

## HEALTH AND HOUSEHOLD HINTS.

Tight clothes and indigestion cause red noses.

A hot bath taken at night affords refreshing sleep.

The yolk of an egg broken up in rose water is a trusty shampoo.

When you hang a piece of meat do not sprinkle salt over it, because salt draws the juice out.

Boil your cream for coffee, and see if the coffee does not taste better, as well as keep hot longer.

By rubbing with a damp flannel dipped in the best whiting, the brown discoloration may be taken off cups in which custards have been baked.

Pickles are unhealthy as articles of food and often cause acute dyspepsia. Young ladies addicted to their free use may be assured that they must certainly part with their favorite dainty or bid farewell to good digestion. Cucumbers prepared with salt and vinegar are next to impossible of digestion.

Helen's Cake.—Take two eggs, well beaten, one cup of sugar, half cup of good, sweet milk, about six tablespoonfuls of melted butter, one and one-half cups of flour, in which put a teaspoonful of baking powder and a teaspoonful of lemon essence for flavoring. Bake in one loaf in a moderate oven.

Cooking Sweet Potatoes.—Here is the recipe for cooking sweet potatoes in southern style: Into a large, flat-bottomed saucepan put half a cup of butter and two tablespoonfuls of sugar. When it is hot lay in raw sweet potatoes, pared and cut in halves lengthwise. Prepare enough to cover the bottom of the saucepan. Season to taste with salt and pepper, and put in loosely another layer of potatoes. Pour in enough boiling water to half cover the lower layer of potatoes; cover the saucepan tightly and set where the heat is gentle. When the lower layer is brown, remove to the top, letting the next stratum brown in its turn. If ham is used as an accompaniment, fry as much as is desired, and cut into bits over the potatoes, using the drippings instead of butter in frying.

Whole Wheat Bread.—Dissolve a cake of fresh compressed yeast in one-half pint of warm water, stir this when dissolved into the following mixture, when it has become lukewarm: Two cups of boiling water, one and one-half of fresh sweet milk and one tablespoonful of sugar. Stir in enough whole wheat flour to make a stiff batter, beat fifteen minutes and set in a cool place in summer or a warm place in winter to rise over night. Next morning add enough whole wheat flour to knead into a hard loaf, let rise about three hours, knead ten minutes, mold into loaves, roll each loaf in lard-cottoline is nicer—and bake an hour, or longer, if necessary. This is not only good, but very wholesome; not hard to make and much better for children than white bread.

Spiced Beets.—Take one pint of vinegar and two pounds of sugar, boil up once, then add sliced cooked beets, a little whole mace, cinnamon and cloves; let boil up once or twice and put in jars and seal. These are delicious.

## MOTHERS SHOULD REMEMBER THAT.

Children are weak and helpless. They are at the mercy of their parents. Punishment by personal violence is degrading to mother and child. It takes away the self-respect of both. Mothers must never relax their efforts to secure obedience and to correct faults. Punishment when needed may easily be deprivation of something which relates to the act committed or omitted. Such as keeping the child in bed. Keeping him away from playmates for a day or two if he has done wrong with them. Making him sit down for an hour or more. Such punishments are usually far more effective than a whipping. But when children have done wrong and you must punish them, be calm and cool yourself before you do anything.

## SPARKLES.

"Got a wireless message to-day"  
"That so?" asked his interested friend.  
"What was it?"  
"A postal card."

"When I heah you tawk about havin' a even tempah," said the Kentucky colonel, "I can't he'p thinkin' of Jack Chinn and whut ole man Hutchins used to say of him back heah in Harrodsburg. Ole man Hutchins used to say, 'Jack Chinn, he's jes' about the mos' even tempahed man evah wus in the wuhld, he is. Mad all the time.'"

There was a millionaire, a cattle man, who led a visitor into a great room lined with thousands of volumes.

"See them books?" he said.  
"Yes," said the visitor.  
"They're all bound in calf, ain't they?"

"Yes," the visitor agreed; "they seem to have a uniform calf binding."  
The millionaire chuckled proudly.  
"Well, sir," he said, "I killed all them calves myself."

Mr. Quarrels—We don't need that rug any more than a cat needs two tails. How often have I told you, my dear, never to buy anything because it is cheap?

Mrs. Quarrels—But it wasn't cheap, my love; it cost fifty dollars.

Indignant Citizen—Say! Your boy threw a stone at me just now and barely missed me.

Mr. Grogan—Yez say he missed ye?  
Indignant Citizen—That's what I understood myself to remark.

Mr. Grogan—It was not my b'y.

Mrs. Amelia Hanson has lost her marriage certificate and can't find it! She is a palmist and a clairvoyant, spends the summer at a seaside resort, and in moving her things to the city she lost this precious document. Her clairvoyance does her no good, her palmistry is no better, and she has to advertise in the New York Herald, offering a reward to the finder. Yet she will find just as many simpletons next summer.

In the Beecher family the name of Mrs. Stowe was often quoted to the younger generation as one having authority. On one occasion a grandniece of Mrs. Stowe became very angry at a playmate and, stamping her foot, said: "I hate you, and I don't want anything more to do with you, nor your manservant, nor your maid-servant, nor your ox, nor your ass." Her mother sternly reproved her, asking her if she knew what she was saying. Little Miss Beecher promptly replied: "Yes, the Ten Commandments." "Well, do you know who wrote them?" The child, looking disgusted, answered, "Goodness, yes! Aunt Harriet did, I s'pose."

## NOVEL EXPERIENCES.

Just once, in far-off Labrador, the sun gave warming rays,  
And this excited Eskimo exclaimed in great amazement:

"Though all my life I've known the cold, and ice, and freezing storm,  
I never knew the sun could shine enough to make one warm!"

Another day, on desert sands, the rain came pouring down,  
And this affrighted African cried, with a fearful frown:

"Though all my life I've known the heat and burning sun, but yet  
I never knew the rain could fall enough to make one wet!"

—St. Nicholas.

Nearly half the breweries of the world are in Germany.

Some of the icefields of Greenland are believed to be a mile and a half in thickness.

## RHEUMATISM

## IN THE BLOOD

Cure it by Enriching the Blood With Dr. Williams' Pink Pills.

There is only one way by which rheumatism can be cured. It must be treated through the blood. Imitations and outward applications may possibly cure the trouble. And while you are experimenting with liniments the trouble is every day becoming more firmly rooted in the system, and more difficult to cure. The poisonous acid that causes rheumatism must be driven out of the blood, and you can only do this by making new, rich, red blood through the use of Dr. Williams' Pink Pills.

Mr. Chas. H. Lumley, of Brickford, Ont., is one of the best known farmers in Lambton county. About three years ago, while Mr. Lumley was engaged in threshing, he became overheated, and this was followed by a severe chill, that started the rheumatic pains. Mr. Lumley says: "I did not think anything of it at the time, as I was accustomed to being exposed to all kinds of weather. As a result I was unable to go about next morning. I had severe pains in my arms and legs which I treated at first with the usual home remedies. As these did not help me, and the trouble was growing worse the family doctor was sent for, but he did not have any better success. He told me I was suffering from a severe attack of rheumatism, and there can be no doubt about it, as I was confined to my home about four months before I was fortunately advised to try Dr. Williams' Pink Pills. I sent for a supply, and it was not long before I found they were helping me, and by the time I had taken a half dozen boxes the trouble had entirely disappeared. In other respects the pills also greatly improved my health, and I never felt better in my life than I have since taking them. I therefore, most cheerfully recommend Dr. Williams' Pink Pills to other similar sufferers."

Dr. Williams' Pink Pills make cures of this kind after doctors and common medicines fail, because they actually make new blood. They don't cure the mere symptoms. They go right to the root of the trouble in the blood. That is why this medicine cures anaemia, indigestion, neuralgia, palpitation of the heart, and the headaches and backaches brought on by the ailments that fill the lives of so many women with misery. Do not take any pills without the full name, "Dr. Williams' Pink Pills for Pale People," on the wrapper around the box. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Co., Brockville, Ont.

During the last ten years as many people have lost their lives through the plague in India as have perished in all the wars since the time of Napoleon.

Over 5,000,000 people are employed in the world's mines and quarries, more than a third of this number finding work in the British Empire.

In Australia engagement rings are lent out by certain jewellers as part of their ordinary trade.

Switzerland, in proportion to its population, spends more on the relief of the poor than does any other country.

Commercial travellers in Austria have secured a substantial increase in their salaries by combining and demanding it.