

HEALTH AND HOME HINTS.

Baked Banana Batter—Three bananas, half a pint of milk, four ounces of flour, one egg, sugar to taste. Peel and slice the bananas; sift the flour and sugar into a basin, break in the eggs, and stir in half the milk. When mixed in and well beaten, add remainder of milk, and let the batter stand. Grease a pie-dish, put in the slices of bananas, pour over batter, and bake in quick oven for about half an hour. Dredge over with castor sugar and serve hot.

Stuffed Tomatoes—Take large tomatoes, cut a small slice from the blossom end and scrape out all the soft part. Mix stale bread, butter, small onion, pepper, salt and parsley. Fill the tomatoes and bake in hot oven one-half hour.

Rhubarb Sherbet—Cook rhubarb without peeling, sweeten it well, add orange juice to taste and a little gelatin in the proportion of one teaspoonful to three cups of sherbet. Strain, add one beaten egg white to two cups of the mixture and freeze. Serve in glasses.

Vienna Coffee—One heaping tablespoonful of coffee to each person and two extra to make strong. Mix one egg with grounds, pour on coffee one-half as much boiling water as will be needed. Let coffee froth, then stir down grounds and let boil five minutes, then let stand where it will keep hot but not boil for five minutes. Add the rest of the water, serve with whipped cream. You may add the white of an egg to the cream while whipping. Crackers and cheese.

Nest Eggs—Take a nice fresh egg and separate the white and the yolk, so that the yolk will not be broken. Put the white into a bowl, add a pinch of salt and beat it until it is very stiff. Have ready some little bowl that is pretty enough to put on the table, but that will not break in the oven. Pour into this the stiff-beaten white and make a little hole in the middle of it with a spoon. In this little hollow place the yolk, still unbroken. Set the dish in a hot oven and cook for three or four minutes, or until the white has browned a little and the yolk is firm. There must be a separate dish for each egg that you cook in this way. Serve right away.

A Preventive Against Moths—If you are troubled with moths in the house, try putting blotting-paper well saturated with turpentine in the drawers among the furs and bedclothes, or wherever there is any danger of the moths working their depredations; it can even be put along the edges of carpets.

THE USE OF SALT.

Common salt is useful as a tonic, an internal antiseptic, an external stimulant, etc., beside possessing other medicinal virtues too little known and appreciated. A bag of hot salt is very soothing in neuralgia, toothache, earache and similar affections. In cramp it is a reliable and harmless remedy, the dose being a teaspoonful mixed with a tablespoonful of honey, frequently and freely. For a sprain nothing will give relief more quickly than cold salt water; swellings may often be reduced very quickly by frequent bathing of the part affected in strong brine; and, taken moderately, it is an antidote for alcoholic poison. It is an excellent hair tonic. Salt and water will remove tartar from the teeth, and mixed in equal proportions with soda salt makes an excellent dentifrice. In cases of dysentery, salt, taken in vinegar and hot water, usually gives great relief; and for cholera morbus add a teaspoonful of the strongest pepper to the dose. For dyspepsia and many other disorders of the stomach, salt and water will prove an effective remedy; and for colic, a teaspoonful in half a cupful of cold water, taken as soon as possible, is a speedy cure. The same quantity taken before breakfast is very good.

SPARKLES.

"What is an impulse?" asked the teacher. No answer. It's something that comes to you suddenly. Can you form a sentence containing the word? Anyone may answer. "A snowball is an impulse," ventured the timid little girl with the curly hair.

Maud—"She is a woman who has suffered a good deal for her belief."

Ethel—"Dear me! What is her belief?"

Maud—"She believes that she can wear a No. 3 shoe on a No. 6 foot."

A well-to-do Scottish lady one day said to her gardener: "Man, Tammas, I wonder you don't get married. You've a nice house, and all you want to complete it is a wife. You know, the first gardener that ever lived had a wife."

"Quite right, missus, quite right," said Tammas, "but he didna keep his job long after he got the wife."

"It's hard to lose a beautiful daughter," said the wedding guest, sympathetically.

"It's a blame sight harder to lose the homely ones," replied the old man, who had several yet to go.

"What subject have you taken for your address at the Civic club?"

"Woman's moral obligations as a citizen."

"What a lovely subject. And what are you going to wear?"

"That new gown I brought home with me from Paris. And just think; I had it so cleverly packed in with my old clothes that the custom house inspector never discovered it was there."

Mother (at lunch)—Yes, darling, these little sardines are sometimes eaten by the larger fish.

Mabel (aged five)—But, mamma, how do they get the cans open?

While Auntie arranged the pantry shelves, her little niece handled the spiceboxes and called each spice by name. Presently she said, "Auntie, I can read."

"Can you, dear?" answered Auntie.

"Yes, Auntie," came the reply, "but I don't read like you do. I read by the smell."

Menzies—Whaur's Bulgaria. An'ner-son? Anderson—"It's awa' doon somewhere ahint the Eastern Question. D'ye no' min', that's whaur auld Gledstone used to get his atrocities frae?"

A NEIGHBOR.

Full many a heedless fellow-man

Had passed him on the way;

But Night, the Good Samaritan,

Beholding where he lay,

Uphore him to the Inn of Sleep;

And there I heard him say:

"Whate'er the charges of his keep,

O landlord, I'll repay."

FATHER TABB.

OLD PROBLEMS.

When King Alfred the Great was reigning over England a thousand years ago, school children pondered over problems in arithmetic much as our boys and girls do now.

Here are two taken word for word from the lesson book of that day:

"The swallow once invited the snail to dinner. He lived just one league from the spot, and the snail travelled at the rate of only one inch a day.

"An old man met a child. 'Good-day, my son,' said he. 'May you live as long as you have lived, and as much more, and thrice as much as all this; and if God give you one year in addition to the others, you will be a century old.' What was the boy's age?"

LINGERING WEAKNESS
FOLLOWING DISEASE

Can be Banished by the Wonderful Tonic Powers of Dr. Williams' Pink Pills.

How often it is that the victims of disease—fevers, measles, influenza, grippe—or any other contagious troubles are weak and ailing, even after the disease itself has disappeared. They do not pick up strength as they ought; remain listless, tired and discouraged. The reason for this is that the blood has been impoverished by the ravages of the disease through which the victim has passed. Strength will not return until the blood is enriched. The blood can be enriched by no other medicine as quickly and as surely as by Dr. Williams' Pink Pills for Pale People—to enrich the blood and strengthen the nerves is the whole duty of these pills—thousands have found them beneficial in bringing strength after disease had left them weak and run down. Among those who owe good health to these Pills is Miss Laura Hisco, New Ross, N.B., who says: "Following an attack of measles I was left greatly run down and suffered from a bad cough. I was advised to use Dr. Williams' Pink Pills and procured half a dozen boxes. Before they were all gone I had regained my strength; my cough had disappeared and I was once more enjoying perfect health."

The experience of Miss Hisco is that of many others. Dr. Williams' Pink Pills make new, rich, red blood. This new blood strengthens the nerves and banishes such ailments as rheumatism, neuralgia, lumbago, dyspepsia, etc., and brings the glow of health to pale cheeks. The Pills are sold by all medicine dealers or at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

THE RULE OF THE KHYBER.

A contributor to the "Cornhill" points out a curious rule of the road which prevails from the Indian frontier to Landi Kotal:—"The Government pays a large sum to the Afridi tribes for the latter to guard the pass two days in the week, in the form of the Kyber Rifles, and, of course, to let troops go up the pass at any time. So the Government says to the Afridis, 'You must not shoot each other on my road, or I shall take you into Peshawar and hang you for murder, for the road is English territory.' But off the road you can shoot each other as much as you like. So there is the anomaly of a narrow strip of British territory, some fifteen feet wide, winding its way for twenty-five miles through foreign land. The rule of the road is kept with remarkable obedience by the lawless Pathan; for, whatever else he may be, he is no fool, and if anybody on the road is shot, payment of the annuity is stopped by Government until reparation has been made." The pax Britannica is kept by power of the purse as well as by the drawn sword.

TALKING ON PAPER.

A prejudice still exists in some quarters against sermons that are read as distinguished from those delivered without notes.

A woman once read an address to an audience, among whom were a large number of schoolchildren.

She had spent a week writing the speech, and she read it, as she hoped, with great success.

The next day, however, she heard that a boy, on being asked by his mother what had happened at the school, replied carelessly:—

"Oh, nothing much, except a lady talked to herself on a piece of paper."