

## HEALTH AND HOME HINTS.

Equal parts of skimmed milk and water, warmed, will remove fly specks from varnished woodwork or furniture.

To repair a glove button-hole neatly around the rent, and work closely in rows to centre until entirely filled in.

**Kidney Cakes.**—Ingredients—Three ounces of crumbs, three ounces of cooked sheep's kidney, one egg, chopped parsley, salt and pepper. Chop the kidney finely, and mix with it a tablespoonful of chopped parsley, the crumbs, and seasoning. Beat up the egg, and add enough to bind the mixture. Shape it into small, flat cakes. Brush each with beaten eggs, and coat it with crumbs. Put the cakes in a pan with plenty of hot fat, from which a bluish smoke is rising, and fry them a golden brown. Drain them well, and serve on a hot dish, garnished with parsley.

**Cream of Asparagus Soup.**—Cook the asparagus in water till tender, strain and save the water. To two cups of asparagus water add a white sauce made from four tablepoons of flour, four tablepoons of butter, and two cups of milk; season with salt and pepper. Serve two or three tops in each plate of soup.

**Cocoanut Cream Candy.**—Put two tablepoons butter into a granite saucepan; when melted, add one and one-half cups sugar, and one-half cup milk, and stir until sugar is dissolved. Heat to boiling point, and let boil twelve minutes. Remove from fire, add one-third cup shredded cocoanut and one-half teaspoon vanilla. Beat, using a spoon, until creamy, and mixture begins to sugar slightly around edge of saucepan. Pour at once into a buttered pan, cool slightly and cut in squares. Nut meats may be used in place of cocoanut.

## OLD SOUTHERN RECEIPTS.

**Best Salad Dressing**—Yolks of two eggs, one-fourth teaspoon of mustard, cup of oil put in almost drop by drop, one tablepoon of vinegar, juice of small lemon, salt and pepper to taste. Whip the salt, pepper, eggs and mustard together before adding the oil. Put in the vinegar and lemon last and beat to a yellow cream.

**Tapioca Pudding**—Soak two cups of tapioca until it swells and it is soft. Add three cups of sugar and one cup of peaches and the yolks of five eggs. Bake till it is set like jelly. Put a meringue on top of the pudding made of the beaten whites mixed with two and a half tablepoons of sugar. Return the pudding to the oven and slightly brown.

**Daube** (pronounced Dobe)—One and one-half pounds round steak, chopped fine, with one large onion; season with large teaspoonful of sage; salt and pepper to taste; roll into balls and fry brown; pour in enough water to make gravy; set on the back of the stove to simmer for two hours, add more water as it boils away. The steak can be cut into strips and fried and treated the same way, this is always eaten with rice.

Jehovah is constantly magnified with thanksgiving. In the Old Testament we see thanksgiving systematized, while not necessarily becoming less spiritual. For the Jews had their special eucharistic offerings, to which a definite ceremonial was attached. The thankoffering or peace-offering was not demanded in fixed and regular course, but was offered at the free impulse of the Jew himself—for in Old Testament, as well as New Testament days, God loved a cheerful giver. And at certain periods of unusual solemnity or rejoicing, thank-offerings were presented on a large scale.

## SPARKLES.

"Between two evils you should always choose the lesser."

"But suppose one is a bear and the other a rattle-snake?"

"Then climb a tree."

**Instructor**—What do you know about the ibis?

**Student**—The ibis is the part of the eye immediately surrounding the cuticle—Chicago Tribunes.

**Henderson** (who had just bought a new pipe)—Can you tell me, professor if this amber is genuine?

**Professor**—Oh, that's easy to be determined. Soak it in alcohol for twenty four hours. If it is genuine, it will then have disappeared.

**Morrison**—What is the matter, Dumley? You look terribly mystified.

**Dumley**—No wonder. I was talking with Jenkins just now. We were speaking of the Joneses, and he said that the elder was the younger and the deacon the elder. I can't get at the rights of the thing to save me.—Ex.

**New Clerk**—I should like two weeks vacation, sir.

**Boes**—What! Why, this is only your first week with us.

**New Clerk**—Yes, sir, but once I get accustomed to the position I may be able to stand it longer.

## BACKWARD, TURN BACKWARD

Backward, turn backward, O Time, in your flight;

Feed me on gruel just for to-night.

I am so weary of sole-leathered steak,

Petrified biscuit and galvanized cake;

Oysters that sleep in a watery bath,

And butter as strong as Goliath, of Gath.

Weary of paying for what I can't eat,

Chewing up rubber and calling it meat.

Backward, turn backward, how weary I am;

Give me a swipe at grandmother's jam;

Let me drink milk that hasn't been skimmed;

Let her eat butter whose whiskers are trimmed;

Let me once more have an old-fashioned pie.

Then I'll be ready to curl up and die.

## AN APPLE LESSON.

When the teacher called the apple class, they gathered round to see

What question deep in apple lore their task that day might be.

"Now, tell me," said the teacher to little Polly Brown,

"Do apple seeds grow pointing up, or are they pointing down?"

Poor Polly didn't know, for she had had never thought to look

(And that's the kind of question you can't find in a book).

And of the whole big apple class not one small pupil knew

If apple seeds point up or down! But then, my dear, do you?

## THE QUAKER POET'S JOKE.

A story is told of Whittier which illustrates the character of his humor.

Two of his neighbors, an aged brother and sister, had accumulated a competency. He thought they were working harder than was necessary in view of their age and worldly accumulations, and spoke to them of it.

"We must lay by something for our last sickness and have enough left to bury us," said the sister.

"Mary," replied Whittier, "did thee ever know any one in his last sickness to stick by the way for want of funds?"

CONSUMPTION'S  
STARTING POINT

Lies in Weak, Watery Blood Dr.  
Williams' Pink Pills Make the  
Blood Rich and Red.

Bloodlessness is the starting point of consumption. When your blood is thin and watery your whole health declines. Your face grows pale, your appetite fails and your heart jumps and flutters at the least exertion or excitement. You are always weak and wretched and lose interest in everything. This is the point from which you may easily step into that hopeless decline that leads to consumption and the grave. What is actually needed to bring back health and strength and energy is the new rich blood Dr. Williams' Pink Pills actually make. In all the world there is no other tonic medicine like them, and all who feel weak and easily tired should take these Pills at once, and regain new health.

Miss Ada Burke, The Range, N.B., says—"I feel that I cannot say too much in favor of Dr. Williams' Pink Pills. In March, 1907, I was attacked with whooping cough which clung to me for several months, and when the cough disappeared I was left weak and run down. All summer I was ailing, but when the autumn came I seemed to be completely worn out. For a whole month I never moved outside the house, and could scarcely walk about the house I was so weak. I had no appetite, my color was a greenish yellow. I had severe headaches and would be almost breathless at the least exertion. I took several bottles of medicine, but it did not help me, and then my mother got me three boxes of Dr. Williams' Pink Pills, when I had used them I was much better, and by the time I had taken another three boxes I was again enjoying the best of health, with a hearty appetite, good color and renewed energy."

If you want new health and new strength try Dr. Williams' Pink Pills, a fair use of this medicine will not disappoint you. Sold by medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

## ASKING BETTER THAN TELLING.

People are always ready to do what they are asked to do than what they are told to do. It may be necessary in military life to issue "orders," and pre-emptorily to tell the individual to do this or that. But it is seldom necessary to follow this style of speech in ordinary life. In the home, the kitchen, the office, the store, the school, life is pleasanter and work runs more smoothly when we recognize the right of every one—grown-up or child—to be asked to render a service or do a duty, instead of jamming a "do this" or "do that" at them. The more courteous method invites co-operation; the dictatorial method suggests compulsion. It is only a trifling difference in words—"will you please" is enough to accomplish it.—but the difference in feelings and results is not trifling. The application of the Golden Rule is always worth while.

Austria-Hungary military preparations are so complete that should it be found necessary, which is not anticipated, 150,000 men could be thrown across the Servian frontier in 24 hours. There are 10,000 men in garrison near the Drina River, between Bosnia and Servia, ready for any eventuality.