

## HEALTH AND HOME HINTS.

If you have no oil handy take a lead pencil and rub on the squeaking hinge, it will stop squeaking.

Scraps are a regular savings bank for the good cook. The greatest possible variety of good things can be made out of them.

Many a case of nasal catarrh can be traced to the fact that the sufferer has formed the habit of sleeping with the mouth open.

Carrots should be cleaned by being brushed in water. They should never be scraped, which causes them to lose their flavour.

A warm bath with an ounce of sea-salt is almost as restful as a nap. Paddle in the water until it cools, and dry with a rough towel.

Ebony Cream—Stew stoned prunes, rub through a sieve, and mix with a hot syrup and soaked gelatine, using one-quarter of a box to one pint of the mixture.

Spiced Currants—Spiced currants are delicious served with roasts. Make a syrup of three pounds of sugar, a pint of vinegar, two tablespoonfuls of cinnamon, two tablespoonfuls of cloves and half a teaspoonful of salt. Add six pounds of currants and boil half an hour. Seal in either jars or glasses.

Current Jelly—Wash the currants clean, put them in the preserving kettle and mash them and boil them twenty minutes more, until they are thoroughly cooked. Dip them a quart or more at a time into a strainer cloth and squeeze out all the juice. Measure this and to each pint allow one pound of sugar. Put the juice over the fire, and let it boil rapidly for five minutes; then add the sugar and let it boil rapidly one minute longer. Take off the fire, skim clear and put into tumblers and seal securely.

Healing for Headache.—Too much blood in the brain is a frequent cause of headache. Pains are felt all over the head, the face becomes flushed, the temples throb, and a strong light or noise causes excruciating pain. In cases of this kind the sufferer should be careful in diet and should not eat meat often, nor once a day. Too little blood in the brain is another cause of headache. It is recognized by dizziness, noises in the ears and pains on top of the head. The stimulant is a cup of strong tea or coffee or a bowl of soup. People who suffer with these headaches should sleep with their heads low. A neuralgic headache is often the result of cold caught in a bad tooth, which affects the nerves of the face and is accompanied by pains across the forehead or on the back of the head. A mustard leaf placed on the nape of the neck will relieve it. Another remedy which is sometimes effective is a piece of brown paper soaked in vinegar and applied to the painful spot.

## AN AGREEABLE ANTISEPTIC.

Some years ago M. Chambelland made experiments in the Pasteur laboratory which resulted in his expressing the belief that no living disease germ can resist for more than a few hours the antiseptic power of essence of cinnamon. He looks upon it as not less effective in destroying microbes than corrosive sublimate. Even its scent kills them, and it does no harm to human beings. A decoction of cinnamon is often good to drink in localities where typhoid fever or cholera is rife. To combat the approaches of influenza by adding ground cinnamon to puddings and tarts would certainly be a pleasant way of taking antiseptic precautions. Stick cinnamon burned in the sick room has long been known as an agreeable deodorant, but in the light of the above it may very probably be that it was originally its real antiseptic use which suggested the idea.

## SPARKLES.

Jack—I hear you lost a lot of money on Wall street while you were drunk. Tom—I wasn't drunk, but the stocks I bought took a drop too much.

A witness in a Capetown court, described as a "dark woman," when asked if her husband was a white man, replied, "No, he's a Scotchman."

Peter—Could you forgive a fellow who managed to take an unfair advantage of you? Bauldy—"I might forgive him, but I couldn't be ready for forgiein' myself."

Diggs—"My wife is a wonderful vocalist. Why, I have known her to hold her audience for hours." Biggs—"Get out." Diggs—"After which she would lay it in the cradle and rock it to sleep."

The class was told to write an essay on honesty. This was Jimmie Green's essay: "Some boys is honestest than others; and there's no way to tell them apart unless you can von'te left your knife some way and watch them lunn for it. The one that lumps last is the honestest one."

Before marriage a man is generally contented by his sweetheart with, "My darling, is it you?" But after marriage she generally rushes to the door and shouts, "John Henry, wipe your boots!"

"You cannot keep me down," shouted the great orator at a public meeting; "because I may be pressed below the waves I rise again; you will find that I come to the surface, gentlemen."

"Yes," said an old whaler in the audience, "you come to the surface to blow."

Member of the firm—"James!" Office boy—"Yes, sir." Member of the firm—"James, I am very glad to learn, upon investigation, that your grandmother is really dead, and that you are therefore not lying to me in order to go to the match this afternoon."

An Aberdeen gentleman, who sojourned at a summer resort in the Highlands for the benefit of his health, called on the doctor for consultation, and in course of a day or two called again to settle his fee. When the doctor inquired regarding the progress of his health the Aberdonian asked how much was to pay. "Your first consultation," replied the doctor, is 5s., and today's 5s. 6d." "Do you think," replied the Aberdonian, sharply, "I'm going to pay you half a crown for coming in to pay you 5s.?"

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## WORK-WORN MEN.

Can Obtain New Health and Strength Through Dr. Williams' Pink Pills.

Mr. Edgard Martel, 98 St. Peter street, Quebec, is one of the thousands of workmen throughout Canada who cheerfully admit that they are kept in health and strength through the use of Dr. Williams' Pink Pills. To a reporter who interviewed him, Mr. Martel said: "The present condition of my health contrasts strikingly with what it was nine months ago. Then I felt that I was almost at death's door, while now I am strong and well. This happy change is entirely due to Dr. Williams' Pink Pills. I am a workman, and it is little wonder that after years of diligent toil my system was gradually run down. My blood got as thin as water, and I grew so poorly that the least exertion would leave me weak and trembling. I consulted a doctor, who said that I was run down through hard work, but his medicine did not help me any. A few weeks later I was forced to quit work, and shortly after that had to remain in bed most of the time. One day a fellow workman called to see me, and induced me to try Dr. Williams' Pink Pills. Before the second box was finished I had a better appetite and relished my meals, and with this came new strength. In a few weeks I was able to go out again, and in about six weeks from the time I and in about six weeks from the time I to work, my strength as vigorous as ever it had been. I attribute my complete recovery entirely to Dr. Williams' Pink Pills, and I think every hard working man would be better for using a box of these pills occasionally."

Mr. Martel's advice should be taken by every workman. The only way to have health and strength is to keep the blood rich and pure, and the only way to get rich, strength producing blood is through the use of Dr. Williams' Pink Pills, because they actually make new blood. Dr. Williams' Pink Pills make tired, worn out men and women vigorous and strong. Sold by all medicine dealers, or sent by mail at 50 cents a box or six boxes for \$2.50, by writing Dr. Williams Medicine Co., Brockville, Ont.

## THE SQUIRREL AND ITS YOUNG.

The squirrel's home is in the trees, like the birds; like them also it builds a nest for its young. Concealed in the fork of a tree, leaves and twigs, and inside—like little wrens—the young squirrels are born and bred. I once found a nest in a small plantation. There were four young squirrels inside. Such funny creatures—naked and skinny, and with large, long-shaped heads, like a hippopotamus, and close-set, goggle eyes like a young thrush! The nest was so closely woven and so firmly lodged that it would have been difficult to displace it. Squirrels economise their time by using the same nest year after year, so it may well be strongly built. The young, three or four in number, are generally born in the middle of the summer, and remain with their parents until the following spring. There are a large number of different kinds of squirrels, such as the long-eared squirrel of Borneo, the black squirrel, with its very bushy tail, five inches wide, who drinks like a horse by thrusting its muzzle below the water and taking a steady draught, afterwards sitting and washing its face by dipping its paws into the water; the ground squirrel, whose home is on the ground; the flying squirrel, who lives high up in the highest branches; all these and many more but none more interesting than the little brown squirrel of our Canada.

Prayer will cause a man to cease from sinning even as sin will cause a man to cease from praying.

How many good intentions have been swallowed up by death! Good intentions are only profitable when executed. The only sure way to execute them is by immediate action.