

HEALTH AND HOME HINTS.

Wash children's heads in a lather of pure soap once a week, if you wish the hair to grow well.

Save the water that meat, fish, haricot beans, or rice have been boiled in. It contains nourishment, and is an excellent foundation for soups.

A thorough draught should be allowed to blow through every room in the house once a day. It is only in this way that the air is changed and purified.

Fried onions are a delicious vegetable. Choose some small onions, parboil them, and then fry whole till perfectly tender. Scatter pepper and salt over, and serve with steaks, etc.

Flowers with woody stems, such as roses, honeysuckle, lilac, etc., should have the bark stripped off for about two or three inches before putting in water. They will keep much longer if this is done.

Outdoor games should be encouraged, but it is necessary in winter that boots and stockings should be changed directly after or the good of the exercise will be undone by the chill of damp boots.

Beefsteak Toast—Chop some remains of beefsteak finely, moisten it with a little good gravy, season with chopped onion, pepper, and a dash of ketchup. Heat over the fire, and when very hot serve on a round of toast. Garnish with grated beetroot.

Fruit Jumbles—Take one pound of sugar, one pound of butter, one pound and a quarter of flour, six eggs, half a pound of currants, a little soda and nutmeg. Mix the butter, sugar, spice and eggs, then the currants, next the soda, and lastly the flour.

Sultana dumplings are very nourishing and palatable food for children. Try this recipe—Rub six ounces of finely chopped suet into ten ounces of flour, add four ounces of fine bread crumbs and six ounces of sultanas. Stir in a pinch of salt and a teaspoonful of baking powder. Mix with an egg and a little milk into a slack dough. Divide into dumplings, tie in cloths, and drop into boiling water. Allow the water to boil up after each dumpling has been put in before putting in the next. Boil at a steady gallop for half an hour.

SPARKLES.

"Oh, come now; forgive and forget." "I am perfectly willing to forgive, but I just won't forget, so there!" — Stamford Advocate.

The real reason why "there are no birds in last year's nest" is because they are found in this year's hat. Even a bird cannot be in two places at once.

"I'm surprised that you should be so interested in watching those silly dudes."

"Force of habit, I guess. I'm president of a real estate improvement company."

"Well?"

"Well, they're a vacant lot."

"If you want a thing well done!"—"Get an expert to do it for you. Ain't that more sense than what you were going to say?"—Cleveland Leader.

A bishop was recently a guest at the home of a friend who had two charming daughters. One morning the bishop, accompanied by the two young ladies, went out in the hope of catching some trout. And old fisherman, out for the same purpose, wishing to appear friendly, called out:

"Ketchin' many, pard?"

The bishop, drawing himself to his full height, replied: "Brother, I am a fisher of men."

"You've got the right kid o' bait, all right," was the fisherman's rejoinder.

We should not feel that we are dragged or driven along the line of duty, but be able to say with the Psalmist: "Thy law is my delight."

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"THE BATTLE OF THE PLAINS."

Canada surely owes much, that may never be paid by the present generation, to the men and women who are striving by their writings to specialize our Canadianism as a something more than a mere acquiring of wealth or an indulgence in momentary excitements. Every now and again a new book comes out, exciting in us pride of country, and possibly forcing our hands into our pockets to make tardy purchase of the same. Some time ago we reviewed Dr. Harper's drama of "Champlain," giving it high ranking among the products of our men of letters. A third edition of that work is already in the hands of the public; and now the same author has had issued from our own Canadian press his "Battle of the Plains," which has for its over-title "The Greatest Event in Canadian History." A reviewer of the book says that a work of this kind ought to find its way in time into the hands of every young Canadian in the land; and even suggests that it would make an excellent text-book for our schools and colleges. But that reviewer underestimates perhaps the difficulty there is in getting a book of this kind authorized for use in our schools. The publishers of Dr. Harper's books evidently know of this difficulty and hence all that they are looking for in the meantime is to have his last two productions find a place in our school and public libraries. It has been claimed for his "Battle of the Plains" that its place in literature is somewhere between the historical novel and the historical treatise; and this is evidently a just placing of it, if one is to judge of the interest sustained in one's mind while passing from introduction to ballad, and from the delightfully written biographies to the placing of the event in the history of the world. The publishers of the "Battle of the Plains" are The Musson Company of Toronto, and it need not be said that the volume has been given by them, in point of binding, printing and illustration, the most attractive appearance. No more suitable Christmas present can well be selected than the set of Dr. Harper's two latest works, enclosed as they have been in a suitable card-board box ready for mailing purposes.

One of the reviewers of the book, a prominent man of letters himself, has this to say of the work, which corresponds to our own estimate: "A good many are under the impression that Wolfe, one dark night, climbed up the escarpment, fought a battle, beat Montcalm, and captured Quebec. Those who will take Dr. Harper as their guide—and a better guide they cannot possibly have—will be told a far more interesting story, replete from beginning to end with incident and adventure far surpassing, in momentous and stirring interest, any novel that was ever written."

Duty is not always associated with delight, yet in the great art of right living, the union should be maintained.

Duty may be severe—but Wordsworth's lines are true as well as poetic.

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