

## HEALTH AND HOME HINTS.

No matter of how good a quality your coffee or tea is it will be ruined if the water used in making it has boiled more than once. Do not let the water boil more than three or four minutes.

**Fruit Pudding.**—One pint bread crumbs, one teacup sugar, one teaspoon soda and salt, one teaspoon cinnamon and cloves, one teacup currants and raisins, three cups flour. Steam three hours; serve with sauce.

**Oat Meal Wafers.**—One cupful sugar, half a cupful butter, two well-beaten eggs, two and a half cupfuls oat meal. Drop on buttered tins by small spoonfuls, allowing room for them to spread. Bake until a golden brown, and let them cool on the pans.

**Eggs in Potatoes.**—Bake some good-sized potatoes, cut in halves, and take out part of the pulp. Put a raw egg in each half, sprinkle with salt, pepper and chopped parsley and a teaspoonful of cream, and put in the oven; beat well the white of an egg and work into it the potato removed from the shells, with salt. When the eggs are set, heap this over them, and brown.

**Good Summer Pudding.**—One quart of milk, three tablespoonfuls cornstarch, dissolved in cold water, the yolks of four eggs, six tablespoonfuls of sugar. Heat the milk, add the sugar, then the starch and the beaten yolks, and flavor. Pour in a pudding dish and bake in a slow oven thirty minutes. Then beat the whites very stiff, sweeten and flavor and allow it to brown lightly.

**Egg Nests with Cheese.**—Cut some rather stale bread into slices an inch thick; scoop out a little from the center of each, and cut the edges square. Mix a small cup of milk, and spread on these; sprinkle with salt and a dash of red pepper; into each cup put a raw egg set, the dish in the oven, and let them set. As these are best served in the dish in which they are cooked, it is a good plan to put them on a very shallow baking dish, such as a brown earthenware lined with white.

**Ham with macaroni** furnishes an acceptable dish for luncheon or supper with great nutritive value. Break macaroni in one-inch pieces; there should be one cupful. Put in a sauce pan, and cover with boiling water to which one half-teaspoonful of salt has been added, and let cook until soft, the time required being about thirty minutes. Drain in a strainer, and pour over one quart of cold water, to prevent the pieces adhering. Melt two tablespoonfuls of butter, add two tablespoonfuls of flour, and when well blended pour on gradually, while stirring constantly, one and one-half cups of scalded milk. As soon as the boiling point is reached, add two-thirds of a cupful of grated mild cheese, and season with salt and paprika if it be at hand. Add the chopped ham, and when thoroughly heated turn on a hot platter. Sprinkle with one-fourth of a cupful of finely chopped cold boiled ham, and garnish with sprigs of parsley.

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## SPARKLES.

"Hello, Leo," panted the tiger. "I've been chasing a wounded antelope for several miles. Did it pass by here?"  
"No," replied the lion, contentedly, licking his chops; "it didn't pass here."

The editor of a note and query column received the following:

"Every morning when I go out I find two or three of my hens on their backs. They never get up again. What is the matter?"

The editor replied:—"Your hens are dead."

Mother.—"How dare you tell me you washed your face? Why, it's just as dirty as ever."

Tommy.—"Well, I washed it, but maybe it didn't take. You know my vaccination didn't the first time."

Poet—Here's a little poem which I recently composed. I read it to my mother, and she cried loud and long, so touching did she find it.

Editor—You ought to be ashamed of yourself. Take back your poem and promise me that you won't make that poor woman cry any more.

Old Bluff.—"Ah, Miss Nightingale, that Winter Song was charming. It carried me back to the days of my childhood."

The Singer.—"I am so glad you liked it."

Old Bluff.—"Why, I could actually hear the cattle bellowing, the old windmill creakin', and the discordant wings howling about the doors!"

Lawyer—Well, what was done in the interim?

Witness—I don't know, sir. I didn't go into the interim. I stayed in the ante-room.

Sophie—No, mother, I don't like that young doctor at all. He has red hair.  
Mother (consoling)—Oh, but his hair will be grey long before he will be able to marry you, my dear.

"He's studying dentistry at a correspondence school."

"Rather an awkward way, I should think."

"I should say it is. He gave a patient gas the other day, and then found he didn't know how to remove the molar. So he had to write to the school, and it was three days before he could get rid of his patient."

Salt and vinegar make an excellent solution for cleaning bedroom water bottles or wine decanter bottles. A dessertspoonful of rough salt put into a wine decanter, moistened with vinegar and well shaken, generally removes all stains.

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## WOMAN'S TRIALS.

Can be Banished by the Rich, Red Blood Dr. Williams' Pink Pills Actually Make.

The health and happiness of growing girls and women of mature years depends upon the blood supply. There is a crisis in the life of every woman when there are distressing headaches and backaches; when life seems a burden and when some women seem threatened with even the loss of their reason. It is at this period that Dr. Williams' Pink Pills prove a blessing to women. Every dose increases the richness and the redness of the blood supply, and this new blood strengthens the organs, enables them to throw off disease and banishes the headaches and backaches and dizziness and secret pains that have made life a burden. There are thousands and thousands of growing girls and women in Canada who owe their health and happiness to Dr. Williams' Pink Pills. Mrs. James McDonald, of Sugar Camp, Ont., is one of these. She says: "I was badly run down, felt very weak and had no appetite. I suffered from headaches and backaches and a feeling of weakness. I could scarcely drag myself about and felt that my condition was growing worse. I decided to try Dr. Williams' Pink Pills and got a dozen boxes, but before they were all used I had fully regained my health, and was able to do my housework without the least fatigue. Dr. Williams' Pink Pills have been a great blessing to me."

You can get Dr. Williams' Pink Pills for Pale People from any medicine dealer or by mail from The Dr. Williams' Medicine Co., Brockville, Ont., at 50 cents a box or six boxes for \$2.50. If you are weak or ailing give these pills a fair trial—they will not disappoint you.

## A PROBLEM IN THREES.

If three little houses stood in a row,  
With never a fence to divide;  
And if each little cat had three little kits  
At play in the garden wide;  
And if each little maid had three little cats  
(Three times three times three);  
And if each little cat had three little kits,  
How many kits would there be?

And if each little maid had three little friends  
With whom she loved to play;  
And if each little friend had three little dolls  
In dresses and ribbons gay;  
And if friends and dolls and cats and kits  
Were all invited to tea,  
And none of them should send regrets,  
How many guests would there be?  
—The United Presbyterian.

Marriage in Spain takes place during the day or night, according to the position in life of the young people. If well-to-do, the ceremony occurs early in the morning.

Imported foxes have increased to such an extent in Gippsland, Victoria, that organized "drives" to exterminate them have been resorted to.

Married women live on an average five years longer than maids, while married men live seven years longer than bachelors, according to an eminent authority.

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