

HEALTH AND HOME HINTS.

Salt as a gargle will cure soreness of the throat.

Tomato and cucumber slices arranged alternately on a dish make a very pretty and appetizing salad.

The flavor of salad dressing is greatly improved by the addition of finely chopped capers or pickles.

Salt for table purposes will be improved by the addition of a very little arrowroot. This will prevent lumps.

Clean combs with a good stiff nail brush, dry. They soon warp and break if washed with water.

Never bang the oven door, but shut it very gently. It is responsible for more heavy cake and bread than any other cause whatsoever.

Buttermilk cheese—After churning pour the buttermilk into a kettle and set it on the stove to boil down, stir occasionally with a wooden spoon. The kettle can be left on the stove until the buttermilk is half boiled away, then set on the back of the range, stirring often to keep from sticking. When the whey is boiled away and it is thick, pour the cheese into an earthen-vessel and salt to taste.

Onion and Cucumber Soup.—Peel and slice thinly 2 onions and 3 large cucumbers. Cover 1 pint each of water and veal or chicken stock and simmer until vegetables can be rubbed through a sieve. Blend in a saucepan 1 heaping tablespoonful butter and 2 tablespoonfuls flour, add pulp and liquid and 2 cupfuls milk, season and simmer five minutes.

Eggs a la Martin make a fine luncheon dish, easy of accomplishment. Poach the desired number of eggs (one to each person) in muffin rings, drain carefully and pour over them a strong chicken or beef stock and put on the ice to harden. When jellied remove from the rings, placing an egg on a round of sliced boiled ham, cut the size of the muffin ring, which has been previously prepared on individual plates garnished liberally with watercress.

Tomato Jelly for Salad.—To a quart of tomatoes add a bay leaf, two cloves, a good-sized onion, teaspoonful sugar and salt and pepper to taste, stew for half an hour, strain into gelatin (one package previously dissolved in cold water.) Pour into mold (ring) and stand away in cool place to harden. Cut in small pieces equal parts of white celery and apples, dry thoroughly in a towel and mix with a cup of mayonnaise. Turn the mold, now hard, on a round dish. Put the mixture in the "ring" surround the jelly with crisp lettuce leaves and serve.

TUBERCULOSIS IS CURABLE.

Tuberculosis is a preventable disease and must be prevented.

A hundred years ago the most formidable disease on the face of the earth was smallpox. That has been almost wiped out of existence.

Twenty-five years ago yellow fever hung like a pall over every Southern home. That has gone with smallpox.

A generation ago diphtheria stood like a two-edged sword, suspended over every child. That has gone with smallpox and yellow fever.

A generation ago lockjaw and hydrophobia defied human skill. Now they have taken their places among the preventable diseases.

Tuberculosis kills more people and costs more money than all other communicable diseases combined, and it, too, is a preventable disease.

But it will take a combined effort on the part of the entire people to prevent it.—Florida Health Notes.

Tommy—"Pa, what is an equinox?"
Pa—"Why, er—it is—ahem! Tommy, don't you know anything about mythology at all? An equinox was a fabled animal, half horse, half cow. It's name is derived from the words 'equine' and 'ox.' It does seem as if those public schools don't teach children anything nowadays."

SPARKLES.

"Have you any alarm clocks?" inquired a customer.

"Yes, ma'am," said the man behind the counter. "About what price do you wish to pay for one?"

"The price is no object if I can get the kind I am after. What I want is one that will rouse the hired girl without waking the whole family."

"I don't know of any such alarm clock as that, ma'am," said the man. "We keep just the ordinary kind—the kind that will wake the whole family without disturbing the hired girl."

The car was terribly crowded.

"Let me pass, please," demanded the haughty dame.

"Certainly, madam," responded the affable gentleman: "Pray consider me as an astral body. Walk right through me."

Howell—"A good deal depends on the formation of early habits."

Powell—"I know it; when I was a baby my mother hired a woman to wheel me about, and I have been pushed for money ever since."

"Every cloud has a silver lining. Will you admit that?"

"I will," said the pessimist. "But what good does that do me when there are no really successful air ships?"

Wife (angrily)—"It seems like a hundred years since we were married. I scarcely recollect where and when we first met."

Husband (emphatically)—"I can. It was at a dinner party, and there were thirteen at the table."

"Father, what do you wish me to be when I grow up?"

"The same as I am, my son—a lawyer."

"Then, instead of wasting any more time on arithmetic, geography and such truck, I'd better be getting at the hypothetical question, hadn't I?"

He had never been to sea before. "Can you keep anything on your stomach?" the ship doctor asked.

"No, sir," he returned feebly, "nothing but my hand."

LONG IN GETTING TO POINT.

The steamer was moving very slowly up the broad, swift river. Several miles ahead, where there was a bend, a sharp point of land projected a considerable distance into the stream. It had been in sight nearly an hour. On the upper deck sat a young couple, engaged in earnest conversation.

"Lucinda," he was saying, "we've known each other a long time, haven't we?"

"Yes," she answered.

"Five or six years at least, isn't it?"

"I believe so."

"Don't you think a girl ought to know a fellow pretty well by that time?"

"Why, yes, of course."

"You've never heard anything bad about me, have you?"

"No."

"And in five or six years a young man ought to know a girl pretty well, oughtn't he?"

"I suppose so."

"We've been together a good deal, too, Lucinda."

Then there was a long pause.

"And of course, you must have suspected—"

Another protracted silence.

"Anybody would naturally suspect—though I've never been in a position until lately—and yet my mind has been made up all the time—and I can't tell you how much I—"

Then Lucinda spoke.

"Henry," she said, "do you know you remind me of this steamboat?"

"Er—how?"

"It takes you such a long time to get to the point."

Success grows out of struggles to overcome difficulties. If there were no difficulties there would be no successes.

A WEAK STOMACH BRINGS MISERY

Dr. Williams' Pink Pills Restore Dependent Sufferers to Health.

Nothing is so distressing as a weak stomach—the victims of this trouble suffer from indigestion, biliousness, dizziness and frequent headaches. No food agrees with them—meal time is a time of misery; not a time of pleasure. Relief from this suffering can be found through the use of Dr. Williams' Pink Pills—they never fail to banish the distressing headaches; biliousness and dizziness. Mrs. C. S. Steeves, of Hillsboro, N.B., is one of the many who have been cured through the use of these pills. She says:—"I suffered very much from stomach trouble and would often leave the table without tasting food. I got no relief worth speaking of till I began the use of Dr. Williams' Pink Pills. They gradually restored my health and strength and now I am as well as ever I was. I would earnestly recommend them to all those who suffer as I did."

It is the blood—bad blood—that is the cause of nine-tenths of the ailments from which both men and women suffer. The blood is the life-giving fluid of the body. When the blood is bad it is bound to poison some part of the human system and thus it is that rheumatism, kidney trouble, indigestion, headaches and backaches and a host of other troubles make their appearance. Dr. Williams' Pink Pills cure all these troubles—and they cure them thoroughly—simply because they fill the veins with rich red blood. The genuine Pills bearing the full name "Dr. Williams' Pink Pills for Pale People" are sold by all dealers in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

PREPARATION OF GRAPE JUICE.

Here are several good ways to prepare unfermented grape juice: Pick the grapes off the stems, put them in a covered stone jar, and set the jar in a pot of boiling water. Let the water boil around the jar for half an hour, or until the grapes are well cooked. Strain the juice from the grapes, and let it stand in a cool place over night. In the morning bring the juice to the boiling-point, and let it boil for twenty minutes, and sugar to suit the taste. Fill heated fruit jars to the brim, and seal tightly.

Here is a rule for unfermented grape juice in which water is used. Pick over the grapes, rejecting all unsound ones. Put in a porcelain-lined kettle, and almost cover with cold water. Heat slowly, mashing the grapes and cooking until all the juice is out. Drain in a jelly bag and measure the liquid, adding one-third of a cupful of granulated sugar for each quart. Boil for four minutes, then bottle and seal.

To twelve quarts of grapes, stemmed and washed, add three pints of water. Boil them in a porcelain-lined kettle until soft; strain, and to every three quarts of juice add a pound of sugar. Heat to the boiling-point and seal in air-tight cans.

An old housewife who has had much experience in making grape juice for church purposes gives the following points: She says that she finds cheese cloth the best thing for straining the juice, and that, if the stems of the grapes are left on, the juice seems to strain out better, as they break up the thick mass of cooked grapes, making it less compact. She uses ordinary glass fruit jars. If, when filling the jars, there is not quite enough juice for the last jar, always fill up with ordinary boiling water until it overflows. Do not put the jars where there is a possibility of their freezing, but keep in a cold place.