

HEALTH AND HOUSEHOLD HINTS.

To prevent mildew, soak in buttermilk and spread on grass in the sun.

To prevent flat irons from scorching, wipe them on a cloth wet with coal oil.

To clean furniture that is not varnished, rub with a cloth wet with kerosene.

Powdered rice sprinkled upon lint and applied to fresh wounds will stop bleeding.

There is nothing better than cold water, applied several times daily, for pre-sprinkling, strengthening and cooling the eyes.

Caledonia Cream—The whites of two eggs, two tablespoonfuls of loaf sugar, two of raspberry jam and two of currant jelly; beat them until the mixture will stand alone.

Cookies Without Shortening—One cup sugar, yolk of one egg, one-half cup of sweet milk, two tablespoonfuls cream tartar, one of soda, one of salt; roll thin; sprinkle sugar over the top before baking.

Egg Omelette—One pint rich sweet cream, three tablespoonfuls of flour, three eggs well beaten, half teaspoonful salt and pepper. Stir flour and milk smooth, add the eggs. Melt a large spoonful of butter in a baking pan, pour in, and bake twenty minutes.

Breakfast Stew—Chop fine whatever cold meats remain on hand; add a pint or more of good soup stock; season with salt, pepper and a small pinch of ground cloves. Thicken with browned flour and pour boiling hot over little squares of nicely toasted bread. Garnish with slices of lemon and serve at once.

Potato Pudding—One pound of potatoes (after they are boiled and strained), peel before boiling; one pound white sugar, three-fourths pound of butter, six eggs, yolks and whites beaten separately; the whites must be stiff enough to stand alone. Flavour with vanilla. Bake in a crust without a top. If it browns too rapidly in baking, cover with a greased paper.

Beef Loaf—Chop very fine or have your butcher mince two pounds of coarse, lean beef. Season spicily with pepper, salt, nutmeg, summer savory or sweet marjoram, and a cautious sprinkling of minced onion. Beat two eggs light and work up with the mass. Press hard into a bowl, fit a saucer or plate (inverted) upon the meat and set in a dripping pan of boiling water to cook slowly for an hour and a quarter. Lay a weight on the surface when it is done and let it get perfectly cold before turning out. Cut in perpendicular slices.

Cocoanut Cake—Three-fourths cup butter, two cups sugar, the whites of eight eggs, three cups flour, one cup sweet milk, two teaspoonfuls baking powder. Stir the butter and sugar to a cream, then add milk, then flour with baking powder sifted or stirred through it; lastly, add whites of eggs beaten to a stiff froth. Bake in layers. Soak one cup of desiccated cocoanut in one cup of milk. When soaked, remove from milk and press it till dry. Beat the whites of two eggs very light, with a small cupful of powdered sugar; flavour with vanilla or lemon; spread the frosting over the layers, then spread the cocoanut on the frosting. Pile the layers one on the other, and frost over the top and sides. It makes a beautiful cake.

Adam Butters, a Glasgow steeple jack, fell from a chimney 130 feet high. Death was instantaneous.

Several parties of prospectors are leaving for the new gold fields on the Findlay river, via Edmonton.

The Bishop of London has travelled thousands of miles by motor in the last few months and never missed an appointment, as a result of which he has given up all his horses.

SPARKLES.

Nodd—The doctor says we must be careful of our boy's brain.

Todd—Why not keep him entirely away from all mental excitement?

Nodd—That's our idea. We're going to send him to——University.

A man who lisped wanted to put two sows and two pigs in his neighbor's pen. The way he asked was this: "I have juth been parthathing thome thwine, two thowth and pigth. I want to put them in you pen till I can dixth a place for them."

The neighbor remonstrated, exclaiming that his pen wouldn't hold 2,000 pigs.

"I didn't thay two thouthand pigth, but thowth and pigth." And thus it went on for some time until the lisper declared that he meant not 2,000 pigs, but two thowth and two pigth.

Miss Aseum—But, he's her intended, is he not?

Miss Newitt—Oh, no. He intended I believe, but that's as far as it got.

Mrs. Brindle—Now, Mary, I want you to be careful. This is some very old table linen that has been in our family for two hundred year. and—

Mary—Ah, sure, ma'am, you needn't worry. I won't tell a soul, and it looks as good as new.

"Where hav yez been this avenin'?" asked O'Riley of O'Toole.

"Sure, I have been playing 'Bridget whist,'" said O'Toole.

"Bridget whist? An' how do yez play that?"

"I sit in the kitchen wid Bridget, an' ate pie an' cake an' chicken an' when Bridget hears the missus con'in' she says 'whist.'"

I don't see why you refer to her as your old flame. You're still calling on her, aren't you.

Yes, and I'm still burning money on her.

Mother—Dear me, the baby has swallowed a piece of worsted!

Father—That's nothing to the yarns she'll have to swallow when she grows up.

A SLY OLD FELLOW.

O, he was a sly old fellow,

That old gray cat I knew!

And, if I tell you the trick he played,

I think you'll say so, too.

One night by the dining-room fire,

Asleep on the soft, thick rug,

With his tail curled round and his

nose tucked in,

Old Tom lay warm and snug.

His master sat in his armchair

By the table laid for tea.

He, never thought Tom would steal the

cakes;

For Tom was asleep, you see.

So he left the room for a minute—

Perhaps it was two, not more—

And, on his return, on the hearth-rug

Lay Tom asleep as before.

But how do you think it happened

That by side of our sleeping friend

Lay a nice little cake from the table,

With a piece bitten off at the end?

Oh, he was a sly old fellow,

And I think I will leave it to you

To say how that cake came to be there;

For you see this story is true.

Alice P. Carter.

A man in New York has had his heart lifted out and three stitches taken in it and is still living, though the chances are said to be against him.

BANISH PIMPLES

AND ERUPTIONS

Everyone Needs a Tonic in Spring to Purify and Build up the Blood.

If you want new health and strength in spring you must build up your blood with a tonic medicine. Indoor life during the long winter months is responsible for the depressed condition and feeling of constant tiredness which affects so many people every spring. This condition means that the blood is impure and watery. That is what causes pimples and unsightly eruptions in some; others have twinges of rheumatism, or the sharp, stabbing pains of neuralgia. Poor appetite, frequent headaches, and a desire to avoid exertion is also due to bad blood. Any or all of these troubles can be banished by the fair use of such a tonic medicine as Dr. Williams' Pink Pills. Every dose of this medicine helps to make new, rich, red blood which drives out impurities, stimulates every organ, strengthens every nerve and brings a feeling of new health and new energy to weak, tired out, ailing men and women. Here is proof that Dr. Williams' Pink Pills is the greatest of all spring medicines. Mr. Henry Baker, Chipman, N. B., says: "Last spring I was so weak and miserable that I could hardly drag myself about. My appetite was poor, I did not sleep well, and dreaded work. My blood was in a terrible condition, which caused pimples and small boils to break out all over me. These would itch and pain and caused me much trouble. I tried several medicines, but without the least benefit, when one day a friend asked me why I did not try Dr. Williams' Pink Pills. He spoke so highly of this medicine that I decided to take his advice and give the pills a trial. I got a half dozen boxes, and the result was that by the time they were finished I felt like an altogether different man. They purified my blood, built up my whole system, and I have not had a pimple on my flesh nor a sick day since. For this reason I can highly recommend Dr. Williams' Pink Pills as a blood builder and purifier." 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.

OUT OF THE WAY NOTES.

Japan's imports this year exceed her exports by over \$27,000,000.

The Amur Railway, which Russia expects to complete in the next four years, is to cost \$38,000,000.

In France the average span of life is now seven years longer than it used to be sixty years ago.

Cultivation of rubber trees is being carried on in various parts of the world under expert surveillance.

Accident insurance is compulsory among the workmen of Holland and sickness insurance voluntary.

An unofficial estimate places at about 8,000,000 the number of telephones now in use in the world.

The turks are manifesting great delight in automobiles, but their poor roads make it difficult to use them.

Previous to 1760 the French would not eat potatoes, it being supposed that they would cause freckles.

Princess Stephanie of Belgium has invented an improved apparatus for gas stoves. It is being patented.

A man without a collar button is almost as helpless as a woman without a hairpin.

The Danube flows through countries in which 52 languages and dialects are spoken.