

HEALTH AND HOME HINTS.

Rice and Cheese.—One teacupful of rice to four cupfuls of hot water. Boil rapidly for twenty minutes. On bottom of buttered baking dish, put layer of bread crumbs, then a thick layer of rice and grated cheese, another of cheese. Finish with bread crumbs on top. Pour over all a cold mixture of one egg, one cupful of milk, two tablespoonfuls of melted butter, one tablespoonful of salt, one-fourth teaspoonful of dry mustard. Bake twenty minutes in a quick oven. This is delicious as a luncheon dish, or as a substitute for potatoes with meat.

Cheese Balls.—Beat the whites of two eggs stiff. Have ready one-half cupful of finely grated cheese. Mix cheese and beaten eggs quickly, mold into balls with floured hands, and fry in hot fat. Serve while hot.

In serving a poached egg to an invalid, trim the ragged edges of the white with a biscuit cutter.

Lemon juice improves the flavor of scrambled eggs, if a few drops are added while they are cooking.

Planked sirloin steak, baked like fish on a hardwood board, is a delightful change from broiled or smothered steak.

For successful sponge cake, the flour should be sifted four times before measured, the sugar twice and the tins should be lined with greased paper.

Southern cooks never wash waffle irons, cleaning them with coarse salt and plenty of clean brown paper and putting them away in a fresh paper bag.

A fad of the hour is to serve, with the salad, little rounds of piecrust rolled very thin, fried in hot fat and sprinkled with granulated sugar.

Delicious eggballs to serve with soup are made from the yolks of two hard-boiled eggs mashed with an equal amount of boiled potatoes, well-seasoned and bound together with the raw yolk of an egg. Roll in flour, making them the size of cherries, and drop (in the skimmer) for a minute, into boiling water, then serve in the soup.

The Chicago Department of Health gives this recipe for killing flies. Put two teaspoonfuls of ordinary formaldehyde in a pint of water, and place where flies mostly congregate.

We have found this to be the greatest fly destroyer we have yet seen," said an official of the Health Department.

A lady has found a sure cure for broken dishes. If the dish to be mended can be tied with a stout string, then place it in boiling milk and left one hour, you can never tell the dish had been broken, and it can afterwards be put in boiling water without the pieces coming apart. This experiment has been tried and proven, and many are the broken dishes which were thought to be useless, which are now as good as new.

☞ Linen that is badly scorched may be improved thus: Boil well half a pint of vinegar, half an ounce of soap, two ounces of fullers' earth and the juice of a few onions. Spread this over the linen wherever it is scorched; and leave it to dry, when dry wash the garment, and the scorch will have disappeared.

Bread that has been toasted until it has become brown has had the starch in it largely converted into dextrine, and hence, so far as the brown portion is concerned, one of the processes of digestion is gone through before the bread is taken to the stomach. It will be found that the thinner the slices of bread, and the more thoroughly they are toasted, the easier digestion will be.

Thin sugar cookies, if flavored with bitter almond make a good substitute for macaroons.

After using fat for deep frying, turn it into a bowl of hot water, stir well and set aside to cool. When cold, the clarified fat can be removed in a cake from the top of the water.

SPARKLES.

"Oh, mamma, I'm to travel with Edgar in Egypt—the lands of the pyramids and hieroglyphics!"

"Well, dear, remember I can't have you bringing any of those things home with you."

"There's a proverb that fits every man."

"What one fits me?"

"To whom God gives office, He also gives brains."

"But I have no office."

"Well, don't you see how it fits?"

"Last Sunday," says the Philosopher of Folly, "our pastor preached what I call a well-timed sermon. I saw six men holding their watches on him."

"Do editors ever do wrong?" "No."
"What do they do?" "They do write."

A Sunday-school boy, upon being asked what made the Tower of Pisa lean, replied: "Because of the famine in the land."

The Minister—"Then you don't think I practice what I preach."

The Deacon—"No, sir, I don't. You've been preachin' on the subject o' resignation fur twa years, an' ye hivna resigned yit."

"What were you and Mr. Smith talking about in the parlor?" demanded Miss Blushe's mother.

"Oh, we were discussing our kith and kin," replied the young lady.

"Yeth, you wath," interposed her little sister. "Mr. Tamith asked you for a kith, and you thaid 'You kin.'"

Some children were telling their father what they got at school. The eldest got reading, spelling and definitions. "And what do you get, my little man?" said the father to a rosy-cheeked little fellow.

"Oh, I dets readin', spellin' and spankin'."

Husband—"Excuse me, dear, but don't you cook much more for dinner than we can use?"

Wife—"Of course! If I didn't, how could I economize by utilizing left-over dishes?"

First Young Doctor—"When will you be able to get married?"

Second Young Doctor—"I'm waiting now for only three operations more."

Little Mary went into the country on a visit to her grandmother. Walking in the garden she chanced to spy a peacock, a bird she had never seen. She ran quickly into the house and cried out:

"Oh, grandma, come out and see. There's an old chicken in full bloom."

"I suppose you know all about the dangerous places in this channel?"

"Nope," replied the pilot.

"You don't!" exclaimed the president.

"Then why are you in charge of that wheel?"

"Because I know where the bad places ain't."

"Let the GOLD DUST Twins do Your work"



GOLD DUST
WASHING POWDER "CLEANS EVERYTHING."
The N. K. FAIRBANK COMPANY
MONTREAL

LACK OF PURE BLOOD

The Cause of Most Illness—The Cure,

Enrich the Blood Supply.

Any illness caused by lack of blood will be benefitted and cured by a course of treatment with Dr. William's Pink Pills. These Pills increase the red matter in the blood and enable it to carry to every organ and tissue an increased supply of oxygen, the great supporter of all organic life. This has been proved by cures in thousands of cases, not only in Canada, but in all parts of the world. More people to-day owe health and happiness to Dr. William's Pink Pills than to any other medicine. One of these is Mr. James Starr, of Galahad, Alta., who says: "A few years ago I became ill and very weak. Some days I would have a hot dry fever and on others would be bathed in a cold sweat. I grew weaker and weaker, until I could do no kind of work, and was finally confined to my bed. I tried several doctors, who cost me considerable money, but did me no good, as I was still getting weaker and weaker. I asked the last doctor who attended me to tell me frankly if he could cure me, and he told me my case was so complicated that he did not think he could help me. I told him I had heard a great deal about Dr. William's Pink Pills, and asked if he thought they would help me. His reply was: 'Well, they won't do you any harm, and they may help you.' I sent for a half dozen boxes at once, and began taking them. After taking three boxes there was no doubt they were helping me, and I continued using them for some time longer, with the result that I am now as strong and hearty, and can do as good a day's work as any man in my neighborhood."

These Pills are sold by all medicine dealers, or may be had by mail, at 50 cents a box, or six boxes for \$2.50, from The Dr. William's Medicine Co., Brockville, Ont.

A Christian is to love all men, even the worst of heathens and of unbelievers, his own enemies and the enemies of God; whoever they are, he is to wish them well and pray for them always, and when they come in his way to do them as much good as he can. But towards those who are Christians like himself he owes something more than this, he must love them withsome-what of that partial kindness which all men naturally feel towards their brethren and near relations. He must not wait till the opportunity of doing good to them presents itself, but must go out of his way to find it, must make it one of the chief businesses and employments of his life to advance their interests in always; especially that interest which the great Father of the family he knows has most at heart—the holiness and salvation of their immortal souls.—Keble.

60 YEARS' EXPERIENCE
PATENTS
TRADE MARKS
DESIGNS
COPYRIGHTS & C.
Anyone sending a sketch and description may quickly ascertain our opinion free whether an invention is probably patentable. Communication strictly confidential. HANDBOOK on Patents sent free. Oldest agency for securing patents. Patents taken through MUNN & Co. receive special notice, without charge, in the
Scientific American.

A handsomely illustrated weekly. Largest circulation of any scientific journal. Terms for Canada, \$3.50 a year, postage prepaid. Sold by all newsdealers.
MUNN & Co. 361 Broadway, New York
Branch Office, 625 F St., Washington, D. C.