

### My Share.

I have no lands, I have no gold;  
Fame's way my footsteps miss;  
But I've my baby girl to hold,  
My little lad to kiss.

To helpful heights I may not reach,  
Or tides of error stay;  
Be mine the sweeter task, to teach  
Their unstained lips to pray.  
—A. Matson Osson, in 'Good Housekeeping.'

### Home-made Liniments.

It is difficult to find a liniment that will be of more general usefulness than simple camphorated oil or camphor liniment as it is often called, says the New York 'Farmer.' It is valuable for rubbing on the outside of the throat or on the chest as a gentle stimulant, or it may be used in case of chronic rheumatism, where it must be applied with friction to give relief. It may be purchased of the druggist, or it may be prepared at home by dissolving one ounce of gum camphor in four fluid ounces of olive oil. In case of a severe cold, a piece of flannel dipped in camphor liniment and heated and laid over the chest under a layer of cotton batting will seldom fail to bring relief to a little child or even to an older person. Ammonia liniment is a more powerful stimulant to the skin. It is made by mixing half an ounce of spirits of ammonia with an ounce of olive oil and shaking in a bottle until they are mixed. Apply it with the palm of the hand, using abundant friction.

The bank-note without a signature at the bottom is nothing but a worthless piece of paper. The stroke of a pen confers on it all its value. The prayer of a poor child of Adam is a feeble thing in itself, but, once endorsed by the hand of the Lord Jesus, it avaleth much.—Bishop Ryle.

### Drugs in Headache.

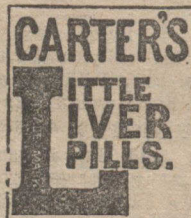
It may be said, with little fear of contradiction from those who know the facts, that if a cast-iron law forbidding the use of any drug whatever in the treatment of headache could be enacted and enforced, there would be much less misery for the coming generation than there is for this.

A sufferer from repeated headaches, who has found a means of relief in 'headache powders,' or other even less harmful drug may dispute this assertion, but the victims of some drug habit or the friends of one whose heart, poisoned by acetanid or anti-pyrin, has suddenly ceased to beat before its time, will look at the matter from another point of view entirely.

During the Spanish war numbers of would-be recruits were rejected because of a weak heart; and in the epidemic of pneumonia which ravaged the country last winter an unusual number of deaths occurred from failure of the heart to meet the added strain.

Although various causes have doubtless been at work to weaken the hearts of the present generation, there can be no question that one potent influence has been the indiscriminate use of headache powders. In all cases of habitual headache recurring periodically a physician must of course be consulted that he may find the cause,—eye-strain, disease in the ears, nose, stomach or other more distant organ,—and remove it if possible. But the separate attacks of headache have to be relieved, if very severe; and in these cases it is better not to resort to drugs, unless the drugs are taken under the special guidance of the physician. In the congestive headache, marked by throbbing and made worse by

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stooping or lying down, a cold towel or an ice bag, applied to the head, a hot water bag to the spine, a mustard plaster to the thighs, or a hot mustard foot bath—one or more—will often give relief when many drugs fail.

In the anemic form of headache, marked by pallor, in which the pain is made less severe by lying down, massage of the head or the application of warm cloths to the head and face will often be found grateful. A threatened bilious headache may sometimes be ward off by a dose of Epsom salts, as may other headaches due to disorders of the stomach; and one due to overuse of the eyes or eye strain will usually, if taken at the moment of the first warning, be arrested or mitigated, by closing the book and going for a walk.—'Youth's Companion.'

### Household Hints.

Stewed fruit is most delicious when the sugar is boiled with the water for ten minutes before the fruit is added.

It is affirmed that cereals with eggs or vegetable oil furnish all the food elements necessary to sustain a man with health, no matter how laborious his occupation.

To prevent a musty odor in seldom-used teapots, put a lump of sugar within, and it will absorb all dampness. It is understood that the teapot is first carefully cleaned. A little soda or scouring soap will remove any discoloration from one made of china, and these are best to use.

Lace, scrim, or other thin curtains should be washed with little rubbing, and so dried as not to require ironing. Make a suds of two pailfuls of soft water, to which a teaspoonful of powdered borax has been added. Have the

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curtains soaking in a tub of cold water, wring from this, and wash through the suds. If several pairs of curtains are to be washed, the suds will have to be changed. Use no bluing, but a small quantity of starch in the last rinse. Wring out and spread on a sheet on the floor straightening out all the edges. Pin down firmly every two or three inches.—'Country Gentleman.'

### Selected Recipes.

**GREEK PUDDING.**—Boil a quart of milk with a saltspoonful of salt, a piece of cinnamon stick and three ounces of sugar; strain it when cold and mix with two or three well-beaten eggs. Pour it into a pie dish, cover the top with slices of brown bread buttered on both sides and cut into triangular pieces; arrange them so that they look well on the pudding; the point of one should overlap the slice under it. Bake in a slow oven and serve with warm maple syrup in a sauce boat.

**ROLLED BEEF STEAK.**—Take a large, tender steak, bone it, and scatter over it bits of butter, salt and pepper, a very little sage, a very small onion chopped fine. Over that spread out a thick layer of mashed potato as left from dinner. Roll the steak tight, and cord it all round. Put it in a pan with a cup of nice stock or brown gravy, with a little sauce or catsup. Turn and baste till cooked and brown.

**CHICKEN AND PARSNIPS.**—Parboil the parsnips. Split a young chicken down the back, and lay it in a dripping pan, the bony side down. Drop over the chicken some bits of butter, and lay round it several small slices of salt pork. Cut each parsnip in two, sprinkle with salt, pepper and flour, and lay them round the chicken. Add a very little water, and bake till chicken and parsnips are brown.

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