

HEALTH AND HOUSEHOLD HINTS.

To Whip Cream.—When you are whipping sweet cream and you find it will not get thick, take the unbeaten white of an egg and drop into the cream and beat. You can not detect the taste of the egg.

Chicken Broth.—Boil the chicken slowly, putting on just enough water to cover it well and watching it closely so that it does not boil down too much. When the chicken is tender add salt and pepper and the yolk of one egg well beaten. This is appetizing and easy to digest.

Drop Cookies.—Two cupfuls of sugar, one cupful of shortening melted, one cupful of raisins or currants, one-half cupful of nuts chopped, two eggs, one teaspoonful of baking powder, one-half teaspoonful of soda dissolved in one-half cupful of hot water. Stir thick and drop in greased pans.

Two Dishes for the Sick.—Dishes for the sick should be served in the daintiest and most attractive way. Always send just enough to eat—never an abundance. Try at every meal to have something different to tempt the appetite. The following are recipes for several dainty dishes:

Fine Cornmeal Cakes.—At bedtime take a part of sour milk, one well-beaten egg, a pinch of salt, and cornmeal to make a moderately stiff batter. In the morning dissolve one teaspoonful of soda and stir it into the batter. Add two tablespoonfuls of flour, and fry in spoonfuls on a hot, well-greased griddle. Serve at once with maple syrup.

Boiled Rice.—Boil half a cupful of rice in just enough water to cover, adding a pinch of salt. When the water has nearly boiled out, and the rice is soft, pour over it a cupful of milk and let the rice simmer until done. Take from the fire and beat into it a well-beaten egg. It should be eaten warm, with cream and sugar.

Cream Cookies.—Here is a recipe for delicious cookies, which I am sure when once tried will always be used. They are wholesome, easy to make and very inexpensive. To one cupful of sour cream add one teaspoonful of soda, one cupful of sugar, and a little salt. Flavor with anything to suit the taste. Use flour enough to work, roll thin and bake in a quick oven.

The increasing popularity of toast, says the London Lancet, is a somewhat interesting fact in that it possibly indicates that, after all, the public resents the insipidity of modern bread. Roller milling as now practiced, which is altogether different from the old method of grinding wheat between stones, leads to the elimination of the germ of the wheat. The peculiar nutty flavor of the old fashioned loaf was due perhaps to the retention of this germ.

To Prevent Milk Curdling in Tomato Soup.—To those who find it difficult to make tomato soup, and keep it from curdling, I think this recipe will prove very valuable: Have your milk and tomatoes boiling in separate pans, one quart of milk to a quart of tomatoes. Put about a quarter of a teaspoonful of soda in your tomatoes, and while they are foaming up pour them into your milk. If you do this your soup will never curdle; never put your milk in your tomatoes, as then it will curdle.

The actual cost of the Suez canal was \$120,750,000.

Australia's only beast of prey is the dingo, or wild dog.

Horseflesh commands a lower price in Arizona than elsewhere.

Men with blue or gray eyes are always invariably the best shot.

The average age at death of people who die by accident is 35 1/2 years.

SPARKLES.

Aunt Elviry—Yes, pa is out in the orchard pruning some o' the trees.

City Boarder—Oh, do you really raise your own prunes? My, how lovely!

"What do you expect to be when you come of age, my little man?" asked the visitor.

"Twenty-one," was the little man's reply.

A tiny four-year-old was spending a night away from home. At bedtime she knelt at her hostess' knee to say her prayers, expecting the usual prompting. Finding Mrs. B. unable to help her out, she concluded thus:

"Please, God, 'scuse me. I can't remember my prayers and I'm staying with a lady who don't know any."

Magistrate—The next person who interrupts the proceedings of this court will be expelled from the room.

Prisoner—Hoo-ray! Whooper-ee! Now lemme go!

Two Irishmen, meeting one day, were discussing local news. "Do you know Jim Skelly?" asked Pat. "Faith," said Mike, "an' I do." "Well," said Pat, "he has had his appendix taken away from him." "Ye don't say so?" said Mike. "Well, it serves him right. He should have had it in his wife's name."

Giving advice to some people is like presenting a bald-headed man with a brush and comb.

The man who can say "yes" and "no" at the right time has a sufficient command of language.

The credit due a man for "speaking his mind" depends more or less on what kind of mind he has.

The following answers to examination questions in England will compare favorably with anything of the kind that our students can produce:

The Crusades were a wild and savage people until Peter the Hermit preached to them.

The chief crops of England are corns, the chief exports are Liverpool, Southampton and the river Thames.

HOW THEY GREET US.

"Comment vous portez-vous, chere madame?"

Says, curtseying, gay Louise

And carries herself with a conscious air,

Polite and pretty and debonaire,

Remembers her manners everywhere,

And always is quite at her ease.

"Come stai!" cries Filippo's musical voice,

And he laughs with his lips and eyes,

Lithe and sturdy and brown of face,

He walks and stands with a careless grace

And the vigorous ease of his southern race.

"Come sta, signori!" he cries.

"Wie befinden sie sich, mein herr?"

The grave words soberly fall,

And, lost in the labyrinthine ways

Of a vague, metaphysical misty gaze,

I wonder, Hans of the wide eyed gaze,

You can "find yourself" at all.

Alive and alert from their heads to

their heels,

Come Tommy and Johnny and Lou,

And each energetic Canadian sprite,

Who is up and a-doing from morning

till night,

Cries out, and no wonder, in greeting

polite,

"How are you?" or "How do you do?"

POOR BLOOD

BRINGS MISERY

Pale Faces and Pinched Cheeks Show That Dr. Williams' Pink Pills are Needed.

Anaemia is written on the features of ninety women and girls out of every hundred. Unmistakeable are the signs of "too little blood."

The weaker sex is assailed at all ages by the evils resulting from bloodlessness, from the girl who is weak and languid, with dull eyes, and palpitating heart, to the woman who feels never well, with gnawing pains in the back, aching limbs and nervous headaches.

Dr. Williams' Pink Pills are specially valuable to women of all ages, for they possess the power of making in abundance the rich, red blood without which no woman can have perfect health. They fill the starved veins with new blood so that enfeebled bodies are strengthened, weak, nervous systems are fortified and robust health restored.

Miss Rose D'Aragon, Waterloo, Que., follows the profession of teaching, which brings more than ordinary strain to all who follow this calling. Miss D'Aragon says: "It seemed as though I was gradually going into a decline. I lost all my strength; my appetite was very poor; I was pale and suffered from frequent headaches; I was often dizzy and the least exertion would leave me breathless. I doctored for a time, but with little or no benefit. One day I read in the Waterloo Journal the particulars of a case similar to mine cured by Dr. Williams' Pink Pills, and I determined to try them. In a few weeks there was a decided improvement in my condition, and by the time I had taken seven or eight boxes I was again in the best of health, and able to enjoy myself as well as any of my young friends."

Sold by all medicine dealers or by mail at 50c a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Some points emerged at the Synod of the English Presbyterian Church that may be underlined—(1) Spiritual provision is to be made for 200 Presbyterians who are in residence in Oxford, and for whom hitherto no Church ordinances have been available. (2) The Synod is to open ecclesiastical relations with the Established Church of Scotland. That is a good step in more ways than one. (3) An effort will be made to establish a weekly Denominational paper. On all these and other matters of their Synodical proceedings, says the Belfast Witness, we heartily congratulate the sister Church in England.

AN OLD DIE.

Professor K. Zengels, writing in the Chemiker Zeitung, calls attention to what is probably the only genuine antique die used for coinage that has been preserved. It was found in Egypt in 1904, but is now in the museum in Athens. It consists of bronze, and is engraved with the owl that was stamped on Athenian tetradrachma pieces, which contained about as much silver as three quarter dollars. The die is of high-scientific interest on account of the evidence it gives of the skill of the ancients, three or four hundred years before Christ, in metallurgy. It contains about 22 1/2 per cent. of tin and nearly 70 per cent. of copper. It is extremely hard, but at the same time possesses a certain malleability, due to the great purity of the copper and tin, which were carefully freed from all traces of lead and zinc to preserve the hardness, and from arsenic and antimony to avoid brittleness.—Youth's Companion.