

## HEALTH AND HOME HINTS.

When choosing eggs, always select those that have a dull, opaque shell in preference to those with a shiny shell.

Your telephone receiver needs constant dusting. When several persons use the mouthpiece daily, it should be well cleaned every day or two.

Straw matting that has been laid some time is apt to get dull looking. Try washing it well with salt and water. Add a handful of salt to three parts of a bucket of tepid water.

How to Cook Oatmeal. When oatmeal is required for breakfast it should always be soaked in pure cold water over night, then boiled about one hour, and salted, and when nearly done, have mixed with it a little Indian meal, say a couple of heaping teaspoonfuls.

Steamed Vanilla Pudding.—Put into a basin two cupfuls of fine bread-crumbs, one cupful of flour, one cupful of finely-chopped beef suet, half a teaspoonful of baking powder, and one teaspoonful of vanilla essence. Mix into a light batter with an egg and milk. Pour into a buttered mould and steam for an hour.

Smothered Chicken.—When the chicken is dressed ready for cooking, split it down the back and place flatly in a covered pan, dredge with salt, pepper, and flour, and spread with softened butter. Have only enough water in the pan to produce steam. When closely covered it soon becomes tender. Then remove cover and brown. Serve with rich cream gravy. The best way to cook a spring chicken—far superior to frying.

Curate's Pudding.—Beat the yolks of two eggs with two ounces of flour and one tablespoonful of milk; set half a pint of milk, lacking the tablespoonful, on the fire, with two ounces of sugar and two of butter; make them hot, but do not let them boil; when the flour and eggs are beaten quite smooth, add the hot milk, etc., also the whites of the eggs, beaten very light. Mix thoroughly and pour into four saucers, buttered and heated hot; bake twenty minutes in a quick oven. When cooked a light brown color, lay two of them on a dish spread with plum or other jam, place the other two on top.

Milk and Lime-Water.—Milk and lime-water are now frequently prescribed by physicians in cases of dyspepsia and weakness of the stomach. Often when the functions of digestion and assimilation have been seriously impaired, a diet of bread, milk, and lime-water has an excellent effect. The way to make lime-water is simply to procure a few lumps of unslaked lime, put the lime in a stone jar, add water until the lime is slaked and of about the consistency of thin cream; the lime settles, leaving the pure and clear lime-water at the top. Three or four tablespoonfuls of it may be added to a goblet of milk.

Sleep and Fresh Air for Baby.—A normal healthy infant should spend most of the first few months of its life in sleep.

A child should never be roused from sleep even to see the most important visitor in the world. Most children when suddenly awakened are cross and peevish for the rest of the day.

When possible, baby should sleep out of doors as much as ever he can. The open-air babe is generally a healthy little mortal, and far less likely to grow up with the modern affliction of "nerves" than the child who is brought up in a close, confined atmosphere.

Fresh air is also feeding, and baby will put on flesh and grow plump and rosy if allowed to spend most of the summer—and the winter, too, for that matter—in the open air.

Sacrifice is a sure cure for many sorrows.

Eternal spring may be in our hearts, although our heads may show the signs of winter.

It's no use trying to make tracks for heaven while your heart is making plans for sin.

## SPARKLES.

"I thought the Agricultural Department was run in the interest of the farmer."

"Well, ain't it?"

"I wrote 'em for some literature to help me get summer boarders, but they had nothing of the kind in stock."

"I can't tell her she's the first girl I ever loved. She knows I've been engaged before."

"Well, tell her you're glad you discovered your mistake in time."

Druggist—"What's the matter with you? You seem excited."

Clerk—"No wonder. Mrs. Griggsby wanted an ounce of boric acid and I gave her an ounce of strychnine by mistake."

Druggist—"Well, of all the careless idiots, you head the list! Say, haven't you any idea of the value of strychnine?"

"So your boy Josh is workin' up to town?"

"Yep," answered Farmer Cortnessel. "Ever go up to see him?"

"Nope. After all them funerals he's got off to attend on days the home team played it wouldn't do fur any of his relatives to show up alive."

It was the first time in three days that Mrs. Very Rich had seen her children, so numerous were her social engagements.

"Mamma," asked little Ruth, as her mother took her up in her arms for a kiss, "on what day was I born?"

"On Thursday, dear," said the mother.

"Wasn't that fortunate?" replied the little girl, "because that's your day home."

"No, Dickey; I can't let you go fishing today. You want to go entirely too often."

"Maw, the last time I went fishin' was three weeks ago yesterday."

"Surely that wasn't the last time, Dickey."

"Yes, it was, maw. I remember it 'cause that was the day you held me in the bathtub an' made me take a bath."

## HE WAS ACCEPTED.

He was a comic writer, and asked her to be his wife. He proposed as seriously as a humorist could, and she laughed. He looked blue. Then she smiled and said—

"That's a capital joke."

"What's a joke?" he asked in surprise.

"Your latest. Shall you have it printed?"

"That was no joke. I meant it."

"You did? Why, you have written so much in ridicule of love, courtship, and marriage—"

"Well—er—er—yes—but—"

"I should never suit you. I write postscripts, stop before the mirror, am slow in dressing for church, admire a net hat, sometimes want a new dress, and—"

"But my dear Angelina, I should never object to—"

"You have always said that happiness ends with marriage, and I have a mother who would want to visit me; and—"

"Why, I—"

"And I have my animosities, and may look round in church, and you would find such a lot of things to write about."

"My precious, I would only write about other people then; the neighbors, the—"

"Those horrid Misses Sniffleton?"

"That's a fact."

"And the stuck-up folks over the way?"

"Most certainly."

"Enough. I am yours."

## Pale, Languid Girls

Weak Blood During Development May Easily Cause a Life of Suffering.

A Tonic Such as Dr. Williams' Pink Pills is Needed to Build up the Blood and Give New Strength.

At no time in her life does a girl stand in greater need of pure red blood and the strength which it alone can give her, than when she is developing into womanhood. It is then that any inherited tendency to anaemia or consumption needs only the slightest encouragement to rapidly develop. This danger is especially threatening to girls who are confined long hours indoors, in stores, offices and factories—girls depressed by worry and cares. All these conditions quickly impoverish the blood and are among the most common causes of sickness among growing girls and young women. If at any time a girl finds that her strength is falling and she is becoming pale and nervous, has no ambition and is languid, it is a certain sign that her blood is failing to meet the demands upon it, because it is impure and thin.

It is at a time like this that Dr. Williams' Pink Pills are invaluable to young women and growing girls. They build up the blood, make it rich, red and pure, tone the nerves and give new health and strength to every part of the body. They have cured so many cases of this kind that they may truly be called a specific for the common diseases of girlhood. Miss Minnie Smith, Creighton street, Halifax, says:—"I have proved that Dr. Williams' Pink Pills are all that is claimed for them in cases similar to mine. About three years ago I suddenly began to run down. I grew so weak that I could hardly attend to my school studies. I suffered from headaches, my heart would palpitate violently at the least exertion, and my appetite was very fickle. I tried doctors medicine and emulsions, but the treatment did not help me. Then I started taking Dr. Williams' Pink Pills and after taking seven or eight boxes I was stronger than ever before. I feel that I owe my present good health to Dr. Williams' Pink Pills, and I gratefully recommend them to other ailing girls."

Dr. Williams' Pink Pills are sold by all medicine dealers or will be sent by mail at 50 cents a box or six boxes for \$2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

## DOG'S WARNING OF DEATH.

The traditional warning of approaching death by the whining of a dog was illustrated at a Richmond Inquest on Tuesday. A widow stated that her husband's pet dog slept at the foot of his bed, and in the middle of the night the animal started barking and whining. She then heard her husband make a peculiar sound, and the next moment she found that he was dead—succumbing to heart failure. "It is a strange thing," remarked the coroner, "that the dog should have barked and whined as he did. Peculiar powers of discernment are attached to dogs, and I certainly think that they have more common sense than people credit them with."

When anyone enters the service of the Castel Line, founded by the late Sir Donald Currie, he is told that the company has only one book of instructions, of which a copy is thereupon presented to him. It is a Bible.

You can not interpret classic marbles without knowing and loving your Pindar and Aeschylus, neither can you interpret Christian pictures without knowing and loving your Isaiah and Matthew.—Ruskin.