

HEALTH AND HOME HINTS.

Acidified Cherries for Breakfast.—Pit the cherries and place in a dish with a layer of sugar and a little lemon juice sprinkled over each layer. Served in this way, cherries make an ideal breakfast fruit.

Jellied Chicken.—Boil an old fowl till the meat drops off the bones; take this up and put in a mold in nice pieces, not too large, and boil down the broth till it is a pint. Season, strain and add a level teaspoonful of gelatine, dissolved in cold water and fill up the mold. Turn out on a few white lettuce leaves and surround with quarters of hard-boiled eggs. Mayonnaise can also be served with this dish, if desired.

Bachelor's Pudding.—This recipe will allow for a family of four bachelors, but if the family is bigger the proportions can be maintained in double or treble quantities. Rub one ounce of butter in to two ounces of flour and two ounces of breadcrumbs; add one ounce of chopped candied peel and the grated rind of half a lemon, also two ounces of well cleaned Sultanas, half-a-teaspoonful of baking powder. Mix the ingredients well together, then add one large egg or two small ones. Lastly, add half a gill of milk; pour into a buttered basin and cover with buttered paper and steam two hours. A very suitable sauce is the jam sauce for which I gave a recipe a week or two ago.

ON SWEEPING A ROOM.

In all forms of house work there is an intelligent way of doing things as well as the reverse. Even a broom can be handled scientifically, so as to obtain good results, and when the day of sweeping and cleaning comes the housekeeper should see that her tools are as perfect as possible.

For the sweeping day, when the rooms are to be thoroughly cleaned out, a short skirt and blouse of some washable material should be provided, and a cap to keep the hair free from dust. Some cotton or linen covers for furniture and bric-a-brac are necessary, and old sheets and cotton quilts will make good dust covers. Soft cheesecloth makes good dusters, while the equipment can be further completed by a long-handled duster of sheep's wool for the walls, a chamouis leather for washing windows, and a small-sized pail.

To clean the room.—First remove all the ornaments, and wash or dust them. Then brush all the books with a soft brush and cover them up. Remove all the sofa pillows and beat them, and shake all tablecloths, covering them away from the dust.

Roll up the rugs, and, if possible, put them out of doors. Cover all the upholstered furniture with the dust sheet, first brushing them free from dust, and moving the chairs, etc., out of the room. Brush down the dust from the curtains, and pin them up, and cover them free from dust.

How to sweep.—If the room is to be swept with a brush, grasp the broom-handle with the right hand, and leave the left hand near the top. Begin sweeping in the dark corners and edges of the carpet, and sweep towards the centre of the room. Sometimes it is necessary to use a small brush to get the dust from the corners.

Always sweep from you, keeping the broom close to the dust, and give short strokes. Then when the dust has been collected in the dustpan, go over the carpet with a patent carpet-sweeper. Finally, dip a cloth in tepid water and ammonia, wring it out as dry as possible, and then wipe the carpet with the cloth. This will freshen the carpet in a wonderful way.

The room should air for at least half an hour, so that the dust is finally settled. Remove all the dust sheets and dust the furniture.

SPARKLES.

The little daughter of a homoeopathic physician received a ring with a pearl in it on the Christmas tree. Two days later she poked her head tearfully in at the door of her father's office.

"Papa," she sobbed, "papa, I've lost the little pill out of my ring."

A well-known divine was once reading his Bible in a railway carriage, when a fellow passenger of skeptical proclivities said, "It is time you ceased reading that book which the scientific world has long since repudiated."

"It would be better for you, sir, if you knew more about this old Book," replied the clergyman.

"Oh, I know all about that old Book; I have studied it from one end to the other."

"Then will you please tell me," inquired the minister, "what you think of the Book of Jehoachim?"

"The Book of Jehoachim, sir, is the best book in your Bible," replied the skeptic; "but it is full of historical inaccuracies."

"There is no such book in the Bible," replied the clergyman.

The skeptic immediately subsided.

A rector and his curate, having endured no end of trouble from an exasperatingly captious old critter in the parish, resigned and accepted an appointment elsewhere. The rector preached his farewell sermon from the following text: "Abide ye here with the ass, and I and the lad will go yonder and worship."

Below will be found several amusing answers given in at a school examination in England:

Stirling was famous for its sovereigns who used to be crowned there. A sovereign is still called a "pound stirling."

Subjects have a right to partition the King.

Alfred Austin was chosen by the Queen as Poet Laureate. He said: "If you let me make the songs of the nation, I care not who sings them."

The Imperfect tense is used (in French) to express a future action in past time which does not take place at all.

Becket put on a camel-air shirt and his life at once became dangerous.

Arabia has many syphoons and very bad ones; it gets into your hair even with your mouth shut. — University Correspondent.

WHERE KITTY CATS HANG IN A ROW.

There are trees where the kitty cats grow.

They hang by their tails in a row.

If they happen to fall

They don't mind it at all,

For they land on their feet, as you know.

With pollywogs wogging by,

While frogs hop around

On the clouds to the sound

Of the lobsters devouring mince pie.

The birdies all swim in the sea

And the wasp and the bungling bee.

If you dangle a worm

With a wiggly squirm

You might catch a chickadee-dee.

It's strange, but the apples and pears

Live in houses with carpets and chairs.

They go rolling around

With a rollicking sound

And come bumping and thumping

down stairs.

Ladies' Home Journal.

BROKEN IN HEALTH.

Dr. Williams' Pink Pills Restored Strength and Health After Medical Treatment Had Failed.

"I can truthfully say Dr. Williams' Pink Pills did for me what one of the best doctors in Halifax failed to do—restored my health." This strong statement is made by Mr. Wm. J. Weaver, 172 Argyle street, Halifax. Mr. Weaver adds:—"A few years ago I took employment in a large factory as fireman. I knew the work would be hard, and friends told me I would never stand it, but as I was a strong man, weighing 180 pounds, I laughed at the idea of not being able to do the work. Anyhow I started and found the job a hard one indeed. There were a number of firemen employed and men were taking and quitting the job every few days. I kept at the work for two years and during that time lost 50 pounds weight, and was a broken down man. I could not take my meals and often took my dinner back home with me without touching it. When I would be working on the night shift I could not sleep in the day time, and this added to my trouble. Finally I became a total wreck and had to quit the work. I could hardly drag myself about, and yet had become so nervous that I could not sit still and would walk about the house until I was ready to drop. The doctor came to see me every day, and changed the medicine time and again, but it did me no good. Finally he wanted me to go to the hospital, and at this stage a friend came to stay with me over night. While he was reading the evening paper he came across the testimonial of a cure wrought by Dr. Williams' Pink Pills. He said, "why don't you try them, nothing else is helping you and they may do you good." He went out and got me a box at once. When this was done I got a half dozen boxes, and before they were all gone I began to feel like a new man. I continued using the pills for a couple of months when I was again as well and as strong as ever I had been in my life, and I have not seen a sick day since. I feel confident there is no remedy in the world equal to Dr. Williams' Pink Pills for building up a broken down and nervous system, and for such trouble I would strongly recommend them."

Dr. Williams' Pink Pills cure such cases as Mr. Weaver's because they make the rich, red blood that feeds the starved nerves and tones and strengthens every part of the body. That is why they cure anaemia, rheumatism, indigestion, neuralgia, St. Vitus dance, paralysis and other troubles due to bad blood and shattered nerves. 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.

A lawyer died in a provincial town, and his fellow lawyers wrote over his grave, "Here lies a lawyer and an honest man." Not long afterward the governor of the province visited the town, and among other places inspected the cemetery. When he came to the lawyer's grave he, stopped, read the inscription once or twice, and turning to the head inspector, said: "Look here, my friend, we wink at a good many things in this province, but I do object to your burying two men in one grave."—Argonaut.

We know we will be with Christ forever when we know he is with us now. Methods are many, principles are few. Methods often vary, principles never do.