

## HEALTH AND HOME HINTS.

Tired feelings in the morning may come from too heavy bed-clothes.

To assuage thirst and cure feverishness, apple tea is a capital drink for sick people. It is made by slicing up raw apples into a jug, filling the jug with boiling water, as in tea-making, then sweetening to taste; when cold, this apple tea will be found pleasantly tart and refreshing.

Saratoga Potatoes.—Peel and slice in nice long pieces and put in cold water, wash and drain, spread between the folds of a clean cloth, rub and pat until dry. Fry in hot boiling lard; salt as they are taken out.

Roasting Mutton.—When roasting a large and fat loin of mutton, cover it with a paper during the early stages of its roasting, otherwise the fat will burn, or at least will be scorched, and impart a bad flavour to the gravy.

Sweet Milk Gems.—Beat one egg well, add a pint of new milk, a little salt and graham flour until it will drop off the spoon nicely. Have ready your gem pans, well greased and heated. Bake in a quick oven and send to the table hot.

Scotch Sweet Bread.—Half a pound of butter and a quarter of a pound of sugar mixed to a cream; add one pound of sifted flour, knead and roll it half an inch thick. Bake slowly. If the cake is preferred very sweet use six ounces of sugar.

Rice Waffles.—Beat three eggs very light, stir into one and a half pints of flour; mix with the flour one quart of milk and then add one pint of boiled rice, with a tablespoonful of butter stirred in while the rice is hot. Add a tablespoonful of good yeast and salt to your taste.

Apple Ginger.—Pare, core, and put in to cold water 7 lbs. apples; allow 1 lb. sugar to each pound of fruit; put 12 pint of water to every pound of sugar in the pan, and when they boil (sugar and water add the apples, and half a pound of whole ginger. Boil for nearly an hour. I omitted to add that the apples must be cut in quarters.

Apple Whip.—Peel and bake six apples and rub through a sieve; bake covered so that they do not scorch nor brown; sweeten to taste and beat in the stiffly whites of two eggs; flavor to taste. Pile in a glass dish and eat with cream. A pretty way is to fill tall glass dishes with custard and when hard, pile the apple froth on top.

Pumpkin Preserves.—After carefully dressing raw pumpkin, cut it into inch squares; boil in two quarts of water with a cupful of vinegar until it is tender, and allow a pound of sugar to a pound of the prepared pumpkin; cook it well together and add a little ginger and lemon sliced in after it is cooked; convenient when fruit is scarce.

## - HUFFY PEOPLE.

There are a great many huffy people in the world. You meet them almost everywhere. You can scarcely crook your finger without giving them offense. They are always on the lookout for slights, or insults, and can take them when they are neither intended or given. Huffy people are not pleasant companions. You never know when a spell will take them or how long it will last. You must always be paying them homage, and doing them reverence, or they will think they are not appreciated. Such persons need a little humility, so that they may not think of themselves more highly than they ought to think, and a little of the grace of God in their hearts to sweeten their temper and cure them of their underground suspicions. If you want to be happy and agreeable to others, do not huff.

## SPARKLES.

She—In Alaska they have reindeer.  
He—But more frequently they have snow darlings.—Selected.

Bacon—Are you doing anything to relieve the sufferings of your neighbors?  
Egbert—Yes; I've just sold my phonograph!—Yonkers Statesman.

Hogan—Phwat became av Pat?  
Grogan—The poor felly mistook an auto horn for a whistle and stopted wurrk cossing the strate.—Puck.

"The papers are afraid to say anything," sneered the first citizen.

"Some people don't feel that way about it," replied the other. "Ever run for office?"

"No; but I wrote a letter roasting some fellows that needed roasting, and the paper didn't print a line."

"Did you sign your name?"

"Certainly not. D'ye think I'm a chump?"—Philadelphia Ledger.

The youngest girl of a Baltimore family was recently much distressed, at desert, to discover that there was ice cream for dinner.

"Oh, papa!" exclaimed the youngest reproachfully, "why didn't they tell me this morning that we were going to have ice cream?"

"What difference would that have made?"

"Lots!" sighed the child. "I could have expected it all day!"

## THE GROWTH OF SCANDAL.

Mrs. A. (to Mrs. B.): "That Mrs. Newcomer is so fond of children. The other day when I called she was blowing soap bubbles with them through a common clay pipe."

Mrs. B. (to Mrs. C.): "That Mrs. Newcomer is so funny. Mrs. A. saw her amusing the children with a common clay pipe."

Mrs. C. (to Mrs. D.): "That Mrs. Newcomer smokes a common clay pipe."

Mrs. D. (to Mrs. E.): "That Mrs. Newcomer smokes a horrid pipe. I don't see how any woman in her sober senses could do that."

Mrs. E. (to Mrs. F.): "That Mrs. Newcomer smokes a pipe and drinks awfully."

## EVENING ON A CANADIAN FARM.

At evening when the cattle come home to drink,

Cool are the long marsh grasses, dewy cool

The alder thickets and the shallow pool,

And the brown clay about the trodden brink,

The pensive afterthoughts of sundown sink

Over the patient acres given to peace;

The homely cries and the farmstead noises cease

And the warm day relaxes link by link.

A lesson that the open heart may read

Breathes in this mild benignity of air,

Those dear, familiar savours of the soil—

A lesson of the calm of humble creed,

The simple dignity of common toll,

And the plain wisdom of unspoken prayer.

—Chas. G. D. Roberts.

One of the very happiest lessons to learn early in life is that ignorance is expensive. Ignorance of anything, not of books alone, but of all the commonest things of life. One can not afford to be ignorant in these days. The homely saying that "All is grist that comes to the mill" holds good in the acquiring of knowledge. Never let anything slip by you until you understand it. You don't know how soon you may want to use it.

## SOME NOTES ON "ORIGINS."

"Humpty Dumpty Sat on a Wall," etc., has come down to us from the days of King John. "The Babes in the Woods" dates from the fifteenth century, being founded upon facts, an old house near Wayland Wood, Norfolk, having the whole story in carvings on a mantelpiece. "Little Jack Horner," "Little Miss Muffet," "Old Mother Hubbard," "Mother Goosey," and "Goosey, Goosey Gander" are each traceable to the sixteenth century.

"Pussy Cat, Pussy Cat, Where Have You Been?" belongs to the reign of Queen Elizabeth. "Three Blind Mice" first appeared in a music book dated 1609. "A Froggie Would a-Wooling Go" was licensed to be sung as far back as 1603. "Boys and Girls Come Out to Play" and "Lucy Locket Lost Her Pocket" both hail from the period of Charles II. And, last of all, "Cinderella," "Jack the Giant Killer," "Bluebeard" and "Tom Thumb" were published by their author, Charles Perrault, in the year 1697.—London Notes and Queries.

Oh, the little birds sang east, and the little birds sang west,  
And I smiled to think God's greatness flowed around our incompleteness,  
Round our restlessness, His rest!

—Mrs. Browning.

## THE AUTUMN GARDEN.

To destroy worms in flower pots do not water the plant for two or three days, then turn it out of the pot and the worm will be found at the bottom. When it is not desirable to disturb the plant water it with weak lime water, which will cause the worm to come to the surface.

It is best to plant some shrubbery in the fall, then it should be protected somewhat during the winter to prevent the young plants from freezing. September is a good month in which to do this work and roots will be well started before frost. The following are good plants for the large yard. Spiraea, prunifolia, spiraea revesli, foruni, japonica, pink wiegela, yellow flowering currant magnolia, judas tree, mock orange, lilacs, snowball.

## WHO IS SHE?

I know the dearest little girl,  
About as big as you,  
Her eyes are black or brown or gray,  
Or maybe they are blue;  
But anyway, her hands are clean;  
Her teeth are white as snow;  
Her little dress is always neat;  
She goes to school, you know.  
This little girl—I love her well,  
And see her often, too—  
If I to-day her name should tell—  
She—might—be you.

—Little Folks.

Next to mining, the greatest industry of South Africa is sugar-growing. The amount of money invested in this is \$7,800,000. The production of the present year is estimated at 40,000 tons, with a valuation of about \$63 a ton.

There is nothing so great that I fear to do for my friend; nor nothing so small that I will disdain to do for him.—Sir Philip Sidney.

The noblest question in the world is: What good may I do in it?—Benjamin Franklin.