

## HEALTH AND HOME HINTS.

When making a pudding don't forget to make a pleat in the cloth at the top so as to allow the pudding to swell.

Remove flower-pot stains from window-sills by rubbing them with fine wood ashes, and rinse with clean water.

If a child had an arm long enough to reach the sun it would be 132 years before he would feel the pain of the burn.

Physicians assert that baked potatoes are more nutritious than those cooked in any other way, and that fried ones are the most difficult to digest.

One small onion eaten at night will often induce sleep, as onions have a particularly soothing effect upon the nerves.

Do you hang your overcoat up by the chain that it attached to the collar? If so, you do wrong, because it will pull your coat out of shape between the shoulders. The best way to hang an overcoat up is to put the coat on a hanger.

To those who like fresh air nothing is more intolerable than the horribly stuffy atmosphere of a railway carriage with the full complement of passengers and the windows shut. The combination of cold and bad air is particularly injurious.

When preparing sandwiches for a large company, it is sometimes necessary to make them several hours in advance of the serving. If a napkin is wrung out of hot water and wrapped around the sandwiches, which should then be placed in a cool room, they will keep as fresh and moist as though just spread.

Tapioca.—Soak two tablespoonfuls of pearl tapioca in two cups of cold water for one hour; then cook in a double boiler until perfectly clear. Add four tablespoonfuls of sugar, and cook a few minutes longer. Then pour a pint of rich stewed rhubarb in a shallow glass dish. Serve very cold with whipped cream flavored with lemon.

Sick-room Precautions.—When there is contagious disease in a house, all the linen which has been used by the sick person, or which has even been in his room, ought to be thoroughly disinfected before being sent to the wash, otherwise there is great danger of the illness being carried to others. It should be wrung out in a solution of carbolic acid and water.

Golden Spice Cake.—Cream together one cupful of butter and two cupfuls of sugar; add the well-beaten yolks of seven eggs and one whole egg, one cupful of molasses, one teaspoonful of ground cloves, one-quarter of teaspoonful of salt, two teaspoonfuls of cinnamon, one teaspoonful of ginger, one-half of a teaspoonful of nutmeg, a dash of cayenne, and five cupfuls of flour. Add one and one-quarter cupfuls of thick sour milk, beat well for five minutes, add one scant teaspoonful of soda dissolved in one tablespoonful of hot water. Pour at once into well-greased pans and bake in a moderate oven.

Croquettes of Macaroni.—Melt half an ounce of butter in a saucepan, and well stir into it the same quantity of flour; add half a gill of milk and water, and boil for three minutes. Then stir in two ounces of chopped macaroni, previously boiled in salted water, season with cayenne, salt and a very small quantity of made mustard. When thoroughly mixed remove the saucepan from the fire, cool the contents a little and add to them one ounce of grated cheese; then turn the mixture out, and when quite cold form it into a small croquette; egg and bread crumb these, and fry brown in hot fat. Garnish with fried parsley when serving.

A schoolgirl of Holland, named Wilhelmina, on her twelfth birthday, sent Queen Wilhelmina a large cake which she had baked. She ornamented it with the Queen's name in letters of chocolate. The Queen acknowledged the gift in an autograph letter, which was accompanied by her photograph, bearing the inscription: "From Wilhelmina to Wilhelmina, on her twelfth birthday."

## TABLE LINENS.

The custom of employing the centrepieces with doilies to match is a revival of the old style of several years ago. Some new ones show doilies in several sizes, but most of them are in only two sizes, one for the plate, the other for finger bowls or bread and butter plates. Among the most expensive centrepiece sets shown is that of sheer linen and burano lace. This is a new handmade lace from Italy, of firm, though fine fiber. It is worked upon net which is also handmade.

Pretty linen sets may be bought at all prices to meet all tastes. For the woman who has time and talent very pleasant occupation is to be found in making one. Fine, firm linen is the best for this purpose, and the embroidery should be in white linen thread. White silk floss is very handsome for embroidery, but unless laundered with exceptional care it soon turns yellow. Favorite patterns for stamping are the chrysanthemum, carnation and rose.

Care should be taken that centrepieces of embroidered linen are always ironed right side down on a thick piece of flannel. This will "throw out" the pattern. Starch should never be used, but the linen should be ironed while very damp until perfectly dry.

Table covers with wide lace insertions are very much liked. Those in the shops fetch big prices, but may also be imitated in home work very successfully.

Very wide linen, such as is sold for sheeting, is bought and crocheted on torchon lace insertion and edging four to six inches in width used for trimming. The insertion may be run across the cloth six inches above the hem—that is, in four strips, two for the length, two for the width. These strips should cross each other and extend to the edges.—Ex.

## GRAY ROCKS AND GRAYER SEAS.

Gray rocks and grayer sea,  
And surf along the shore—  
And in my heart a name  
My lips shall speak no more.

The high and lonely hills  
Endure the darkening year—  
And in my heart endure  
A memory and a tear.

Across the tide a sail  
That tosses, and is gone—  
And in my heart the kiss  
That longing dreams upon.

Gray rocks and grayer sea,  
And surf along the shore—  
And in my heart the face  
That I shall see no more.

—CHARLES G. D. ROBERTS.

## GOOD FRIDAY BREAD AND BUNS.

In many countries of Great Britain a small loaf of bread is baked every year on Good Friday morning and carefully put away until the same anniversary of the following year. This bread is not made to be eaten, but is used for medicinal purposes, and is prepared by grating a small portion of the dry bread into water and forming a kind of panada. This is believed to be a specific for many diseases. In the North of England the people make little cakes, on which a cross is cut with a knife before putting them in the oven, and it is an old belief that eating hot cross buns on Good Friday protects the house from fire during the ensuing year. Many other virtues are attributed to these cakes. In almost all countries the "hot cross bun" is used on Good Friday.

A novel method for fighting submarines is, it is said, to be tried. Three ship's cutters have been fitted up to carry a steel net about 200 ft. long. While the cutters are being towed along they will draw these nets, and endeavor to take in them the submarine boats they may locate. The submarines on their part will try to dive under these nets or break holes through them.

## A SPRING DANGER.

Many People Weaken Their System by Dosing With Purgative Medicines.

A spring medicine seems to be a necessity. Nature demands it as an aid to enriching the blood and carrying off the impurities that have accumulated during the indoor life of the winter months. Thousands of people, recognizing the necessity for a spring medicine, dose themselves with harsh, gripping purgatives. This is a mistake. Ask any doctor and he will tell you that the use of purgative medicines weakens the system and cannot possibly cure disease. In the spring the system needs building up—purgatives weaken. The blood should be made rich, red and pure—purgatives cannot do this. What is needed is a tonic, and the best tonic medical science has yet devised is Dr. Williams' Pink Pills. Every dose of this medicine actually makes new, rich blood, and this new blood strengthens every organ and every part of the body. That is why these pills banish pimples and unsightly skin eruptions. That is why they cure headaches and backaches, rheumatism and neuralgia and a host of other troubles that come from poor, watery blood. That is why the men and women who use Dr. Williams' Pink Pills eat well and sleep well and feel active and strong. Mrs. Albert E. Sampson, L'Ardoise, N.S., says: "I have used Dr. Williams' Pink Pills with the greatest benefit. I know of no medicine that can equal them in building up people who are weak or run down."

When buying these pills see that the full name, Dr. Williams' Pink Pills for Pale People, is printed onto the wrapper around the box. You can get the pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.

## CONUNDRUMS.

What is the color of the wind and the color of the storm? The storm rose and the wind blew.

Why do some men always rise early?—Because it is impossible for them to lie long.

Who was the first whistler, and what air did he whistle?—The wind, and he whistled "Over the Hills and Far Away."

Which is the Queen of the Roses?—The rose of the water pot which rains (reigns) over them.

Why is the moon like a sword?—It is the glory of the (K)night.

Make five less by adding to it?—IV.

Why is an unwelcome visitor like the Hoosier Tunnel?—A great bore.

Why is a newspaper like an army?—Because it has leaders, columns and reviews.

What day will New Year's fall on in 1925?—January 1st, of course.

In Denmark the postmen often have very long rounds in the country, and are obliged to walk or ride many miles a day in all kinds of weather; but, undesirable as such positions would seem to be, they are eagerly sought after, and, more surprising still, by men suffering from consumption. It has been proved that the work is healthy, despite the hardships and the exposure to inclement weather, for almost all the invalids who adopt the life become robust and healthy.

It has been ascertained that large beasts of prey really have the strong antipathy to rats and mice that we often hear of. When a mouse was thrown into a cage where there were two lions the animals leaped away, roaring apparently with fright, and making efforts to get away from the tiny creature. A tiger roared with rage when first introduced to a mouse. Then he lowered his muzzle to smell at it, but would have no more to do with it, and made violent efforts to break from his cage. Elephants screamed and trumpeted when mice were introduced, shrinking from the mas far as their chains allowed. One elephant, however, more knowing than the rest, who na couple of mice were placed on the ground before him, quietly put his foot on them.