

HEALTH AND HOME HINTS.

For the bath tub nothing is better than mists of Turkish towelling. These quickly bring an exhilarating glow to the skin. They can be purchased at a chemist's, or made at home with ordinary Turkish towelling. A bath daily keeps the skin in good condition, but it should not be taken hot, merely tepid.

Always insist upon buying a lamp with a heavy stand, a brass reservoir, with a good tight screw, and one with a double burner and a sheath round the wick. Burn good oil that won't explode when warm, and, if possible, see that there is a self-acting extinguisher. Use a fire-proof globe, and the lamp will prove very safe if it is made of brass.

One of the best ways to keep your stomach clean, strong, and healthy, is by drinking a glass of cold water every morning immediately after rising, and just before retiring at night. This simple health rule will enable you to laugh at the ailments which owe their origin to a disordered stomach and liver, or to the chronic constipation from which so many persons suffer.

The direction for baking all cup custards is the same. Pour the mixture into cups, set them into a pan of hot water, and bake in a rather moderate oven about twenty minutes, or until the custard is set in the centre. Custards are best served cold. Sponge cake or angels' food is a delicious accompaniment to custard. Each of the following recipes will make enough to fill four custard cups. The chief care in making custard is to mix the ingredients thoroughly.

Burnt almonds are delicious. Put into a saucpan one and one-half cups of brown sugar and three tablespoonfuls of water; stir until the sugar is dissolved; when the syrup boils put in one cup of shelled almonds and stir until the nuts are well covered and a little browned; turn them on to a buttered dish and separate each nut; repeat the process if the almonds require a thicker covering.

Cocoanut Rock Cakes.—Take eight ounces of desiccated cocoanut, seven ounces of castor sugar, and the whites of three eggs. Mix the cocoanut and sugar together; then add the whites of three eggs beaten to a stiff froth. Press into little rock cakes with the hand, and bake in a rather slow oven.

Dainty Corn Meal Muffins.—Beat two eggs, two tablespoonfuls of sugar, and two tablespoonfuls of melted butter to a cream; add a teaspoonful of salt and stir it well through the mixture. Next add two scant cupfuls of sour milk, then dissolve a teaspoonful of baking soda in two tablespoonfuls of hot water and stir it through the mixture. Last of all stir in gradually two cupfuls of cornmeal and a half a cupful of flour, or a little more flour if the batter seems too thin. Heat the muffin pans very hot, butter them well and pour in the batter; bake in a hot oven till a rich brown over the top. These muffins are excellent with a fish dinner.

Sometimes sips of very hot water act well in relieving thirst, but as a general rule the patient's condition is such that a certain amount of water is absolutely necessary to his well-being. The popular idea seems to be that a feverish patient will be chilled if he drinks cold water, but this is really quite a mistake.

Roast Duck.—Prepare your duck for roasting, using the following excellent dressing: Three good sized onions chopped fine, four large spoonfuls of fine bread crumbs, one-half cup of chopped oysters, one-half cup of finely chopped English walnuts, a small spoonful of sage, a piece of butter the size of a walnut, salt and pepper to taste. Mix well together, and stuff the duck. An hour is quite enough for roasting an ordinary sized duck. Serve with the dressing a gravy made of the strained drippings mixed with a spoonful of browned flour, a teaspoonful of mixed mustard and one-half glass of good claret. Allow the gravy to simmer five minutes, strain through a sieve and serve while hot.

SPARKLES.

Papa—"I'm the captain of this ship. Mamma—"Then I suppose I'm the pilot." Little Tommy—"Then I must be the compass because the captain and the pilot are always boxing the compass."

"If you marry him," said her papa, who was exhibiting symptoms of violent displeasure, "I will not only have to support him, but I will have to pay his debts, too!"

But the pretty and petulant young thing who was hanging to his coat lapels was not moved by the argument.

"Now, papa," she said, "you know well enough that George has to live, just the same as other men. And, as to his debts, I've heard you say hundreds of times that a man's debts ought to be paid!"

A cabman was driving a very stout old lady one day, and had some difficulty in getting her in and out of the "doorway." "I'm afraid I'm a bother to you," said she, as he was helping her out. "Not a bit," answered Cabby, winking to be gallant. "I likes a fair what steadies the cab."

Miss Hogaboom of Chicago—"And what profession is your brother in Lord Shortcash?" Lord Shortcash—"Oh, when Algenoon leaves Oxford, I fancy he will take orders." Miss Hogaboom, surprised: "Yes? Well, there are some real nice gentlemen traveling for pa?"

Too Late—"Say!" demanded the ugly individual, suddenly appearing from a dark alley, "what time is it?"

"You're just about two minutes late," replied the Chicagoan. "That other gentleman you see running away has my watch."

Casey—"The docthor sez what I hov is insomny." Cassidy—"Oh, shure O've had that trouble messel' and there's only yan cure fur it." Casey—"What's that? What d'ye do?" Cassidy—"Jisht go to sleep an' furgit all about it."

A religious newspaper has an advertisement calling for "a good, strong horse to do the work of a country minister." We hope the horse was forthcoming, and did the minister's work. The advertisement reminds us of the sermon of the rector who preached on the lack of co-operation of the laity with pastors from the text, "The oxen were ploughing in the field, and the asses were feeding beside them."—Congregationalist.

Little Ned was sent to the post office one day to get the mail. The post office was full of people, so the little fellow was not noticed. When he asked for the mail the postmaster said:

"No mail for you."
"Ned ran home and burst forth indignantly:
"Everyone got there before I did and there wasn't one bit of mail left for me."

AN ENORMOUS WATER PLANT.

An extraordinary plant is found in the waters surrounding Madras, India. It is called the Victoria-Regina, and, like the good queen after whom it was named, is not like any other of its kind. The leaves resemble those of the water-lily, but are of enormous size, and are turned up at the outer edge. To make you better understand how this big plant grows, the young negro boys who live near it use it for a craft upon which to float around. The leaves are so strong and so firmly balanced on the surface of the water there is not the slightest danger of such venturesome lads being drowned. These plants grow in stagnant pools and near marshes around Madras, requiring a great amount of moisture and a high elevation as well—two conditions rarely found together.—Holiday Magazine.

One little vice may open the door for an army of greater evils.

AGONIZING NEURALGIA.

Due to Poor, Weak Blood—Dr. Williams' Pink Pills Will Insure a Cure.

Neuralgia is the surest sign that your whole system is weak and unstrung. Those, sharp, stabbing pains are caused by your jangled nerves. But your nerves would not be jangled if your blood was pure and strong. You can't cure neuralgia by liniments or hot applications. They may relieve for a moment—but they can't possibly cure. You can never cure neuralgia until you enrich your blood and brace your starved nerves with Dr. Williams' Pink Pills. They actually make new blood. They soothe the nerves and strengthen the whole system. They strike right at the cause of agonizing neuralgia. Mr. John McDermott, Bond Head, Ont., says: "As the result of a wetting, I was seized with pains in all parts of my body. I consulted a doctor, who told me the trouble was neuralgia. He treated me for some time but did not help me. I had often read of Dr. Williams' Pink Pills, and decided to try them. By the time I had taken three boxes, there was a good improvement; in my case, and after I had taken ten boxes every ache and pain had disappeared. I had gained in weight and felt better in every way. I shall always have a good word to say for Dr. Williams' Pink Pills."

When the blood is poor, the nerves are starved; then comes neuralgia, insomnia, St. Vitus dance, paralysis or locomotor ataxia. All these troubles are cured by Dr. Williams' Pink Pills, because they actually make the rich, red blood that feeds and soothes the starved nerves and sends health and strength to every part of the body. That is why these pills also cure such troubles as rheumatism, anaemia, chronic erysipelas, indigestion, and the special ailments of growing girls and women. But you must get the genuine with the full name, "Dr. Williams' Pink Pills for Pale People," on the wrapper of each box. If in doubt, write the Dr. Williams Medicine Co., Brockville, Ont., and the pills will be sent by mail at 50 cents per box, or six boxes for \$2.50. If you are ailing, try them today.

Christian Science has certainly made progress in London during the last five years. Instead of one rather dingy hall in Bryanston street there are now three centres, all conveniently situated in the West End.

Many curious instances of old laws may now be found in England. In Chester the man who fails to raise his hat when a funeral is passing becomes liable by an old law to be taken before a magistrate and imprisoned.

Rev. Dr. Cuyler, pastor emeritus of the Lafayette Avenue Presbyterian Church, Brooklyn, was 84 years old on the 10th inst., and celebrated the event in his home, 176 South Oxford street.

Finding that the father was ruined by drink, a jury in Judge Tuthill's court, Chicago, on the 11th inst., returned a verdict of \$17,500 in favor of the five children of John Hedlund against three saloon keepers.

The village of Llanymynech, on the borders of Wales, boasts of an inn which is partly in England and partly in Wales. Thus one-half of the building is subject to the Welsh Sunday Closing Act, while the other half is amenable to English law.

Something like 3,000 people assembled in the Ulster Hall, Belfast, on the 2nd inst., the occasion being a demonstration in favor of the maintenance of the existing relations between Great Britain and Ireland. The Duke of Abercorn occupied the chair.

It is equally easy for God to supply our greatest as our smallest wants, to carry our heaviest as our lightest burdens; just as easy for the great ocean to bear on her bosom a ship of war, with all its guns and crew aboard, as a fisherman's boat or the tiniest craft that floats, rising and falling on her swell.—Guthrie.