

## HEALTH AND HOME HINTS.

Keep old kid gloves for ironing day. Sew a pad of kid from the left glove in the palm of the right one. The protection from the heat and weight of the iron will do much to keep the ironer's hands from becoming calloused.

Stair Carpets.—When buying stair carpets always allow three-quarters to a yard over for each flight of stairs, and then when the carpet is lifted the same parts do not come on the edge of the stairs. By remembering this plan and allowing the extra piece the carpet will last half as long again.

Starchy food means an increase of flatulence, a more abundant residue of undigested material, with an increase of the constipation which is usually present in such cases, and consequently the condition of the patient is rendered worse than it was at the beginning. Hence it should be a standing rule not to keep dyspeptic patients on a diet of milk and starchy foods.

Lemon Pie.—Two lemons (grated rind and juice), 5 eggs (leaving out whites of 3 for frosting), 2 cups sugar, 2 tablespoons corn starch, 1 1/2 cups hot water. Thicken in double boiler. Fill previously baked pie crust, add the whites of 3 eggs beaten with 1 heaping tablespoon powdered sugar, and brown in oven. To make sure of crisp pie crust it is well to add filling when cold. For convenience, the crust and filling can be made the day before wanted. Then the whites can be beaten, and filling and whites placed in crust and browned shortly before using. This recipe will make two pies.

Popovers.—Lightly beat three eggs and stir them into one pint of milk. Sift half a teaspoonful of salt with a pint of flour. Stir into the flour enough of the egg mixture to make a thick batter, beat till very smooth, then gradually stir in the remainder of the liquid. Have ready a number well greased iron or granite muffin pans. Strain this thin batter, fill the hot pans three-quarters full, place in a moderately hot oven, and bake about thirty-five minutes.

Pudding Candy.—Two pounds sugar, three tablespoons vinegar, piece of butter size of walnut, water to moisten. Cook until thick, but not hard. Take from fire and stir, then add one-half pound figs, one-half pound raisins, one-half pound citron, one-quarter pound shelled almonds one-half pound walnuts, and beat till stiff. Have ready a towel wrung out of cold water; pour the sugar in, and twist from both ends till it is all a compact mass. When cold slice like pudding.

Orange Roly Poly.—Peel, slice and seed four sweet oranges. Mix well together one pint of flour, one-quarter of a teaspoonful of salt, one tablespoonful of sugar and one teaspoonful of baking powder. Rub into this two tablespoonfuls of butter and mix in sufficient sweet milk to mix to a soft dough. Turn out on a well-floured board, roll out in a long strip, spread with the sliced oranges and sprinkle thickly with sugar. Roll up, pinch the end so that the juice will not run out, lay on a buttered plate, and steam for forty minutes, then place in the oven until the top is dried off. Serve with hard or soft sauce.

A naturalist makes the following calculations in regard to the work done by the honey bee: When the weather is fine a worker can visit from 40 to 80 flowers in six or ten trips, and collect a grain of nectar. If it visits 200 to 400 flowers it will gather five grains. It would therefore, he estimates, take it several years to make a pound of honey, which would fill about 3,000 cells.

The reason why ships are not struck by lightning is attributed to the general use which is now made of wire rope for rigging purposes, as well as the fact that the hulls of ships are usually constructed of iron and steel. Thus the whole ship forms an excellent and continuous conductor, by means of which the electricity is led away into the ocean before it has time to do much damage.

## SPARKLES.

An Irish lady, having had a few hot words with her husband one day, had occasion, a few moments after, to send her servant for some fish for dinner. "Bridget," said the mistress, "go down to the town at once and get me a plaice." "In-dade an' Oi will, ma'am," said Bridget, "an' Oi may as well get wan for meself, for Oi can't stand the masher no more than yerself."

Speaker—I defy any one in this audience to mention a single action that I can perform with my right hand that I cannot do equally well with my left.

Voice from the Gallery—Put your left hand in yer right-hand trouser's pocket.

Mother—(criticizing the new vicar's sermon)—I think it was too high.

First Daughter—Oh, no ma; it was too low.

Second Daughter—I think it was quite broad. What do you say, dad?

Father—I know it was too long.—Ex.

A soft answer turneth away wrath—unless the wrath is about money.

"That seems a very bad cold you've got, my little man." "It's a very good cold; it's kept me away from school for two weeks now."

She (delightedly)—Papa says if we want to get married he'll pay half the expenses of furnishing a house for us. He (spontaneously)—But who would pay the other half?

"Didn't the lecturer feel hurt when so many in the audience fell asleep during the sermon?"

"Oh, no; it encouraged him to keep on."

"How so?"

"Why, he was conciliated enough to think they were nodding approval of what he said!"

Not Exactly.—An English tourist on a visit to Ireland was accosted by his landlady one morning as follows: "I hope you slept well last night, sorr?" "Well, not exactly, madam. I was troubled with an attack of insomnia." Landlady (indignantly)—"It's a lie, sorr! I'll give you a sovereign for every one you can find in the bed."

Stern was the glance which the coroner cast at the quack doctor who had just appeared in the witness-box.

"And, when you were called in," he asked, "what did you give the deceased?"

"Give him? Well, I gave him ipecacuanha."

"Indeed!" sneered the coroner. "And I suppose you know, sir, that in the man's condition you might just as well have given him the aurora borealis?"

"Quite so—quite so, sir," said the witness blandly. "It is a pleasure to meet a man of medical education. That is exactly what I should have given him if he had not died!"

There will be no mastery of great things while the little things remain unconquered. If we cannot drive back the picket line, what will we do with the army in the day of battle?

"My husband suffers dreadfully from insomnia," said a lady. "I see; can't sleep?" said the doctor. "No." "Well, there's one thing you might try. After he has been in bed for about an hour give him a shake, and tell him it's time to get up and go down and light the kitchen fire. See if that doesn't send him to sleep pretty quick."

Law is made to be enforced; and officers are put into authority to see that they are enforced. The officer who plays fast and loose with the law, or who trifles with the sacred duties which he has sworn to perform, is unfit to be the representative of a free and intelligent people. The trifle is blood relation to the grafter, and should share the same fate.—United Presbyterian.

## NERVOUS CHILDREN.

St. Vitus Dance.  
Neuralgia and Headache,  
Common Among School Children.

St. Vitus dance is a disease that is becoming more and more frequent among school children. Young people tire the nerves with study and the nerves cry out. Sometimes the trouble takes the form of neuralgia, headache, nervous exhaustion, weakness of the limbs and muscles, and what we call "being run down." In other cases St. Vitus dance is the result, and the sufferer frequently loses all control of the limbs, which keep up a constant jerking and twitching. There is only one way to cure this trouble—through the blood which feeds and strengthens the nerves. And Dr. Williams' Pink Pills are the only medicine that can make the new rich, red blood that feeds the nerves and strengthens every part of the body. The case of Flossie Doan, of Crowland, Ont., proves the value of Dr. Williams' Pink Pills. Mrs. Doan says: "A couple of years ago my daughter Flossie was dangerously afflicted with St. Vitus dance. She became so nervous that after a time we could not let her see even her friends. She could not pick up a dish, lace her shoes, or make any movement to help herself. She had grown thin and very pale, and she had been treated by several doctors without benefit. I feared she would not recover. A friend advised me to give her Dr. Williams' Pink Pills, and after she had used a couple of boxes I could see that they were helping her. We gave her nine boxes in all, and by that time she was perfectly well, and every symptom of trouble had passed away and she is now a strong, well developed girl."

If your growing children are weak or nervous, if they are pale and thin, lack appetite or complain of headaches or backaches, give them Dr. Williams' Pink Pills and see how speedily the rich, red blood these pills make will transform them into bright, active, robust boys and girls. You can get these pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

## DONT'S FOR HOSTESSES.

Don't invite a single visitor to stop in the house unless she is an intimate friend, who would enjoy being treated as one of the family; two are much more easily entertained than one; two can make excursions together, and when left to each other's company do not feel neglected.

Don't give vague invitations; they do not seem, and probably are not, intended seriously, and no one is complimented by a courtesy of that sort. If you really want a visitor, indicate the time or times when you will be free, and leave the invited to fix the date, or ask the visitor for a definite event.

Don't omit to give the invitation for a specified period—a week-end, a week, two weeks, or longer, according to distance and length of journey. If the visitor cannot be met at the railway station, don't omit to state how your house may be reached.

Don't cover the dressing table in the visitor's room with decorative trifles that will leave her no place for her properties. A laden dressing table looks very pretty at the moment of arrival, but the items are in the way subsequently.

Don't neglect to empty the drawers and wardrobe in the visitor's room; it is her room for the time being, and she has brought her garments with her.

Don't assume that, having given her house room, you are subsequently free of all responsibility concerning her. At large house parties arrangements are made for the guests' occupation; individually they are left to select from these, but entertaining on a small scale must not be done on this pattern.

Don't invite guests at all unless you have a definite reason for doing so, and really desire their company; then add, on the guest's behalf, at least one interesting feature to each day's events.—Selected.