

## HEALTH AND HOME HINTS.

Beef or mutton re-heated in a double boiler is a vast improvement over the ordinary stew.

For the removal of grease spots from woollen dresses salt dissolved in alcohol is recommended.

To improve the flavor of roast beef and give a rich brown color add a tablespoonful of sugar to the water for basting the meat.

Salsify Croquettes.—Boil and wash as much salsify as required. Season with salt. Add one beaten egg and a little flour, make into small cakes and fry on a hot griddle.

Those who suffer from stoutness should take plenty of exercise, never eat potatoes or bread, no suet or fat and never eat and drink at the same time. Thin biscuits or toast may be taken, and never touch milk or beer. If this is persevered with a satisfactory result will follow.

Princess Potatoes.—Slice cold mashed potatoes into strips two inches long, one inch wide and one and a half inch thick. Dip them first in melted butter, then in beaten egg, and place in a buttered tin and bake in a hot oven for twelve minutes.

To remove cornstarch or jelly from a mold, plunge the mold quickly into boiling water, then turn it on the side, allowing the air to get to the very bottom of the mold. Hold the dish in the left hand and the mold in the right, and turn its contents out carefully on the dish.

A great mistake which some parents make is to let their growing children sit up to all hours of the night. The result is that they go to school so sleepy that they cannot work. Sometimes a little boy of ten or twelve will fall fast asleep in school, and perhaps a kindhearted teacher will let him alone, knowing that sleep is a physical necessity to him.

Eggs Francaise.—Cut slices of bread half an inch thick, trim into good shape, and cut off the crust. Lay them on a buttered platter, sprinkle with grated cheese, cover with flour or more eggs beaten together till firm, and bake in a moderate oven till firm.

Whipped Cream Cake.—Make a two-layer cake of one cup of sugar, one tablespoon of butter, two eggs, one-half cup of milk, one and a half cups of flour, two teaspoons of baking powder, a pinch of salt, and a teaspoon of vanilla. Use stiffly whipped and sweetened cream for filling and icing.

Banana Fritters.—Strip the skins from half a dozen firm bananas, and slice them in two lengthwise. Place in a bowl with a teaspoonful of water, two tablespoonfuls of sugar and a teaspoonful of flavoring essence according to taste, cover with a plate and set aside to soak for two hours. Prepare an ordinary flour batter, dip the sliced bananas in it and drop them, one at a time, into boiling lard; fry to a delicate brown, lift on to a napkin, and serve with sifted sugar.

## LIQUOR AND TOBACCO HABITS.

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References as to Dr. McTaggart's professional standing and personal integrity permitted by:

Sir W. R. Meredith, Chief Justice.  
Hon. G. W. Ross, ex-Premier of Ontario.  
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## SPARKLES.

"Where was he struck by the automobile," asked the coroner.

"At the junction of the dorsal and cervical vertebrae," answered the surgeon.

"Will you please point that out on the map," asked the coroner, indicating one that hung on the wall.

Raynor—I know, of course, that old Pragmat is offensively positive and controversial, but he's generally right, isn't he?

Shyne—Blame him, yes! That's what makes him so offensive.

Judge—"Do I understand you to say that the parties used high words." Witness—"Their voices were unusually high and their words extremely low."

While 4-year-old May was at the dinner table her mother asked, "Don't you wish for any potatoes and meat?"

"No," May replied.  
"Why, where is your appetite?"  
"Oh, Jane will bring it in with the pudding," answered May.

Guard (running along up the train which has been stopped by a passenger) —"Who pulled the communication cord!" Old Maid (from the carriage window)—"I did! They put me in with two honeymoon couples and I'm nearly crazy!"

"Mamma," said little May, as she looked at her baby sister for the first time, "I'm much obliged to you for ferin' her to me for a sister, but I have all the sisters I want, so I'll take her for a cousin."

"There is a man in Philadelphia who says that people can't eat too many onions."

"Perhaps he's right. One onion ordinarily does the mischief."

"What is your name?"  
"Katie, ma'am."  
"Well, Katie, you may come to me next week, and I'll give you a trial."  
"And you'll not, ma'am. I had too many trials in my last place."

Teacher—"Now, Tommy, can you name one of the commandments?"  
Small Boy—"Please, ma'am, 'Keep off the grass.'"

"I hope," said the new minister who was making his first call, "that I shall have the pleasure of marrying both yourself and your sister, Miss Singleton."

"My goodness!" exclaimed that estimable lady. "Are you a Mormon?"

The prison population of India is only 38 per 100,000 inhabitants. Sixty years ago there were 150,000 children at school in India. Now there are over 4,000,000.

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Nothing could be more cruel than to induce a weak, anemic person to take a purgative medicine in the hope of finding relief. Ask any doctor and he will tell you that a purgative medicine merely gallops through the bowels, weakening the tender tissues. He will tell you also that a purgative cannot possibly cure disease, or build up bad blood. When the blood is weak and watery, when the system is run down a tonic is the one thing needed—is the only thing that will put you right. And in all this world there is no tonic so good as Dr. Williams' Pink Pills for Pale People. Every dose of these pills actually makes new, rich red blood which fills the veins, reaches every organ in the body and brings health and strength to weak dependent people. Miss Annie Beaudreau, Amherst, Magdalen Islands, Que., says:—"I was pale, my heart would palpitate violently at the least exertion, and I suffered greatly from severe headaches. I tried several medicines which seemed actually to leave me worse. Then I was advised to try Dr. Williams' Pink Pills, and half a dozen boxes have made me as well as ever I was. They have done me so much good that I would like every weak girl in the land to try them."

It was the new blood Dr. Williams' Pink Pills actually made that restored Miss Beaudreau to health and strength, and in the same way they will restore all sufferers from anaemia, indigestion, heart palpitation, neuralgia, rheumatism and the secret ailments that makes the lives of so many women and growing girls a burden. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

## TRIALS OF A PRECATOR.

Besides being a bit of the beadle, the parish clerk was a bit of the precator as well. We have all heard of the precator who was forced by the exigencies of the metrical version to lead his choir in announcing "We all like sheep, we all like sheep," which appeared a needless confession, till the rest of the line. "We all like sheep have gone astray," furnished the explanation. The sopranos who sighed, "Oh for a man," are also known to us. Their longing was for a "mansion in the skies." Mr. Ditchfield has a few "new ones." Curious utterances were "Take thy pill," "And in the pie," which afterwards resolved themselves into "Take thy pilgrim home," and "And in the pious he delights." "Stir up this stew" became quite ordinary when "this stew" finished as "This stupid heart of mine." From "The Parish Clerk" we also learn that the hymn "Here we suffer grief and pain"—which is rarely heard in England, but very popular in Scotland—was written and composed by Thomas Bilby, parish clerk of St. Mary's church, Islington, between 1842 and 1872. Bilby had at one time been a catechist and schoolmaster in Sierra Leone.

The world uses at least 170 thousand million matches yearly.

About a generation ago the drink bill in the Wigan Workhouse frequently exceeded £100 per year. Last year it totalled 2s. 10d.

The State pawnbroking establishment of France receives 1,000,000 pledges in the course of the year and only 6 per cent. of these are redeemed.

The highest inhabited place in the world is the Buddhist monastery of Ilane, in Tibet, which is situated about seventeen thousand feet above sea level.