

HEALTH AND HOME HINTS.

Stewed fruits, such as apples, rhubarb, and prunes are good for the complexion during the spring. Raw fruit is also good, but cooked fruit agrees better with the majority of people.

If you are over-tired, bathe the neck and temples with hot water. Bathe the back of the neck particularly; this seems to relax the muscles and the veins that supply the brain with blood. A headache will often be relieved, even cured, by hot applications to the back of the neck.

It is better to use a wooden spoon than one of metal when stirring milk or soups, and before using baking tins you should grease them inside thoroughly either with butter or lard. In order to prevent them from burning it is as well to take the precaution of sprinkling the shelves of the oven with salt.

Fish Toast: Wash and trim a dried fish, place it in a tin in the oven with a few bits of butter or dripping on the top of it; bake about ten minutes. Remove all bones and skin, and chop finely. Put the fish and one and a half ounces of butter in a saucepan, heat thoroughly, season carefully. Have ready neat fingers of hot buttered toast or fried bread, put a heap of the fish on each; garnish with chopped parsley or chopped hard-boiled eggs. Serve very hot.

Lemon Soufflé: Beat yolks of four eggs until thick and lemon colored, add one cup sugar and juice and rind of one lemon; continue beating. Fold in whites of four eggs, beaten until dry; turn into buttered pudding dish; set in pan of hot water and bake thirty-five to forty minutes. Serve with or without sauce.

Select ripe, rich-flavored pears. Pare, core and cut them into dice. Cook in a little rich sugar syrup until tender. Line the bottom of a deep glass dish with a layer of the pears and syrup, cover with another layer of cake crumbs, and then the remainder of the pears and syrup. The dish should be about two-thirds full. Over all pour a plain boiled custard. Heat a meringue made with the whites of eggs and three tablespoonfuls of powdered sugar over the top just before serving. Serve cold.

How to Arrange Flowers: A well-known landscape architect who has had much to do in laying out parks and supervising the arrangement of flowers in them says that women should make a serious study of arranging flowers in vases, and especially taking into consideration the proportion of the vase. The more simple the material and the form of the vase the better the artistic effect. Take, for instance, the syringe. A straight terra-cotta vase like a column holds these blossoms to perfection. Some vases of exquisite and elaborate workmanship are complete in themselves without the addition of flowers; the effect of the line of the vase is spoiled by covering it, and the simple natural beauty of the flower is injured by the elaborate setting made by the vase. A single stalk flower is appropriate for a handsome vase, sometimes, but care must be taken that the effect is not like that presented by the spectacle of a small man in a big hat.—Exchange.

A young Aberdeenshire farmer had been shandered by one of his servants, and to get even with the yokel he confronted him with the choice of three vases of punishments—horse whipping, tar and feathers, or case at Court. George agreed to the tar and feathers. George and Jack, old pa's, met at Tar-riff Feing Market. Jack—"Weel, George, how did you like tar and feathers?" George—"Man, ye ken, I didna muckle oblect to the tar; it wis the feathers I cudna thole."

To a Glasgow company belonged the credit of issuing the first burglary insurance policy in Great Britain.

SPARKLES.

"If nature had made me an ostrich," said old Grouch, "I suppose I could eat your cooking."

"Wouldn't that be nice?" answered his imperturbable spouse, "then I could get some plumes for my hat."

Algy: "That—aw—Miss Van Rox uses fearfully awful grammar, don't you know."

Albert: "Aw! Does she?"

Algy: "Ya-as; I proposed to her the other evening, and she said she wouldn't marry nobody."

No expense to Run.—"They've started a queer restaurant downtown; no tables, no chairs, no food, no waiters."

"What are they running it on—air or water?"

"Neither; Christian Science. You think you eat; so much a think."

"Lost money, eh? Don't look so glum. You ought to take things philosophically."

"I always do. But it's hard to part with things philosophically."

"Tell me," said the ambitious young man, "what do you consider the best foundation for success in business?"

"Rocks," promptly replied the wise old merchant.

"The people in the next house seem to be fond of the latest song."

"Yes. They don't appear to care for any that are sung earlier than ten p.m."

A story is told of an Englishman who had occasion for a doctor while staying in Peking, says the Birmingham (England) Post.

"Sing Loo, gleeatst doctor," said his servant; "he savee my life once."

"Really?" queried the Englishman.

"Yes; me tollible awful," was the reply; "me callee in another doctor. He givee me medicine; me velly, velly bad. Me callee in another doctor. He come and givee me more medicine, make me velly, velly badder. Me callee in Sing Loo. He no come. He savee my life."

Domestic: "There's a gentleman who wants to see you on business."

Master: "Well, ask him to take a chair."

Domestic: "He's taking 'em all, and the table, too. He's from the furniture shop!"

CARE OF THE HAIR.

For poor, brittle, falling hair a professional hair treator gives these directions, which, implicitly followed, she says, will, before many weeks have passed, check the tendency to fall out, and act in restoring the strength and tone of the hair. The head should be washed once a fortnight with water in which a little powdered borax has been dissolved and a teaspoon of household ammonia added, with the beaten yolk of an egg, and as much sub-carbonate of potash as will lie on a ten-cent piece. It must then be thoroughly rinsed in three different waters, when one will require an assistant, who may hold the hair up in one hand while with the other she pours the water gently over the head from a pitcher or sprays thoroughly with a shower-bath spray. When the water shows no discoloration it will indicate that all foreign matter applied has been removed properly. It is best to do this at night, if the after-operation is faithfully followed out, but warm towels should be rubbed over the head until it is perfectly dry. The next morning a very little vasoline should be rubbed into the scalp with the tips of the fingers, and the hair then brushed for ten minutes at least. The hair should be singed every month, for a time at any rate, using a brush in which the bristles are not too hard nor too short. The scalp should be gently rubbed before bringing the brush down the hair, and care must be taken not to drag the locks. If a tonic is used, it should be applied with a soft sponge, and the material should afterwards be well rubbed in with the tips of the fingers. This gentle friction will promote the growth of the new hair as well as strengthen that already on the head.

DISEASED KIDNEYS.

Made Sound and Strong Through Dr.

Williams' Pink Pills.

"Two doctors told me that I was incurable, but thanks to Dr. Williams' Pink Pills I am a well woman today." This strong statement was made by Mrs. Ed. Rose, of St. Catharines, to a reporter, who hearing of her remarkable cure called to see her. "A few years ago while living in Hamilton," continued Mrs. Rose, "I was attacked with kidney trouble. The doctor lulled me into a state of false security, while the disease continued to make inroads. Finding that I was not getting better I consulted a specialist, who told me that the trouble had developed into Bright's disease and that I was incurable. I had dwindled to a mere shadow and suffered from pain in the back, and often a difficulty in breathing. Insomnia next came to add to my tortures and I passed dreary, sleepless nights, and felt that I had nearly to live. In this disjarring condition my husband urged me to try Dr. Williams' Pink Pills, and to please him I began to take them. After using several boxes I felt the pills were helping me and I continued taking them until I had used some twenty boxes, when I was again restored to perfect health, and every symptom of the trouble had disappeared. Dr. Williams' Pink Pills certainly brought me back from the shadow of the grave, and I have since enjoyed the best of health."

Every drop of blood in the body is filtered by the kidneys. If the blood is weak or watery the kidneys have no strength for their work and leave the blood unfiltered and foul. Then the kidneys get clogged with painful, poisonous impurities, which brings aching backs and deadly Bright's disease. The only hope is to strike without delay at the root of the trouble in the blood with Dr. Williams' Pink Pills. They make new blood. They flush the kidneys clean, heal their inflammation and give them strength for their work. Common kidney pills only touch the symptoms—Dr. Williams' Pink Pills cure the cause. That is why they cure for good, and at the same time improve the health in every other way. But you must get the genuine pills with the full name, Dr. Williams' Pink Pills for Pale People, on the wrapper around each box. Sold by all medicine dealers or direct from the Dr. Williams' Medicine Co., Brockville, Ont., at 50 cents a box or six boxes for \$2.50.

ABOUT CLERGYMEN.

It is the fashion now-a-days in this very enlightened age to talk much and not always kindly of the faults and failings of the clergy—of those peculiarities which distinguish them as a body from their lay brethren. But what about the special virtues which are theirs by right of their clerical training, and in which the laity are conspicuously lacking; the intuition, the sympathy, the self-possession, the self-control, which we take as a matter of course in our spiritual pastors, but which we frequently seek in vain in the successful tradesman or the man of affairs? When the enemy has found occasion to blaspheme, and is availing himself of the same, it is a favorite gibe of his to discover points of resemblance between clergyman and woman. And he is right. As a rule, a clergyman, more than any other man, has the power of discovering other people's joys and sorrows, and throwing himself into them in a way that is popularly supposed to be the prerogative of the weaker sex. His very calling trains him to suppress his own wants and wishes in attending to the wants and wishes of his flock; just as a woman is trained to suppress her own wants and wishes in attending to the wants and wishes of her family.—Ellen T. Fowler.