

HEALTH AND HOME HINTS.

A little orris root added to the water in which handkerchiefs are boiled will impart a faint scent of violets.

An apple kept in a cake box will keep a moderately rich cake moist and fresh. The apple should be renewed when it become withered.

Ammonia kills grease by a chemical process and lends luster to silver in the same manner. Therefore a little in the water in which silver is washed is a good thing.

Wind a soft stout string around the neck of a bottle twice, and while some one holds it draw the string back and forth at great speed. This friction heats and expands the neck so that a tight stopper is easily removed.

Breakfast dish.—Chop scraps of boiled ham fine, and heat by throwing them into a hot frying pan. Beat two or more eggs, according to the quantity of ham, and pour into a hot, buttered pan on the stove; when it is brown on one side, spread the ham on half of it and turn the other half over it.

Tomato Cream Soup:—Scald one quart of milk with half an onion, five or six cloves, a bit of bay leaf, a sprig of parsley, and two-thirds a cup of stale bread-crumbs. Remove the seasoning, and pass the bread through a sieve. Cook two cups of tomatoes with two teaspoons of sugar fifteen minutes; add one-fourth a teaspoon of soda, pass through a sieve, and add to the bread and milk. Add five tablespoons of butter in bits, and season with salt and pepper.

Creole Chicken:—Joint a young fowl; season with salt and pepper, and fry to a golden brown in hot salt pork fat, or butter, together with two onions sliced thin. When all are well browned remove the fowl, and cook one-fourth a cup of flour in the fat; then add one cup each of white stock and tomato pulp, and in this simmer the fowl until tender, adding more stock if needed. Arrange the joints in a circle on a serving dish. To the sauce add a tablespoon of tarragon vinegar, and other seasonings as desired, and reheat in it one-fourth pound of macaroni cooked and blanched. With this fill in the centre of the dish.

A MERRY GAME.

What-to-Eat furnishes a list of questions, the answer to each being a well-known berry. The prize for the one guessing correctly the most answers to the questions may be a box of candied fruit or candy strawberries or a pretty fruit plate. Here are the questions:

- 1 What berry is a domestic fowl? Gooseberry.
- 2 What berry is a glistening drop? Dewberry.
- 3 What berry is a harsh sound? Rasp-berry.
- 4 What berry is a lady's useful implement? Thimble-berry.
- 5 What berry is the first part of the title of a popular novel? Huckleberry (Finn).
- 6 What berry is a primitive woman? Squaw-berry.
- 7 What berry is a filmy cloth? Mul-berry.
- 8 What berry is part of a fence? Barb-berry.
- 9 What berry is a too common drink? Wine-berry.
- 10 What berry is a summer month? June-berry.
- 11 What berry is a season and a color? Wintergreen-berry.
- 12 What berry is a festival emblem? Holly-berry.
- 13 What berry is the emblem of mourning? Black-berry.

SPARKLES.

The Lady: Generally speaking, women are—

The Cynic: Yes, they are.

The Lady: Are what?

The Cynic: Generally speaking.

The politician, caught with the goods, was counseled by his friends to stay and face the music.

For an instant he listened to the clamor of denunciation.

"Great Scott," he exclaimed impatiently, "do you call that music?"

A moment later he was out of hearing.

"Hurry up, Tommy!" called mother from downstairs. "We're late now. Have you got your shoes on?"

"Yes, mamma—all but one."

The Maid—Do you believe it's unlucky to get married on Friday?

The Abominable Bachelor—Certainly. Why should Friday be an exception?

Captain—In a few minutes we will cross the equator.

Lady Passenger—Oh, won't that be lovely! I've heard so much about the equator! Lizette, go and get my opera glasses!

A young man married against the wishes of his parents, and, in telling a friend how to break the news to them, said:

"Tell them first that I am dead, and gently work up to the climax."

Explorer (relating tiger story)—There was the great beast right in front of me. I was unarmed, and it was clearly necessary to terrify him into submission. What did I do? I—

Excited listener (who has heard about the power of the human eye)—I know. You—you I-I looked at him.—Punch.

"Begorrah!" old Paddy O'Flaherty cried,

"Yez c'n say what yez like, but that newspaper lied.

It said I c'd see the eclipse if I'd smoke A small bit of glass. Sure a piece I b'ov broke

And filled up me poipe with the bits nate and small,
And sure not a bit c'd I loight it at all!"

Mrs. Mugins—My husband is a perfect crank.

Mrs. Bugins—All husbands are, my dear.

Mrs. Mugins—But fancy a man who complains that my mustard plasters are not as strong as those his mother used to make.

Liquor and Tobacco Habits

A. McTaggart, M.D., C.M., 75 Yonge St., Toronto, Canada.

References as to Dr. McTaggart's professional standing and personal integrity permitted by:—

Sir W. R. Meredith, Chief Justice.
Hon. G. W. Ross, ex-Premier of Ontario.
Rev. N. Burwash, President Victoria College.

Rev. Father Teefy, President of St. Michael's College, Toronto.

Right Rev. A. Sweatman, Archbishop of Canada.

Rev. Wm. McLaren, D.D., ex-principal of Knox College, Toronto.

Dr. McTaggart's vegetable remedies for the liquor and tobacco habits are healthful, safe, inexpensive home treatments. No hypodermic injections, no publicity; no loss of time from business, and a cure certain.

Consultation or correspondence invited.

LA GRIPPE'S VICTIMS

Left Weak, Miserable and a Prey to Disease in Many Forms.

La Grippe starts with a sneeze—and ends with a complication of troubles. It lays the strong man on his back; it tortures him with fevers and chills, headaches and backaches. It leaves him a prey to pneumonia, bronchitis, consumption and other deadly diseases. You can avoid La Grippe entirely by keeping your blood rich and red by the occasional use of Dr. Williams' Pink Pills. If you have not done this and the disease lays you low, you can banish all its evil after effects with this same great blood-building, nerve restoring medicine. Here is proof of the wonderful power of Dr. Williams' Pink Pills over disease.

Mr. P. E. Paulin, Collector of Customs at Caraquez, N.B., says:—"In the winter of 1907 I had a very severe attack of la grippe, which broke me down entirely. I had to take to bed for several weeks. During that time I employed a doctor, but without benefit, fact I seemed to be getting worse and worse. I did not sleep; suffered from night sweats, and had no appetite. I was really a physical wreck. On a former occasion I had used Dr. Williams' Pink Pills for general debility, with great benefit so I decided to again try them. I sent for half a dozen boxes and began to use them at once. When taking the second box I began to feel quite a change in my condition. I was able to walk about the house and my appetite was improving. From that on I gained strength every day, and before the six boxes were done I was able to return to the office and attend to my work. Now I enjoy the best of health, and although 63 years old, am feeling quite young. I think Dr. Williams' Pink Pills a splendid medicine for troubles of this kind."

Dr. Williams' Pink Pills are a blood-making, nerve-restoring tonic. In this way they cure anaemia, indigestion, rheumatism, neuralgia, St. Vitus dance, and partial paralysis. They are the best medicine in the world for the ailments of girlhood and womanhood. Sold by medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.

TED AND THE WOOD PILE.

"I'll be glad when I get that whole pile of wood in. Then I'll be through with it, won't I, mother?"

"No, Ted. You know I shall want you to carry out the ashes, after the wood is burned up," answered mother.

"Then I'll be through with it, mother!"

"No, I think not," answered mother, while Ted's eyes grew big with wonder. "You will scatter the ashes on the corn-field, and father will plow them in in the spring. Then you will help him plant the corn, you know. The corn will grow, eating the ashes and ground about it, and by and by you will eat the sweet corn."

"Oh, we'll sort of eat the wood ourselves, and that will be the end of the old wood-pile."

"Not quite," said mother. "There will be cobs left, and stalks of corn. We may feed them to the pigs, or to the cows, and that will give us meat or milk."

"Well, I never knew before that there was so much in a wood-pile," said Ted.

A course of study is to be inaugurated in Trinity College, Dublin, for graduates who are desirous of adopting journalism as a profession.