

HEALTH AND HOME HINTS.

A good hot-air furnace gives the best means for warming the ordinary home: a poor apparatus gives the poorest results.

Foamy Sauce.—Cream half a cupful of butter and a cupful of sugar; a quarter of a cupful each of milk and wine, and steam in a bowl, over hot water, stirring well.

How to Keep Juice in a Pie.—Take a strip of clean white cloth, about an inch wide and long enough to lap when put around the edge of the pie plate, wring it out of hot water, double to gether lengthwise, and pin tightly around the edge of the plate. When the pie is baked, take off this rim, and you will find the juice in the pie instead of in the oven.

Baked Potatoes.—Potatoes are more nutritious baked than they are in any other manner, and they relish better with those who have not been accustomed to eat them without seasoning. Wash them clean, but do not soak them. Bake them as quickly as possible, without burning in the least. As soon as they are done, press each potato in a cloth so as to crack the skin and allow the steam to escape. If this is omitted, the best potatoes will not be mealy. They should be brought immediately to the table.

Fried Pies' Feet Breaded.—Buy the pies' feet ready pickled from your butcher. If they have only been kept in brine, soak three hours and boil until tender. While hot, cover with boiling vinegar, in which you have put a tablespoonful of sugar and a half dozen whole black peppercorns for each cupful of vinegar. Do this the day before you cook them for breakfast. Before frying, wipe each piece well, roll in beaten egg, then in cracker crumbs, and cook in plenty of cleared dripping or lard. Drain off the fat and send to the table hot.

Sponge Rolls.—Take one pint of flour, one-half pint of warm water, one teaspoonful of salt, one teaspoonful of butter, one-eighth cupful of yeast. Sift the flour into a bowl; then add salt and sugar. Melt the butter in the warm water and add the yeast. Put this mixture with the flour and beat thoroughly with a strong spoon. Cover the bowl and let the dough rise over night. In the morning butter a French roll pan and half fill each compartment with the sponge, being careful not to break it down unnecessarily. Let the rolls rise for an hour, and bake them in a moderately-hot oven for half an hour.

FRUITS PRESERVED WITHOUT SUGAR.

One of the newest California methods of preserving fruit whole and without sugar is as follows: Fill clean, perfectly dry fruit jars with fresh, sound fruit; add nothing, not even water. Be sure that the fruit is closely packed in. Wrap a little hay or a cloth around each jar, and stand them in a pan or a boiler of cold water. Let the water reach not quite to the shoulder of the jars. Bring the water to a boil over a moderate fire, and then boil gently for ten minutes. Seal the jars and replace, setting them upside down in the water. Boil fifteen minutes longer. Take pan and all off the fire, and let the jars cool in the water. If the fruit shrinks too rapidly, less time may be allowed in boiling. This is a receipt every housekeeper will require to test in small quantities to become familiar with the necessary length of time for different fruits before using it extensively.

I never wonder to see men wicked, but I often wonder to see them not ashamed.—Dean Swift.

SPARKLES.

"Do I understand you to say, Mrs. O'Brien, that your husband drinks excessively?"

"No, judge, yer honor, he don't drink excessively. It's always whiskey."

Little Clara's parents often discuss reincarnation, and the small maiden has acquired some of the phraseology.

"Mamma," she said one day, "my kitten must have been a paper of pins in a previous state of existence."

"Why do you think so?" asked her mother.

"Because I can feel some of them in her toes yet," was the logical reply.

Orlando Spoonmore had proposed, "I shall have to refer you to papa," said the young and lovely Carlinda Hewlings.

Orlando reflected, "Yes," he said, "I suppose that is the correct procedure. I take the initiative and you order the referendum."

Keeper—Hi, boy! You can't catch fish here without a permit!

Boy—Well, I'm getting on well enough with a worm!

Like most minister's families, they were not extensively blessed with this world's goods. She, however, was the youngest of ten children until her father told her of a baby sister that had come in the night. "Well," he said, after due thought, "I s'pose it's all right, papa, but there's lots of things we wanted more."

"What we want," said the statesman, "is reform."

"Yes," answered the plain politician, "but we want to be careful to get the credit for reforming somebody else instead of letting somebody reform us."

"Here, young man," said the old woman with fire in her eye. "I've brung back this thermometer you sold me."

"What's the matter with it?" asked the clerk.

"It ain't reliable. One time ye look at it it says one thing, and the next time it says another."

English Clergyman—"And when you arrive in London, my dear lady, don't fail to see St. Paul's and Westminster Abbey." Fair American—"You bet, I'll rattle those off sure; but what I've been hankering to see, ever since I was knee-high to a grass-hopper, is the Church of England!"

PUSSY'S LETTER.

"Did you know that the mother of those kittens can tell a letter addressed to her?"

"A letter!" I exclaimed in surprise.

Mrs. Russell gave me a sealed envelope, addressed to "Miss Pussy, 27 Marlboro street, City." "Now," she said, "if you will kindly post that for me to-night tomorrow morning you will see what Pussy will do when the mail comes."

Among the bundle of letters the postman brought next morning was Pussy's. Placing them all on the floor, Mrs. Russell said, "Now, Pussy, pick out your letter." In a minute Pussy had pushed aside with her paw the envelope addressed to her.

"Wait a minute more," said Mrs. Russell. "She'll open it and eat up all that is in the envelope." Scarcely had she said this when Pussy had torn the envelope open and was enjoying her letter very much. How did she know which one to take?

The envelope was filled with catnip. —Exchange.

LIKE THORNS

IN THE FLESH

Are the Sharp Twinges and Tortures of Rheumatism Dr. Williams' Pink Pills a Certain Cure.

The twinges and the tortures of rheumatism are not due to cold, damp weather as so many people imagine. Rheumatism comes from poisonous acid in the blood. The pains may be started by cold weather, damp weather or by keen winds. There is only one way to cure rheumatism. It must be treated through the blood. All the liniments and rubbing and so-called electric treatment in the world will not cure rheumatism. The acid that causes the disease must be driven out of the blood and the blood enriched and purified. It is because Dr. Williams' Pink Pills make new, red blood that they have cured thousands of cases of rheumatism after all other treatment had failed. As a proof of what Dr. Williams' Pink Pills will do even in the most severe cases of rheumatism, the case of Mr. David Carroll, a well known furniture dealer of Picton, N. S., may be cited. Mr. Carroll says:—"I have been a most severe sufferer from rheumatism, and in the hope that some other poor sufferer may find relief from my experience I gladly write you of the benefit I have received from Dr. Williams' Pink Pills. The trouble settled in my shoulders and down my sides and at times I was quite unable to raise my arm. I was attended by a doctor, but as I did not appear to be getting any better I sent for a so-called electric belt, for which I paid \$40.00. It did not do me any good, and then I tried another remedy, but without any better results. A friend asked me to try Dr. Williams' Pink Pills, and I got three boxes; by the time I had used them all I found the stiffness and pain less severe and I got another half dozen boxes. When I had taken these every symptom of the trouble had disappeared, and in the two years that have since passed I have had no return of the trouble. I believe there is no other medicine equal to Dr. Williams' Pink Pills for curing this most painful trouble, and I have recommended the Pills to others, who have been benefitted by their use."

Dr. Williams' Pink Pills not only cure rheumatism, but all the other diseases due to poor, watery blood, such as anaemia, indigestion, nervous disorders, neuritis, St. Vitus dance, paralysis, and the ailments of girlhood and womanhood, with their headaches, backaches, sideaches and attendant miseries. Only the genuine Pills can do this, and you should see that the full name "Dr. Williams' Pink Pills for Pale People" is on the wrapper around each box. 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.

Happiness and blessedness, like two lovers, may always be found in each other's company.

A ruler who rules not his own spirit has no claims on the friendship of the mighty.

The breadth of many a man's sympathies can be measured by the broken chain of self.

The one who wilfully goes in the way of evil is as one who thrusts his hand into a hornet's nest or into the adder's den.

In the Autumn Rheumatism is so general that all our readers so suffering will be glad to hear that a letter addressed to The Dr. Williams Medicine Co., Brockville, Ont., will be to their advantage. Write to-day.