

HEALTH AND HOUSEHOLD HINTS.

A liquid black lead for polishing stoves is made by adding to each pound of black lead one gill of turpentine, one gill of water, one ounce of sugar.

Honey and glycerine in equal parts form an excellent healer for cracked lips, and also the general health should have attention unless the cold is only to blame.

If you don't keep a weekly account of all housekeeping expenses you will find yourself in a muddle. Some prefer monthly accounts, but the former is the better method.

Cheese Omelet.—Beat up the eggs and add to them a tablespoonful of grated Parmesan cheese; add a little more cheese before folding and turn out on a hot dish. Grate a little cheese over it before serving.

Parboil Old Potatoes.—Put them on in their skins in salted boiling water ten minutes, and then finish them by baking in a hot oven for ten minutes more, or until they show mealy when one is broken apart.

Buns.—Break one egg into a cup and fill with sweet milk; mix with it a half cup of yeast, a half cup of butter, one cup of sugar, enough flour to make a soft dough, flavor with nutmeg. Let rise till very light, then mould into biscuit with a few currants. Let rise the second time in pan, bake, and when nearly done glaze with a little molasses and milk.

Lemon Tarts.—Grate yellow rind of one lemon in a bowl and add the juice, one cup of white sugar and the yolk of an egg. Beat well, and add one cup of water in which you have dissolved one dessertspoonful of corn starch. Put it over the fire and let it come to a boil. Have some nice tart shells and fill when cold. Frost tarts with white of an egg mixed with sugar.

Tea to Perfection.—To make tea to perfection, boiling water must be poured on the leaves directly it boils. Water which has been boiling more than five minutes, or which has previously boiled, should on no account be used. If the water does not boil, or if it be allowed to overboil, the leaves of the tea will be only half opened and the tea itself will be quite spoiled. The water should be allowed to remain on the leaves from ten to fifteen minutes.

SUGAR AND OTHER FOODS.

Foods are divided into two great classes—the proteids (meats, eggs and legumes), which contain nitrogen as their most important element, and the sugars, starches and fats, composed chiefly of carbons. Both of these are necessary—the proteids to build up the framework of the body, and the others to supply energy; the proteids are the iron of the boiler and the machinery, the fats are the packing and the sugars are the fuel; all are necessary to the perfect working of the human machinery.

The danger of taking sweets is in over doing. The world's consumption of sugar has increased enormously in the last half century, although the necessity for muscular exertion (and therefore the use of fuel) has, through the introduction of labor-saving machinery, decreased.

Much of this sugar has gone into the stomachs, not of rollicking boys and tolling men who can use up a lot of it, but of girls and young women who are using it to saturate their blood with unnecessary fuel, to load their livers with sugar and to spoil their complexion. Children may and often do eat too much candy, but will not suffer much as long as they are in the active state of existence, for while they romp they are expending energy, and their little machines consume a vast amount of fuel. The danger is in forming a habit that may be carried on into a sedentary form of life.

SPARKLES.

"Got a wireless message to-day."
"That so?" asked his interested friend.
"What was it?"
"A postal card."

Ruby, who was dining with her elders, was given her choice of her favorite desserts.

"Which will you have, Ruby, ice-cream or jam?" her indulgent father asked.

After a moment's hesitation she said: "Give me a little of each and a lot of both."

"Johnnie," said a teacher in a physiology class, "can you give a familiar example of the human body as it adapts itself to changed conditions?"

"Yes-sum," said Johnnie, "my aunt gained fifty pounds in a year, and her skin never cracked."

Wearry Walker: I allers knowed it!
Tired Tatters: Knowed what?
Wearry Walker: Wot that sign meant: "Cleaining and Dyeing."
Tired Tatters: Well, wot about it?
Wearry Walker: Why, I allers knowed they went together.

"Why don't you try to say something original in your speeches?" asked the friend.

"Well," answered the rising statesman, "the material has been so thoroughly thrashed over that when you say anything absolutely new the chances are that it isn't so."

Gleams from a recent examination in the San Francisco schools:

"Define fathom, and from a sentence with it."
"A fathom is six feet deep. A fly has fathom."

"Define species."

"Species is kind. A boy must be species to his mother."

Officer (on board training ship)—Aloft there!

Lad (above)—Aye, Aye, sir!

Officer—Can you see a light?

Lad—Yes, sir!

Officer—Well, what light is it?

Lad—Daylight, sir!

Georgie walked into the store and asked for a yard of cloth.

"What for?" queried the clerk, suspiciously.

"Eight cents," was the prompt reply.

THE CROSS SQUIRREL.

Once there was a squirrel that did not like his home, and he used to scold and find fault with everything. His papa squirrel had long gray whiskers, and so was wise—besides which he could shake his whiskers quickly. He said to the squirrel, "My dear, as you do not like your home there are three sensible things you could do; leave it, or change it, or suit yourself to it. Any one of these would help you in your trouble."

But the little squirrel said, "Oh, I do not want to do any of these: I had rather sit on the branch of a tree and scold."

"Well," said the papa squirrel, "if you must do that, whenever you want to scold, just go out on a branch and scold away at some one you do not know."

The little squirrel blushed so much that he became a red squirrel and you will notice that to this day red squirrels do just that thing.—Bolton Hall, in Saint Nicholas.

No talent, no self-denial, no brains, no character, is required to set up in the grumbling business, but those who are moved by a genuine desire to do good have little time for murmuring or complaint.

SPRING BLOOD

IS BAD BLOOD

How to Get New Health and Strength in the Spring.

The winter months are trying to the health of even the most robust. Confinement indoors in overheated and nearly always badly ventilated rooms—in the home, in the shop and in the school—taxes the vitality of even the strongest. The blood becomes thin and watery, or clogged with impurities, the liver sluggish, the kidneys weakened. Sometimes you get up in the morning just as tired as when you went to bed. Some people have headaches; others are low spirited; some have pimples and skin eruption. These are all spring symptoms that the blood is out of condition. You can't cure these troubles with purgative medicines, which merely gallop through the system, leaving you still weaker. What you need to give you strength in spring is a tonic, and the one, always reliable tonic and blood builder is Dr. Williams' Pink Pills. These pills not only banish spring ills, but guard you against the more serious ailments that follow, such as anaemia, nervous debility, rheumatism, indigestion and kidney trouble. Every dose of Dr. Williams' Pink Pills makes new, rich, red blood, which strengthens every nerve, every organ and every part of the body. This is why Dr. Williams' Pink Pills is the favorite spring medicine with thousands and thousands throughout Canada. Try this medicine this spring and you will have energy and strength to resist the torrid heat of the coming summer. Mrs. Jas. Haskel, Port Maitland, N. S., says: "I was troubled with headaches, had a bad taste in my mouth, my tongue was coated, and I was easily tired and suffered from a feeling of depression. I got a supply of Dr. Williams' Pink Pills, and it was not long before they began to help me, and I was soon feeling as well as ever I had been." You can get these pills from any medicine dealer or by mail at 50 cents a box or six boxes, for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

BRITISH AND FOREIGN.

At a village near Exeter the wife of a farm laborer has just given birth to her 22nd child. All his family are alive and doing exceedingly well. No "race suicide" in that quarter.

Mr. Cornelius Lundie, oldest railway director in the world, and the last man who knew Sir Walter Scott died recently at Cardiff, at the age of 93.

Eighty-eight cases of enteric fever from milk contamination have been reported in Glasgow.

The Bishop of Manchester sees signs that the nation will become temperate.

At a rough estimate, a day's fog costs London £10,000 in extra lighting alone.

Florence Nightingale, the heroine of the Crimea, in honor of her 88 years, is to be presented with the freedom of the city of London.

Ald. Sir Robert Anderson has been elected mayor of Belfast, in place of the Earl of Shaftesbury. Councillor John McCauley has been made high sheriff for 1908.

It is expected that the "Peter's pence" collections just taken in all the Catholic churches in this country will this year be larger than ever, as the whole amount goes to swell the jubilee gift of Pope Pius X.