

HEALTH AND HOME HINTS.

If taken in time, a hot lemonade will often ward off a threatened cold. Take before retiring, and keep well covered during the night. Eat moderately for a day or two.

Common table salt is excellent for cleaning teeth and removing tartar from them. It also hardens tender gums. Wet the brush and anly to the salt and use, as any other dentifrice.

Rice and Eggs.—Heat cold boiled rice in a saucer, with a little water, lightly boil two fresh eggs and beat them in with the rice; serve hot, with grated cheese over the top.

Browned flour should always be kept on hand to use for thickening. Prepare it by putting a little dry flour in the oven in a dripping pan; stir it occasionally and cook until it is a light brown.

Fried Vegetable Marrow.—Pare and boil the marrow until tender; drain thoroughly, and cut into quarters. Take out the seeds and cut the quarters into smaller pieces. Brush each piece over with beaten egg, and roll in bread crumbs. Fry to a rich brown in plenty of smoking hot fat, drain and dish, season with salt and pepper, and serve very hot.

Sausage Croquettes.—Season two cups of hot potato that has been passed through a ricer, with half a teaspoonful of salt, a few grains of pepper, two table-spoons of butter, and the yolk of an egg, cover evenly, cold cooked sausages with the potato mixture, roll in crumbs, dip in egg, roll again in crumbs, fry in deep fat, and drain on soft paper.

Tomato Preserves.—Four pounds of yellow pear tomatoes, three lemons, one half ounce of ginger root. Peel the tomatoes, cut the sugar and let them stand over night. In the morning pour off the serum, let it boil until quite thick, then skin. Add the tomatoes, the lemons sliced in rounds and the seeds removed, the orange juice and the ginger. Cook until the tomatoes look clear, then put into jars and seal.

Cream of Celery Soup.—Pound a head of celery and boil it in one pint of rich chicken broth for twenty minutes (if boiled too long it loses the flavor of the celery). Mix two table-spoonsful of flour with two table-spoonsful of table butter; add this to the boiling chicken broth and celery also a half pint of cream and a half pint of milk. Season with salt and pepper to taste. If too thick, add a little more cream or broth to suit the taste. Strain and serve immediately.—By a French Chef.

Obstinate cases of malaria that have withstood the ocean voyages, mountain heights and minime dosing are said to have been conquered by systematic and continued walking. What the medical patient wants most to do is to sit indoors, nurse his aches and pains or to lie down and dose. Advocates of the walking cure maintain that fresh air is an antidote not only to the malaria itself, but t the blues, which usually accompanies it. Their advice to the sufferer is to dress up warmly if the weather is damp or rainy and go out to walk. Wear flannel next to the skin, stout shoes and simple hats. If it is warm dress lightly, but carry a wrap to throw around the shoulders against drafts and too rapid cooling off. When one comes to think of it, there are few maladies on earth that fresh air and moderate exercise are not good for.—Ex.

"The landlady" said the ingenious bar-rister, "has left his son that 'shows of the estate which the monks should choose'; these are the express words of the will. Now, it is plain what part they have chosen by what they keen for themselves. My client, then, stands upon the words of the will. 'Let me have,' says he, 'the part they have chosen, and I am satisfied.'"—Tit-Bits.

SPARKLES.

"Who is that distinguished looking man?" asked the stranger.

"Dat man saved me a good deal of trouble once," replied the man on the corner. "He interrupted me in de middle of a something improper and—"

"Ah, I see. You were going to say something improper and—"

"Now! I wuz in the penitentiary an' he wuz governor of de state at the time."

"Maggie!"

"Yes'am."

"Why didn't you put this watermelon in the icebox as I told you?"

"'T did, mum."

"But it isn't cold."

"No, mum, you see I had to take the ice out to get it in."

Justice (sternly)—You are charged with stealing nine of Colonel Henry's hens last night. Have you any witnesses?"

Brother Swagback (apologetically)—Nussah! I s'pecks I see sawtuh peculiar do-uh-way, but it ain't never beenmuh custom t tak witnesses along when I goes out chicken stealin', sah.—Puck.

Two Irishmen, Pat and Mike, stood looking at bricklayers who were working on a building that was being erected, when the following conversation was overheard:

Mike—Say, Pat, kin yez tell me what keeps them bricks together?

Pat—Sure, Mike, it's the mortar.

Mike—Not be a blamed sight; that keeps them apart.

"You must find that impediment in your speech inconvenient at times, Mr. B.—?"

"N-no; everybody has his little peculiarity. Stammering is m-mine; what is yours?"

"Well, really, I am not aware that I have any."

"Do you stir y-your tea with your right hand?"

"Why, yes, of course."

"Well, that is y-your peculiarity; most people use a t-teaspoon."

Lawyer—"Would you believe the sworn testimony of this man?"

Witness—"Certainly not, sir."

Lawyer—"And why not?"

Witness—"Because, sir, that man hates to tell the truth. He always did. We were boys together, and he used to cry when the teacher made him say two and two made four."

Lawyer—"Anything else?"

Witness—"Oh, yes. Once he was ill, and described the symptoms so that the doctor prescribed for a sprained ankle when he was suffering from neuralgia in the head."

Lawyer—"That will do."—Tit-Bits.

An Irish priest declared to his congregation—"It's whisky makes you hate your wives. It's whisky makes your homes desolate. It's whisky makes you shoot your landlords," and, thumping the desk, "it's whisky makes you miss them when you do shoot at them!"

LACK OF ENERGY.

A Common Trouble Among Growing Boys — A New Blood Supply is Needed — Dr. Williams' Pink Pills Actually Make New Blood.

There are thousands of young men just approaching manhood who have no energy, who tire out at the least exertion, and who feel by the time they have done their day's work as though the day was a week long. In some of these cases there is a further sign of warning in the pimples and disfiguring eruptions which break out on the face. These are certain signs that the blood is out of order, and unless it is promptly enriched, a complete breakdown, or perhaps consumption may be the result. All these young men should take Dr. Williams' Pink Pills. These pills actually make rich, red blood, clear the skin of pimples and eruptions, and bring health, strength and energy. Here is a bit of proof. Adolphe Roland, St. Jerome, Que., is a young man of 19 years, who says: "For more than a year I suffered from general weakness, and I gradually grew so weak that I was forced to abandon my work as a clerk. My appetite failed me, I had occasional violent headaches, and I began to suffer from indigestion. I was falling so rapidly that I began to fear that consumption was fastening itself upon me. Our family doctor treated me but I did not gain under his care. I was in a very discouraged state when a friend from Montreal came to see me. He strongly advised me to try Dr. Williams' Pink Pills. I did so and inside of three weeks I began to feel better, my appetite began to improve and I seemed to have a feeling of new courage. I continued the pills until I had taken ten boxes and I am now enjoying the best of health I ever had. My cure surprised many of my friends who began to regard me as incurable, and I strongly advise other young men who are weak to follow my example and give Dr. Williams' Pink Pills a fair trial.

There is no mystery about the cures Dr. Williams' Pink Pills make. These pills actually make rich, red blood which braces and strengthens every organ and every nerve in the body. That is why these pills cure all common ailments like anaemia, rheumatism, indigestion, neuritis, St. Vitus dance, headaches and backaches and the special ailments of women and growing girls. You can get these pills from any dealer in medicine or from The Dr. Williams' Medicine Co., Brockville, Ont., at 50 cents a box or six boxes for \$2.50.

The medical man a great discovery. It was this: If a young man will drink he must expect to come to the level of the wine.

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