

HEALTH AND HOME HINTS.

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

Housekeepers frequently find a difficulty in using coal dust so as to avoid waste. An excellent way is to place a piece of paper about 10 inches long and about 6 inches wide, pile coal dust on it, lift carefully, and place gently on the fire.

Withered flowers may be revived in this way. Plunge the stalks into boiling water, and let them remain in the water until it is cold, and then cut the ends of the stalks and arrange the blossoms in cold water. Treated in this way the flowers will look quite fresh, and last a long time.

Baked Fish.—A fish weighing from four to six pounds is a good size to bake. It should be cooked whole to look well. Make a dressing of bread crumbs, butter, salt and parsley; mix this with one egg. Fill the body, and lay in a large pan; put across it some strips of salt pork to flavour it. Bake it half an hour. Baste frequently.

Stuffing for Roast Chicken.—One cup of bread crumbs, tablespoonful of shred suet, a little fresh lemon peel cut fine, and a little summer savory, either green or dry, pepper and salt it, and mix it with an egg and a little milk, press into the crop and tie the furrows around the neck; if needed, double the proportions.

Griddle Cakes—Take half a pound of fine oatmeal and add to it one teaspoonful of sugar, and the same of baking powder, with a pinch of salt. Mix all these together, then beat into it enough skim milk, or buttermilk to make a light batter and bake by spoonfuls spread on the griddle, or on the baking sheets in the oven. Care should be taken that either is very clean and slightly greased.

Queen of Puddings—Beat together the yolks of four eggs, one teacup of brown sugar and grated rind of a lemon, stir into one pint of grated bread crumbs, and over the whole pour a quart of boiling milk. Put this in a pudding dish and bake a light brown. When quite cold, spread over the pudding a thick layer of currant jelly, plum jelly, raspberry jelly, or something of the kind. Then cover the whole with a meringue made of the whites of the eggs, four tablespoonfuls of white sugar and the juice of the lemon. Set in the stove and bake a light brown; serve cold with cream.

Marrow preserved to resemble Ginger.—This is not marrow jam, which is generally too sweet for most palates. Proceed as follows: Place 6 lb. neatly cut-up vegetable marrow in a deep dish, and sprinkle with six lb. Demerara sugar. Place this in the preserving pan, with the grated rind, pulp, and juice of 4 lemons. Tie in a muslin bag 2 oz. whole ginger (bruised), and 1-4 oz. Chillii pods. Put this into the preserving pan, and boil all gently for 9 or 10 hours. It should therefore be put on early in the day. Stir it occasionally. Bottle and tie down, keep in a cool place for two weeks before using. It is hard to tell the difference between this and China ginger.

Teacher (giving a lesson on the rhinoceros): Now can you name any other things that have horns and are dangerous to get near?
Sharp Pupil: Motor cars.

SPARKLES.

Stella—Can you dress within your income?

Bella—Yes, but it is like dressing within a berth in a sleeping car.

"Simkins refuses to have his flat papered," reported the agent of the building.

"What's the matter now?" inquired the owner.

"He claims they haven't room enough as it is."

The minister of a certain parish in Scotland was walking one misty night through a street in the village when he fell into a deep hole. There was no ladder by which he could make his escape, and he began to shout for help. A laborer, passing, heard his cries, and, looking down asked who he was. The minister told him, whereupon the laborer remarked, "Weel, weel, ye needna kick up sic a noise. You'll no be needed afore Sawbath, an' this is only Wednesday night."

A lady on one of the ocean liners who seemed very much afraid of icebergs asked the captain what would happen in case of a collision.

The captain replied: "The iceberg would move right along, madame, just as if nothing had happened," and the old lady seemed greatly relieved.

A couple in a country village took their baby to be christened, and on the clergyman asking what name they had chosen, the happy father replied, "Octopus, sir!"

"What!" ejaculated the astonished divine; "but you cannot call a child by so extraordinary a name."

"Yes, sir, if you please," was the reply; "you see it's our eighth child and we want it called 'Octopus.'"

LITTLE MILLIONAIRES

By Ethelwyn Wetherald.

Twenty little millionaires

Playing in the sun:

Millionaires in mother-love,

Millionaires in fun,

Millionaires in leisure hours,

Millionaires in joys,

Millionaires in hopes and plans,

Are these girls and boys.

Millionaires in health are they,

And in dancing blood,

Millionaires in shells and stones,

Sticks and moss and mud;

Millionaires in castles

In the air, and worth

Quite a million times as much

As castles on the earth.

Twenty little millionaires,

Playing in the sun:

Oh, how happy they must be,

Every single one!

Hardly any years have they,

Hardly any cares;

But in every lovely thing,

Multimillionaires.

TOBACCO HABIT.

Dr. McTaggart's tobacco remedy removes all desire for the weed in a few days. A vegetable medicine, and only requires touching the tongue with it occasionally. Price \$2.

LIQUOR HABIT.

Marvellous results from taking his remedy for the liquor habit. Safe and inexpensive home treatment; no hypodermic injections, no publicity no loss of time from business, and a cure certain.

Address or consult Dr. McTaggart, 75 Yonge Street, Toronto, Canada.

ASCENDING DYNGJA, ICELAND.

Starting in the early morning from my tent on the banks of the Lindaa, I had to traverse a lava plateau 1,500 feet above the level of the sea, and such was the difficulty of travelling here that we frequently were on the point of giving up all further attempts at pushing our ponies on, but by dint of perseverance we reached the volcano after a tortuous scramble of four hours and a half. The layers of lava forming the slopes of this volcano are excessively rough and of peculiar formation, all split up into fissures from north to south or hollowed out by caves and lava bubbles. Wherever the foot is planted the ground sounds hollow; in every direction there are innumerable gorges, seemingly formed originally of a variety of strands of the fiery ooze twisted into all sorts of fantastic shapes, the outer surface suggestive of a tangle of interwoven snakes of inordinate thickness. When we had made the ascent half way up the mountain, we were overtaken by fog and snowstorm, so that in a short time all objects were hidden out of view and the earth covered with snow. Still, in the expectation of the fog clearing away and the snowstorm blowing over, we went on, and after two hours' brisk walk reached the summit of the volcano. Here all was covered with ice and snow in a temperature of 23 degree Fahrenheit. Although the blinding snowstorm prevented anything being seen, I set my theodolite on the chance of the darkness clearing, and had to wait for an hour and a half shivering in the biting blast, when the weather so far cleared that I could take the bearings of several surrounding mountain peaks. This volcano has never been ascended by any man before me, nor would the fact have been passed over in silence if such had been the case, for even in Iceland the activity of fire has hardly left any traces behind comparable to what is witnessed here. The original crater is 1,500 to 1,600 feet in diameter, and has, some time subsequent to its first formation, been filled with masses of lava, and now exhibits in the centre a large patch of lava round the circumference of which there stand twelve peak-formed lava columns. In the centre of this plain again there is an enormous crater 400 to 500 feet in diameter and 600 to 700 feet deep. It is hardly possible to picture to the imagination any sight more stupendous than that which opens to view by looking over the verge of this crater down into the precipitous abyss. The crater, with its bottom covered with snow and the sides all whitened with a glacial crust, suggests to the beholder a gigantic cauldron hollowed out of marble. Enormous rocks, which have tumbled down from the brim of the crater, look like minute black specks against the whiteness of the bottom. The composition of the lava is practically entirely basaltic; but reddish rocks of trachyte are strewn about the circumference of the original crater, which shows that sometimes trachytic eruptions have taken place here, as in Askja in 1875. When the weather cleared, I had distinctly in view the greater part of Odathraun as well as Dyngjufjoll proper, and all the lava currents which have taken their course from the latter complex of volcanoes. In a north-westerly direction from the above-described volcano is another, lower, but quite as wide in circumference, to which we gave the name of Kerlingur Dyngja. Having surveyed Dyngja, we returned the same way we had come, and reached our tent at half-past two o'clock the next morning.—Nature.

I will never presume, because I am a man; I will never despair, because I have a God.—Feltbam.