

HEALTH AND HOME HINTS.

As soon as oilcloth begins to show signs of wear it should be given a thin coat of white varnish. This gives it a new lease of life.

Palms should never be kept in a room where there is artificial light. They should be moved into another apartment before the lamps are lighted.

When very tired try bathing your face in warm milk and water (half and half). It takes away that parched feeling of the skin that fatigue gives.

Don't stick a fork into meat to turn it when cooking. It lets the juice out, and also makes the meat less tender. If you have no meat tongs use two spoons.

Pralines.—Boil two cups powdered sugar, one cup maple syrup, and one-half cup cream until, when tried in cold water, a soft ball may be formed. Remove from fire, and beat until of a creamy consistency. Add two cups pecan nut meats, broken in pieces, and draw from tin of spoon, in small pills on buttered paper.

Curried Veal.—Quickly sear over a veal steak and cut into small two-inch pieces. Fry two medium-sized onions (sliced) in half a cupful of butter till brown remove the onion, add half a tablespoonful of curry powder and the meat and cover with boiling water. Cook slowly until the meat is tender, then thicken the gravy with flour, add a teaspoonful of vinegar and season with pepper and salt.

To Keep Lemons Fresh.—Hang them in a cool place, in a bag made from netted string. When only the juice of the lemon is used, dry the peel by hanging it up in a paper bag. If you heat a lemon before peeling it you will obtain nearly twice as much juice as you could otherwise extract from the fruit. To preserve lemon juice in good condition for a long time, take a pound of sugar to every pint of juice, and when you have stirred the mixture until the sugar is entirely dissolved, bottle it, and just before corking and sealing it, place a teaspoonful of olive oil on top of the juice. It is best to use small bottles for this purpose, as the contents will not keep long after the cork is drawn. To remove the oil it is only necessary to insert a small piece of raw cotton in the mouth of the bottle, and every drop of the greasy coating will immediately be absorbed.

Uses for the Soup-Pot.—Sir Henry Thompson, in his widely-read work, "Food and Feeding," presents a suggestion that housewives who make use of a soup-pot will do well to follow. "On the continent," he says, "especially in families of the middle class, another use has been found for the stock-pot. Thus, when a boiled fowl is required, it is a common practice to conduct the process in the liquor of the stock-pot. Any nutritive matter, however small, which might have been lost in the water used in ordinary boiling, is saved for the soup, while a fowl boiled in stock is certainly preferable when it comes to the table, to one which has been boiled in water. And so with many other articles; for example, a small and well-cleaned ham may be cooked—and this is an affair of several hours—in a capacious stock-pot, with advantages equally to the soup and the ham, provided, of course, that the latter has previously been soaked some hours to remove superfluous salt; nor should any salt be put into the stock-pot itself when required for this operation."

We may not be able to convert the world, but we can do our part. That is all God asks of us. It is thy hand and thy might which God calls for. "Let him that heareth say, Come." He is a poor Christian indeed who cannot speak that one word of one syllable.

SPARKLES.

"Do you think that marriage is a failure, Mr. Askin?" said Miss Elder to a young man whom she knew to be engaged.

"I haven't got that far yet," was the frank reply, "but I'm pretty well convinced that courtship is bankruptcy."

The schoolmaster asked the pupils: "Suppose in a family there are five children and mother has only four potatoes between them. Now, she wants to give every child an equal share. What is she going to do?" Silence reigned in the room. Everybody calculated very hard, till a little boy stood up and gave the unexpected answer: "Mash the potatoes, sir."

Jeweller (to new boy)—"Did you sell anything while I was out, Johnny?"

"Yes, sir. I sold six plain gold rings."

"Good, my boy," said the jeweller, highly pleased. "We'll make a first-class salesman of you one of these days. You got the regular price, of course?"

"O, yes, sir. The price was marked on the inside 18c., and the gentleman took all that was left, sir."

"Ah," remarked Miss Weery, whom Mr. Staylate had been wearying with old conundrums, "That reminds me of the best thing going." "What's that?" he asked. "A man who has stayed too long!"

Her Specialty.—Mike—Kin yure woife cook as good as yure mother used to, Pat?

Pat—She cannot; but Oi niver min-tion ut. She kin throw considerable better.

Mrs. Newlywed.—Does your husband ever talk in his sleep, Mrs. Longwed? Mrs. Longwed—No, dear; he talks in other people's sleep. He is a preacher, you know.

Lady Curzon made a point of collecting any amusing attempts made by Hindus to write English that came under her notice and had many curious specimens in her scrap book. Once she got from Bombay a letter that two brothers sent out to their patrons on the death of their father, who had been the head of the firm. It ran: "Gentlemen: We have the pleasure to inform you that our respected father departed this life on the 10th inst. His business will be conducted by his beloved sons, whose names are given below. The opium market is quiet and Mal. 1500 rupees per chest. O death, where is thy sting? O grave, where is thy victory? We remain, etc."

Premier Sir Henry Campbell Bannerman has been spending a few days with his brother at Stracathro.

The ophthalmic surgeon says that he recently tested 52,493 children in the Glasgow Board schools, and found the vision of 18,565 defective.

IN A DEADLY DECLINE.

Saved Just in Time by Dr. Williams' Pink Pills.

"Before my daughter Lena began taking Dr. Williams' Pink Pills she looked more like a corpse than a live girl," says Mrs. Geo. A. Myles, of South Woodilee, Ont. "Her blood seemed as though it had all turned to water. Then she began to have bad spells with her heart. At the least excitement her heart would beat so rapidly as to almost smother. She grew very thin, had no appetite, and what little food she did eat did not seem to nourish her. She was treated by one of the best doctors in this part of the country, yet she was daily growing worse and her heart got so bad that we were afraid that she would die. She slept but very little, and would frequently awake with a start and sometimes would jump right up in bed. These starts would always bring on a bad spell and leave her weak and exhausted. We had almost given up all hope of her ever being well again, when we decided to try Dr. Williams' Pink Pills. After taking a couple of boxes she began to sleep better at night, and color began to return to her lips. From that one she kept right on gaining and after taking eight boxes of the pills she was again in good health. She is now fifteen years of age, the picture of health, and since beginning the pills has gained about forty pounds in weight. Only those who saw her when ill can appreciate the marvelous change Dr. Williams' Pink Pills have brought about in her condition. I believe that had it not been for the pills she would be in her grave to-day, and it is with feelings of great gratitude that I write you in the hope it may benefit some other sufferer."

And Dr. Williams' Pink Pills can do just as much for every weak, ailing male-faced young woman who is sinking from anaemia into a deadly decline. Dr. Williams' Pink Pills actually make new blood. In that way they strike straight at the root of all common diseases like anaemia, headaches and backaches, heart palpitation, indigestion, neuralgia, rheumatism and the secret ailments and irregularities of girls and women. Sold by all dealers in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

It is 27 years since Dr. J. H. Murray took the "New English Dictionary" in hand.

The English Channel is nowhere more than 900 feet deep; the Irish Sea is 2,130 feet.

Not for many years have so many visitors remained at Strathepeffer so long as they have done this season.



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