

## HEALTH AND HOME HINTS.

A few drops of alcohol rubbed on the inside of lamp chimneys will remove all trace of greasy smoke when water alone is of no avail.

After washing a cut glass article dry thoroughly and brush it over with powdered chalk. Use a soft brush, and go carefully into all the crevices.

Buttermilk is said to be very fattening, and is a good beverage for sedentary people, since it corrects certain physical disabilities. Hot buttermilk is recommended for colds.

No woman can have bright eyes, a beautiful skin, or an elastic step if she does not supply her lungs with oxygen. She can do this by deep breathing. The indolent woman regains her lost energy when she learns how to breathe correctly.

A variation of apples and celery salad is agreeable. Cut into dice three large apples, two juicy lemons, and a large stalk of celery. Toss together, pile on lettuce leaves and cover with mayonnaise.

Try taking a pint of hot water, not warm water, before breakfast each morning. It will cleanse the system, aid digestion and improve the complexion. A little lemon juice added to the water will improve the tonic and make it more palatable.

Figs for breakfast are very much liked in some households, where they are prepared in the following manner: Pull apart and soak overnight in a thin syrup of sugar and water. In the morning, lay them in a small steamer or colander to fit over the tea kettle. They become sweet and plump prepared in this way. Of course, the best figs do not have to be prepared at all, but ordinary figs are really as valuable for food purposes as the choicest.

**Fried Chicken**—Clean the chicken, singe it, and be careful to remove the pin-feathers and the oil-bag. Divide it at the joints, and take out the bones from the breast, legs and thighs, being careful to keep the meat in good shape. Wipe the pieces with a cloth which has been wrung out of cold water, and dredge well with flour which has been seasoned with salt and pepper. Dredge again with flour if the pieces are not well covered. Fry out several slices of fat salt pork and cook the chicken in the hot pork fat. Fat enough should be used to keep the chicken from burning, and it should be a nice even brown on each side. Arrange the chicken on a hot platter, and serve with a gravy.

## TO REMOVE STAINS.

To remove egg stains from spoons, rub with common salt made damp.

To take out mildew stains, rub well with buttermilk.

If your clothing has some ink marks or iron mold on it, cover with milk and rub salt on the spots.

When steel goods have become rusty, rub oil well in, and leave for a day or two, then rub thoroughly with a rag dipped in ammonia.

Tea stains can be removed by dipping in a solution of chloride of lime (one ounce to a pint of water). Only dip the article, as if they are left to soak the lime will destroy the goods.—United Presbyterian.

The death of Sir William Cunningham Bruce, Bart. of Stenhouse, marks the extinction of an old Stirlingshire family, as, although the title descends to Sir William's son, the family has now no property in this county.

Mr. Carnegie, when opening a free library at Peterborough, was made the first freeman of the city. The casket containing the certificate was made from a beam taken out of the belfry of Peterborough Cathedral.

## SPARKLES.

Vicar's Wife—"Now, can any of you children tell me of another ark?"

Bright child—"Ark the 'Erald Angels Sing!'"—Punch.

Schoolmaster asking the meaning of "The Quick and the Dead," smallurchin says: "Please, sir, the man as gets out of the way of the motor car is Quick, and 'im as does't is Dead."

Suburban Patient—"Doctor, I am sorry you have come so far from your regular practice."

Doctor—"Oh, it's all right. I have another patient in the neighborhood, so I can kill two birds with one stone."

"Miss Mary," began Mr. Hoamley, "would you—er—be mad if I were to kiss you?"

"Not necessarily," replied the bright girl, "but I would certainly be mad to let you."

"They say Dubley is exceedingly strict in his religious observances."

"Yes—he never reads his Sunday paper till Monday."

The Professor—Give me an example of a fundamental and unchangeable truth.

The Student—The price of a 2 cent postage stamp is two cents.

A German gentleman and his young son, Fritz, were on an express train bound for the seashore.

While Fritz was snoozing, his father, who occupied the window seat, snatched his cap and seemingly threw it out of the open window.

"Aha," the joking father said, "your cap is on de outside. Never mind, Fritz, I'll vistle and it'll come on de inside again mit quickness."

The father whistled, and, at the same moment deftly placed the cap on his attentive son's head. Fritz was speechless. He pulled off his head covering and gazed at it in wonder and at his paterfamilias in deep admiration for several minutes.

As the train neared a bridge the little chap was inspired. Leaning far out of the open window he dropped the cap and, turning to his dad confidently said: "Vistle, faddor."

## IN TOO MUCH HASTE.

A blackbird met a squirrel one day,

"How do you do?" said she;

"But, indeed, I need not ask you that,

You're well, I plainly see;

For round as apples are your cheeks—

Yes, round as round can be—

But, pray, sir, have you lost your tongue,

Why don't you answer me?"

The squirrel smiled a crooked smile,

And then essayed to speak,

When, lo! out fell a lot of nuts

And grain from either cheek,

"Well, I declare!" the blackbird cried,

As off she quickly flew,

"I will not stop a moment more

With such a fraud as you."

"Oh, oh!" the squirrel said, "if she

Had made a longer stay,

She'd learn that squirrels carry home

Their marketing in that way.

A fraud, indeed!" And then he picked

Up all the nuts and grain,

And stuffed them in his cheeks until

They grew quite plump again.

—Margaret Eyttinge, in New York Tribune.

## SLEEPLESSNESS.

A Swedish servant-maid, finding that her mistress was troubled with sleeplessness, told her of a practice of the people of her country who were similarly afflicted: It was to take a napkin, dip it in ice-cold water, wring it slightly and lay it across her eyes. The plan was followed and it worked like a charm. The first night the lady slept four hours without awaking—something she had not done for several months. At the end of that time the napkin had become dry. By wetting it again she at once went to sleep, and it required considerable force to arouse her in the morning.—Exchange.

## BUSINESS GIRLS.

## Need Rich, Red Blood to Stand Worry and Strain of Business Hours.

Business overtakes a woman's strength. Weak, languishing girls fade under the strain. They risk health rather than lose employment and the loss of health means the loss of beauty. Thousands of earnest intelligent young women who earn a livelihood away from home in public offices, and business establishments are silent, suffering victims of overtaxed nerves and deficiency of strength because their blood supply is not equal to the strain placed upon them. Fragile, breathless and nervous, they work against time with never a rest when headaches and backaches make every hour like a day. Little wonder their cheeks lose the tint of health and grow pale and thin. Their eyes are dull shrunken and weary; their beauty slowly but surely fades. Business girls and women look older than their years because they need the frequent help of a true blood-making, strengthening medicine to carry them through the day. Dr. Williams' Pink Pills are actual food to the starved nerves and tired brains of business women. They actually make the rich red blood that imparts the bloom of youth and glow of health to women's cheeks. They bring bright eyes, high spirits and make the day's duties lighter. Twelve months ago Miss Mary Cadwell, who lives at 49 Maynard street, Halifax, N.S., was run down. The least exertion would tire her out. Her appetite was poor and fickle, and frequent headaches added to her distress. The doctor treated her for anaemia, but without apparent result. A relative advised her to use Dr. Williams' Pink Pills, and after using but six boxes she says she feels like an altogether different person. She can now eat her meals with zest, the color has returned to her cheeks and she feels better and stronger in every way.

Dr. Williams' Pink Pills cure bloodlessness just as food cures hunger. That is how they cured Miss Cadwell and it is just by making rich red blood that they cure such common ailments as indigestion, rheumatism, headaches and backaches, kidney trouble, neuralgia and the special ailments which make miserable the lives of so many women and young girls. Sold by all medicine dealers or by mail at 50c a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

## PAINTING A FROG'S PORTRAIT.

One of my pets was a frog half grown. He would hop upon my hand to the tip of my finger, and sing (or croak) as long as I chose to hold him. I was an invalid just then, and when I felt lonely and my husband was away I used to give a little croak to invite the frog to a duet, and he would set off as if his life depended on his song, no matter what the hour night be.

One day I wanted to paint him in a picture, and tried to take a profile view. But he would not let me do it; whenever I placed him in the right position he would hop around so as to face me, and then go on my paper. Then I thought myself of putting him in a plate with some water, so that he might be comfortable. This plan answered very well, but when I turned the plate around so as to get a side view he hobbled around also, and would face me. Then I tried edging round the table myself, but with the same result, so that I was obliged to hold him sideways while I drew him. But whenever I raised my head to look at him he raised his, too, and lowered it again when I began to paint, and so we went on nodding at each other like two Chinese mandarins.—Pall Mall Gazette.

Various strikes among textile operatives in Belfast are assuming a serious aspect, the masters having resorted to a general lockout. The number of workers "out" totals fully 15,000.