

HEALTH AND HOME HINTS.

Tomatoes are an excellent thing for rousing a torpid liver.

Salt and soda in solution are excellent for bee stings and spider bites. If articles not too badly scorched in ironing are laid in the hot sun, the scorch will be removed.

Dissolve a tablespoonful of rock ammonia in the bath. This makes the water soft and invigorating.

Wheat bran placed in coarse flannel bags is excellent for cleaning dust from delicate wall papers.

To destroy flies in a room take half a teaspoonful of black pepper in powder, one teaspoonful of cream and mix well together. Put them on plate in room where flies are troublesome, and they will soon disappear.

Buttermilk Cakes.—Stir into a quart of fresh buttermilk two small teaspoonfuls of soda, salt and flour enough to make a batter. Stir thoroughly and bake quickly.

Every time you pick up something from the floor let the bending come absolutely from the hips and not the knees. This exercise will make the waist supple.

If when a tongue or salty ham is cooked, it is removed from the boiling water to a pan of cold water for a few seconds the skin may be easily peeled off.

Preserving Strawberries Raw.—Crush ripe berries to a pulp, measure and add as much sugar as berries. Let stand until the sugar has melted, then seal, using two rubbers if necessary. If airtight, the berries will retain their color and flavor.

The following is a simple but sure way to tell good from bad eggs. Fresh eggs should be more transparent in the centre than elsewhere. A fresh egg will sink in a brine solution made of one ounce of salt to a quart of water. A stale egg will swim about, and a really bad one float on the very top. The vessel used should have a smooth, level bottom.

Prepared Meats.—One cup minced meat (any kind), one cup bread crumbs, one egg, two tablespoons butter and gravy, one tablespoon chopped onion, salt, pepper, and parsley to taste. Butter a mould and steam twenty minutes. This is very nice for tea.

Chocolate Pudding.—One teaspoon butter, half cup sugar, one egg, half cup sweet milk, half teaspoon soda, one teaspoon cream of tartar, three tablespoons grated chocolate, one cup flour. Steam three-quarters of an hour. Eat with a boiled sauce flavored with vanilla.—Listwell.

To Cook Swiss Eggs.—Take two ounces of butter, four eggs, two tablespoonfuls of rich cream, and some thin slices of cheese. Spread the bottom of the baking pan with butter, cover this with the cheese. Break the eggs on the cheese without breaking the yolks. Season with salt and pepper, also a little red pepper. Pour over this the cream, then grate cheese over the top, and bake for ten minutes. Garnish with parsley and serve with fingers of dried toast. This recipe is from Australia.

SOME MEASUREMENTS.

In general, one cupful of sugar will sweeten a quart of any frozen mixture.

A level teaspoonful of salt will season a quart of soup.

One teaspoonful of water or milk should be added to each egg, to make an omelet.

One teaspoonful of extract, unless it is unusually strong or weak, will flavor a quart of any frozen dessert or of custard or pudding.

These proportions are all subject to slight alteration, according to circumstances. Some flavorings are stronger than others, eggs beat up lighter sometimes than others, and so on. They are given merely as a guide.

SPARKLES.

Wanted—A young man, to take care of a pair of mules of a Christian disposition.

"And of course," said the spinster in a tone redolent with sarcasm, "there isn't another baby like that in the world."

"Oh, yes, there is," replied the happy young mother. "I left the other one of the twins at home with mamma."

Little Harry, with his sister and brothers, was being taught natural history by the governess through the instrumentality of a game. The game was called "Barnyard." One child was a duck, another a turkey, and a third a calf, and so on—a noisy, delightful game.

But little Harry remained, in all the tumult, as still as death. Far off in a corner he crouched, silent and alone. The governess, spying him, approached, saying, indignantly:—

"Come, Harry, and play with us."
"Hush," answered Harry, "I'm laying an egg."

"Do you know," said the Sunday school teacher, addressing a new pupil in the infant class, "that you have a soul?"

"Course I do," said the little one, placing his hand over his heart. "I can feel it tick."

The Magistrate: "You seem to have committed a very grave assault on the defendant just because he differed from you in an argument."

The Defendant: "There was no help for it, your Worship. The man is a perfect idiot."

The Magistrate: "Well, you must pay a fine of 50 francs and costs, and in future you should try and understand that idiots are human beings, the same as you and I."

Teacher (angrily): "Why don't you answer the question, Bobby?" His Brother Tommy (answering for him): "Please, sir, he's got a peppermint in his speech."

"I guess my father must have been bad," said one youngster. "Why?" inquired the other. "Because he knows exactly what questions to ask when he wants to know what I've been doing."

Wiggles: "I hear Binks has been very ill. Is he out of danger yet?" Wiggles: "Well, he's convalescent; but he won't be out of danger until that pretty nurse who has been taking care of him has gone away."

There are two ways of doing most things, and the other way is always the best.—Alfred Stokes.

When a man considers how easy it is to lend money, he cannot help wondering sometimes that he finds it so hard to get anybody else to lend it to him.

A TRIFLING OMISSION.

After months of saving and eager anticipation the Smiths had started on their cycling tour of Normandy.

The steamer was dancing merrily over the waves when Mrs. Smith remarked to her lord:—

"Alfred, I suppose you got all the things on board safely?"

"Yes, m'dear."

"Did you bring the lamps and the foot-pump?"

"Certainly."

"And the can of oil and the stick of lubricant?"

"Of course."

"And the new adjustable spanner, and some spare spokes, and tyre-repairing outfit?"

"Oh, yes. But, goodness gracious, if I didn't—"

"Why, what's the matter?"

"Matter, woman? I forgot the blooming bicycles!"—R. L. Dunfermline.

HOW WEAK GIRLS
MAY GROW INTO
STRONG WOMEN

The Blood Supply Must Be Kept Rich,
Red and Pure—Good Blood Means
Good Health.

Healthy girlhood is the only path to healthy womanhood. The merging of girlhood into womanhood lays a new tax upon the blood. It is the over-taxing of the scanty blood supply that makes growing girls suffer from all those headaches, backaches and side-aches—all that paleness, weakness and weariness—all that languor, despondency and constant ill health.

Unhealthy girlhood is bound to lead to unhealthy womanhood and a life of misery. Nothing but the blood-building qualities of Dr. Williams' Pink Pills can save a girl when she undertakes the trials and tasks of womanhood. That is the time when nature makes new demands upon the blood supply. Dr. Williams' Pink Pills actually make new, rich blood which meets those new demands with ease. In this simple scientific way Dr. Williams' Pink Pills fill a girl with overflowing health and strength.

Miss Eva Dennis, Amherst, N.S., says: "Dr. Williams' Pink Pills have done me a world of good. I was completely run down, was very pale, easily tired and suffered from frequent severe headaches. Though I tried many medicines I got nothing to do me the least good until I began using Dr. Williams' Pink Pills. Even the first box of these seemed to help me, and after taking a half dozen boxes I was again a strong, healthy girl. I have not had any illness since, but should I again feel run down Dr. Williams' Pink Pills will be my only medicine, and I strongly recommend them to every weak and ailing girl.

Dr. Williams' Pink Pills are sold by all medicine dealers or sent by mail at 50 cents a box or six boxes for \$2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

CONCENTRATED ABILITY.

Getting started quickly is the secret of winning some races. A man who can run faster and better than his opponent after they are both in full action has more than once lost a race to that opponent because of the advantage the latter gained by starting like a shot from a cannon. Many a man loses much of the advantage that his general ability gives him, by taking so long to get into the thing that he would do. He comes up to it mentally, then backs off, plays with it a little, then thinks about something else, and finally, after having wasted precious minutes or hours that he can never regain, he settles down into his "stride" and does a good piece of work. It is the time regularly lost before he really gets going that helps to keep him only an average man. It is better to begin a piece of work before you are ready, than to take so long getting ready that, when you do begin, your time and energy are half gone. Bring together the ability to start quickly and the ability to run well "in the stretch," and you have an invincible combination. The man above the average gets sixty minutes of high pressure accomplishment out of every hour. He has learned to concentrate all his powers quickly, and he wins as much by good starting as by good running.—Sunday School Times.

The best thing to give your memory is forgiveness; to an opponent, tolerance; to a friend, your heart; to your child, a good example; to a father, deference; to a mother, conduct that will make her proud of you; to yourself, respect; to all men, charity.