

HEALTH AND HOME HINTS.

Tropical Salad.

Pare, slice and core one small pineapple. Peel and slice one large sweet orange, and one large ripe banana. Lay in alternate layers, with a tablespoonful of sugar between each. Cover closely and set on ice to chill. Serve plain in small sauce boats with a little crushed ice on each.

Raspberry Cream.

Rub one quart of ripe berries through a fine sieve. Mix with three pints of rich cream and sweeten to taste. Whip to a froth and add one half ounce dissolved gelatine and chill. When jellied a little it is ready to serve. Serve in sherbet glasses.

Pineapple Mousse.

Cook together one cup of graded fresh or canned pineapple, one cup of water and one cup of sugar for ten minutes. Then add one tablespoonful of pulverized gelatine. When it begins to jelly beat in one cup of whipped cream. Then chill on ice and serve daintily in small cups or glasses.

Compote of Peaches.

Peel, stone and cut into quarters one dozen ripe peaches. Cook in water to cover until tender. Remove and add one cup of sugar to a pint of juice, and cook to a rich syrup. Pour over the peaches while hot, and cool before serving.

Stewed Figs.

To one pound of dried figs add one pint of cold water and stew until the figs are very tender. Then carefully remove them and add one fourth pound of loaf sugar and a thin piece of lemon rind to the juice. Cook this syrup quite thick, add the juice of a lemon, then the figs, and stew ten minutes longer. Cool and serve plain or with cream.

Cherry Puffs.

Sift, with one pint of flour, one and one half teaspoonfuls of baking powder and a little salt. Then add gradually enough sweet milk to make a soft batter that will drop from the spoon. Butter as many cups as needed, set in a steamer over boiling water, and into each cup drop a tablespoonful of batter, then a layer of pitted cherries. Cover this with another tablespoonful of batter and steam, tightly covered, for twenty-five minutes.—Trained Nurse and Hospital Review.

If ingratitude toward men be a base sin, what shall we say of ingratitude to God?

Do not talk about another man's meanness till you have a clean record of your own.

You may depend upon it that he is a good man whose intimate friends are all good.—Lavater.

TOBACCO HABIT.

Dr. McTaggart's tobacco remedy removes all desire for the weed in a few days. A vegetable medicine, and only requires touching the tongue with it occasionally. Price \$2.

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SPARKLES.

Some one asked Whistler if he was acquainted with King Edward. He said, "No," "I have not that pleasure." "But the king says he knows you." "Oh, well," responded Whistler, "you know he's always bragging."

"I know something," observed Jack. "I know why they call idols idols. It's because they sit upon pedestals all day long, not doing a thing."—Harper's Bazaar.

A young teacher, whose efforts to inculcate elementary anatomy had been unusually discouraging at last asked in despair:

"Well, I wonder if any boy here can tell me what the spinal cord really is?" She was met by a row of blank and irresponsive faces, till finally one small voice piped up in great excitement:

"The spinal cord is what runs through you. Your head sits on one end and you sit on the other."

Little Ethel: Mamma, don't people ever get punished for telling the truth? Mamma: No, dear, why do you ask? Little Ethel: Cause I just tooked the last three tarts in the pantry, and I thought I'd better tell you.—Cleveland Plain Dealer.

The Denver National Bank not long ago received the following letter from a lady well known in social circles:

Gentlemen: Please stop payment on the check I wrote out today, as I accidentally burned it up. Yours, Mrs. Blank.—Denver Post.

HER GRACE.

A Washington divine, says The Star, tells a story of a certain clergyman's family in which it was the custom that each of his children repeat a Bible verse at the beginning of every meal in place of the more general formula of grace before meat.

One day one of his little girls found out in some small sin, had been sentenced to a much-curtailed dinner, to be eaten at a table by herself. When the family was seated around the dining-room table the usual little ceremonial was performed, and when her brothers and sisters had each repeated a text her father called upon her, sitting solitary at a wee table at the other side of the room. At first she demurred on the ground that, being debarred from the family circle, she saw no reason for joining the family devotions. Her father insisted; she remained silent for a moment, thinking, then spoke out clearly: "Thou preparent a table before me in the presence of mine enemies."

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SCIATICA CURED.

Mrs. Chas. F. Haley Restored by Dr. Williams' Pink Pills.

"I was utterly helpless with sciatica. I could not move in bed without aid. Doctors treated me, but I did not improve. I used Dr. Williams' Pink Pills and to-day am a well woman." This tribute to the merits of Dr. Williams' Pink Pills is made by Mrs. Chas. F. Haley, of Yarmouth, N.S. Two years ago she suffered most severely from an attack of sciatica, and for a number of months was an invalid confined to her bed. She further states: "It is impossible for me to describe the pain from which I suffered. I endeavored to continue my profession as a music teacher, but was forced to give it up. The doctor said the trouble was sciatica, but his treatment did not help me. I could scarcely take a step without the most acute pain shooting through my back and down the limb. Finally I took to my bed and lay there perfectly helpless, and could not move without aid. The pain was never absent. I consulted an other doctor, but with no better results, and I began to think I would always be a sufferer. One day a friend who was in to see me asked why I did not take Dr. Williams' Pink Pills, and on her advice I decided to do so. The result was beyond my most hopeful expectations. All the pains and aches disappeared and I have never since been troubled with sciatica. I have no hesitation in recommending Dr. Williams' Pink Pills for the trouble from which I suffered."

When the blood is poor the nerves are starved then comes the agony of sciatica, neuralgia, or perhaps partial paralysis. Dr. Williams' Pink Pills actually make new, rich, red blood, which feeds the starved nerves, drives out pain and restores health. It is because these pills actually make new blood that they cure such common ailments as rheumatism, anaemia, backaches and headaches, heart palpitation, indigestion and the painful irregularities of growing girls and women. 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.

SIMPLICITY IN MEALS.

Have a variety, but do not discuss the food at the table, is what Mrs. Rorer advises. It is better to have a lively conversation, so that the children will eat that which is put before them without thinking about it.

Cooking is drudgery for most persons because they do not use the same intelligent care that they would in any other profession or business. One must not employ a low-grade person to do good and easy cooking. In the large cities the individual house is fast disappearing and we are living in underground, ill-ventilated quarters, or in sky-scraping buildings in apartments called "flats," we are cliff and cave dwellers. Even persons in moderate circumstances speak with pride of dining once or twice a week at some first-class hotel, where they pay more for one meal than they should spend for five if they were living in their own well-regulated homes.

Do not forget that brains count in the kitchen more than in any other part of the house. The kitchen causes more trouble in this country than the parlor.

Cooking is drudgery to most women because they do not understand it. It is difficult for any one to do unfamiliar work.

Better a great heart in a frail body than a frail heart in a great body.