

HEALTH AND HOME HINTS.

Brown Biscuits—2 cupfuls of whole brown meal, 1 cupful of flour, pinch of salt, piece of butter size of an egg, a dessert spoonful of sugar, 1 dessert spoonful of baking powder; mix dry ingredients, rub butter in, mix into a soft dough with milk, roll out to about half an inch thick, cut into shapes, prick with fork, bake a nice brown color in a quick oven. Mrs. R. P., Balcarres, Sask.

Chocolate Cake—One cup butter, 2 cups sugar, five eggs, leave out whites of two, 1 cup milk, 5 level teaspoonfuls baking powder, mix well in 3 cups sifted flour; bake in 2 long shallow tins. Filling—Beat the whites of the two eggs to a stiff froth, add 1 1/2 cups sugar, 6 teaspoons grated chocolate and flavor with vanilla.

ELECTRICITY IN THE KITCHEN.

Electric housekeeping apparatus of many kinds is well enough established to be no longer classed among the experiments or novelties. An expense is sacrificed to convenience more in a restaurant than in a household. The wonder is that the possibilities of electricity did not sooner appeal to the restaurant men than to the housekeeper, for electric methods and appliances appear specially adapted to restaurants.

The expense of the electric equipment lies chiefly in the first purchase. The ordinary range burning solid fuel can give to the cooking proper only 2 per cent. of its heat energy; 12 per cent. is wasted in obtaining a glowing fire; 70 per cent. goes up the chimney; 16 per cent. is radiated into the room.

A gas stove, which for a certain cost produces a smaller number of heat units than the fuel range, loses 80 per cent. of its heat units through the necessary ventilating current.

In electricity 90 per cent. of the heat energy can be utilized. Even though only from 5 to 6 per cent. of the efficiency of the fuel is present in the form of energy, 90 per cent. of this or 4 1/2 per cent. of the whole energy is utilized. This makes electricity in this respect more than twice as economical as fuel or gas.

One of the newest devices is the electric potato parer. The potatoes are thrown into a revolving vessel, which has a rough bottom, and the skins, which are grated off on the bottom, are carried away by a current of water running through the vessel.

Electric coffee grinders were the first of the electric machines to come into general use. Many large restaurants are using electrical refrigerating apparatus. The electric plate warmer is another device used.

Electric broilers were among the first of the cooking apparatus to attract the attention of the chefs. There are also toasters and tables for frying cakes.

The unit range is the latest electrical range for general cooking. It will cook for fifty, and may be multiplied as many times as the capacity of the restaurant demands.

In one of the restaurants in New York city each table is equipped with an electric coffee percolator, an electric chafing dish and a telephone with, of course, the old familiar electric lights and fans. Whenever possible the food is served hot on the tables from the chafing dishes.

The silver used in the restaurant is polished by means of a revolving brush. The linen is electrically ironed and all material to be chopped is put through an electric chopper.

Conversion is but a beginning. It turns one about, but does not complete the journey.

SPARKLES.

"Better send an inspector down to see what's the matter with this man's meter," said the cashier in the gas company's office to the superintendent.

"Oh!" began the superintendent, "we throw complaints about meters—"

"This is no complaint. He sends a check for the amount of his bill and says it's 'very reasonable.'"

"My physician is a very inconsistent man" said the heat sufferer.

"In what way?"

"He advised me to keep perfectly quiet and avoid all excitement, and then invited me to go with him to the baseball game."

The boy, having found a fulminate cap, immediately secured a hammer.

"I'll see what this is," he remarked. The little sufferer came out of the operation well, and when the effects of the chloroform had passed off signalled his mother to approach.

She stooped over him tenderly.

"Mamma," he said faintly, "what was it?"

The oddest, the most momentous associations often-times attach themselves to the most trifling things. Thus at a dinner the hostess said to a sour-faced man on her left—

"May I help you to some of the boiled rice, Mr. Smith?"

"Rice? No, thank you, no rice for me," Smith answered vehemently. "It is associated with the worst mistake of my life."

"You know, dear," cooed the bride, "you promised to let me have all the pin money I wanted."

"Yes, love, and you shall have it."

"Oh! you dear thing! Well, I saw a pin to-day with diamonds and pearls in it, and I do want it so."

Here are a few of the answers given by pupils at an examination in the English school:

The modern name for Gaul is vinegar. A volcano is a hole in the earth's crust which emits lavender and ashes.

The Battle of Trafalgar was fought on the seas, therefore it is sometimes called the Battle of Water-loo.

"The Complete Angler" is another name for Euclid, because he wrote all about angles.

The two races living in the north of Europe are Esquimaux and Archangels. The King carried his sepulcher in his hand.

Chaucer lived in the year 1300-1400. He was one of the greatest English poets after the Mormons came to England.

An unknown hand threw a harrow at Rufus and killed him dead on the spot.

THE WONDERS OF THE BEE LIFE.

If the mother-bee of a colony is getting past her work, and she can not be sent off with the swarm in the usual way, the bees will supersede her. They will deliberately put her to death, and raise another queen to take her place. This State execution of the old worn-out queens is one of the most curious and pathetic things in or out of bee-life. One probe with a sting would suffice in the matter; but the honey-bee is a great stickler for the proprieties. The royal victim must be allowed to meet her fate in a royal way, and she is killed by caresses, tight-locked in the joint embrace of the executioners until suffocation brings about her death.—*Pall Mall Gazette.*

No real life is measured by days or months or years, but by deeds of helpfulness to those in need and of Christian kindness to all.

WOMEN AND GIRLS
HELD BY ANAEMIA

Unless the Blood is Made Rich and Red Health Cannot be Restored.

Throughout Canada there are thousands of growing girls and women held in the deadly clutches of anaemia. Slowly but surely a deathly pallor settles on their cheeks; their eyes grow dull; their appetite fickle; their steps languid. Daily they are being robbed of all vitality and brightness. Their sufferings grow more acute if neglected, until the signs of early consumption become apparent. If your wife or daughter or sister complains of weakness, pains in the side, headaches or backaches; if her appetite and temper are uncertain and she is often low-spirited, anaemia has her in its deadly hold. What she needs is new, rich, red blood. Give her Dr. Williams' Pink Pills for Pale People without loss of time, for they actually make new, red blood. They make girls and women well and happy, impart an appetite and steadily bring back the charm and brightness of perfect, regular health.

Miss Carrie McGrath, 26 Fenwick St., Halifax, N. S., says: "I believe Dr. Williams' Pink Pills saved my life. Three years ago I suffered from anaemia in a severe form. I was all run down and as pale as a sheet. I could scarcely eat anything, and what I did take did not seem to nourish me. My hands and feet were much swollen, and the least exertion would leave me breathless and my heart beating violently. I seemed to have pains and aches all over. I was so weak I could not even sweep a floor. At different times I was under the care of three doctors, but did not get any better. One doctor said I had dropsy and that my blood had all turned to water. My friends thought I was in a decline and that I had but a short time to live. I was completely discouraged myself, when one day a lady friend called to see me, and told me Dr. Williams' Pink Pills had cured her daughter of anaemia, and urged me to try them. I decided to try them, and in the course of a few weeks felt somewhat better. I met the doctor one day and he remarked how much better I was looking. I told him it was not his medicine, but Dr. Williams' Pink Pills that were helping me, and he told me I had better keep on taking them. I continued to do so until I had taken another half dozen boxes, when my health was perfectly restored. I am more than grateful for what these pills have done for me and strongly recommend them to all weak girls."

Thousands of men and women, now well and strong, praise Dr. Williams' Pink Pills for having cured anaemia, general weakness, indigestion, rheumatism, neuralgia, nervous disorders, paralysis and the ailments of girlhood and womanhood. These Pills do this by making new, red blood which feeds the starved nerves, drives out disease and strengthens every organ in the body. 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.

Oh, join the happy band of them that build! The call is urgent, and the cause is high. There is not one of you that can be spared. . . . What are we doing, you and I? May it not be said to us, when the city is built which God has prepared: "You put no hand to it." "You placed no stone." "You brought no help."—Henry Scott Holland.

Christianity can never realize itself in a single person. There must be two or more. One's relation to his fellow is the main feature of all that Jesus taught.