

## HEALTH AND HOME HINTS.

Sleep with the window well open and you will awake brisk.

Daily exercise with light dumbbells eventually cures round shoulders.

Mustard plasters made with white of an egg do not blister the skin.

Apply arnica to a bruise if the skin is unbroken. If broken, wash the bruise and apply vaseline.

Keep the mouth closed when out of doors or when going from one room to a room of colder temperature, breathing through the nose.

Under-woolens should be as heavy as needed for the warmth but of loose texture and loose fitting. Such garments are warmer than tight-woven ones which are impervious to air and moisture.

Cottage Pudding.—One cup of sugar, one cup of sour milk, two tablespoonfuls butter, one egg, two cups of flour, one half teaspoon of soda. Flavor. Mix quickly and bake an hour.

Long Branch Cake. — One cup of sugar, one cup of butter, one and one-half cups of flour, four eggs, two teaspoons of baking powder, and four tablespoonfuls of cold water. This makes a very light cake. Flavour to taste.

Corn and Oat Muffins.—Mix 3 cupfuls of buttermilk with 1 tablespoonful of salt and 1 teaspoonful of soda. Beat until it foams. Add quickly 2 well-beaten eggs and equal quantities of corn meal and rolled oats until a thick batter is obtained. Pour into hot muffin rings and bake in a quick oven.

Codfish Cakes and Eggs.—Put over a pint of peeled potatoes to boil with a package of desiccated codfish or a cup of the raw fish picked up in tiny bits; boil twenty-five minutes, and pour off the water. Mash and beat all very light; add a teaspoonful of butter; a half saltspoonful of pepper, and more salt if necessary. When partly cool add a beaten egg. Make into round, good-sized balls, and fry in deep fat: drain on paper in a hot oven with the door open. When all the balls are cooked, poach some eggs in rings, so they will be of good shape, and drain them well; slip one egg on each codfish ball, pressing down a little place with a spoon so the egg will not slip off. Surround with parsley and serve very hot.

"After you've been two weeks in the house with one of these terrible handy men that ask their wives to be sure and wipe between the tines of the forks, and that know just how much raising bread ought to have, and how to hang out a wash so each piece will get the best sun, it's a real joy to get back to the ordinary kind of man. Yes, 'tis so!" Mrs. Gregg finished, with much emphasis. "I want a man should have sense about the things he's meant to have sense about, but when it comes to keeping house, I like him real helpless, the way the Lord planned to have him!"—Youth's Companion.

A candle that won't shine in one room is very unlikely to shine in another. If you do not shine at home, if your father and mother your sister and brother, if the very cat and dog in the house are not the better and happier for your being a Christian, it is a question whether you really are one.—J. Hudson Taylor.

The atheist is a man who has been so long away from his father's house that he does not believe he ever had one.

## SPARKLES.

A story is told of the famous Richard Brinsley Sheridan that one day when coming back from shooting, with an empty bag, and seeing a number of ducks in a pond, while near by a man was leaning on a fence watching them, Sheridan asked:

"What will you take for a shot at the ducks?"

"Well," said the man thoughtfully, "I'll take half a sovereign."

"Done," said Sheridan, and he fired into the middle of the flock, killing a dozen or more. "I'm afraid you made a bad bargain," said Sheridan, laughing. "I don't know about that," the man replied. "They're not my ducks."

The following curious clause occurs in an old lady's will in England: "But I give to Hugh, son of my said sister-in-law, £5 more than to his brothers and sisters out of this last invested money, in consideration of his taking charge of two geese and one gander of mine, and his giving me two fat goslings each year about Christmas."

"Why have you been absent from school?" demanded the teacher.

"Why" replied the boy, "Mum broke her arm Monday."

"But this is Wednesday. Why did you stay away two days?"

"Why—er—it was broke in two places."

A young officer, riding through a Scotch village one day in full uniform and mounted on a splendid horse, was much annoyed by a lad following him along the street. At last he said to the boy: "Did you never see a war-horse before, my lad?" "Yes," said the boy, "I have seen a waur (worse) horse many a time, but never a waur rider."

Patience—Which do you think the more tiresome, golf or skating?

Patrice—Oh, golf! A person sits down more while skating.

Patient—"Don't you speak more than one language, doctor?"

Physician — "No; but I have some knowledge of many tongues."

"I suppose you heard about Miss Koy's behavior during the fire. Why when the first fireman came up the ladder for her she wouldn't go with him."

"What was the matter with her—out of her mind?"

"Not at all. She saw that the second fireman who was coming up was handsomer."

## OUT OF THE WAY NOTES.

There are 25,134 fewer acres of potatoes in Ireland than there were last year.

The mignonette is the national flower of Spain.

Practically one-seventh of Ireland's area is bog.

There are forty-eight different kinds of material in an ordinary piano.

The period of incubation is shortest among humming birds, some of them hatching their eggs in ten days.

Horses, giraffes and ostriches have, in proportion to their size, larger eyes than any other living creature.

The sea is much more salt in the tropics than in northern latitudes. This is due to the greater evaporation.

The Empress of Russia possesses the most expensive single piece of fur in the world—a sable cloak, which cost \$80,000.

A colonial race was recently run in Paris. The competitors—nineteen in number—were one-legged men. The winner ran a mile in twelve minutes.

WEAK, PALE AND  
[WORN OUT WOMEN

Can be Saved From a Life of Misery  
by Dr. Williams' Pink Pills.

Women are called the "weaker sex," and yet nature calls upon them to bear far more pain than men. With too many women it is one long martyrdom from the time they are budding into womanhood, until age begins to set its mark upon them. They are no sooner over one period of pain and distress than another looms up only a few days ahead of them. No wonder so many women become worn out and old looking before their time.

In these times of trial Dr. Williams' Pink Pills are worth their weight in gold to women. They actually make new, rich blood, and on the richness and regularity of the blood the health of every girl and every woman depends.

Mrs. Urbane C. Webber, Welland, Ont., is one of the many women who owe present health and strength to Dr. Williams' Pink Pills. Mrs. Webber says: "About three years ago, while living in Hamilton, my health began to decline. The first symptoms were headaches and general weakness. After a time the trouble increased so rapidly that I was unable to attend to my household duties. I lost flesh, looked bloodless and had frequent fainting fits. I was constantly doctoring, but without any benefit, and I began to feel that my condition was hopeless. One day a friend asked me why I did not try Dr. Williams' Pink Pills and mentioned several cases in which she knew of the great benefit that had followed their use. After some urging I decided to try the pills, and had only used them a few weeks when I began to feel benefited, and from that time on the improvement was steady, and by the time I had used about a dozen boxes of the pills I was again enjoying the blessing of good health. I cannot too strongly urge other discouraged sufferers to give Dr. Williams' Pink Pills a fair trial."

Dr. Williams' Pink Pills will cure all troubles due to poor, watery blood, such as anaemia, general weakness, indigestion, neuralgia, skin troubles, rheumatism, the after effects of the grippe, and such nervous troubles as St. Vitus' dance and partial paralysis. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

## GATHER THE FRAGMENTS.

By P. M. MacDonald.

"Fragments! fragments!" in scorn we say,

"Only fragments, throw them away!"

Ah! but this great world's daily fare Is fragments gathered here and there: Not one vast field, nor one strong sea, Yields meat enough for all that be: A million meadows small in size,

A million meres where tides ne'er rise, Are tilled and trolled by plow and line To dull our hunger when we dine.

No ripened harvest's amplitude Had He to feed the multitude: Only the fragments, that a child Brought to the desert bare and wild.

"Gather the fragments that remain!" He blessed them all, and they contain The sustenance that mortals need—

"Gather the fragments!" he r and heard. Toronto, Canada.

Wrestling is the national sport of Persia, and the tournaments held to decide championships rival our football matches in popularity.