

## HEALTH AND HOME HINTS

To keep meat fresh, as soon as you get it, cover it with a clean cloth wrung tightly through vinegar, and set in a cool place.

Hobbies help one to forget sorrow and give us pleasure in the present. They are among the best things in life—promoters of health, peace and happiness.

**Oyster Omelets.**—Oyster omelets are excellent for luncheon. Blanch one dozen oyster in their own liquor, remove the tough part, and chop coarsely. Beat six eggs, with one tablespoonful of milk, one of the oyster liquor, pepper and salt. Stir the oyster and cook like an omelet.

**Potato Custards.**—Boil and mash potatoes; add two well beaten eggs, butter, salt, and one cup of hot milk; beat until very smooth and light; add a little sugar and a dash of nutmeg. Lightly fill greased custard cups and bake a delicate brown. Very nice with fish.

**Coffee Cream Cake.**—For any good layer cake make a filling as follows: Three tablespoonfuls of coffee and a cup and a half of cold water; strain and strain. Thicken with corn starch, sweeten. Add whipped cream to taste. Milk may be added to the coffee before thickening in place of the cream. It tastes like coffee ice-cream soda.

**Butter Scotch.**—Moisten a pound of brown sugar with a cup of water and a great tablespoonful of vinegar and put into a porcelain-lined saucepan. Cook for about ten minutes add four tablespoonfuls of butter and boil until a drop hardens in cold water. Put into buttered tins. If you do not wish it very brittle remove before it is really hard when put in cold water.

Stew one-half of a can of tomatoes, one clove, a slice of onion, a slice of onion, one-half of a cupful of water and salt and pepper to taste for twenty minutes then press through a sieve. Return to the fire, thicken with one scant tablespoonful of corn starch or one tablespoonful of flour dissolved in a little cold water and simmer for five minutes. Have ready a number of slices of toasted bread. Spread on a platter, pour the tomato over them, cover for a moment or set in a cool oven that the toast may soak and swell and serve. Nice for lunch or a hot supper.

**Croquettes.**—Oysters and macaroni croquettes are vouched for by the New England School of Cookery, Boston. Parboil a pint of oysters and chop them finely. Allow them to stand in a colander to drain. Boil one-third of a cupful of broken macaroni in boiling salted water and put aside to cool. Make a white sauce with two and a half tablespoonfuls of butter, the same quantity of flour and one cupful of milk and oyster liquor. Beat this with a whisk until smooth and thick, add the oysters and the macaroni, a dash of cayenne and powdered mace, half a teaspoonful of lemon juice and three tablespoonfuls of grated cheese. Spread on a plate to cool, shape into oblong croquettes, dip in crumbs, egg, and again crumbs, and fry in deep fat. The croquette mixture should be moist.

The oldest working clock in Great Britain is that of the Peterborough Cathedral, which dates from 1320, and is conceded to have been made by a monastic clock-maker. It is the only clock now known that is wound up over an old wooden wheel, which is some 12 feet in circumference, carrying a cable about 300 feet in length, with a leaden weight of three hundred-weight attached. The cable has to be wound up daily. The gong is the great tenor bell of the cathedral, which weighs 32 hundred-weight, and is struck hourly by an 80-pound hammer. The clock is not fitted with a dial, but the time is indicated on the main wheel of the escapement, which goes round once in two hours.

## SPARKLES.

Puzzled Scot (to irate housewife).—A wee laddie asked me t' ring yer bell for him; noo he's run awa'. I doobt it's the wrang hoose.—London Sketch.

"Papa, please, please buy me a pony. "Johnnie, you're too old to be tansuk for ponies."

"Then, papa, please buy me a horse."

"You see, boys," said a scientific lecturer, "that two and two always make four, and nothing else."

"Oh, yes, they do," cried one youngster; "they sometimes make twenty-two."

Thackeray expresses the feeling of discontent, which is the bane of life, in this way: "When I was a boy I wanted some taffy; it was a shilling; I hadn't one. When I was a man I had a shilling, but I didn't want any taffy."

"Mamma," said the four-year-old Harry, "please let me stay up till 12 o'clock tonight."

"Why do you wish to stay up so late, my dear?" asked his mother.

"I want to see what the end of the day looks like."

There is a hotel clerk possessed of great tact and extraordinary resource at a well known hotel much frequented by summer visitors. A lady came to him the other day and demanded indignantly—"What do you mean by giving me a small bedroom away up near the roof?" The clerk turned to his register. "It is No. 25. I think, isn't it, madam?" "Yes, I believe it is," snorted the lady. "Aw well," said the clerk, "it's an idea we have here. We always try to give ladies a bedroom with a number corresponding as near as possible to their age." The lady, who was distinctly middle-aged, smiled sweetly and withdrew, quite satisfied.

In a certain Presbyterian congregation in the North of Ireland there was an elder famous for his persistent grumbling. No church meeting in which he took part was ever known to be unanimous on any point, and in his home the same spirit kept all in constant turmoil. One Sunday morning when he was on his way to "meeting" he was overtaken by a neighbor, who said—"Man, Jamie, I had a grand dream about you an' me last night. I dreamt we were both in heaven, an' going about to see the sights. An' when I met ye once I said, 'Well, Jamie, everything will please ye here, surely. All's right at last!' An' ye never said one word, but just snapped off yer crown and said, 'Do ye call that a fit?'"

## FEVERISH FAULT-FINDING.

A great deal of harsh and hurtful fault-finding would be avoided if people would get the facts before passing judgment. A mother sent her child six years old, to a neighbor's for some baking powder. She was in a hurry and she told the child not to talk to any children by the way. The little fellow hurried off, and meeting a company of children, said, as he walked past, "My mother says I must not speak to you." The mother was severely criticised on the ground that she thought her children too good to speak to her neighbors' children—a thing farthest from her thought.

Many make their lives miserable and mar the happiness of those about them by hot and hasty judgment. We generally find what we are looking for, and if we are searching for the faults in others, we will at least think that we have found them; but the result will be the darkening of our own lives. If we will but calmly wait, and lovingly in-

## A WOMAN'S HEALTH.

## Depends Upon the Richness and Regularity of her Blood.

A woman needs a blood medicine regularly just because she is a woman. From maturity to middle life the health and happiness of every woman depends upon their blood, its richness and its regularity. If her blood is poor and watery, she is weak and languid, pale and nervous. If her blood is irregular she suffers untold torture from headaches, backaches and sideaches and other unspeakable distress which only women know. Some women have grown to expect this suffering at regular intervals, and bear it in hopeless silence. But they would escape the greater part of it if they took a box or two of Dr. Williams' Pink Pills each time to help them over the critical period. Dr. Williams' Pink Pills actually make new blood. They help a woman just when nature makes the greatest demand upon her blood supply. They have done this for thousands of women throughout Canada—why shouldn't they do that much for you? Mrs. James Candy, 25 Edith avenue, Toronto says: "I think Dr. Williams' Pink Pills a medicine that should be taken regularly by every woman in the land. I suffered greatly from those ailments that only a woman knows. I had backaches and headaches, and a weary bearing down pain. I was very irregular, and was often forced to go to bed for two or three days at a time. I tried many medicines but got nothing to help me until I began taking Dr. Williams' Pink Pills, and they have given me new health and relief from pain, and made me regular. I cannot say how thankful I am for what the medicine has done for me, and I would urge all women who suffer as I did to try Dr. Williams' Pink Pills."

Dr. Williams' Pink Pills are the greatest cure in all the wide world for all the weakness and backaches of anaemia, all the heaviness and distress of indigestion, all the sharp stabbing pains of neuralgia, rheumatism, lumbago and sciatica, and all the other ills that come from poor, weak, watery blood. Dr. Williams' Pink Pills make new blood with every dose, and thus strike right at the root of nearly every disease that afflicts humanity. But remember that the "just as good medicines" that some druggists offer never cured anyone or anything. Insist upon the genuine pills with the full name Dr. Williams' Pink Pills for Pale People on the wrapper around every box. If in doubt send to the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be sent by mail at 50 cents a box or six boxes for \$2.50.

The "lid" is on in St. Louis, or, in other words, the executive authorities have enforced and are enforcing the Sunday closing of saloons. There has been a tremendous outcry and bitter opposition, but Governor Folk has never flinched. The "lid" is on. Some of the results are thus described by a St. Louis paper: "They show that during the period that the lid has been on the Sunday behavior of the city has greatly improved. Drunkenness on Sunday has decreased 38 per cent. Disturbances 13 per cent. Assaults with intent to kill have decreased 50 per cent. That is, there have been 50 per cent. less arrests for assaults with intent to kill, 38 per cent. less arrests for drunkenness and 13 per cent. less arrests for disturbance of the peace in the time that the lid has been on than there were in these same four months of the three years previous to this, with the lid off." It is likely that St. Louis will want to keep the lid on." What would be the result if the saloons were blotted out altogether?