

## HEALTH AND HOME HINTS.

Verdigris on metal can be removed by rubbing it with liquid ammonia. Put a little saltpetre in the water used for cut flowers, for it will make them last much longer.

A piece of lime or charcoal in the new refrigerator will prevent the "new" odor and taste from clinging to eatables.

There is no better pudding-cloth than a piece of cheese cloth. This material being coarse does not retain the grease, and is easily cleaned.

Scalloped Cheese.—Remove the crust from four or five slices of bread and butter. Arrange in a buttered baking pan and sprinkle with some good sharp cheese. Beat four eggs, add three cups of new milk and season with salt and pepper. Pour the mixture over the bread and bake in a hot oven.

Mulligatawny Soup.—Cut three small onions, a carrot, a turnip and a head of celery into two quarts of cold stock, bring to boiling, then let it simmer half an hour. Beat smoothly two tablespoons of flour with a little cooled liquid, stir into the soup and boil three minutes. Strain through a coarse sieve; serve with it boiled rice in a separate dish.

All vases and ornaments should be dusted carefully, particularly those with rough surfaces, as the dust is apt to get into the crevices, and, once in, it is very difficult to dislodge. For the latter work a stiff tooth-brush will be found to do the work as well as wished, and ought always to be kept for this purpose.

Steamed Oysters on Toast: Drain and wash the oysters. Put them with their liquor into saucapan and cook until the oysters are plump, shaking the pan frequently to prevent burning; drain off the liquor, season with pepper, salt and small pieces of butter. Serve on nicely browned slices of toast.

Chicken Broth.—Cut up a large old fowl; put it in a gallon of water with one blade of mace, ten white pepper corns, one onion; simmer till the broth is half reduced; then heat a quarter of an ounce of sweet almonds and boil them in the broth; strain, and when cold remove the fat; serve warm with a little dry toast.

A Lemon Pudding.—May be quickly made by taking three tablespoonfuls of corn starch mixed with a little cold water. Pour boiling water into this, stirring until thick. Add one cup of white sugar, juice and pulp of two lemons, and the yolks of two eggs, and bake about half an hour. Beat up the whites and sweeten; brown in the oven.

Fig Pudding: Ingredients—A quarter of a loaf of stale bread (crusts will do), two ounces of butter, quarter of a pound of dried figs, two tablespoonfuls of Demerara sugar, one egg (well beaten), one gill of milk, and a small teaspoonful of salt. Method—Break the bread into pieces and pour over it sufficient boiling water to soften it. When soaked, drain off the water, beat up the bread with the butter, and add the figs, which should be cut into small pieces; put in the sugar and salt, and beat all together well with the egg and milk. Pour the whole into a buttered basin, put some white paper on the top, then tie on the pudding cloth securely, and boil for two and a half or three hours. This will be found both appetizing and economical.

The Maritime Baptist: The habit of magnifying trifles into great and serious things is always dangerous and often destructive. It prevents fairness and calmness in dealing with affairs and people and sometimes causes great injustice and suffering. To be absolutely fair with everything and everybody should be the high purpose of every man. Did we bring ourselves under the golden rule there would be an end of the exaggeration and unfairness which too much prevail.

## SPARKLES.

Note the distinction clearly,  
And let the words be heeded;  
A genius, my son, is merely  
A crank who has succeeded.

"They tell me that poor Jolly is a victim of his own good fellowship."  
"That's so. He lost his own health in drinking other people's."

Gleams from a recent examination in a Western school:

"Define fathom, and form a sentence with it."

"A fathom is six feet deep. A fly has fathom."

"I hear that your husband is critically ill, Mrs. Tiff," said Mr. Gummery.

"Yes, he is. He criticizes the doctor, and he criticizes the nurse, and he criticizes me. Oh, he's critically ill, all right."

Marion, who had been taught to report her misdeeds promptly, came to her mother one day, sobbing penitently.

"Mother, I—I broke a brick in the fire place."

"Well, that is not very hard to remedy. But how on earth did you do it, child?"

"I pounded it with father's watch."

Mother (to future son-in-law)—I may tell you that, though my daughter is well educated, she cannot cook."

Future son-in-law—That doesn't matter much, so long as she doesn't try.

Mr. Stubb (with illustrated weekly)—Martha, here is a picture entitled "Docking an Ocean Greyhound."

Mrs. Stubb (flaring up)—I just don't want to see it. I think there should be a law against clipping off a poor dog's tail.

"Jimmie," said the merchant, solemnly, at the eleventh hour, "we have forgotten to get a fresh supply of stamps."

And the office boy, in his excitement, responded with "Goodness, sir, so we have! If we ain't a couple of blunder-headed idiots!"

Two Highland farmers met on their way to church. "Man," said Donald, "I was wonderin' what you will be askin' for yon bit sheep over at yon steadin'?" "Man," replied Dougal, "I was thinkin' I wad be wantin' fifty shullin's for that sheep." "I will tak' it at that," said Donald; "but, och, man, Dougal, I am awful surprised at yon doin' business on the Sawbath." "Business!" exclaimed Dougal. "Man, sellin' a sheep like that for fifty shullin's is not business at all; it's just charity!"

## THE OBEDIENT BOY.

A little boy was sailing a boat with a playmate a good deal larger than he was.

The boat had sailed a good way out in the pond, and the big boy said: "Go in, Jim, and get her. It isn't over your ankles, and I've been in every time."

"I daren't," said Jim. "I'll carry her all the way home for you, but I can't go in there; she told me I musn't dare to."

"Who's she?"  
"My mother," replied Jim, rather softly.

"Your mother! Why, I thought she was dead," said the big boy.

"That was before she died. Eddie and I used to come here and sail our boats, and she never let us come unless we had strings enough to haul in with. I ain't afraid; you know I'm not; only she did not want me to, and I can't do it."

Wasn't that a beautiful spirit that made little Jim obedient to his mother even after she was dead?

BRIGHT EYES,  
ROSY CHEEKS

Every Girl Can Have Them by Keeping Her Blood Rich and Red With Dr. Williams' Pink Pills.

In the early days of her womanhood every girl—no matter what her station in life—should be bright, active, cheerful and happy. Her steps should be light, her eye bright and her cheeks rosy with the glow of health. But the reverse is the condition of thousands of young girls throughout Canada. They drag along, always tired, suffer from headaches, breathless and with palpitating heart after slight exercise, so that merely to go upstairs is exhausting. This is the condition doctors call anaemia, which means weak, watery blood. In this condition Dr. Williams' Pink Pills is the only safe and reliable medicine. These pills actually make the new, rich, red blood which can alone give health and strength, and thus make weak, listless, pale-faced girls bright, active and strong. Miss Albina St. Andre, Joliette, Que., says:—"I am more grateful than I can say for the benefit I have found in the use of Dr. Williams' Pink Pills. I was weak, run down and very miserable. I suffered from nerve pains in my back and chest, had a bad cough; no appetite and would lay awake most of the night, and what sleep I did get did not refresh me. I tried several remedies but they did not help me, and I, as well as my friends, feared I was going into a decline. At this stage a friend who came to see me strongly urged me to try Dr. Williams' Pink Pills, and providentially I acted upon the advice. After using a few boxes my appetite improved and I began to sleep much better at night. This greatly cheered me and I continued taking the pills for some time longer, when the change in my condition was really marvellous. I was feeling as well as I ever had done. I could sleep soundly at night; the pains and cough had disappeared and I felt an altogether different girl. I am so grateful for what Dr. Williams' Pink Pills have done for me that I cheerfully give you permission to publish this in the hope that it may point the way to health to some other weak and despondent girl."

Dr. Williams' Pink Pills are good for all diseases due to weak, watery blood. That is why this medicine cures rheumatism, indigestion, neuralgia, St. Vitus dance, partial paralysis, and the aches, backaches and headaches caused by the troubles women alone suffer from. You can get these 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.

The experiment of introducing the Young Men's Christian Association into Russia has been so successful at St. Petersburg that an annual grant of 5,000 rubles has been made by the government for its support. Representatives of the Russian government on the invitation of Count Obolenski, one of the leaders and directors of the association, were induced to examine its work, and their recommendation to the minister of finance resulted in the grant of 5,000 rubles.

Sergt. David McBroom, of the old 93rd Highlanders, died at Girvan on Sunday, in his eighty-second year. He served under Sir Colin Campbell in the Crimean war, and was one of the "Thin Red Line" who faced the Russian charge at Balaclava.

Life is a mixture of good and bad, and the preponderance of either makes up character.