

HEALTH AND HOME HINTS

Always scald rhubarb before cooking it, for it requires much less sugar, and yet loses none of its flavour.
Don't give arrowroot too important a place on the menu. Thousands of children have been starved to death on arrowroot.

Don't fail to lift the carriage over rough places and kerbstones when baby is taking his airing, or a disorder of spine or brain may result.

Improve the Salad.—Finely chopped nuts add to a salad greatly, as they do to a made meat dish.

Better than meat.—Most nuts are at their best as food when ground and cooked. Though having the value of meat, they are free from disease germs, as they are of vegetable origin.

Cut flowers, so expensive at this time of the year, will be found to keep their freshness for days, if they are given fresh water at night, and placed in a covered tin pail in a cool, well-ventilated room.

Young children frequently have weak and sore eyes. It will be found a help to bathe them with tea that is almost cold. Put it in a saucer (keep it for the purpose), and bathe the eyes separately with pieces of linen rag (not with a sponge). Each eye should be bathed with different pieces of rag, which should be burned as soon as done with. Fresh tea must be used every time.

Carrot pudding—Mix one and a half cups of flour, one cup of sugar, one cup of suet, one cup of raisins, one cup of currants, one cup of grated potatoes, one cup of grated carrots, a little salt, and one teaspoon of soda dissolved in half a cup of warm water. Steam or boil for three hours. For the hard sauce—cream fruit sugar and butter, and sprinkle with nutmeg.

MOLLY AND HER MASTER.

How soon puss learns to know whom she may trust. An officer in India was once obliged to leave his rooms, and while he was away some men lived in them. We cannot call them gentlemen because they delighted in frightening and teasing the officer's gentle and affectionate cat. Now, whenever Molly, the cat, had kittens she always brought them up in her dear master's study, where he let her have a nice bed in a corner. While he was away she had five dear little ones to nurse, but when she found these rude strangers in the old room, she thought this was not safe, so she took her babies into another room where she carefully hid them behind a bookcase. One morning Molly heard a footstep on the stair. It was her master. He came in, spoke to her, and stroked her, while she purred her pleasure at seeing him once more. He then went out for an hour, afterwards into the study. What was his surprise to find five kittens in the usual corner, though it had been empty before. He asked the servant about it, and he said, "Sir, the old cat taking them one by one in her mouth, brought them here." Molly's master was so glad of this proof of her trust that he never scolded the kittens when they wanted to play ball.

Lord Goschen's handwriting was very bad. Once, trying to read an important document, he exclaimed impatiently, "A man who writes like that ought not to be in the public service." The writing was his own.

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SPARKLES.

Teacher—A rich man dies and leaves \$1,000,000 to eight nephews and nieces. What does each get?

Scholar—Automobiles, ancestors, appendicitis.—Life.

Mistress—Now, remember, Bridget, the Joneses are coming to dinner to-night.

Cook—Leave it to me, mum. I'll do me worst. They'll never trouble you again.

"You are as full of airs as a hand-organ," said a young man to a girl who refused to let him see her home.

"That may be," was the reply, "but I don't go with a crank."

City Boy—Isn't it funny to see that garden full of watermelons?

Farmer—What is funny about it?

City Boy—Why, I always thought they grew in ponds, like water lilies.

"Which would you rather be, Willie, a monkey or a giraffe?"

"Giraffe, every time. It would be bully in the summer time for looking over the baseball fence."

The big touring car had just whizzed by with a roar like a gigantic rocket, and Pat and Mike turned to watch it disappear in a cloud of dust.

"Thin chug wagons must cost a hape av cash," said Mike. "The rich is fairly burnin' money."

"An' be the smell av it," sniffed Pat, "it must be thot tainted money we do be hearin' so much about."

"Your right ear is red. Somebody's talking about you."

"Probably it's the boy who hit me on that ear with a snowball."

Why are tears like potatoes? Because they spring from the eyes.

Jack—Yes, poor John may have had his faults, but his heart was on the right side.

Waggie—It is possible. No wonder he died.

"How will you estimate the carrying capacity of your flying machine?"

"By the amount of stock it will float," answered the practical inventor.

Lord Johnston has decided that the Rev. Cameron Mackay and those who adhere to him are not entitled to retain possession of Penpoint Reformed Presbyterian Church.

The wheat yield of New South Wales is estimated at 24,034,000 bushels from 1,967,202 acres under cultivation. The amount available for export is thirteen million bushels.

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A SPRING NEED.

Weak, Tired and Depressed People
Need a Tonic to Put the Blood
Right.

Spring blood is bad blood. Indoor life during the winter months is responsible for weak, watery, impure blood. You need a tonic to build up the blood in spring just as much as the trees need new sap to give them vitality for the summer. In the spring bad blood shows itself in many ways. In some it breeds pimples, and eruptions. In others it may be through occasional headaches, a variable appetite, perhaps twinges of neuralgia, or rheumatism, or a lazy feeling in the morning and a desire to avoid exertion. For these spring ailments it is a tonic you need, and the greatest blood-making, health-giving tonic in all the world is Dr. Williams' Pink Pills. Every dose helps to make new, rich, red, health-giving blood, which reaches every nerve and every organ in the body, bringing health, strength and energy to weak, despondent, ailing men and women. Here is proof. Mrs. Geo. Merritt, Sandy Cove, N.S., says "I was weak, feeling miserable and terribly run down. The doctor whom I consulted said the trouble was anaemia, but he did not help me. A friend advised me to take Dr. Williams' Pink Pills and it is simply impossible for me to over-estimate the good they have done me. I shall always recommend them to ailing friends."

But if you want new health you must get the genuine Dr. Williams' Pink Pills for Pale People, manufactured in Canada at Brockville, Ont. Other so-called pink pills are fraudulent imitations. The genuine Dr. Williams' Pink Pills are sold by all reputable medicine dealers or sent by mail at 50 cents a box or six boxes for \$2.50 by writing the Dr. Williams' Medicine Co., Brockville, Ont.

A GOOD CATCH.

Say to a person, "If you will stand on a chair in this room, I will make you come down the very first time I tell you!" The person will probably say you can do nothing of the sort; however, he will get on to the chair just to show you that he doesn't mean to come down directly he's told. As soon as he is up on the chair, say "Come down!" He will, of course, say, "I shan't do anything of the sort!" Then you will answer, "Very well, then; unless you wish to remain there for the rest of your life you will have to come down off that chair the first time I tell you, because I do not intend to tell you a second time!" Then, amid much laughter, he will have to admit that he is "done"—and descend from the chair.

Learn to give, and not to take; to drown your own hungry wants in the happiness of lending yourself to fulfil the interests of those nearest or dearest to you.—Henry Scott Holland.

The very first condition of lasting happiness is that a life should be full of purpose, aiming at something outside of self.—Black.

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