

HEALTH AND HOME HINTS.

Never fail to keep the back covered, especially between the shoulder-blades; also the chest protected.

Never breathe with the mouth open in sleeping in a cold room, but establish a habit of breathing through the nose.

Milk put into a stone jar, tied down and put into an oven and baked for several hours is very nourishing for invalids and delicate children, and tastes almost equal to cream.

Hard water is softened by having a little powder lime put in, which at once throws down the chalk in it. The clear fluid can then be boiled without risk of furring pot or kettle.

Life of today is easier, safer, and smoother than life 100 years ago, says an eminent physician; and people are much healthier, as well as stronger and better grown, than their ancestors.

Bags to protect clothes hanging in the wardrobe or closet are made by a few artistic souls of flowered stuffs instead of the usual white muslin which produces such a white-washed effect when the closet door is opened. Some of these covers are in the form of sheets to be folded around the hanging dress.

In one modern kitchen a number of shelves on the order of these of an old fashioned table, hang flat against the wall when not in use. They are covered with white oilcloth, tacked on by brass headed tacks, and when needed are held up by a swinging bracket. They come in exceptionally handy when extra cooking and serving have to be done.

Creamy scrambled eggs.—One egg, salt and pepper, one-quarter cup milk (cold), one teaspoon butter, slice of toast. Beat the whole egg together. Add salt, pepper, cold milk, and butter. Place in a double boiler, and cook slowly, lifting the mixture from the bottom of the boiler as it cooks, to allow the liquid to run through and cook. When all is firm, pour over the toast and serve.

Lemon Pie—Beat three eggs slightly, add two-thirds cup sugar, one-fourth cup lemon juice, grated rind, one-half lemon, and two tablespoons cold water. Line a pie plate with paste as for custard pie. Pour in mixture and bake in a moderate oven until set. Remove from oven, cool slightly, cover with meringue, and bake meringue about eight minutes. If taken from oven before thoroughly cooked, the eggs will liquefy and meringue settle; if cooked too long, meringue will be tough.

Chicken Pie—Select a good-sized fowl, joint it, cover well with boiling water, so as to have plenty of liquor for the gravy; season with salt and pepper; cook until tender; lift out of the liquor into a good-sized dripping pan; sprinkle a little more salt and pepper and a few bits of butter over it. Put enough flour to thicken the liquor—about two tablespoonsful—into a bowl; add a cup of rich milk, the beaten yolk of an egg, a lump of butter; stir into the boiling liquor, pour over the chicken enough liquor to cover it. Reserve enough gravy for the pie absorbs some. To make the dumplings, sift one pint of flour, with a teaspoonful of baking powder; add a pinch of salt, a piece of lard size of a walnut, rub together, mix with butter-milk, to which has been added a pinch of soda. Knead lightly, roll to one-half inch thickness, cut into small diamond shapes, lay over the chicken. Bake in a hot oven until nicely brown. Then serve.

"Fool's gold" is so-called because of its likeness to the precious metal, but it is of little or no commercial value. When the true gold and false are placed side by side not even a fool would mistake the genuine from the spurious. Nine-tenths of the political reform of our day is only "fool's gold."

SPARKLES

Housewife (to tramp)—"But surely you are the man I gave some pie to a fortnight ago?" "Yes, lily, I thought p'h'aps you'd like to know I am able to get about again."

She (superstitious)—"I should never propose to a girl on Friday. It's unlucky." He (cynical)—"Not always. I once knew a fellow who did it, and the girl refused him."

A well known Scotch horsecouper, who was considered a respectable member of a congregation, was frequently pressed by the minister to allow himself to be nominated for the eldership. He always put the matter off with elusive answers, but at length the minister demanded the reason for his refusal. Thus driven into a corner, the worthy replied: "Man, I wonder to hear you! Mr. McNab, hoo can a man be an elder and sell a horse?"

Mamma had made some very good mince-meat, and little Ella, who was very fond of it, had worried her a great deal for "just a taste." Wishing to put a stop to this, mamma said the mince-meat was made from the old tabby cat.

Several days later they were taking dinner with some friends, and as mince-pie was served, little Ella started the company by saying to the hostess:

"Oh, Mrs. Fox, did you kill your old cat, too? Mamma did, and it made awful good mince-meat."

Sandy—"I say, Jock, mon, did ye ever get yer hair brooshed by machinery?" Jock—"Naw! What like is't?" Sandy—"Eh, man, it's awful nice. It's near as good as scartin' yer head!"

A Japanese laundry has issued the following advertisement:

"Contrary to our opposite company, we will most cleanly and carefully wash our customers with possible cheap prices as follows: Ladies, 2 dols, per hundred; gentlemen, 1 1/2 dol, per hundred."

Smart Lawyer.—A gentleman dying left all his estate to a monastery on condition that, on the return of his only son, who was then abroad, the worthy fathers should give him whatever "they should choose." When the son came home he went to the monastery, and received but a small share, the wise monks choosing to keep the greater part for themselves. The young man consulted his friends, and all agreed that there was no remedy. At last a barrister, to whom he happened to mention the facts, advised him to sue the monastery, and promised to gain the case. The gentleman followed this advice, and the suit terminated in his favor through the management of the advocate, who grounded the plea upon this reasoning:

The smooth voice of the deceiver may lead many astray, but a just God will average the evil.

COULD SCARCELY WALK.

A Rheumatic Sufferer Cured by Dr. Williams' Pink Pills.

Rheumatism is rooted in the blood—that is a medical fact every poor rheumatic sufferer should know. Liniments and outward applications cannot possibly cure rheumatism. They are a waste of money, and while the sufferer is using them the disease is steadily growing worse—is slowly but surely taking a firmer grasp upon the entire system. Rheumatism must be treated through the blood. That is the only way in which the poisonous acid can be driven out. Dr. Williams' Pink Pills actually make new blood and thus always cure rheumatism. Every dose of those pills helps to make new rich red blood which sweeps the poisonous acid from the system, loosens the aching joints and muscles and gives the rheumatic new health free from pain. Among those who can bear witness to the truth of these statements is Miss Dorina Langlois, of St. Jerome, Que., for weary months she suffered from rheumatism and had begun to think she was incurable. "I could not straighten up" says Miss Langlois. "My limbs were almost useless, so stiff were they. For many months I endured such pains as only rheumatic sufferers can understand. Although only thirty years of age the suffering I endured actually made me look like an old woman. I used liniments and tried several medicines but got not the slightest help until almost by chance my attention was directed to Dr. Williams' Pink Pills. I began taking them and in the course of a few weeks I could see they were helping me. Little by little the pain began to go, and the stiffness to leave my joints. I continued taking the pills for several months when every symptom of the trouble had disappeared. I have not felt a twinge of rheumatism since, and I bless the day Dr. Williams' Pink Pills came to my notice."

Dr. Williams' Pink Pills never fail to cure rheumatism because they go right to the root of the trouble in the blood. That is why these pills cure all the common ailments due to poor and watery blood, such as anaemia, headaches, indigestion, neuralgia, St. Vitus dance, general weakness, and the distressing irregularities that afflict women and growing girls. If you need a medicine you will save money by taking Dr. Williams' Pink Pills at once. See that the full name, Dr. Williams' Pink Pills for Pale People is printed on the wrapper around every box. 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.

Condors are said to be able to soar to as great a height as twenty-two thousand feet.

Of all earthly music, that which reaches farthest into heaven is the beating of a loving heart.—Becher.

Sharp stones and briars are in the path of wicked men; but the way of the good man is one of pleasantness.



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