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When Mr. H. Ball, the well-known auctioneer, of Chatham, Ont., was told by his physicians that he would never walk again, it simply amounted to telling him that his days on earth were short. Kidney disease was doing its deadly work; physicians and medicines had failed, and the last ray of hope had almost fled forever. Mr. Ball, having heard wondrous reports about the medicinal virtues of Paine's Celery Compound, wisely decided to give the great medicine a trial. He was not disappointed; health and strength returned, weight increased, and to-day he is a new man. He tells of his wonderful escape from death as follows:—

"I was so seriously ill I was obliged to take to my bed, where I laid for four months. The doctors here and in Toronto said my trouble was Addison's disease of the kidneys, and told me I would never walk again. I commenced to use Paine's Celery Compound. After having used a number of bottles I was enabled to attend to business, and felt like a new man. Before using the Compound I was very much reduced in flesh; to-day I weigh over 200 pounds. I can affirm with confidence and honesty that Paine's Celery Compound saved my life."

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HEALTH AND HOUSEHOLD HINTS.

The ideal temperature in a living room for healthy adults is a sixty-five degrees. For small children it should be at least five degrees warmer.

For a carpet broom the plain, ordinary one is usually used, but it should always be used wet. The short bristle brush having two kinds of bristles, one hard and one soft, is, to my way of thinking, better yet.

Hot cider vinegar will remove paint stains from window glass or nearly full strength oxalic acid, used with a swab, will produce the same effect. In using the latter care must be taken that it does not touch the hands or the paint.

Never use soap on oil-cloth. Wash oil-cloth with a sponge and cold water, and polish with a flannel. To improve the color and repolish when dim, beeswax and turpentine mixed and well rubbed in very sparingly will be found to greatly improve and restore both the coloring and smoothness of surface.

A new way to fold a napkin is as follows: Fold in three parts lengthwise, then turn down the two sides toward you so that they will appear like two ends of a scarf with a triangular top. Then roll the right-hand side to the lower point of the triangle and fold the roll to the upper point; make the side of the roll even with the central line; repeat the same on the other side and turn the whole over.

When one has no means of broiling over coals or under heat, the next best thing is broiling in a pan. For example, have a steak cut an inch thick; after making the frying-pan very hot, sprinkle in some fine salt and lay the steak in the pan. Cook for two minutes then lift the steak up and sprinkle the pan with salt; turn the steak and cook for two minutes; cook the piece of meat ten minutes in all, turning every two minutes; put the meat on a hot dish and season with salt and pepper.

Plain Cake.—One cupful each of sugar and flour, one-half cupful of cold water, one egg, butter the size of an egg, and one teaspoonful of baking powder. Flavor to taste.

Pound Cake.—Cream, one pound of sugar with three quarters of a pound of butter; add the well beaten yolks of ten eggs; then the whites; and stir in gradually a pound of thoroughly sifted flour. Flavour to taste. Bake in a moderate oven with a steady heat.

Chocolate and Suet Pudding.—Mix one-fourth pound grated chocolate and one-half pound of finely chopped suet; add one-fourth pound flour, and two ounces moist sugar. Beat up two eggs in a teacupful of milk, and stir them into the other ingredients. Pour the mixture into a buttered mould, and steam for one-and-a-half hours. Serve with whipped cream of chocolate sauce.

Pancakes a la Bechamel.—Make half-a-dozen or so of good pancakes, flavouring them, however, with coralline pepper and salt instead of sugar. Then lay them one by one on a silver dish, strewing each over as you lay it in with grated cheese and some rather thick creamy bechamel, and pouring over it all at the last some fresh butter melted; set the dish in the oven or brown it with a salamander, and serve.

Roast Duck.—Wild ducks should be served rare. Among some fashionable people the time given for roasting them is ten minutes, but this is not enough to heat them through. Twenty minutes is about the right time. The oven should be extremely hot when the ducks are put in. Either a brown olive sauce or a currant sauce is suitable for roast ducks, but it seems to lose the delicious flavor of a good bird by the addition of any kind of sauce. The flavor of all ducks is improved by putting a few tablespoonfuls of minced celery and onion in the bodies before they are cooked.

PICTURES.

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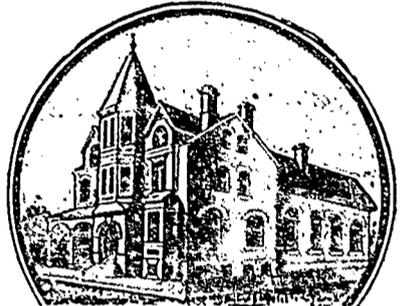
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