

HEALTH AND HOME HINTS.

The teapot requires careful drying after using if good tea is to be made.

Tough meat can be made tender by adding a teaspoonful of lemon juice to the water in which it is boiled.

Pain spots may be removed from any kind of clothing by saturating with equal parts of turpentine and spirits of ammonia.

Best Tooth Powder.—Pulverized chalk, one ounce; pulverized charcoal, two ounces; pulverized soap, half ounce; and sufficient spirits of camphor to wet all to a thick paste. Apply with a brush.

This stimulating hair wash is excellent and not expensive:—Put a small handful of box-leaves into a covered jar or teapot and pour over them one pint of boiling water. Let this stand till cold, then strain and add two ounces of Jamaica rum to the fluid. Strain in a well-corked bottle and shake before using.

Camphor, a Remedy for Mice.—Any-one desirous of keeping seeds from the depredations of mice can do so by mixing pieces of camphor gum in with the seeds. Camphor placed in drawers or trunks will prevent mice from doing them injury. The little animal objects to the odor, and keeps a good distance from it. He will seek food elsewhere.

Vertigo or Dizziness.—To cure vertigo or dizziness, arising from dyspepsia, eat food that is easily digested, avoiding pastry and fat meat. Sometimes it is occasioned by coarseness, and in this case the remedy is to keep the bowels open with gentle physic. Avoid coffee, ardent spirits, late suppers, and go to bed and rise early, and take plenty of outdoor exercise.

Spanish Cream.—One quart milk, four eggs, half ounce gelatine. Pour one pint of milk on the gelatine, then add the other pint of milk, and stir it over the fire in a farina kettle. Beat the yolks of the eggs with three tablepoons of sugar, and stir into the milk just before it boils. When it comes to a boil take it off, stir into it the whites of the eggs beaten to a stiff froth, with three tablepoonfuls of sugar. Flavor with vanilla. Pour into molds. Use the next day.

NUT TREES.

The age at which any nut trees come into bearing depends on the care given to the trees. Some authorities state that fifteen or twenty years are necessary to bring them into full bearing, from the time the nut is planted. This is a mistake as trees that have been well cared for should bear a bushel of nuts in ten years, and the quantity will increase rapidly each year after that time.

Some persons may enjoy raising these trees from seeds; to be sure, it is rather a slow process, but it is interesting work. When planting the nuts, if they have thin shells, be perfectly sure that they have not dried out at all. The best plan is to get them as soon as they ripen, and plant them at once. When this is not possible, keep them in moist sand or in sawdust until they can be started. Butternuts, walnuts, hickory nuts, and filberts, being hard-shelled, will keep in growing condition much longer, but should be planted in the fall, as they germinate better when allowed to freeze, as that cracks the shell.

The fall planting is Nature's own plan, and the nearer we follow her ways the better results we may expect. Another thing, do not plant the nuts deep: Nature drops them on the surface and gives them a thick covering of leaves in which the dirt catches as it blows about, then the snow covers all and helps the leaves to decay and form a covering of leaf mold for the tree to grow in.

SPARKLES.

"I suppose that inspiration prompts many of your jokes?"

"A few," admitted the Press humorist. "Desperation, however, prompts the most."

Visitor—"And your daughter painted this beautiful picture?"

Mrs. Upstart—"My daughter paint it? No, indeed! Her teacher did the work. Considering what we pay him for lessons, it was the least he could do."

"What do ye think of the weather?"

"Wal, considerin' that I ain't had time to fix the leak in my roof, I reckon it'll rain, and seem' as how my tank's most empty, I calculate it won't."

"Where are those oysters, waiter?"

"In a minute, sir; the house doctor is examining them."

"Prisoner," said the judge, sternly, "it looks a little suspicious when you hesitate before telling the court your name."

"Well your Honor," answered the man who was arrested for speeding, "I have been pretty busy learning all the numbers on my automobile. A man can't remember everything."

Stub—"What's the trouble with the authoress's husband? He looks angry enough to eat someone!"

Penn—"And he is. She dedicated her latest book to him."

Stub—"Indeed! I should consider that a compliment."

Penn—"Not if you knew the title of the book. It is 'Wild Animals I Have Met.'"

"SAY IT QUICK."

Youngsters used to ask one another to say rapidly such tongue twisters as, "A skunk jumped over a stump into a skunk hole," and "What sort of a noise annoys an oyster?"

The girls could beat the boys at that game because they could gabble faster. "A woman's tongue," says an old Yankee proverb, "is hung in the middle and runs at both ends," and the girls certainly were able to tattle off at a great rate these mentioned phrases, as well as the riddle, "If Peter Piper picked a peck of pickle peppers, how many pickle peppers did Peter Piper pick?"

Various ingenious wights have concocted phrases difficult to say "trippingly with the tongue." Perhaps the three that here follow are the hardest to repeat.

"Flesh of freshly dried flying fish."

"A growing gleam glowing green."

"The bleak breeze blighted the bright broom blossoms."

Alliteration is not always necessary to make a sentence a tongue twister, though most brief examples show that peculiarity. Here is a longer sentence that exhibits about as unhappy a collection of syllables as can be brought together in the English language.

There is a beautiful lake near Webster, Massachusetts, the Indian name of which is the length of an old-fashioned hay rope and as hard to pronounce quickly as many of these carefully thought-out catch phrases. The aborigine called the lake Choe-a-gog-man-choc-a-gog-chau-bun-a-gung-a-maug—then he caught his breath. The meaning of the thing in English would probably be as long and involved as the introductory sentence of Ruskin's "Modern Painters."

Here are a few more of the phrases calling for linguistic acrobatics:

"Six thick thistle sticks."

"Two toads trot to trot to Ted-bury."

"Give Grimes Jim's great gilt gilt whip."

"A special sale of selected shopworn satin slippers."

"Strict, strong Stephen Stringer snarled sickly six sickly silky snakes."

FORTIFIED AT FIFTY

Dr. Williams' Pink Pills Bring Health and Strength to Women at a Critical Time.

Few women reach the age of fifty without enduring much suffering and anxiety. Between the years of forty-five and fifty health becomes feeble, and acute weaknesses arise with rheumatic attacks, pains in the back and sides, frequent headaches, nervous ailments and depression of spirits.

The secret of good health between forty-five and fifty depends upon the blood supply. If it is kept rich, red and pure, good health will be the result, and women will pass this critical stage in safety. Dr. Williams' Pink Pills help women of mature years as no other medicine can, for they make the rich, red blood that means good health, and brings relief from suffering. Mrs. C. Donovan, Newcastle, N.B., says: "About two years ago I was greatly run down and very miserable. I did not know what was wrong with me. I was hardly able to drag myself about, had severe headaches and no appetite. I felt so wretched that I hardly cared whether I lived or not. I had often read of what Dr. Williams' Pink Pills had done for others and I decided to try them, and I can now truthfully say I found them all they are recommended to be. Under their use my health gradually came back; I could eat better, sleep better and felt stronger in every way, and before long I was enjoying as good health as ever I had done."

Dr. Williams' Pink Pills cure by going to the root of the trouble in the blood. They actually make new blood. That is why they cure such troubles as rheumatism, neuralgia, indigestion, kidney troubles, headaches, sideaches and backaches, and the ailments of growing girls and women of mature years. 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.

WHY THEY GO TOGETHER.

"Bottles and rags! bottles and rags!" called the ragman, as he plied his calling.

"Why do you always put these words together?" asked the passer-by.

"Because, madam," said the ragman, courteously touching his hat to the lady, "wherever you find bottles you find rags."

Shrewd philosophy! It is a pity that our statesmen can not see the thing as clearly, and do not, for the good of prosperity, to say nothing of the moral happiness of the people, stop the accursed liquor traffic instead of putting in the way of Christian workers all sorts of handicaps.

Remember the shrewd words of the ragman, who sees things as they are:—"Wherever you find bottles you find rags." And if you wish to save people from coming to rags, you will banish the bottle. Let us all say we shall not give over the fight until we succeed.

Castles in the air may be beautiful to look upon, but when men want homes they call for stone and lumber. We may construct beautiful allegories about the hereafter, but when we come to die we want to pillow our heads upon the truth. An improved theory is a poor pillow for a dying man.

The truest help we can render to an afflicted man is not to take his burden from him, but to call out his best strength, that he may be able to bear the burden.—Phillips Brooks.