

HEALTH AND HOME HINTS.

One of the best ways to stop a mouse hole is to fill it with common laundry soap. This will prevent mice from gnawing through again in the same place.

Beating the cocoa with an egg beater before removing from the fire is an improvement, and a few drops of vanilla in the cocoa pot will make it still better.

It is said flies will not congregate on the outside of a screen door if the woodwork is rubbed occasionally with kerosene, the odor of which seems to be offensive to them.

A healthful and refreshing mouth wash is made by boiling cinnamon bark in water and mixing it with equal parts of the purest alcohol. This is good both for the gums and teeth, and makes the breath more fragrant.

Fried Twisters.—One egg, one cupful of buttermilk, one cupful of sugar, butter the size of a walnut, one teaspoonful of nutmeg, one teaspoonful of soda, one teaspoonful of baking powder. Mix flour enough to roll. Cut in strips, twist and let lay for two hours. Drop in hot lard and fry, and roll in granulated sugar.

Rice Jelly: This is very nourishing and tasty. Soak a quarter of a pound of best rice, after washing thoroughly, on the stove in a little warm water for two hours. Place in a stew-pan, add three pints of cold water and a pinch of salt, and let it boil till reduced to nearly a pint. Strain this carefully and add caster sugar or any flavouring liked. Wet a mould, place the rice jelly into it, and set to cool. To serve, turn out and garnish with custard and jam.

Sweetbreads Eugene.—Parboil one pair of sweetbreads in salted, scalded water, cool, trim and lard. Fry in butter twelve mushroom caps. Wash one-half cupful butter and place in a mortar with three tablespoonfuls mashed sweet potato, a few sprigs of chives, cut fine, one shallot and one clove, garlic, finely chopped. Rub to a paste and put through a sieve; then season well with salt and paprika. In a baking dish place a round of bread three-quarters inch thick, toasted on one side; spread with the above butter, place a piece of sweetbread on toast, spread with butter, and surround with the mushrooms, covering also each mushroom with butter. Place a glass bell over all, and pour heavy cream in dish around glass. Bake in a moderate oven twenty-five minutes.

ANTARCTIC EXPLORERS BAR ALL ALCOHOLIC LIQUORS.

The British Antarctic Expedition, to South Polar regions in charge of Lieutenant Shackleton, was a strictly abstinent expedition. "The Temperance Chronicle," commenting upon the supplies for the enterprise, said: "The most interesting point about the whole expedition was Lieutenant Shackleton's firm determination to carry no alcohol, save a very small quantity for strictly medical purposes, and that to be administered by the medical officer alone, and that under most exceptional circumstances only. Lieutenant Shackleton knows well the danger resulting from the use of alcohol where the temperature drops from sixty to seventy degrees below zero, and follows in this wise precaution his great predecessor, Sir John Ross, who, in addition to his northern polar voyages, seventy-five years ago, sailed the same seas on the same quest as that of the 'Nimrod,' and whose emphatic utterance after his Arctic voyage in 1829-33 was crunched in the following terms: 'The most irresistible proof of the value of abstinence was when we abandoned our ship and were obliged to leave behind us all our wine and spirits. It was remarkable to observe how much stronger and more able the men were to do their work when they had nothing but water to drink.'"

SPARKLES.

A teacher received an excuse for lateness on a recent day, which read as follows: "Dear Miss B—, please excuse Jessie, as she fell in the mud. Hoping you will do the same, Yours truly, Mrs. S."

Honesty is the best policy, although it may have the deferred dividend clause attachment.—Judge.

Bobbie: What are descendants, father?
Father: Why, the people who come after you.

(Later.) Father: Who is that young man in the hall, son?

Bobbie: That's one of sister's descendants come to take her for a drive.

"I had an interesting talk with Bunsen the other day. I find I haven't understood his real character. Of course you knew he was a utilitarian?"

"That's funny. He told me he didn't belong to any denomination."

During his first visit to a farm little Willie came into the house crying softly. "What is the matter, dear?" asked his mother.

"I went out to see the cows, and they didn't give nothing but milk," sobbed the boy.

"What did you expect?" inquired the mother.

"I'm not sure what I expected," replied Willie, "but, mother, where does beef tea come from?"

"We should all strive to walk in the straight and narrow path," said the sanctimonious looking man. "Yes, and let us hope that it is too narrow for automobiles," added the man who couldn't afford to own one.

Hostess—"And so you really believe the moon is inhabited, professor?"

Professor—"Not necessarily, madam. But there is a moon in which there must be a man and a woman."

Hostess—"I beg pardon?"

Professor—"I refer to the honeymoon."

A PITCHFORK.

When those aids to singing called musical pitchforks were first introduced the precursor of Carnock parish, a few miles from Dumfermline, thought he might not be the worse for one, and accordingly ordered the Edinburgh carrier to bring it over. The honest carrier, who never heard of any other pitchfork but that used in the barn yard, purchased one at least ten feet long. It was late in the Saturday evening before he came home, and as a message had been left to bring it up when he came to church next day, he marched into the churchyard before the bell rang, where the master of song was standing amid a group of villagers. "Aweel, John, here's the pitchfork you wanted; but I can tell you, I ne'er thought muckle o' your singing before, and I'm sair mista'en if ye'll sing any better noo!"

HOW TO READ.

In these days of much reading and little thinking, Macaulay's suggestions about reading with a purpose are worth reprinting and remembering. Macaulay says: "When a boy I began to read very earnestly, but at the foot of every page which I read I stopped and obliged myself to give an account of what I had read on that page. At first I had to read it three or four times before I got my mind firmly fixed; but I compelled myself to comply with the plan until now, after I have read it through once, I can almost recite it from beginning to end. It is a very simple habit to form in an early life, and it is valuable as a means of making our reading serve the best purpose."

GROWING BOYS
AND GROWING GIRLSNeed Dr. Williams' Pink Pills
to Give Them Health
and Strength.

Growing boys as well as girls need such a tonic as Dr. Williams' Pink Pills to keep the blood rich, red and pure and give them health and strength. Mrs. Edward Koch, post-mistress at Prince's Lodge, N.S., tells the great benefit her little son has derived from the use of this world famous medicine. Mrs. Koch says:—"My little son, Reginald, had been troubled with anaemia almost since birth. He was always a sickly looking child, with no energy and little or no appetite. His veins showed very plainly through his skin and he had several serious attacks of stomach and bowel trouble, and on one occasion his life was despaired of by two doctors who were attending him. His little body was slowly wasting away until he was nothing more than a skeleton. He was peevish and fretful and a misery to himself. Having read and heard so much of Dr. Williams' Pink Pills I determined to try them in his case, and after giving them to him for a couple of months they certainly worked wonders with him. Today he is fat and healthy looking; he has a hearty appetite, is able to play like other children, and is bright and energetic, instead of dull and listless as he used to be. Dr. Williams' Pink Pills have changed my puny, sickly child, into a rugged hearty boy."

Dr. Williams' Pink Pills cured this sickly boy because they went down to the root of the trouble in his blood. That is why they never fail. Bad blood is the cause of all common diseases like anaemia, (bloodlessness) eczema, paleness, headaches, indigestion, kidney trouble, neuralgia, rheumatism and the special ailments that only growing girls and womanfolk know. Dr. Williams' Pink Pills don't bother with mere symptoms, they cure diseases through the blood. They don't cure for a day—they cure to stay cured. Do not take any pills without the full name "Dr. Williams' Pink Pills for Pale People" 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.

DANGER IN LIGHTING LAMPS.

The lighting of kerosene lamps seems to be a simple thing. Yet nine-tenths of the feminine members of the household, whose chore it is to do it, do not know how. The "hired girl" especially finds it hard to understand that the flame will get much larger after the lamp gets warmed up than when it is first lighted. When I come to the house at dusk, after the girl has just lighted the lamps, I usually go from room to room to examine them, and in most cases I have to turn the wick down a notch. Very frequently I find the lamp chimney all blackened, and flame and smoke issuing from the chimney top. Fortunately we try to burn good oil; otherwise there might be an explosion now and then. As it is, however, there is always danger in the careless lighting of lamps, and a trusty person should be given the job.—Ex.

It costs more to avenge a wrong than it does to let it go by default.