial paralysis of the face. She says: "The trouble came on quite gradually, and at the outset I did not pay much attention to it. Then it grew more serious, and there was a general breakdown of the nerves, which was followed by partial paralysis of the face; one side being completely drawn out of shape. I was under a doctor's care for a couple of months, and one treatment after another was tried without benefit. By this time I was confined to my room, and the doctor told me he could not cure me. Almost in despair I was persuaded to try Dr. Williams' Pink Pills. The improvement was slow, but the building up of a run down nervous system naturally is slow. Slowly but surely this medicine did its work, and after a time I was able to again come down stairs. From that on the improvement was much more rapid and now I am as well as ever I was in my life. My friends look upon my cure as almost miraculous. Dr. Williams' Pink Pills did for me what the best medical treatment failed to do—they brought me back good health."

It is the blood building, nerve restoring power in Dr. Williams' Pink Pills that enable them to cure such troubles as anaemia, rheumatism, the after effects of la grippe, indigestion, neuralgia, St. Vitus' dance, partial paralysis and the secret ailments of girlhood and womanhood. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50, from the Dr. Williams' Medicine Co., Brockville, Ont.

A famous African explorer found during his travels that, next to his white skin, nothing excited so much wonder among the woolly-haired Africans as his sleek lank hair. One day he found it convenient to have it cut, and the clippings were thrown outside his hut. Presently, he says, he heard a tremendous uproar, and, on looking out to see, there were numbers of natives scrambling to get possession of the traveler's shorn stubble, to be worn as a fetish to bring good luck.