

HEALTH AND HOME HINTS.

A Sure Snuff Cure for Catarrh.—Equal parts gum arabic, gum myrrh, and blood root, pulverized.

Cream Cake.—Two eggs, one cup sugar, one cup sour cream, scant half teaspoonful soda, two cups of flour.

If, when cooking any dried fruit, boiling water is poured on and left the fruit simmer, it will be much nicer than to use cold water.

Creamed Chicken.—Cut up a cup of chicken in good-sized pieces; make a cup of rich white sauce by melting a tablespoonful of butter, rubbing it with a heaping one of flour, adding salt and a little pepper, with a cup of hot milk or cream. Cook till smooth; put in the chicken, heat well and serve. Creamed salmon or other fish, turkey, lobster, or any meat can be prepared in the same way.

Rice Pudding.—Put a half cup of rice in a cup and one-half of water and let it swell on the stove; then pour the water off and put in one pint of milk, and let it cook to a jelly. Beat the yolks of two eggs with five tablepoons of sugar, stir this into the rice with one cup of raisins, vanilla, salt, and when done beat the whites of the eggs with two tablepoons of sugar, and pour over the top, set in the oven to brown.

Breakfast Dishes.—An excellent dish is made of six eggs and three tablepoons of ham chopped very fine; beat the eggs, and after melting a lump of butter in the frying pan drop the eggs into it and stir the ham in; the ham has, of course, been cooked, either fried or boiled; season with pepper. This is a good way to use up pieces of meat that are left from dinner. A nice dish for breakfast or for tea is made of sweet potatoes boiled. Remove the skins, rub the potatoes through a coarse colander, make into flat cakes, dip into flour and fry in hot butter.

Salting Paths.—Everyone knows how difficult it is to remove weeds from the garden walk when they have once become rooted and grounded. Salt is one of the remedies most frequently employed, and the following is said to be the best way of applying it. Boil the salt in water, one pound to the gallon, and pour the mixture boiling hot out of a watering pot with spreading rose. This will keep weeds and worms away for two or three years. In subsequent applications the solution may be somewhat weaker. It will be as well to take care that none of the liquid falls on the garden mould.

THE BENEFIT OF LAUGHING.

In his "Problem of Health," Dr. Green says that there is not the remotest corner or little inlet of the minute blood-vessels of the human body that does not feel some wavelet from the convulsion occasioned by good, hearty laughter. The life principle, or the central man, is shaken to its innermost depths, sending new tides of life and strength to the surface, thus materially tending to insure good health to the persons who indulge therein. The blood moves more rapidly, and conveys a different impression to all the organs of the body, as it visits them on that particular, mystic journey when the man is laughing, from what it does at other times. For this reason every good, hearty laugh in which a person indulges tends to lengthen his life, conveying, as it does, new and distinct stimulus to the vital forces. Doubtless the time will come when physicians, conceding more importance than they now do to the influence of the mind upon the vital forces of the body, will make their prescriptions more with reference to the mind and less to drugs for the body, and will, in so doing, find the best and most effective method of producing the required effect upon the patient.

SPARKLES.

Willie: Don't the bluefish go about in schools, mother?

Mother: Yes, dear; why?

Willie: Oh, nothing; only I was just wondering what the school does if some fisherman happens to catch the teacher.

"And now," said the teacher, "we come to Germany, which is governed by the Kaiser. Tommy Jones, what is a kaiser?" "Please 'm," answered Tommy Jones, "a stream o' hot water springin' up an disturbin' the earth."—Christian Register.

"I'll be kind o' glad when Josh gets home from school," said Farmer Corn-tassel. "I have an idea he can be right useful."

"Are you going to put him to work?"

"Maybe. I've exhausted all the language I know on that team of mules. But I haven't given up hope. I want to see whether Josh can't startle 'em some with his college yell."

Patrick Murphy was conspicuous for a very homely face. He used to say that it seemed like "an offence to the landscape," a conclusion in which his acquaintances fully concurred; and he was as poor as he was homely. One day a neighbor met him and said: "And how are ye, Pat?" "Mighty bad," was the reply. "It is starvation that is starin' me in the face." "If that is so," said his neighbor, "sure and it can't be very pleasant for aither of ye!"

A country minister taking an early walk one morning came upon one of his Sunday school boys feeding poultry. "Are all these hens yours, Willie?" exclaimed the divine. "Yes, sir," replied Willie. The cock crowing just then, the minister said, "When the cock crows in the morning do you know what it is invariably the sign of, Willie?" "Ay, brawly," replied Willie, as he strode off, "it's a sign he's no sleepin'."

A Scottish "worthy," when he heard of anybody coming by misfortune, was in the habit of saying, "Oh, it micht 'a been waur." A friend waggered to tell him something which he could not possibly cap in this way. "Ah," said this friend to him, "I've had an awfu' dream. I dreamt I was dead, an' worse, worse than that—I dreamt that I was in the ill place." "Ah, man," was the quiet comment, "but it micht 'a been waur; ye micht 'a been there instead o' only dreamin' it."

Brave quiet is the thing for thee,
Chiding thy scrupulous fears,
Learn to be quiet from the thought
Of the eternal years.

—F. W. Faber.

SCIENTIFIC SINGING.

It is said that a gentleman from the country attended church one Sunday where they have scientific (quartet) singing, and was surprised at the difference between scientific singing, and that he had been accustomed to sing in the backwoods. He brought a specimen of the style, which he copied from the original:—

"Wa-kaw, swaw draw aw raw,
Thaw saw thaw law aw waws,
Wa-Kaw law thaw raw yaw braw,
Aw thaw raw jaw sawaws."

Which, when translated into plain English, reads as follows:—

"Welcome sweet day of rest,
That saw the Lord arise,
Welcome to this reviving breast,
And these rejoicing eyes."

Our friend says that in the country they are green enough to think it necessary for good singing that the words of the hymn should be sung.

A QUESTION OF HEALTH

Without Rich, Red Blood you Cannot be Healthy—How to Obtain this Blessing.

If every woman and young girl would realize the danger of allowing blood to become thin and poor, would understand that the majority of common diseases are caused by an anaemic (or bloodless) condition, that persistent pallor means that the blood is not furnishing the organs with the required amount of nourishment, there would be awakened interest in the tonic treatment with Dr. Williams' Pink Pills. Thin blood means starved nerves, weakened digestion, functional disorders, headaches, frequently neuralgia, sciatica and even partial paralysis. Dr. Williams' Pink Pills build up the blood, repair waste and prevent and check disease. They fill the system with rich, red blood which means good health and life.

Miss Marie Dionne, St. Angele, Que., says:—"I am deeply grateful for what Dr. Williams' Pink Pills have done for me. My blood had almost turned to water. I was pale, had no appetite, suffered from pains in the back and side, and had a feeling of constant depression. The smallest exertion would leave me breathless, and I was reduced in flesh until I weighed only 98 pounds. I got nothing to help me until I began the use of Dr. Williams' Pink Pills. They began helping me after the first couple of weeks, and in a few weeks more I was again perfectly well. The color returned to my cheeks, the pains left me, and I gained in weight until now I weigh 130 pounds. I feel so happy for what Dr. Williams' Pink Pills have done for me that I hope some other ailing, miserable girl will profit by my experience and obtain new health.

These Pills are sold by all medicine dealers or you can get them by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

GIVE SIMPLY A CHANCE.

"Here, boy, let me have a paper."

"Can't."

"Why not? I heard you crying them loud enough to be heard at the city hall."

"Yes, but that was down t' other block, ye know, where I hollered."

"What does that matter? Come, now, no fooling. I'm in a hurry."

"Couldn't sell you a paper on this here block, mister, 'cause it b'longs to Limpy. He's just at the furdest end now. You'll meet him."

"And who is Limpy? And why does he have this block?"

"Ose us other kids agreed to let him have it. Ye see, it's a good run, 'count of the offices all along, and the poor chap is that lame he can't git around lively like the rest of us, so we agreed that the first one caught sellin' on his beat should be thrashed. See!"

"Yes, I see. You have a sort of brotherhood among yourselves."

"Well, we're goin' to look out for a little cove that's lame, anyhow."

"There comes Limpy, now. He's a fortunate boy to have such friends."

The gentleman bought two papers of him and went on his way down town, wondering how many men in business would refuse to sell their wares in order to give a weak, halting brother a chance in the field.—The Watchman.

Never be angry because you cannot make others as you wish them to be, since you cannot make yourself as you wish to be.

Alas! it is a poor happiness that consists only in the ignorance or forgetfulness of approaching danger.—Richard Baxter.