

## HEALTH AND HOME HINTS.

Home is where you wear your old coat and your old manners.

Mutton tea is a pleasant change from beef tea to many invalids, and is very wholesome.

Though table knives are blunted by being put into hot water, a razor is not, because it is tempered with a heat many degrees above boiling point.

For lungbo try spirits of turpentine sprinkled on a piece of flannel wrung out of very hot water. Apply this to the affected parts, and renew it till you obtain relief.

A person who is in fear of having received infection of any kind should take a warm bath, suffer perspiration to ensue, and then rub dry. Guard against cold afterwards.

Fish and Eggs on Toast.—Make a cream sauce with a generous cupful of sweet cream, slightly thickened in the usual way with flour and butter. Simmer and drain a small cupful of flaked fish, and mix with it five well-beaten eggs. Stir it smoothly into the sauce, and when it thickens, serve on toast. Salmon or mackerel is fine in this way.

Mexican Codfish.—Fry a chopped onion in three tablespoonsful of butter; add two of flour and a chopped green pepper or a little red pepper, and a cupful of tomato, fresh or canned. When well cooked and smooth, add a pint of salt codfish, flaked after boiling. Dish, and garnish with hard-boiled eggs.

Codfish Cones.—Two cupfuls of codfish, picked up and freshened; one pint of smooth mashed potatoes. Make a white sauce with two tablespoonsful of butter and two of flour rubbed together over the fire and stirred to a smooth paste with one cupful of milk. Mix all together, and shape with the hands into small cones. Place them in a baking pan, rub over with melted butter and dust lightly with cracker dust. Brown delicately in a hot oven.

Poached Fish and Eggs.—For six eggs allow a large cupful of picked-up codfish. Freshen by simmering in water, cold when first put over the fire. Drain, and add cream to cover. When it comes to a boil, break the eggs, and serve with the fish.

Coffee Cake.—To make a cake flavored with coffee use strong coffee in place of milk in mixing the batter. A good recipe is one cup of coffee, one scant cup of butter, one cup of sugar, one cup of molasses, one cup of seeded raisins chopped fine, one teaspoonful soda, one egg, four cups of seeded raisins chopped fine, one teaspoonful soda, one egg, four cups of sifted flour, cinnamon, cloves and nutmeg.

Coffee Jelly.—Soak a little more than half a box of gelatine in a cup of cold water. After two hours pour on one cup of boiling water in which a cup of sugar has been dissolved, then add two cups of good fresh coffee. Blend and strain through cheesecloth into a mold. When cold arrange on an oval dish and surround with whipped cream, letting the top show.

Neapolitan Cream.—In a porcelain dish cream three cups of sugar, one tablespoonful of butter and half a cup of milk. When creamy boil without stirring until it will spin a thread when dropped from a spoon. Remove from the fire and stir briskly until the mass begins to thicken. Divide in three portions. One part color with strawberry juice, another make brown with coffee, the third flavor with vanilla. While soft make into layers by pressing in a well-buttered tin; the coffee layer in the middle.

Russia in Europe has an area of 2,000,000 square miles. This is 23 times the size of Great Britain. Siberian Russia has an area of 5,000,000 square miles.

The magnitude of the Escorial, the great Spanish palace, may be inferred from the fact that it would take four days to go through all the rooms and apartments, the length of the way being reckoned at about 120 miles.

## SPARKLES.

Myer—"Did you ever see a man-eating shark?"

Gyer—"No but I saw a man eating cat-fish."

Myer—"Indeed! Where?"

Gyer—"In a restaurant."

Rubbe—"Why in the world did that entomologist take so much interest in the wedding?"

Dulbe—"No wonder. A beetle-browed man married a wasp-waisted girl."

Green—"There goes a woman whom I once considered the light of my life."

Brown—"Why didn't you marry her?"

Green—"A chap with more money than I could show came along and the light went out."

A Scotch laboring man who had married a rich widow remarkable for her plainness was accosted by his employer. "Well, Thomas," he said, "I hear you are married. What sort of a wife have you got?"

"Well, sir," was the response, "she's the Lord's handiwork, but I canna say she's His Masterpiece."

A janitor of a school threw up his job the other day. When asked the trouble he said:

"I'm honest, and I don't stand being slurred. If I find a pencil or a handkerchief about the school when I'm sweeping I hang or put it up. Every little while the teacher, or some one that is too cowardly to face me, will give me a slap. A little while ago I seen wrote on the board:

"Find the least common multiple."

"Well, I looked from cellar to garret for that thing, and I wouldn't know the thing if I would meet it on the street. Last night, in big writin' on the blackboard, it said:

"Find the greatest common divisor."

"Well, I says to myself, 'both of them things are lost now, an' I'll be accused of takin' 'em, so I'll quit!'"

The "Gentlewoman" has a new story of the Princess Royal The Queen was staying on the Yorkshire coast with her children when they were quite young. One day, at Scarborough, a boating trio was arranged in charge of a fine old fisherman. On their return, as the boat touched the shore the Princess Royal prepared to jump, when the old fisherman, not knowing who were his customers, warned her with "Wait a bit, young lady." "I am not a young lady; I am a princess," was the prompt reply. The Queen smilingly turned to her and said, "Now tell the fisherman you hope to be a lady some day."

While the Hon. William Paterson was addressing the House early one morning he was frequently interrupted by a gentleman who had clearly been resorting to those other "sources of inspiration" to which Mr. Gladstone once referred. He frequently uttered the word "Rot." Finally Mr. Paterson said in his blindest tones: "If it's rot, why does the honorable gentleman drink so much of it?"

On Sable Island, off the coast of Nova Scotia, troops of wild horses are still to be found. The original stock is believed to have landed from a Spanish wreck early in the sixteenth century. Twenty-five years ago it was estimated that these horses numbered 600, but at present there are scarcely 200. Sable Island is an accumulation of loose sand, forming a pair of ridges, united at the two ends and enclosing a shallow lake. There are tracts of grass in places, as well as pools of fresh water.

Philadelphia Westminster: The miracles of the Savior's birth and resurrection are essential to the evangelical faith. Those questions were settled centuries ago, and their revival, instead of being the result of scholarship, is simply the ghost of an old heresy, dead and forgotten.

## LAPLAND BABIES ON SUNDAY.

In Lapland the mothers love to go to church, and they go regularly to church every Sunday, even when they have little babies to care for and when they have not a nurse. They wrap the babies up in warm clothes, often in bear skins or something along to church. Even if they have to go ten or fifteen miles, they will take the baby along. They usually go in sleighs drawn, not by a horse or a mule, but by a reindeer. Did you ever see a deer pulling a sleigh?

As soon as the family arrives at the little church and the reindeer is secured, the father Lapp shovels a snug little bed in the snow, and mother Lapp wraps baby snugly in skins and lays it down there. Then father piles the snow all around it, and the parents go into the church.

Over twenty or thirty of these babies lie out there in the snow around the church, and I never heard of one that was suffocated or frozen. And the little babies are not strong enough to knock the snow aside and get away, so they just lie still there and go to sleep. Then when church is out the father goes to where the baby is and puts his hands down into the snow and pulls the baby out and shakes off the snow, and then the reindeer trots off a good deal faster than a horse and takes them all home again.—Ex.

## RISE IN THE COST OF LIVING.

(Goldwin Smith.)

What is the cause of this great rise in the cost of living. It can hardly be an increase of expensiveness in the habits of the people. This might cause the price of articles of luxury to rise, but would hardly raise the price of the common necessities of life. Nor can we see how emigration can be the cause, though the two things have been closely connected in time. A rise of wages enforced by trade unions may probably be set down as playing a part. The unionists being consumers as well as producers, the cost of articles is raised to them as well as to the rest of the community. Is the phenomenon partly to be traced to an increase of the circulating medium? If that were the case we should expect to find the same effect in all countries. The investigation would help to tell us what is the probable limit of the rise. What part has protection played? Has exorbitant raised prices here? The question is far from being one of mere curiosity. An increase of forty per cent. in the cost of living, practically cutting off half from all fixed incomes and salaries, would almost amount to a social revolution.

## THE RACE IS TO THE TRUE.

Your life is longer than the few years of your earthly pilgrimage.

The life that now is, is the vestibule to the life that is to come.

Wastage of life must be settled somewhere, some time. Therefore, don't waste it.

One way to make the most of life is to do the most for those who need you most.

It is all right to be glad and to rejoice in the fullness of and promise of life; but the silly and frivolous person is an abomination before the Lord and in the sight of men.

Youth is the time for the making of moral fibre. The strain of later years is fatal to character that is without a lot of it.

In the race of life every one can be and ought to be a winner. There are crowns enough to go round. Yours is waiting for you.

Don't mix millions gathered with success won. They often mean character sacrificed; hearts crushed; duty betrayed; manhood debased; religion reviled; humanity defrauded.—Selected.

Bank of England notes are numbered backwards, that is, from one to 10,000, hence the figures 000,01.