

HEALTH AND HOME HINTS

Salt is good for children, and you should make your little people eat a certain amount of it with their food. Salt helps to keep the blood pure, and to prevent constipation. It is also good for the digestion.

Carrots.—This vegetable is not to be despised. They may be boiled and pickled like beets, or cut in slices and browned on a hot buttered griddle. Also, they can be mashed and seasoned with salt pepper and one cup of cream. Serve very hot.

Yorkshire pudding—Two cupfuls of flour, into which have been stirred, and then sifted with the flour, a teaspoonful of baking powder and one of salt. Mix to a soft batter with two cupfuls of milk. Beat four eggs light and whip into the batter with quick, upward strokes.

This is always served with roast beef. When the beef is done, transfer it to a heated dish, and keep hot over boiling water. Pour off the fat from the top of the gravy left in the dripping pan; turn the batter into the pan, set back in the oven and bake quickly to a delicate brown. Dish the meat and lay the pudding, cut into squares, about it in the platter.

Suet Crust—A delectable suet crust for either meat pie or apple pudding is made with two cupfuls of finely chopped suet, three cupfuls of flour, a scant teaspoonful of salt, and a pinch of soda. Sift the flour, salt and soda together, and rub in the suet thoroughly. Then add enough water to make a dough. Roll it out in a thick sheet and place in the centre thinly sliced tart apples which have previously been sweetened. Draw the edges of the dough together and tie up the pudding in a well floured cloth. Boil steadily in boiling water for three or four hours. Serve with any preferred sauce. This crust is especially good for beefsteak pie.

Groom's Cake—One half cupful of butter, one cupful of sugar, one cupful of candied cherries cut in two, one cupful of milk, one cupful of chipped citron, one half cupful of chipped candied pineapple, whites of five eggs beaten stiff and dry, one and three fourths cupfuls of flour, three fourths pound of cocoanut, one teaspoonful baking powder, one half teaspoonful almond and one teaspoonful rose extracts. Dredge the fruit in the flour; cream the butter and add the sugar and cream both together; add the milk, then the fruit, extracts, and lastly the stiffly beaten eggs. Bake in loaf and ice when cold.

Sweet Potato Salad—Slice cold boiled sweet potatoes that have been carefully pared, adding a tablespoon of minced parsley, two finely chopped hard boiled eggs, a little onion juice, and seasoning to taste with salt and a very little cayenne. Prepare the following dressing: Beat the yolks of two eggs, adding two tablespoons of olive oil, and half a tablespoon of cold water; place in the upper part of the double boiler and cook until of the consistency of boiled custard; remove from the fire, and stir in a pinch of powdered mace and pepper, a saltspoon of salt, a few drops of lemon juice and a tablespoon of chopped gherkins and capers. Arrange the salad in a mold in the salad bowl and pour over the dressing, garnishing with stuffed olives and slices of pickled beet.

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SPARKLES.

Wife: I'm sorry to see you come home in such a state as this, Charles.

Husband: I knew you would be sorry, Carrie, and that's why I told you not to sit up so late.

Schoolmaster: "Anonymous" means without a name. Give me a sentence showing you understand how to use the word.

Small Boy: Our new baby is anonymous.—Chums.

Two officers were sent to arrest a Quaker; his wife met them at the door and said, "Walk in, gentlemen; my husband will see thee."

After waiting some time they got impatient and called the woman saying, "You said we would see your husband presently."

"No, friend," she replied; "I said he would see thee—he did see thee, did not like thy looks, and went out by the back door."—Ladies' Home Journal.

Caller: "Miss Millicent plays wonderfully on the piano." Grandfather Grevious: "Yes; it sort o' runs in the family. By jucks, you'd ort to 'ave heard me play 'Ole Dan Tucker' an' 'Ole Bob Ridley' on a jews-harp when I was a boy!"

"They say those costly Pomeranian dogs make excellent watchdogs." "Yes, a friend of mine had a fine Pomeranian in the house the other night when burglars broke in." "Did they steal anything?" "Nothing but the dog."

As showing the influence of action, Miss Booth related an amusing tale about her first experience in cleaning the room of a sick person. She used so much warm water it soaked through the floor upon the family below. The reward of her deed, however, was in the patient's utterance: "I believe in her religion. She don't talk; she does."

The office boy had pried the first page by dropping the form down two flights of stairs.

"I wish," murmured the gentle editor, "that you had broken the news more gently."

"You'll find there are no fish in that pond!"

"What did you tell us for? Now you've spoiled my day's fishing."

"But why have you broken your engagement?" "Well, I simply couldn't marry a man with a broken nose." "Ah, I wonder how he got his nose broken, poor fellow!" "Oh, I struck him accidentally with my brassie when he was teaching me golf."

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RHEUMATIC AGONY.

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"I suffered almost untold agony from rheumatism. For several weary months I was confined to bed. I had the best of medical treatment, but nothing seemed to reach the root of the disease until have completely restored my health." This strong emphatic statement is made by Mrs. Edna Morrill, of Woodstock, N. S., a lady who had practically been given up as incurable by doctors. She used Dr. Williams' Pink Pills. These further says: "I suffered for over two with every movement. Finally the doctors told me the trouble was incurable. One day I was advised to try Dr. Williams' Pink Pills and I decided to do so. Presently the pains were not so severe, and I began to feel myself gaining. Shortly after I was able to go about, and in less than three months I was perfectly well. For this condition my thanks are gratefully due to Dr. Williams' Pink Pills."

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BRITISH AND FOREIGN.

Jedburgh had no delivery of letters for four days during the snow storm.

Britain is now spending over sixteen millions yearly in the relief of its poor.

The number of Red Indians in the States has decreased 30 per cent in 15 years.

Picture postcards with photographs of the late Principal Rainy are already on sale.

There died at Dundee on the 30th ult. Mr. Andrew Smith, who for sixty years was secretary of the Scottish Male and Female Yearly Society.

At Inverary a short midnight service was held in the Parish Church preparatory to the opening of the New Year.

A Bute man who attended a Gaelic concert recently was heard to express a "wonder if Heaven will be like this."

The winter resorts among the Alps are more crowded than in summer, and about 80 per cent of the visitors are Anglo-Saxons.

Rev. James Gibb, assistant in the Wynd Church, Glasgow, has been elected minister of the United Free Church at Rosneath.

There are said to be 6,000 cases of scarlet fever and diphtheria in Chicago, and the authorities are seriously thinking of closing the public schools.

The entire male population of the little town of Port Republic, N.J., has sworn off from the use of tobacco. This is the result of a religious revival there.

The late Dr. John Kelman, senior minister of St. John's United Free Church, Leith, was largely instrumental in bringing Messrs. Moody and Sankey to Scotland on their first visit in 1874.

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