

HEALTH AND HOME HINTS.

Both children's and ladies' garments can be quickly yet attractively decorated by feather-stitched circles. A silver quarter furnishes a good size, though a spool is perhaps easier to mark around with a sharply-pointed pencil.

PINEAPPLE PIE:—Peel and grate one large pineapple, add to it a cup of granulated sugar, that has been worked to a cream with a half-cup of butter, and five beaten eggs, and a little nutmeg. Mix well, line a deep tin with good puff-paste and turn in the pineapple mixture. Bake and eat cold.

LEMON COOKIES:—Cream of tartar, pound of butter with one pound of powdered sugar, and add the juice of two lemons and the grated peel of one, then beat very light. Whip in, gradually the beaten yolks of five eggs, then fold in the stiffened whites alternately with about a pound of prepared flour, or enough to make a stiff dough. Cut into rounds and bake.

LYONNAISE POTATOES:—Parboil white potatoes and cut them into dice; chop a small onion and mince enough parsley to make a heaping tablespoonful. Pour into a frying pan with two tablespoonfuls of butter and when hot, stir in the potatoes, onions and parsley. Shake and turn until very hot, but do not allow the potatoes to brown. Drain in a heated colander and serve.

APPLE SNOW:—One pint of well-sweetened apple sauce, one pint of milk, four eggs. Make a custard of the eggs, a half-cup of sugar and the milk. Cook until it coats the spoon, then set aside to cool. When cold whip the whites of the eggs to a slight meringue, adding gradually the apple sauce. Put the custard in the bottom of a chilled bowl and pour the meringue on top. Serve with sponge cake.

RICH MOLASSES FRUIT CAKE:—Cream three-quarters of a pound of butter with one pound of powdered sugar, add a cup of molasses slightly warmed, a half grated nutmeg and a half-teaspoonful of ginger. Beat hard, whip in the yolks of five eggs, one cup of sour cream, one and a half pounds of flour, the stiffened whites of the eggs and, lastly, one pound of seeded and chopped raisins plentifully dredged with flour. Bake in a loaf tin, watching carefully that it does not burn.

CHICKEN CROQUETTES:—Chop cooked chicken fine, season with a little pepper, salt and butter mixed with one egg and a little cream. Roll the croquettes on a bread board sprinkled with cracked dust until they are shaped like little cylinders. Beat one egg light and heat them in it, then roll again in the cracker dust. Fry in a croquette basket in boiling fat until a light brown. The stock of chicken, veal, lamb or mutton may be used instead of cream to mix them with.

"Does your wife do much fancy work?" "Fancy work? She won't even let a porous plaster come into the house without crocheting a red border around it and running a yellow ribbon through the holes."

Nurse—"Bridget, come here and see a French baby in Dublin."

Bridget—"Poor little darlin'! It's a great perplexity you'll be to yourself, I'm thinkin', when you begin shakin' it!"—Punch.

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SPARKLES.

A certain childless woman moved to the suburbs and devoted herself to the raising of poultry. A witty friend went out to spend the day, and was shown a fine lot of young chickens. "These," said the mistress of the place (a la Cornelle), "these are my jewels." "And I suppose some day you'll have them set," responded the visitor, quickly.

"How savagely that cow looks at me," said a young woman—a summer boarder—to a farmer.

"It's your red parasol, ma'am," he answered.

"Dear me!" said the maiden. "I knew it was a little out of fashion, but I didn't suppose a country cow would notice it."

A lawyer tells of a client who came joyfully one day declaring that he had found oil flowing from a spring on his land, and bringing a sample.

The bottle was one which he had picked up in a hurry somewhere about the house.

The lawyer forwarded it to an expert chemist, and they waited with interest for his report of the analysis.

In a day or two came this telegram: "Find no trace of oil. Your friend has struck pargonic."

"What are pauses?" the teacher asked the first class in grammar.

"Things that grow on cats and dogs," answered the smallest girl.

Charley was puzzled.

Ordinarily he was willing to believe what he was told, but when told that that article of furniture was a folding-bed his profound experience of six years was unequal to the test; he became skeptical and blurted out:

"Auntie, do you sleep standing up?"

"Do you play any instrument, Mr. Jimp?" "Yes, I'm a cornetist." "And your sister?" "She's a pianist." "Does your mother play?" "She's a zitherist." "And your father?" "He's a pessimist."

The church choir soprano stepped forward and sang as follows, in her much-admired operatic style:

"A-a-w-a-a-a-ke, my so-o-o-o-ul, and w-i-l-l-i-th the su-u-u-n.
Thy-y-y da-a-a-a-a-a-ly sta-a-age of du-u-n-y r-u-u-n.
Sha-a-a-a-ake off dull slo-o-o-o-th and ea-a-a-ry ri-i-i-l-l-se.
To pa-a-a-ay thy maw-aw-aw-awning sacri-i-i-i-ice!"

"I think they ort to heat up the church buildin'," indignantly whispered Aunt Nancy Rosinward to her city niece, "when the cold makes the poor thing shiver like that!"

ALCOHOL: POISON.

Dr. T. D. Ciothers, an expert on the effect of alcohol and drugs, concludes a recent article with a statement of the necessity of recognizing the poisonous action of spirits, whether taken in moderation or excess:

1. Alcohol in any form, taken into the body as a beverage, is not only a poison but produces other poisons, and associated with other substances it may develop toxins. Alcohol is also an anesthetic and not a tonic or so-called stimulant. It increases the waste products of the body and diminishes the power of elimination. It also destroys the phagocytes of the blood, and thus removes and lessens the protective power of the bloodcells.

2. Whenever alcohol is used continuously as a beverage, for its medicinal effects, favorable conditions and soils for the cultivation and growth of poisonous compounds are created. These may be neutralized by other conditions and not be apparent in the derangements of the functional activities which follow. Where disturbances and derangements of the nutrient and functional activities of the body are associated with the use of alcohol, their transient character and disappearance by the removal of spirits suggests the cause.

3. The functional and organic symptoms of derangement appearing in those who use spirits in moderation or excess, which quickly disappear by abstinence and eliminative measures, are clear indications of antioxiations from this source. Obscure symptoms of the nervous system in persons who use spirits should always be examined in relation to the toxic origin from this source. Also grave nutrition disturbances should suggest the same cause with, of course, the same treatment.

4. The treatment of all such cases in which alcohol is used in any form should be by antiseptic and eliminative measures, and the supposition should always include the possibility of poison by chemical products formed in the body.—(Clinical Medicine.

A BOND OF SYMPATHY.

While the new maid tidied the room the busy woman kept on writing.

"Do you make that all out of your own head?" asked Jane.

"Yes," said the busy woman. "My," said Jane admiringly, "you must have brains."

"Brains," sighed the woman despondently. "Oh, Jane, I haven't an ounce of brains."

For a moment Jane regarded her with sincere consideration.

"Oh, well," she said presently, "don't mind what I say. I ain't very smart myself."

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