

HEALTH AND HOME HINTS.

To scald or boil milk, first rinse out the dish with cold water and immediately put in the milk and it will not burn.

Five cents worth of Chinese blue dissolved in one quart of water makes excellent bluing and will last a family a year.

A spoonful of vinegar in kettle of hot lard will prevent doughnuts from absorbing fat.

One teaspoonful of baking powder in one-half cup of granulated sugar added to the white of one egg stiffly beaten, makes a fluffy meringue for lemon pie.

Nut Bread—The following ingredients make a good sized loaf:—Four large cups flour, 4 teaspoons baking powder, 1 teaspoon salt; 1-2 lb. walnuts (cut fine), 1 small cup sugar. Mix well, then add 2 well beaten eggs, 2 1-2 cups milk. Let rise half an hour, and bake in moderate oven.—Katherine S.

Unnecessary.—A London physician, at a meeting of a medical society, stated that extraction of teeth was unnecessary. He was enabled to cure the most desperate cases of toothache he says, unless the case was connected with rheumatism, by the application of the following remedy to the diseased tooth:—Alum, reduced to an impalpable powder, two drachms; nitrous spirits of ether, seven drachms; mix and apply to tooth.

Steak Stew.—One round steak, cut into pieces of the desired size and fried in drippings. When well browned sprinkle with salt, cover with hot water and simmer gently for one and one-half hours. Thicken with gravy and serve.

Rye and Indian Pancakes.—One pint milk, one teaspoon soda, two eggs, a little salt. Mix firm enough to cut off a spoon in boiling lard, with half rye and half Indian meal. Molasses to sweeten.

DIET FOR THE FAT.

It is popularly believed that all fat persons are gross feeders, but this is not true; indeed, the reverse is often the case. Obesity may be a disease, or rather a prominent symptom of one, the trouble being with the internal chemistry of nutrition—a disease of metabolism, as it is called. It is comparable to diabete diabetes—nearly related to it, in fact. In this disease sugar is formed in excess in the system even when very little is taken with the food, and so in obesity there is a tendency to the formation of fat in the body, even if little fat forming food is eaten. In most cases much can be done by a regulation of the diet.

The amount of meat should not be increased, but the quantity of sugar and starchy foods should be reduced, their place being taken by non-starchy vegetables, such as spinach, cauliflower and salads. The foods to be avoided or taken in great moderation are those which contain much starch, such as rice and potatoes and all sweets—pies, puddings and candy. Tea and coffee should be taken without sugar, if taken at all, and chocolate should be omitted entirely.

Bread is fattening, but for most persons it seems an indispensable article of diet. Its amount can, however, be limited, and should be toasted.

Fats are less harmful than sugar and starch, and may be allowed in moderation in the shape of butter and salad oil.

The belief that the drinking of water makes fat is erroneous. If one eats juicy vegetables, and especially the less juicy fruits, such as apples and grapefruit, and abandon the use of sugar, there will be a natural reduction in the amount of water taken, but one should drink all that is needed to quench thirst.

Happy is the man whose Christian life and service is a love story; who, whether he teaches or prays, whether he gives, forgives or is much forgiven, whether he waits for orders or breaks camp for the march, can count his cycle of years but as a few days. Christ's life is the supreme love story.

SPARKLES.

A boy told one of his playmates he was getting ready to run away to sea. Several months afterwards the boys met and the playmate wanted to know if the other had been at sea.

"Yes," was the reply: "I was found out, and went on a whaling expedition with father."

"Woman," exclaimed the suffragette, "is the equal of man in every respect."

"Oh, I don't know," replied a man in the audience: "It takes a man to put an angle-worm on a fishhook."

"Mamma," said little Fred, "this catechism is awfully hard. Can't you get me a kitty-chism?"

"Say, pa?"

"Well, what?"

"How much does it cost to get a co-education?"

First Seaman—I say, Bill, wot's this card?

Second Seaman—That's the saloon passengers' menu, of course.

"But what does it mean?"

"Oh, it's a list of all the things they have for dinner—soup and fish and vegetables and meat. That's the difference between the saloon and the fore-castle! They get them all separately and call it a menu. In the fore-castle we get them all together and call it Irish stew."

"You mustn't cough so much, Willie," his mother said.

"I can't help it, mamma," replied the little boy with the long golden curls. "Something amuses me in my throat."

Friend—What was the title of your poem?

Poet — "Oh, Give Me Back My Dreams."

Friend—And what did the editor write to you?

Poet—Take 'em!

Kind Lady: What is your name, little boy?

Little Boy: Joshua Shadrach Lemuel Yotta.

Kind Lady: Well, well! Who gave you that name?

Joshua, Etc.: I dunno yet, but I der trail! Chicago News.

"I suppose you have read Shakespeare's works?" said the young man from the East.

"Yes, all of them," replied Miss Fitz of Saint Louis; "that is, unless he has written something within the past year."

NOT WORTH SHINGLING.

The late Thomas Bone, "the sailor missionary," was the soul of kindness, but he was seldom worsted in repartee. One of the many instances of this given in his just-published life is the following:

"His work was not without its humorous side. Among the new men there were always some who sought a little amusement at his expense, but they reckoned without their host. His kindly manner never changed. The smile never left his face. There was no venom in the retort, but it seldom failed to silence the interrupter. The laugh raised at his expense made it quite certain that no second attempt would be made.

"Seeing him approaching one day, one of a group of sailors announced his intention of having some fun. He stepped forward and removed his hat, revealing a perfectly smooth crown, and asked:

"Can you tell me why my head is so bald, while all my companions have plenty of hair?"

"I don't know," was the smiling reply, "unless the reason given me the other day by a farmer would apply—that an empty barn is not worth shingling."

THE ONLY WAY
TO GOOD HEALTH

Is To Keep the Blood Rich, Red and Pure by Using Dr. Williams' Pink Pills.

The only way for every girl and woman to be well and at her best is to keep her blood rich and red and pure. Impure, weak blood is the cause of the wretched feeling of languor and faintness, pains in the back and sides, headaches and all those other indescribable sufferings which makes the lives of so many growing girls and women a daily torture. There is one sure way to be well, and that is through the tonic treatment supplied by Dr. Williams' Pink Pills for Pale People. These pills actually make the new, rich blood which grows in girls and women need to make them well and keep them well. Thousands of mothers and their daughters have found an effectual cure for anaemia, general weakness, indigestion, palpitation, nervous disorders, skin troubles and other ailments in Dr. Williams' Pink Pills. Mrs. J. C. Moses, Brenton, N.S., says: "Last spring and summer my daughter's health gave out. She had no energy, was very pale and nervous, had no appetite. As the usual remedies given in such cases did not help her, we became much alarmed, and on the advice of a neighbor began giving her Dr. Williams' Pink Pills. We could soon see an improvement, and as she continued to take the Pills she gained in weight and vigor; her color returned and her whole system seemed to be built up again. She is now the picture of health and joins in recommending Dr. Williams' Pink Pills."

These Pills are sold by all medicine dealers or will be sent by mail at 50 cents a box or six boxes for \$2.50 by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

FROM APRIL TO MAY.

"Bessy is my sunshine, and Margaret is my April day," said mamma, as the two little figures stood at her knee.

A smile of the veriest sunshine spread itself all over little Bessy's face, as she went back to her play in another part of the room. But Margaret lingered, looking wistfully up into her mother's face, a tear half gathering in her blue eye, though she said nothing.

The mother drew her closer and whispered, "I wish the showers and storms could stay away, and both my little girls would be sunshiny all the time."

"Mamma, do you mean because I cry and get mad?"

"Yes."

The little face dropped, and finger went up to the corner of the mouth. Mrs. Marshman touched the downcast forehead with loving lips, and said:

"April comes first in the spring, little girl, with sometimes rain and sometimes sunshine, but most of rain and then comes May, the loveliest month in all the year, with nearly all sunshine, and such beautiful, beautiful flowers. And so, my darling, if you try very hard, and ask God to help you, you may yet turn to a May day; and your sunshine will be all the lovelier because it was so hard for you."

By this time the little face was wholly hidden against mother's breast, and remained there for a good while; then she too strayed off to her play; but the earnest look did not pass away; and many a time when a storm or shower seemed brewing, a determined little smile would come first as a rainbow, in answer to the mother's anxious look, and then, like the sun breaking through the clouds, it would flood her whole face with real May sunshine, and the mother would whisper encouragingly: "Ah, my Margaret, what a happy time it will be when my little April day changes to a bright, beautiful May day!"