

## HEALTH AND HOME HINTS.

One teaspoonful of ammonia to a teacup of water, applied with a rag, will clean silver or gold jewellery.

Bolling starch is much improved by the addition of sperm or salt or both, or a little gum arabic dissolved.

Applying kerosene with a rag when you are about to put your stoves away for the summer will prevent them from rusting.

A common magnet is need-1 on the sewing machine, for it is found useful in picking out pins in the machine drawers.

A teaspoonful of borax put in the last water in which clothes are rinsed will whiten them surprisingly. Pound the borax so that it will dissolve.

Cup Pudding for Six—1 egg, 12 cup sugar, 12 cup sweet milk, 1 cup flour, 2 teaspoons baking powder, piece of butter (size of an egg), put fruit in bottom of cups, then add the batter and steam for fifteen minutes.

Bake large, firm bananas, split the peeling when done, and spread in boat shape; sprinkle with powdered sugar and nutmeg; pour boat full of cream, and serve hot. You will never eat another cold banana for breakfast.

For persons troubled with indigestion, beef sandwiches, prepared as follows, are highly recommended: Chop very finely a piece of tender, uncooked beefsteak, season with salt and pepper, and spread between thin slices of lightly buttered bread. Remove the crusts with a sharp knife, and cut into neat diamonds or squares.

Food for Chickens.—More and better food for chickens can be grown by planting sunflowers than corn or equally rich soil. The sunflower seeds should not be given as an exclusive diet but once a day in alternation with other food. The fowls that soonest learn to like them will be marked by their bright combs, and will begin laying fast.

Potted Mackerel.—Cut off the heads, take out the bones, clean the fish thoroughly. Rub them inside with a little salt. Season them with pepper and salt; lay them in a pan; cover with equal quantities of vinegar and water. Tie over the pan strong white paper, doubled, and bake them in a slow oven for one hour. They will keep two weeks.

Spring Diet.—In the good old days the mother of the family, when springtime rolled around, dosed the various members with a nauseating mixture of sulphur and molasses. Now she gives them dainty salads, spinach and crisp watercress, and accomplishes the same good results. When spring comes a lighter diet should appear on the table. And if one wants to escape that tired, run-down feeling that comes with the first real spring days, it is well to make a change in the menu from the heavy, heating foods of winter to the lighter, blood-purifying diet of spring. Drop the heavy, rich soups. In place of pork, sausage and similar energy foods, substitute eggs, veal, chicken and the more delicate meats and fish. Fish is an excellent food at this season. Eat plenty of salads and fruits. Let cress, lettuce, spinach, onions, and such foods that clear and purify the system figure every day in some form in the menu. Spinach and such greens—there is a whole host of them—can not be improved upon for medicinal qualities. Spinach is called the broom of the stomach, and eaten once or twice a week will wonderfully tone up the system. Drop heavy rich puddings from the menu. If people would pay a little more careful attention to their diet from now on they would find much of the physical discomfort attendant upon the approach of warm weather disappear.—Ex.

## SPARKLES.

There isn't enough bad luck in the world, all together, to ruin one real live man.

The woman that maketh a good pudding in silence is better than she who maketh a tart reply.

Mike hears that Biddy is engaged. He said to her, "Would you marry me if I askt ye?"

Says Biddy: "Do you want me, Mike?"

Says Mike: "Not unless I can't get ye."

"Now, Job," said Mrs. Shuttle, "those trousers are altogether too big for the boys. They'll have to be changed." "No, they won't. They're all right. I bought 'em where they advertised 'Boys' clothing to play in.' They are just big enough for him to play in without going out of doors. They're so roomy."

"You look robust," said a lady to a tramp. "I have some logs that want sawing. Are you equal to the task of sawing wood?" "Equal isn't the word, mum," replied the man, coolly. "I'm superior to it. Good morning!"

The millionaire had been very ill, but the doctor's smile was cheerful and encouraging.

"At last, my very dear sir," he said, grasping the patient's nerveless hand, at last, I am happy to say, that you are completely out of danger."

"No risk of a relapse?"

"None whatever."

"Break it gently to my poor nephew," whispered the invalid faintly.

A clergyman, crossing a moor, met a Highland shepherd who happened to be calling his dog "Moreover." "Moreover," "Moreover." Accosting the shepherd, he remarked that it was surely a strange name he had for his dog. "Was it the same as Rover?" "Na, na," replied the owner of the dog. "I like to ca' a' my beasts wi' Scriptural names." "But where do you find that one in Scripture?" The shepherd expressed great astonishment at the clergyman's ignorance, and asked if "he had never read the Bible story of Lazarus," and how "Moreover the dog cam' and licked his sores."

## FOR THE BOYS.

The Wide Awake gives the following story, which is all the better for being true: Two men stood at the same table in a large factory in Philadelphia, working at the same trade. Having an hour for their nooning every day, each undertook to use it in accomplishing a definite purpose; each persevered for about the same number of months, and each won success at last. One of these two mechanics used his daily leisure hour in working out the invention of a machine for sawing a block of wood into almost any desired shape. When his invention was complete, he sold the patent for a fortune, changed his workman's apron for a broadcloth suit, and moved out of a tenement house into a brown-stone mansion. The other man—what did he do? Well, he spent an hour each day during most of a year in the very difficult undertaking of teaching a little dog to stand on his hind feet and dance a jig, while he played the tune. At last accounts he was working ten hours a day at the same trade and at his old wages, and finding fault with the fate that made his fellow-workman rich while leaving him poor. Leisure minutes may bring golden grain to mind as well as purse, if one harvests wheat instead of chaff.

SPRING BLOOD  
IS BAD BLOOD

## How Best to Get New Health and Strength in Spring.

The winter months are trying to the health of even the most robust. Confinement in-doors in over-heated and nearly always badly ventilated rooms—in the home, the office, the shop and the school—taxes the vitality of even the strongest. The blood becomes thin and watery or clogged with impurities. Sometimes you get up in the morning just as tired as when you went to bed. Some people have headaches; others are low spirited; some have pimples and skin eruptions. These are all spring symptoms that the blood is out of order. You can't cure these troubles with purgative medicines, which merely gallop through the system leaving you still weaker. What you need to give you health and strength in the spring is a tonic medicine, and the one always reliable tonic and blood builder is Dr. Williams' Pink Pills. These Pills not only banish spring ills but guard you against the more serious ailments that follow, such as anaemia, nervous debility, rheumatism, indigestion and kidney trouble. Dr. Williams' Pink Pills made new, rich blood, which strengthens every nerve, every organ and every part of the body. Try this medicine this spring and you will have strength and energy to resist the torrid heat of the coming summer. Mr. J. R. Johnson, Loch Broom, N.B., says:—"Some two years ago I began to feel that my constitution was weakening. I could not stand any exposure or knocking about. I finally sought the aid of a doctor who said my system was very much run down and that the trouble might end in nervous prostration. As his medicine did not help me, I decided, on the advice of a friend, to give Dr. Williams' Pink Pills a trial. I had used less than half a dozen boxes when my health was fully restored, and I think no other medicine can equal these Pills when one is run down and out of health."

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.

I'd travel many, many miles  
To see a little girl that smiles;  
But if I found she cried all day,  
I'd travel miles the other way.

## STRICT SABBATHARIANS.

Dean Ramsay knew of Sabbatharians among his countrymen even stricter than those who "almost killed" a man for whistling and looking happy on Sunday. There was the countryman who, asked by an English artist to tell him the name of a local ruined castle, replied, "It's no the day to be speering sic things." And there was the cook, whose kitchen was provided with a fine, new roasting-jack which never stopped. On Sunday her mistress found it put out of action, and the cook explained that "she was nae gaeing to hae the fule thing clackin' and rinnin' about in her kitchen a' the blessed Sabbath day." But over some things even Scottish Sabbatharians had no power. A henwife, selling her fowls, remarked: "Indeed, my leddy, they lay every day, no exceptin' the blessed Sabbath."

It is not what people eat, but what they digest, that makes them strong. It is not what they gain, but what they save, that makes them rich. It is not what they read, but what they remember, that makes them learned. It is not what they profess, but what they practise, that makes them righteous.