

HEALTH AND HOME HINTS.

Fried Bananas.—Peel and slice the bananas, sprinkle with salt, dip in thin batter, and fry in butter. Serve immediately.

Chocolate Iceing.—Put into a saucepan half a pound of powdered loaf sugar, two ounces of grated chocolate, and about a gill of water; stir on the fire until the mixture assumes the consistence of a thick, smooth cream.

Tomato Rice a la Nazsaki.—Place six ounces of rice in a saucepan with a pint of juice strained from a can of tomatoes and a cup of soup broth or hot water. Season with half a teaspoonful of salt and three saltspoonfuls of pepper. Mix well and boil thirty-five minutes, stirring once in a while. Add two table-spoonfuls of grated cheese, with half a table-spoonful of butter. Mix well and then drop the tomato and rice into a baking dish. Sprinkle a few bread crumbs over the top, arrange a few bits of butter on top and set in the oven to bake for twelve minutes.

Mince Griddle Cakes.—Chop all the cold bits of meat you may have, of whatever kind, cooked, of course, season with salt and pepper, make a griddle batter as for pancakes, lay a spoonful on the well-buttered griddle, then a spoonful of the chopped meat and part of a spoonful of batter over the meat; when cooked on one side, turn, and when done serve hot as possible.

To supply quickly a comfortable cover for a hot water bottle, take the leg of a woolen stocking, tie a knot at one end, slip in the bottle, and drawing the cover tight, make a knot at the top also. The sufferer from toothache will bless you and declare it far better than a rubber bag.

A lemon jelly for invalids is often wanted in a hurry. If this recipe be followed it is easily made. Put an ounce of gelatine powder and six ounces of loaf sugar in a basin and pour over it a quart of boiling water, stirring all the time till its quite dissolved. Then add the juice of two lemons and the rind of one, and six ounces of loaf sugar. Let it stand for twenty minutes and then strain; add a little pure grape juice and when cold, but not set, pour into a mould.

Kneuckle of Veal and Rice.—This is a joint which can generally be bought very cheaply, and can be cooked to great advantage in the following way—Place the veal in a pan with half a pound of bacon, one pound of washed rice, plenty of onions and carrots cut in slices. Add a few peppercorns and a little salt. Pour over all three quarts of water and let the whole stew very gently for three hours. Before serving add a little chopped parsley to the gravy. This dish makes an excellent dinner for a family of six or eight people. A scrap end of a neck of mutton treated in the same way will make a good change.

For Tender Feet and Hands.—Here is a soothing and healing application for feet that have been made tender by walking, and hands that suffer in this way from use of the oar or bat. Mix one and a half ounces of milk with six and a half ounces of glycerine. Dissolve in this one teaspoonful of borax. Now stir in one ounce of powdered starch. Place in a jar, and set this in a vessel of boiling water. The mixture must be stirred, and heated for some minutes. On cooling it will be gelatinous. It may be rubbed freely over the feet and hands. The unpleasantly sticky character of the preparation can be relieved by powdering the skin half an hour later with a little chalk.

SPARKLES.

Here is the witticism of the year's end in London. It comes from a noble lord—a member of the Opposition, too! He says that it is a mistake to suppose that England is governed by two Houses. She is governed by three—Lansdowne House, the Church House, and the public-house.

Haggard Customer.—My wife telephoned me a while ago that she wanted me to bring home "Lorna Doone." I've inquired at half a dozen places and can't find it. What sort of a game is it?

Salesman (at sporting goods counter).—I don't think it's a game. It sounds to me like the name of a Scotch drink. Try that place across the way, with the screen doors.

"Dolan," said Mr. Rafferty, as he looked up at the city post office, "what does them letters 'MDCOCXCXVII' mean?"

"They mean eighteen hundred and ninety-seven."

"Dolan," came the query after a thoughtful pause, "don't yez think they're overdoin' this spellin' reform a bit?"—*Woman's Journal.*

"Deduction is the thing," declared the law student. "For instance, yonder is a pile of ashes in our yard. That is evidence that we have had fires this winter."

"And, by the way, John," broke in his father, "you might go out and sift that evidence."

A missionary who labored in a tropical island desired to wean his flock to his own ideas of clothing. He appealed to their vanity, and gave to the fairest of her tribe several yards of cloth wherewith to make a skirt. She was to appear in the garment at the next mission meeting. She did so. But the missionary's pleased expectancy was turned to consternation when the untutored savage appeared with the whole of his gift wound upon her head in the form of a towering turban.

"What is an anecdote, Johnny?" asked the teacher.

"A short, funny tale," answered the little fellow.

"That's right," said the teacher. "Now, Johnny, you may write a sentence on the blackboard containing the word."

Johnny hesitated a moment, and then wrote this:

"A rabbit has four legs and one anecdote."

Pastor.—How did you like my sermon on "Eternity" last Sabbath?

Parishioner.—Sermon? Why, it seemed to me more of an object lesson.

Liquor and Tobacco Habits

A. McTaggart, M.D., C.M., 75 Yonge St. Toronto, Canada.

References as to Dr. McTaggart's professional standing and personal integrity permitted by—

Sir W. R. Meredith, Chief Justice.

Hon. G. W. Ross, ex-Premier of Ontario.

Rev. N. Burwash, President Victoria College.

Rev. Father Teffy, President of St. Michael's College, Toronto.

Rev. Wm. McLaren, D.D., ex-principal of Knox College, Toronto.

Dr. McTaggart's vegetable remedies for the liquor and tobacco habits are healthful, safe, inexpensive home treatments. No hypodermic injections, no publicity; no loss of time from business, and a cure certain.

Consultation or correspondence invited.

HAD GIVEN UP HOPE

But Dr. Williams' Pink Pills Restored Vigorous Health.

Medicines of the old-fashioned kind will sometimes relieve the symptoms of disease, though they never touch the disease itself—they never cure. Ordinary medicines leave behind them indigestion, constipation and headaches. Purgatives leave those taking them feverish and weakened. On the other hand Dr. Williams' Pink Pills do direct good to the body, the blood and the nerves. They fill the veins with new rich blood; they tone and strengthen the nerves; they cure disease by rooting it out of the blood. They always do good—they cannot possibly do harm.

Mrs. George R. Wilson, Moncton, N.B., says: "A few years ago after confinement I contracted a severe cold and although I took considerable medicine, I got no better. In fact my condition was gradually getting worse. I was all run down, had no appetite and grew so weak that I could not do my housework. At last the doctor who was attending me told my husband that I was going into a decline, and I feared so myself, for a sister had died of consumption. When almost in despair a friend suggested my taking Dr. Williams' Pink Pills, and I got half a dozen boxes. Before I had taken them all I began to get better. Then I got another half dozen boxes, and before I had used them all I was able to do my housework again and was in better health than I had enjoyed for years. I believe Dr. Williams' Pink Pills saved me from going into consumption and I warmly recommend them to every weak person."

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

"This is a fine country, Bridget!" exclaimed Norah, who had but recently arrived in the United States. "Sure, it's generous everybody is. I asked at the postoffice about sendin' money to me mither, and the young man tells me I can get a money order for ten-dollars for ten cents! Think of that now!"

New Shape for a Pudding Cloth.—Let me tell you of a good new shape for a pudding cloth. Cut a circle of calico, about an inch and a half larger than your basin; cut a band of the same length as the diameter of the circle and about three inches wide; fold the band across the narrow way, turn in and seam, then stitch it firmly by the two ends to the circle of calico. It must reach flatly across. Now turn up a hem all round the circle but make it raw-edged, so that you can machine it smoothly all round, and make it as if it were woven in. Be sure it is strongly done. Make two little holes through the hem, close together, and run a tape as if it were a bag, through the hem, bringing out the tape at the eyelet holes, and leaving a length of tape of about six inches. When the pudding is in the basin, slip on the cover, pull the tape, tie, and everything is firm as the band across acts as a handle by which you can lift the pudding bowl from the pot.

MARJORY.

O'er the glad waters of the dark blue sea,
Our thoughts as boundless and our souls
as free,
Far as the breeze can bear the billows'
foam,
Survey our empire and behold our home!
—Byron.