

## HEALTH AND HOME HINTS.

To keep mould from rising on catsup or pickles, add a teaspoonful of ground horse-dish to every quart.

Where painters have spilled oil paint upon panes of glass, rub the face of a penny upon the spots and they will come off without any trouble, and the glass will not be scratched.

Ham and Eggs.—Use ham that has been cooked, mince fine and put into a frying pan, if very lean, with a little butter. Cook for a few minutes. Poach some eggs. Dish the ham on a platter and place the eggs carefully over it.

Make it a rule to see that every week one closet has fresh paper on its shelves and is put into "apple pie order," and you will never see the time that a general overturning is necessary to find where something that has not been used for a time, has disappeared to.

Baked Omelet.—While heating a cup and a half of milk, beat four eggs; stir smooth a spoonful of flour in a little cold milk, mix with eggs, then add the hot milk and a spoonful of butter containing the stirring; pour into a greased baking pan, and bake fifteen minutes.

Salt Codfish, Tokio.—Rub between the hands one and a half pounds of shredded salt codfish and plunge into quart of boiling water for five minutes. Drain on a sieve and press out the water. Heat an ounce of butter in a saucepan, add two tablespoonfuls of flour, stir well while heating for a minute, pour in a cup and a quarter of hot milk and mix well until it comes to a boil. Add the codfish, season with a saltspoonful each of cayenne pepper and grated nutmeg. Mix well and let cook for five minutes longer. Pour into a baking dish, dredge two tablespoonfuls of grated cheese over, divide half a tablespoonful of butter in a very small bits, set in an oven for ten minutes, and serve.

Cooking Cereals.—All cereals should be put into boiling water, stirred until they begin to thicken, and then allowed to cook slowly without stirring until they are thoroughly done. Oat meal, rolled wheat, rolled barley, and cereals of this kind are better cooked in a double boiler, while the wheat preparations, as wheatie, farinae, farina, and materials of this character, should be sprinkled dry into a saucepan of rapidly boiling water and cooked for thirty minutes. Cook Irish or steel-cut oatmeal for at least four hours. It is better to have it cooked over night. Rolled oats require at least an hour; rolled wheat, one hour; rolled barley, one hour; Indian mush, at least two hours; graham mush, one hour, and the wheat preparations, thirty minutes.

Lemon Marmalade. (delicious) — This marmalade is very good for people who are inclined to be bilious. First wash the lemons, place them in a pan, and cover with cold water. Boil them gently, then drain off the water; cover now with boiling water and bring to the boil again; keep boiling for half an hour or more, and drain off the water once more, and replace with fresh boiling water. Boil again, making in all two hours, reserving the water. Let the lemons cool enough to slice thinly, remove all the pits, and weigh the slices, allowing two pounds of sugar to the pound of fruit. Place the sugar in the stewpan by itself, and to each pound of fruit add one pint of the water when the lemons were boiled in. Boil the sugar and water together till a syrup is formed. To this add the lemon slices, and boil all together till it looks thick, and sets when a little is put on a plate. Pour into jars—let it stand till cold, then cover in the usual manner.

## SPARKLES.

## A Narrow Escape.

Tom—How did you come out at the church fair last night?

Jack—I came out with a nickel—just enough to pay my car fare home.

## His Point of View.

"You ought to be President—you like to boss so well," said the indignant small girl.

"If I was," rejoined the indignant small boy, "you'd want to be my wife, so you could boss me."

## Do About as They Like.

"Ah," complained the visiting noleman, "but you have no privileged classes in this country."

"We haven't, eh?" replied the prominent citizen. "You ought to be at some night when a gang of college boys are on the tear."

## Not the Same.

"What is venison now," asked the regular customer.

"Venison," answered the jocose butcher, "is deer."

"I know that's what it should be," rejoined the r. c., "but the last I got here seemed to be veal."

## No Reference Required.

Mistress—You will leave this house as soon as your week's up, and you need not ask me for a reference, either.

Domestic—Sure, a reference from you wouldn't do me any good, for Ol' ve toyld everybody there's no belav'ing a wurrud yez say.

## Made Her Waary.

Little Helen—Sister, that new beau of yours makes me tired.

Elder Sister—Why, dear?

Little Helen—He has the manners of a street-car conductor. When I went to the parlor last night he said, "How old are you, little girl?"

## Rather Liberal.

"Look here!" roared the angry farmer.

"Why is it you pesky hoboes always come to us farmers for handouts? Why don't you tackle city folks, sometimes?"

"Ah, kind sir," responded Sandy Pikes, politely, "it is on account of the wonderful article we read in an agricultural paper."

"Indeed! And what was the article entitled?"

"'De Farmer Feeds Us All.'"

## A Strange Experience.

First Drug Clerk—I had a queer experience last night. Had just closed up the shop, lain down, and got to sleep, when there was a most violent ringing at the night bell—

Second Drug Clerk—Ha, ha, ha! After a postage stamp, eh?

First Drug Clerk—Nothing of the sort.

Second Drug Clerk—Ho, ho, ho! Wanted to look in the directory, eh; or maybe wanted to know what street it was?

First Drug Clerk—Nothing of the sort. You might guess all day and not hit it.

Second Drug Clerk—Then what on earth was it?

First Drug Clerk—He wanted a prescription filled.

Old age and youth see life so differently. To youth it is a story-book in which we are to command the incidents, and be the bright exceptions to one rule after another. To age it is an almanack, in which everything will happen just as it has happened so many times. To youth, it is a path through a sunny meadow. To age, a hard turnpike, whose travelers must be all sweat and dust, when they are not in mud and drenched; which wends mending in many places, and is mended with sharp stones.

## BANISH PIMPLES AND ERUPTIONS

## Everyone Needs a Tonic in the Spring to Build Up the Blood.

If you want new health and strength in the spring you must build up your blood with a tonic medicine. After the long indoor winter months are past, many people feel depressed and easily tired. This means that the blood is impure and watery. That is what causes pimples and unsightly eruptions. To this same condition is due attacks of rheumatism, the sharp stabbing pains of neuralgia, poor appetite, frequent headaches and a desire to avoid exertion. These troubles can all be banished by the use of Dr. Williams' Pink Pills. Every dose of this medicine makes new, rich blood which drives out impurities, stimulates every organ, strengthens every nerve and brings a feeling of new health and energy to weak, tired out, ailing men and women. Mrs. Frank Murphy, Clark's Harbor, N.S., says:—"A year ago I was completely run down and my work became a burden to me. I felt tired all the time, and could drag myself about. I was advised to try Dr. Williams' Pink Pills, and after taking three or four boxes was again in the best of health. I think Dr. Williams' Pink Pills will prove a friend in need to all who are weak and ailing."

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.

## THE "HEALING ART" OF THE CONGO.

The following are two of the methods practiced by native Congo "doctors" for curing their patients. The first kind of treatment is employed on the insane. The patient is securely tied with cords and taken to the "doctor," carrying on his head a lighted stick and a fowl. The "doctor" takes five twigs from five different trees, dips them in water, and repeatedly strikes the patient with them, saying, in Congo:—"Evil spirit come out of him." He then takes the lighted stick from the insane person's head and plunges it in water, and as the fire goes out so the evil spirit goes out of the man. The "doctor" next takes the fowl, cuts off its head, and hangs it body on a stick just outside the town near the roadside. This is a sacrificial offering to propitiate the evil spirit that has been driven out of the man, and to prevent it from entering him again. After this ceremony is duly performed the "doctor" cuts the cords and hands the patient over to his friends. If a madman runs "amok" his relatives are told, and if they do not secure him he is killed. In old times it was a common practice to kill off the insane not cured by the above treatment.

The history of the world teaches no lesson with more impressive solemnity than this; that the only safe Guide of a great intellect, is a pure heart; that evil no sooner takes possession of the heart, than folly commences the conquest of the mind.—C. C. Bonney.

"Sometimes the truth comes to us as it came to Jacob, when in shame and defeat we are fleeing from the life we have been trying to live and the work we have been trying to do, disappointed and ready to give up. In the very hour of defeat more than one discouraged soul may be led to say, 'Surely God is with me and I knew it not.' We may thank Him from the depths of our hearts that He saves us from ourselves."