

The Mirror of Life.

Do you wish for kindness?—Be kind;
Do you ask for truth?—Be true.
What you give of yourself, you find;
Your world is a reflex of you.

For life is a mirror. You smile,
And a smile is your sure return.
Bear hate in your heart, and erewhile
All your world with hatred will burn.

Set love against love. Every deed
Shall armed as a fate, recoil;
You shall gather your fruit from the seed
That you cast yourself in the soil.

Each act is a separate link
In the chain of your weal or your woe;
Cups you offer another to drink,
The taste of their dregs ye shall know.

Look without. What you are, doubt it not,
You will see, you will feel in another.
Be your charity stainless of blot,
And how loving the heart of your brother!

Drive out Dyspepsia or it will drive out thee.
Use K. D. C. Free Sample, K. D. C. Company,
Ltd., New Glasgow, N.S., Canada, or 127 State St.,
Boston, Mass.

Keeping Medicines.

In some households drugs, even poisons, have no distinctive place of keeping. A promiscuous assortment of bottles are placed together, containing medicines, acids, flavoring extracts, etc., trusting to the labels and the housekeeper's memory that only the right thing will be used in cooking. Should she happen to have a poor memory and hurriedly make use of some article in this conglomerated assortment, a mistake would occur. A mother, in giving medicine to a sick child, took a bottle which she supposed to be medicine. In a few minutes the little one was in its death throes. It was muriatic acid.

There is nothing more reprehensible than a careless handling of drugs. In every household there should be a safe and separate place for their keeping. They should be plainly labeled, and under no circumstances should they be placed elsewhere, or mixed up with other bottles or packages.

Old Iron.

The three oldest known pieces of wrought iron in existence are the sickle blade that was found by Belzoni under the base of a sphinx in Karnac, near Thebes; the blade found by Col. Vyse imbedded in the mortar of one of the pyramids, and a portion of a cross-cut saw which Mr. Layard exhumed at Nimrud—all of which are now in the British Museum. Another old piece of iron is the wrought bar of Damascus steel which King Porus presented to Alexander the Great. This bar, which is of unknown antiquity, is still carefully preserved in the National Turkish Museum, at Constantinople. —*Canadian Engineer.*

A Beautiful Thought, Indeed!

It cannot be that earth is man's only abiding place. It cannot be that any life is a bubble, cast up by the ocean of eternity to float a moment upon its waves, and sink into nothingness. Else why is it the high and glorious aspirations, which leap like angels from the temples of our hearts, are forever wandering about unsatisfied? Why is it that the rainbow and cloud come over us with a beauty that is not of earth, and then pass off and leave us to muse on their faded loveliness? Why is it that the stars which hold their festival around the midnight throne, are set above the grasp of our limited faculties, forever mocking us with their unapproachable glory? And finally, why is it that bright forms of human beauty are presented to our view and then taken from us, leaving the thousand streams of our affection to flow back in Alpine torrent upon our hearts? We are born for a higher destiny than that on earth. There is a realm where the stars will be spread out before us like the islands that slumber on the ocean, and where the beautiful things which pass before us like shadows, will stay in our presence forever.

A River of Ink.

A curious phenomenon occurs in "Darkest Africa," where runs a small water-course which the chemistry of nature has turned into real ink. The formation is obtained by the union of two small rivulets, of which one is strongly impregnated with iron, while the second brook, percolating through a peat marsh, absorbs gallic acid. Nature knows no waste—nor man, either, when he is pressed to it—hence letters are comfortably written with this singular ink of Mother Earth. It is found in common use in Algeria, the neighborhood of this natural chemical laboratory.

The Hope of France.

French science has to deal with a peculiar problem, how to prevent the depopulation of the country, which is now going on so rapidly that deaths exceed the births by nearly 40,000 in a single year. Increasing the birth rate having proved impracticable, the present hope is to diminish the death rate. At a recent meeting of the new Society for the Protection of Children, Dr. Rochard referred to the fact that only eight years ago he was laughed at for predicting that the population would become stationary before the end of the century, and stated that 250,000 infants die yearly, of whom at least 100,000 could be saved by intelligent care. Stringent laws have been already passed to aid in preventing this great waste of life. It is now illegal for any person to give children under one year of age any solid food except on medical advice, and nurses are forbidden to use nursing bottles having rubber tubes. Efforts are being made also to induce Parisian mothers to nurse their own infants.

Palpitation is one form of indigestion. K.D.C. cures indigestion and the long train of ills attending it. Free Sample, K. D. C. Company, Ltd., New Glasgow, N.S. or 127 State St., Boston, Mass.

Energy.

Energy is of two kinds—physical and mental—and both may be affected favorably or unfavorably by what we call comfort. For instance, food, raiment, shelter of some sort are necessities to life itself. The poorest and most insufficient may keep a man alive, but cannot make him strong or vigorous. But let the food be nourishing and plentiful, the raiment adapted to the climate, the house staunch and sanitary, the surroundings clean and sweet, and they have done their work in ministering to the health of the average man and woman. Beyond this of course lies a large area, in which taste, refinement, and wealth have full sway. There is, however, a very practical and reasonable limit which each of us ought to see for himself—i. e., how far are all these things increasing and developing one's physical and mental energy? For, as surely as there is a point up to which they are necessary to maintain both, so surely is there another point beyond which they will tend to decrease both.

What the Census Determines.

One of our exchanges concludes, after studying the census, that probably no one who has not obtained information on the subject could make a reasonable guess at the number of places in the United States containing one thousand or more inhabitants. The guesses by the uninformed are usually from 10,000 to 15,000, but the United States census discloses only 3,715. Moreover, there are only 2,552 that have a population exceeding 1,500. At the other end of the line the returns are no less remarkable, for there are only seven cities with a population exceeding 400,000. There is abundant room for growth in these cities and towns, but the places with 1,000 or more population already contain 41 per cent. of the total population of the United States. The larger cities, it appears from the returns, are growing more rapidly than the country at large. Thus in 1880 there were 286 places having 8,000 inhabitants or more, the combined population of such places being 22 per cent. of the whole. In 1890 there were 448 such places, containing 29 per cent. of the whole population.

Hints to Housekeepers.

The strawberry shortcake may be made with sour milk or cream and soda, or with a rich baking powder crust. Whipped cream is a delicate accompaniment.

BAKED BANANAS.—Allow one tablespoonful of sugar and one teaspoonful of hot water for each banana. Pare the bananas and cut in halves. Place them on a shallow dish. Melt one tablespoonful of butter in the hot water and pour it over the fruit. Mix a little salt, and spice or lemon juice, with the sugar, sprinkle it over the top and bake twenty minutes, or until brown.

WATER ICES.—Water ices are inexpensive, delicious and seasonable. They are a trifle more troublesome to make and require a much longer time in freezing, but their lesser cost is more than compensation. The recipe given is for lemon ice, but with the variations of a little less sugar and of different fruits, it may be used with either oranges, pineapples, raspberries, strawberries, cherries or currants. A sherbet may be made by adding, just before packing to ripen, the white of an egg beaten to a stiff froth, into which has been mixed a tablespoonful of fine sugar.

FROZEN FRUITS.—Frozen fruits are preferred by many people to either ice cream or water ices. Strawberries, raspberries, pineapples, oranges, peaches and cherries are the fruits which give the best results served in this manner. Raspberries and strawberries are improved by the addition to the fruit of the juice of a lemon.

Five-inch pots will grow almost any plant as large as you care to have in a window, provided they have good drainage, fibrous soil, are watered with stimulating mixtures twice a week, have the leaves sprinkled before the sun is on them daily, and are kept from the glaring sun.

ORANGE CAKE.—Two cups sugar, one-half cup butter beaten to a cream, one cup of sweet milk, three eggs, three cups flour, two teaspoonfuls of baking powder. *Frosting:* Whites of two eggs, eight teaspoonfuls of sugar. Save out enough to frost the top, to the remainder add the juice and grated rind of one orange, spread on layers.

A fruit salad for dessert may be made of sliced bananas and strawberries or raspberries arranged in layers, sprinkled with powdered sugar and covered with whipped cream. Another is made with successive layers of sliced orange, finely-grated cocoanut, with the top layer of cocoanut.

BANANA SHORTCAKE.—One pint of flour, one large teaspoonful of good baking powder, one-third cupful of shortening made moist with milk. While baking, slice bananas in the proportion of three to one orange; grate the outside of the orange peel and mix with one cupful of sugar. Split the freshly-baked cake, butter and fill with the fruit. Four tablespoonfuls of sweet cream, beaten stiff, and added to the fruit, is an improvement. This is a delicious cake.

TOMATO FRITTERS.—One quart of tomatoes, one teaspoonful of soda; stir in flour enough to make a batter like that for griddle cakes.

FOREWARNED IS FOREARMED.—Many of the worst attacks of cholera morbus, cramps, dysentery, colic, etc., come suddenly in the night, and speedy and prompt means must be used against them. Dr. Fowler's Extract of Wild Strawberry is the remedy. Keep it at hand for emergencies. It never fails to cure or relieve.

A COMPLICATED CASE.—*Dear Sirs,*—I was troubled with biliousness, headache and loss of appetite. I could not rest at night, and was very weak, but after using three bottles of B.B.B. my appetite is good and I am better than for years past. I would not now be without B.B.B., and am also giving it to my children. Mrs. Walter Burns, Maitland, N.S.

STICK TO THE RIGHT.—Right actions spring from right principles. In cases of diarrhoea, dysentery, cramps, colic, summer complaint, cholera morbus, etc., the right remedy is Fowler's Extract of Wild Strawberry—an unfailing cure—made on the principle that nature's remedies are best. Never travel without it.