

HEALTH AND HOME HINTS.

Good Custard Pie.—One pint of new milk, two beaten eggs, two tablespoons of sugar and a little grated nutmeg. Bake with one crust.

Don't scrape a burnt saucepan. Fill it with cold water, put in a bit of soda, heat slowly, and let it boil gently for some time. Then scrub with a saucepan brush.

Current Ice.—Boil a quart of water and one pound of sugar until reduced to one pint. Add one pint of currant juice when cold and partially freeze, then beat in the well-whipped whites of four eggs and finish freezing. A spoonful of this beautifully colored ice is greatly relished by convalescents.

A few minutes' rest lying down in a darkened room, with closed eyes and thinking of nothing, will brighten up a woman who has been hard at it during the morning without a break. The muscles of the face relax, and the hard set look which adds so many years to a woman's appearance will gradually fade away.

Rhubarb Jelly for Immediate use.—To two and a half pounds of rhubarb stewed in a quart of water till soft, then strained, use one half a pound of best lump sugar and two ounces of gelatin well soaked. Mix all together with the beaten whites of three eggs, strain through a jelly bag and pour into a mold to set.

Ping-pong caramels will require one cupful of sugar, one cupful of molasses, one cupful of milk and a half cupful of butter. Boil all together until the syrup will roll into ball when cooled in cold water. Stir in a teaspoonful of vanilla and a half-cupful of chopped nuts. Turn into shallow buttered pans, and when cool mark into squares and dip each separately in melted chocolate. Put them on waxed paper in a cold room to harden.

Green Beans.—Green beans are a delicious vegetable, if fresh and properly cooked. Nature offers us wax-beans as an apology, to be used only when green cannot be procured fresh. Young beans have almost no strings, and gardeners have developed a "stringless" variety, but all green beans should be gone over for strings, as a few strings will spoil a whole dish. After stringing, cut into inch lengths, and just cover with boiling salted water. If fresh and young, one hour's boiling will cook them thoroughly and the water will have almost evaporated. Season with salt and pepper, and add butter generously. One-half cupful of rich cream may be added if there is not enough liquor left to make moisture.

Omelet with Green Peas.—This dish requires a large cupful of peas, and is a good way to use those left from a dinner. Melt a tablespoonful of butter in a small frying pan and stir into it one teaspoonful of flour, stirring the mixture until it is smooth. Put in the peas, which should be drained if there is any liquid over them, one gill of cream and salt and pepper. Stir the ingredients together carefully, so as not to break the peas: cover the pan and place on the fire, where it will remain hot. Place a small omelet pan where it will heat and beat four eggs light, season them and add two tablespoonfuls of butter in the omelet pan and roll the pan around so that the melted butter will reach all sides; turn in the egg mixture, shake the pan over the fire, and when the mixture becomes creamy and commences to thicken put the pan where the fire is not so hot and put the prepared peas over the omelet. With a broad blade knife fold the omelet over, making it half circular; turn out on a platter and serve at once.

SPARKLES.

A gentleman who was once stopped by an old man begging replied:

"Don't you know, my man, that fortune knocks once at every man's door?"

"Yes," said the old man, "he knocked at my door once, but I was out; and ever since then he has sent his daughter."

"His daughter?" asked the gentleman. "What do you mean?"

"Why, Miss Fortune."

"For goodness sake, Mary!" asked the young lady's mother at breakfast, "what was the matter with you and Harry in the parlor last night?" "Why, mamma, what?" inquired the daughter, demurely. "Why, you roved and quarrelled for half an hour like a pair of maniacs." "Oh!" she replied, remembering the circumstance, "Harry wanted me to take the big chair, and I wanted him to take it, because he was company, you know." "Well, what did you quarrel about?" "We didn't quarrel, mamma, only he insisted that I should take it and I wouldn't." "How did you settle it finally?" "Well, mamma, we—we compromised, and both of us took it."

Gramercy: "Why, not take out of Bridget's wages enough to pay for the things she breaks?"

Mrs. Gramercy: "But, my dear, how could we get her to pay us the balance each month?"

First passenger (exuberantly pacing the deck): When I am at sea I can scarcely contain myself.

Second Passenger (dejectedly leaning over the rail): Strange. That's just the way I feel.

A Simcoe County girl recently sent fifty cents to a Toronto advertiser for a recipe to whiten and keep the hands soft. She received the following reply: "Soak them three times a day in dish-water while your mother rests."

"Now, look here," exclaimed the gamekeeper, imperatively, "didn't you see the notice at the end of this road, 'Pedestrians not allowed.'?"

"I did observe a notice stating that pedestrians were not allowed here," replied the mild-mannered gentleman, readily, "but, you see, I'm a Congregationalist." "Oh, indeed," returned the gamekeeper, slightly puzzled; "then I suppose it's all right, sir. You can walk on."—London Tit-Bits.

The first public bank was established in Venice in 1550 by the Lombard Jews. The Bank of England was founded in 1693.

Advertising through the medium of the sandwich man was known in Florence, Italy, as early as 1346. Today he is an often-seen figure in all large cities.

Moving-pictures were invented by an English engineer as early as the beginning of the eighteenth century. The arrangement consisted then of thin strips of wood on a canvas background. With the aid of wires they could be made to move quickly so that the effect of action was given.

WHY GIRLS ARE PALE.

They Need the Rich Red Blood Dr. Williams' Pink Pills Actually Make.

Three years ago Miss Ellen Roberts, who holds the position of saleslady in one of the leading stores in Halifax, N.S., was a pale delicate looking young woman, who then lived at home with her parents at Amherst, N.S. She complained of general weakness and loss of appetite. Her blood was thin and watery and she grew thinner day by day until she looked almost a shadow. Her cheeks were sunken, all trace of color had left her face and her friends feared she was going into a decline. "I had no energy," says Miss Roberts, "and suffered so much from the headaches and dizziness and other symptoms of anemia that I felt I did not care whether I lived or died. One day, however, when reading our local paper I read a testimonial given by a young girl in favor of Dr. Williams' Pink Pills, and as her symptoms were almost identical with my own I determined to try the medicine. Before I had used the second box I began to find benefit, and I continued taking the pills until I had used seven or eight boxes, by which time I was fully restored to health." Today Miss Roberts looks as though she had never been ill a day in her life, and she has no hesitation in saying she owes her present energy and health to Dr. Williams' Pink Pills.

Bad blood is the cause of all common diseases like anemia, headaches, paleness, general weakness, heart palpitation, neuralgia, indigestion, and the special ailments that only womenfolk know. Dr. Williams' Pink Pills cure these common ailments because they make rich, red, health-giving blood, bracing the jangled nerves and giving strength to every organ in the body. Do not take any pills without the full name, "Dr. Williams' Pink Pills for Pale People" on the wrapper around each box. Sold by all medicine dealers or by mail at 50 cents a box or \$3 boxes for \$2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.

THE SIN OF WEAKNESS.

Everything that is worth doing calls for resistance, and resistance calls for strength. Therefore it is a simple duty to be strong, and downright sin to be weak. For strength without limit may be had for the seeking and the using, while weakness cannot long remain mere weakness; as Mr. Alexander McLaren has well said, "Weakness is sure, sooner or later, to become wickedness." That is because the Devil is alert to give interesting occupation to those who are not strong workers on the other side. The only sure escape from the sin of weakness is to find something worth doing, and then do it hard. The Devil never stops his hard work, and it takes strength to whip him.—S. S. Times.

A lesson in higher mathematics: "Add to your faith virtue; and to virtue knowledge; and to knowledge temperance; and to temperance patience; and to patience godliness; and to godliness brotherly kindness; and to brotherly kindness charity." What is the answer?"



KELSEY
WARMING & VENTILATING
IS THE MOST
HEALTHFUL EFFICIENT ECONOMICAL.
For the Home, Church, or School.
THE JAMES SMART MFG. CO. LTD. BROCKVILLE, ONT.