

HEALTH AND HOME HINTS.

As a rule man weighs more at forty than at any other time of his life.

Blisters from scalds or burns may often be prevented by painting the affected part with the white of an egg.

To sweeten the breath, keep the teeth always well brushed, and gargle the throat frequently with ten drops of myrrh in half a glass of warm water.

Put a teaspoonful of ammonia in a quart of water, wash your brushes and combs in this, and all grease will disappear. Shake and dry in the open air.

People with poor digestion should drink no water with meals, but take a glassful an hour before, and drink plentifully an hour or so after each meal.

Liver is an excellent breakfast dish, fried with bacon, or broiled. If scalding water is poured over it before cooking it is improved. A liver hash can be made very tempting.

Every day after the noonday meal take a quiet hour to study refrigerator leftovers and their possibilities for the next day. Never allow groceries to run out. Replenish before the last spoonful is shaken from the jar. Buy good coffee and learn to make good coffee.

Banana Fritters.—Make a batter of two cups of milk, three eggs—whites and yolks beaten separately—a teaspoonful of baking powder, a pinch of salt, and enough flour to make a stiff batter. Peel and mash six large bananas, stir into the batter and fry in hot fat. Dust with powdered sugar and serve hot.

Growing plants and especially odoriferous flowering plants, says a doctor, are of the greatest value in the treatment of the sick. As long as the plants are kept well watered, they will diffuse moisture, and they undoubtedly have the power to produce ozone. Some plants will vaporize the atmosphere to the amount of three times their own weight in a day. In this way the atmosphere of a room can be made of the greatest benefit.

Fish Salad.—Salmon is, of course, the favorite fish for salad, but any good firm fish like halibut, cod, pickerel, bass, etc., may be used. It should be boiled until thoroughly cooked, but not overdone, and allowed to get perfectly cold. The fish should then be cut into square or oblong pieces, about two or three by three or four inches in size, and each piece should be laid on a lettuce-leaf. Mayonnaise dressing may be poured over it in the dish or passed to each person. A savory addition is that of a sardine picked fine and stirred into the mayonnaise.

Preparing Macaroni.—This recipe is genuinely after the manner of the Italians. Take two or three onions, slice them and fry a golden brown; then prepare some ripe tomatoes, or, if out of season, use canned tomatoes, and pour them into the pan with the onions, and season to suit. In the meantime, have boiled a sufficient quantity of macaroni until tender, a layer of which put into a dish and grate over it some Parmesan cheese; then pour on a layer of tomatoes and onions, and so continue until the dish is filled, making the top layer of macaroni and bake until the top is a rich brown.

Few people breathe properly, a well-known doctor says, and this is especially the case with persons of sedentary occupation—particularly clerks. Such persons should rise from their seats at intervals, throw back the shoulders, and inhale the air deeply, holding the breath for a few seconds. When in the open air they should acquire the habit of taking deep, regular breaths, remembering always that the nose is the proper channel for the passage of air, the mouth being kept closed. This exercise will not only strengthen the lungs and render them better fitted to resist disease, but will improve the physique generally.

SPARKLES.

A Country schoolmaster thus describes a money-lender:—"He serves you in the present tense; he lends you in the conditional mood; keeps you in the subjunctive and ruins you in the future!"

"Do you think that there is anything in palmistry?" "I don't know," answered young Mr. Torkins. "Charles told a friend that every time he looked at his hand last night he knew he was going to lose money."

The Professor: "Yes, a caterpillar is the most voracious of living things. In a month it will eat about six hundred times its own weight."

Deaf Mrs. Ernot: "Whose boy did you say he was?"

Right experience: The Stout Man—We want a man to write advertisements for a patent medicine. Ever had any experience?

The Thin Man—Sure! I've been writing fiction for five years.

She—"You know, Reggie, that girls are being called by the names of flowers now, and my sister suggested that I should be called Thistle." Reggie—"Oh, yes, I see. Because you are so sharp." She—"Oh, no. She said it was because a donkey loved me."

Peddler to countryman—I have here a patent medicine that will cure you of the cocaine habit, the morphine habit, the cigarette habit, the liquor habit—

Countryman—What we want here is a medicine that will cure us of the patent medicine habit.

James Fraser is blind of an eye. Going to his work one morning he met another man with a hump on his back, and, thinking to take a rise out of him, said—"You have surely been early on the road this morning with your pack on your back?" "I surely have been that," replied he, "for I see you have only got one o' yer shutters aff yet."

One Objection—"Tommy, why are you not at your sister's wedding?"

"'Cause she's marrivin' the wrong man. An' I told 'em I'd sing right out an' tell the preacher so."

"What is the matter with the young man?"

"He yanked me out from under the sofa once an' spanked me!"

The following "not bad one" is told by Saturday Night: The Rev. M. J. Jeffcott is one of the best-known and keen-witted members of the Roman Catholic clergy in Ontario. Up in his parish in Adela, Simcoe County, a few days after Christmas, Father Jeffcott met a member of his flock, a prosperous farmer who would naturally be expected to contribute generously to the Christmas collection, which forms a very important part of the yearly revenue of the clergy. "Father," said the farmer, "I was not out on Christmas day," and thereupon handed the priest a dollar. Father Jeffcott glanced at the paltry contribution quizzically. "Well," he replied quickly, "You are not out much yet."

Thousands of sharks' skins are annually dried and sold, at from twelve shillings to twenty-four shillings each, according to size. Drying makes the skins as hard and smooth as mother-o'-pearl. The material is known as "shagreen," and is largely used for covering whip handles and instrument cases. It is also used by cabinet makers for polishing fine woods. The fins are made into a glue that is used very extensively by silk manufacturers.

A SPRING TONIC.

Dr. Williams' Pink Pills Make Rich Red, Health-Giving Blood.

Cold winter months, enforcing close confinement in over-heated, badly ventilated rooms—in the home, in the shop, and in the school—sap the vitality of even the strongest. The blood becomes clogged with impurities, the liver sluggish, the kidneys weakened, sleep is not restful—you awake just as tired as when you went to bed; you are low spirited, perhaps have headache and blotchy skin—that is the condition of thousands of people every spring. It comes to all unless the blood is fortified by a good tonic—by Dr. Williams' Pink Pills. These pills not only banish this feeling but they guard against the more serious ailments which usually follow—rheumatism, nervous debility, anaemia, indigestion and kidney trouble. Dr. Williams' Pink Pills are an ideal spring medicine. Every dose makes new, rich, red blood. Every drop of new blood helps to strengthen the overworked nerves, overcome weakness and drives the germs of disease from the body. A thorough treatment gives you vim and energy to resist the torrid heat of the coming summer. Mr. Mack A. Meuse, Sluice Point, N.S., says: "I was so completely run down that I could hardly work. I decided to try Dr. Williams' Pink Pills, as I had heard them highly spoken of, and a few boxes worked a great change in my condition. I am again feeling as well and strong as ever I did and can recommend the pills to all weak people."

It is a mistake to take purgatives in the spring. Nature calls for a medicine to build up the wasted force—purgatives only weaken. It is a medicine to act on the blood, not one to act on the bowels, which is necessary. Dr. Williams' Pink Pills are a blood medicine—they make pure rich, red blood, and strengthen every organ of the body. Sold by medicine dealers or by mail at 50 cents a box or six boxes for \$2.50, from the Dr. Williams' Medicine Co., Brockville, Ont.

WHY THE DEAD SEA IS DEAD.

Scientific observations justify the estimate that a daily average of 6,500,000 tons of water is received into the Dead Sea from the Jordan and other sources during the year. During the rainy season the amount is very much greater; during the dry season it is of course very much less, but this average will be maintained year after year. There is no outlet, and the level is kept down by evaporation only, which is very rapid because of the intense heat, the dry atmosphere and the dry winds which are constantly blowing down the gorges between the mountains.

This evaporation causes a haze or mist to hang over the lake at all times and when it is more rapid than usual, heavy clouds from the thunderstorm sometimes rage with great violence in the pocket between the cliffs, even in the dry season. A flood of rain often falls upon the surface of the sea when the sun is shining and the atmosphere is as dry as a bone half a mile from the shore. The mountains around the Dead Sea are rarely seen with distinctness because of this haze.

The waters of the Jordan, when they reach the sea, are as brown as the earth through which they flow—a thick solution of mud—but the instant they mingle with the salt water of the lake the particles of soil are precipitated and they become as clear as crystal, with an intensely green tint. 2. Carrying so much soil and having so swift a current one would suppose that the sea would be discolored for a considerable distance, but it is not so. The discoloration is remarkably slight. The Jordan has quite a delta at its mouth, breaking into a number of streams and frequently changing its course because of the obstructions brought down by its own current.—Selected.