

HEALTH AND HOME HINTS.

Rain water and soda will remove stains from varnished furniture.

To attempt hard work or close study within an hour after eating invites derangements of the digestive organs.

Because air is invisible it is no reason why pure air is not as essential to good health as is wholesome food and drink.

Fruit Pudding.—Stiff together two cups of entire wheat flour, half a teaspoon of salt, two teaspoons of baking powder, and one quarter of a cup of granulated sugar. Beat one egg, add half a cup of milk, and one teaspoon of flavoring extract, and stir into the dry mixture; then beat in two table spoons of butter, melted, and lastly, three-fourths a cup of fruit: currants, sultanas, citron, figs, dates or prunes may be used, either singly or in combination. Steam in a buttered mould one hour. Serve with hard sauce.

Hard Sauce.—Cream thoroughly fruit, sugar and butter, adding cream to make the sauce soften, and sprinkle with nutmeg.

Maple Sugar and Walnut Cream.—Boil, without stirring, one pound of maple sugar grated or broken, and half a cup of boiling water, until the "soft ball" stage is reached; that is, until the syrup sticks to a skewer, plunged into cold water, the syrup, and cold water again, will form a soft ball between thumb and finger. Stir until thick enough to drop from a spoon; drop in well-shaped rounds, and decorate with a walnut meat on the top.

Cream of Oyster Soup.—Scald a cup of cream and half a cup of milk with a slice of onion and stalk of celery. Scald a quart of oysters in their own liquor. Remove the oysters from the liquor. Chop fine, pound in a mortar, and pass through a sieve. Cook together two table spoons of butter and three table spoons of flour to which has been added one fourth a teaspoon each of white pepper and paprika, and half a teaspoon of salt. Dilute with the oyster liquor, and add the oyster pulp. Beat the whites of two eggs until dry. Poach by desertspoons in hot water salted. Strain the cream into the soup, add more seasoning if necessary, and serve with the poached egg on the top.

The true secret of happiness is not to escape toil and affliction, but to meet them with the faith that through them the destiny of man is fulfilled. —Westcott.

SPARKLES.

"You have three pairs of glasses, professor!"

"Yes; I use one to read with, one to see at a distance and the third to find the other two."

"I wouldn't cry like that if I were you," said a lady to little Alice.

"Well," said Alice, between her sobs, "you can cry any way you like, but this is my way."

Little Johnny Smith suddenly asked, in a startled voice, says a writer in "Everybody's Magazine," "Mamma, is that bay rum in the bottle on your table?"

"Mercy, no, dear!" she replied. "That is mucilage."

"Oh!" said little Johnny. Then, after a moment's pause he added, reflectively, "Perhaps that's why I can't get my hat off."—Youth's Companion.

Papa: "Karlichen, look what you have done; upset the ink-pot all over my desk!"

Karlichen: "Yes, papa, Anna wasn't looking after me properly."

Teacher (to new pupil): "What's your name?"

New Pupil: "T-t-tommy T-t-tinker."

Teacher: "And do you stutter all the time, Tommy?"

New Pupil: "N-n-no, m-m-m'am; o-o-only when I t-t-talk."

"How in the world, Mrs. Wisely, do you manage to have" all your three daughters in so early when they spend the evening out?"

"The last one home has to get breakfast next morning."

Said an Irishman to a telegraph operator: "Do you ever charge anybody for the address of a message?"

"No," replied the operator. "And do you charge for signing his name, sir?" said the customer.

"No, sir."

"Well, then, will ye please send this? I just want my brother to know that I am here," said the following:

"To John McFlynn, — St., New York—(signed) Patrick McFlynn." It was sent as a tribute to Patrick's shrewdness.

However beautiful our dreams, we prefer the open vision. The labor of the day is more than the passing vagaries of slumber. It is here that life faces its realities and accomplishes its mission. Yet for the subconscious realm we thank God, for therein we have had most beautiful glimpses of the land that lies afar off, and the soul has been so mellowed by anticipations, that we have arisen from our sleep and have gone more hopefully to the duties of the day.

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You can get these pills from any medicine dealer or by mail at 50c a box or six boxes for \$2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

A LITTLE POEM BY GREAT MEN.

Why all this toil for triumphs of an hour? —Young.

Life's a short summer; and is but a flower. —Dr. Johnson.

By turns we catch the fatal breath and die. —Pope.

The cradle and the tomb, alas, how nigh? —Prior.

How long we live, not tears, but actions tell. —Watkins.

The man lives twice who lives the first life well. —Herriek.

The trust that's given, guard, and to yourself be just. —Dana.

For live now how we may, yet die we must. —Shakespeare.

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