

HEALTH AND HOME HINTS.

To keep the lamps from smoking, dip the wick in strong hot vinegar. Dry it before putting it in the lamp.

The best way to strengthen and promote the growth of the hair is to wash it every morning in cold water.

When shampooing never rub the soap directly on the hair, as it gums and is almost impossible to rub or rinse off. Always have the soap in some liquid form.

Plain white towels may be made ornamental by placing two rows of drawn work on each edge. The work may be fastened with red or blue, or with white. Overcast the edges just above the fringe.

Potato Fritters are very nice for supper, and are made in these proportions: Three large potatoes and three eggs, two tablespoonfuls of cream; boil the potatoes and beat them until they are light; beat the eggs very light, and mix them with the potatoes, add salt to your taste, beat the cream in last, mould the potatoes in round balls, sift flour over them, and fry until brown in hot lard; drain them on a napkin before serving.

The secret of success in keeping cod-fish soft and light when cooked in milk is that the fish must be picked in fine pieces and soaked in cold water for at least an hour; then pour cold water over it, and after draining it put it into the milk, which you have thickened with flour; let this cook just long enough to cook the flour, and the fish will be done. A minute or two before taking it from the fire, add some well-beaten eggs.

Bleeding at the Nose.—For bleeding at the nose, the best remedy, as given by Dr. Gleason in one of his lectures, is a vigorous motion of the jaws, as if in the act of mastication. In the case of a child, a wad of paper should be placed in the mouth and the child instructed to chew it hard. It is the motion of the jaws that stops the flow of blood. This remedy is so very simple that many will feel inclined to laugh at it, but it has never been known to fail in a single instance, even in very severe cases.

Shirred Eggs on Toast.—Buttered toast, one egg to each slice; butter; pepper; salt. Drop whole eggs into a dish. Set it in the oven. Let it remain there until the whites of the eggs are set. The moment the dish is taken from the oven break the eggs with a fork, and pepper, salt, and butter to taste. Then spread it on hot and crisp toasted bread, well buttered. Eggs prepared in this way are equally nice on Graham, brown, or flour bread, toasted.

Use for Old Papers.—Never throw away old paper. If you have no wish to sell it, use it in the house. Some housekeepers prefer it to cloth for cleaning many articles of furniture. For instance, a volume written by a lady who prided herself upon her experience and tact, says:—"After a stove has been blackened it can be kept looking very well for a long time by rubbing with paper every morning. Rubbing with paper is a much nicer way of keeping the outside of a tea-kettle, coffee-pot, and tea-pot, bright and clean than the old way of washing them in soda. Rubbing with paper is also the best way of polishing knives, tinware, and spoons; they shine like new silver. For polishing mirrors, windows, lamp-chimneys, etc., paper is better than dry cloth. Preserves and pickles keep much better if brown paper instead of cloth is tied over the jar. Canned fruit is not so apt to mould if a piece of writing paper, cut to fit the can, is laid directly over the fruit. Paper is much better to put under a carpet than straw. It is warmer and thinner, and makes less noise when one walks over it."

SPARKLES.

Everybody stumbles, but no man need lie in the mud.

Tripper: I say, Johnny, what do people in the country do when a wasp stings 'em?

Little Johnny (solemnly): Holler!

Irate Parent: Am I to understand there is some idiotic affair between you and that impecunious young Lord Bilarist?

Fair Daughter (very sweetly): Only you, papa!—Illustrated Bits.

"Why doesn't some one invent a new puzzle?"

"Cheer up; the spring change of railway timetables is about due."

The Wife: Give me that letter you just opened!

The Husband: Why?

The Wife: You turned pale when you opened it, and thrust it hastily in your pocket. I demand to see it.

The Husband: Here it is, woman. It is the bill for your Easter hat!

An English parson was lamenting the stormy weather to an old woman, and remarked that another hurricane was predicted from America. So he thought of offering up a prayer for fine weather. "Ah," exclaimed the old lady, "it would be a good thing if the Lord took the weather out of the hands of those Americans."

Child: Sav, pa.

Father: What is it?

Child: It must be pretty tough on a centipede when his feet get asleep.

He: Now would you women take the trouble to vote if you had a right to?

She: No, we wouldn't.

He: Then why are you making such a fuss about voting?

She: Because you men won't let us.

Henpecke: Every man has something to be thankful for!

Wigwag: What have you to be thankful for?

Henpecke: That I'm not a Mormon.

Teacher: Johnnie, do you know what a blotter is?

Johnnie: Yessum. It's de t'ing wot youse hunts fer while de ink gets dry.

"Do you know how to use a chafing dish?"

"Yes," answered Mr. Sirius Barker.

"I have some novel ideas on the subject."

"What are they?"

"The best way I know of to use a chafing dish is to punch a hole in the bottom of it, paint it green and plant flowers in it."

Papa was about to apply the strap.

"Father," said Willie, firmly, "unless that instrument has been properly sterilized I desire to protest." This gave the old man pause.

"Moreover," continued Willie, "the germs that might be released by the violent impact of leather upon a porous textile fabric, but lately exposed to the dust of the streets, would be apt to affect you deleteriously."

As the strap fell from a nerveless hand Willie effected a masterly retreat.

SUN AND SHOWER.

"Dear little April, why do you cry?"

"Oh, I've lost my piece of pretty blue sky!"

"But you're laughing now, and your eyes are dry!"

"Oh, I've found it again, you see—that's why!"

—Little Folks.

TOO MANY WOMEN
SUFFER IN SILENCEWhen the Blood is Weak or
Out of Order Disease is
Inevitable.

Many women go through life suffering in silence—weak, ailing and unhappy. The languor and bloodlessness of girls and young women, with headaches, dizziness and fainting spells; the nervous ailments, back pains and failure of strength of wives and mothers; the trials that come to all women at the turn of life, are caused usually by impoverished watery blood. Dr. Williams' Pink Pills for Pale People have helped more women to the joy of good health and robust strength than any other medicine in the world. These Pills actually make new, rich, red blood, which reaches every part of the body, feeds the starved nerves, strengthens every organ, and makes weak girls and women bright and well. Mrs. A. Eagles, Dundas, Ont., says:—"I am writing this letter out of gratitude to let you know the great benefit Dr. Williams' Pink Pills have been to me. From the time I was a girl I suffered from weakness and fainting spells—was always doctoring but it did not help me. As I grew older I seemed to grow worse. My blood seemed literally turned to water. Sometimes I would faint as often as twice in a day. I suffered from indigestion. I could not walk upstairs without stopping to rest on the way, and my heart would palpitate so violently as to produce a smothering sensation. I grew so weak that people thought I was in consumption. I was in this dreadful condition when Dr. Williams' Pink Pills were brought to my attention and I began taking them. The first sign of benefit I noticed was an improvement in my appetite. Then I began to grow stronger; the color began to return to my face; the fainting spells disappeared and gradually I was brought to a condition of more perfect health than I had ever enjoyed before. This is what Dr. Williams' Pink Pills have done for me, and they have been of lasting benefit. It is proved by the fact that it is several years since they restored my health, and I have remained strong and well ever since."

Dr. Williams' Pink Pills are a cure for all troubles due to impure or watery blood, such as anaemia, rheumatism, neuralgia, headaches and backaches, indigestion, St. Vitus dance, paralysis, etc. 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.

WHAT AN EARTHQUAKE IS.

"An earthquake," writes Mr. Frank A. Perret, formerly honorary assistant at the Royal Vesuvian Observatory, in an article on "The Messina Earthquake" in the April Century, "is an undulating vibration of the ground resulting from some sudden movement of the underlying strata. This may be produced by a volcanic explosion, the breaking of a stratum of rock under strain, or the sudden intrusion of lava between the strata or into a fracture, the types respectively known as volcanic, tectonic, and inter-volcanic. My own impression in experiencing these shocks was that of a rubbing together of masses under pressure, which throws the adjoining material into vibration. If you put a little water into a thin, wide-mouthed crystal goblet, wet the fingertip, and rub it around the rim, a sound will be produced, and the water will be set in vibration, like the ground waves of an earthquake."