

## HEALTH AND HOME HINTS.

Place a small bag of unslaked lime inside the piano. It will keep the strings from rusting.

Rub grass stains with molasses and they will come out without difficulty in the ordinary wash.

Ham has a much better flavor if it is boiled for one hour and then baked two hours with brown sugar sprinkled over it for the last fifteen minutes.

When the stair railings are of the old fashioned and ornamental iron pattern, housewives will find that much of the time spent in dusting them can be saved by rubbing them over sharply with a brush which has been dipped in turpentine.

Mixed Spices.—Two ounces each of cinnamon, allspice, cloves, and coriander seed, half ounce of nutmeg, half ounce of ginger, all finely powdered and mixed. They should be bottled and kept tightly corked to preserve the strength.

Potato Salad.—Two cups of mashed potato rubbed through a colander; three quarters of a cup of firm white cabbage chopped fine; two tablespoonfuls of cucumber or gherkin pickle, also chopped; yolks of two hard-boiled eggs, pounded to powder. Mix all well together.

Molasses Cake.—One cup of butter, one cup of sugar, two cups of molasses, four cups of flour, four eggs, one nutmeg, one teaspoonful of mixed spices, one tablespoonful of ginger, one cup of buttermilk, one dessert-spoonful of soda. Mix as for any other cake and serve hot with sauce.

A Safe Stimulant.—One of the very safest and, withal, nourishing stimulants possible is hot milk, sipped leisurely, to ensure its digestion. With the addition of syrup, it acts like magic on a cold, or any of those trifling ailments to which the flesh is heir, and which, if neglected, may lead to serious trouble.

Compoete of Canned Peaches with Rice.—Wash one cup of rice, add one quart of boiling water salted, and cook until the water is absorbed. Then add one cup of milk, and cook the rice over hot water until tender. Add one-fourth a cup of butter, one-fourth a cup of sugar, and, if desired, the grated rind and juice of half a lemon, or one teaspoon of vanilla. Mix thoroughly without breaking the kernels of rice, and mould in a ring mould or angel cake tin. Fill the centre with canned peaches drained from the syrup. Cook the syrup with a few blanched almonds and the juice of half a lemon until it is reduced a little, then, when cold, pour over the peaches.

## THE MIRACLE OF MAY.

The banners of the May-time are wide unfurled. Everywhere the trees are in leaf, the orchards in flower, the woods and fields thrilling with fragrance, bloom and song. Are there those who say that they cannot accept the miraculous while before them is revealed the amazing miracle of May? Just a little while ago we had cold winds and snowflakes, bare branches and brown stubble, and it looked as if nature would never more revive and put on her beautiful garments again. Applied science is doing extraordinary things in these days, but what would science do without the mighty power of nature, which is the mighty power of God, in the background? The miracle of May is the more impressive that it is so mysterious, so swift and so splendid. Yesterday winter, today spring, tomorrow summer, and thus forever going forward our fair earth abides under the guardianship of God. Let the crops fail anywhere and business is paralyzed, commerce is arrested, prosperity ceases. Who gives us the crops? Who but the Lord from Whose hand comes the miracle of May. —Margaret E. Sangster in Christian Intelligencer.

## SPARKLES.

"I've a good notion," said Plodding Pete, "to join dis forestry association."

"What fur?"

"I want de trees preserved in all deir venerable beauty. I want to see de monarchs of de wilderness left undisturbed in deir peaceful majes y. Its time dis practice of handin' a man ax an' tellin' him to chop wood was stopped."—Washington Star.

Absent-mindedly the young woman yawned.

"Pardon me," she said, "I didn't mean to do that."

"I see," responded Mr. Lingertong. "Opened by mistake."—Chicago Tribune.

A popular soprano is said to have a voice of fine timbre, a willow figure, cherry lips, chestnut hair, and hazel eyes. She must have been raised in the lumber region.

M.D.—Let me see your tongue, and then I can tell you how sick you are.

Patient—Oh, doctor, no tongue can tell how sick I am.

Laundryman—I regret to tell you, sir, that one of your shirts is lost.

Customer—But here, I have just paid you 12 cents for doing it up.

Laundryman—Quite right, sir. We laundered it before we lost it.

"Crossing the Atlantic with Mark Twain last summer," said a W.C.T.U. woman, "I asked his opinion of the prohibition law.

"I am a friend of temperance and want it to succeed," he said, "but I don't think prohibition is practical. The Germans, you see, prevent it. I am sorry to learn that they have just invented a method of making brandy out of sawdust. Now what chance will prohibition have when a man can take a rip saw and go out and get drunk with a fence rail? What is the good of prohibition if a man is able to make brandy smashes out of the shingles on his roof, or if he can get delirium tremens by drinking the logs off the kitchen chairs?"

## A WORLD-WIDE WAR ON RATS.

The recent organization, under the presidency of Sir James Crichton-Browne, of an international union for the extermination of rats will be the first intimation many people have had, observes the Paris Cosmos, of a menace to civilization that is extremely serious. "It may be said to open a new chapter in the history of economic zoology." The formal launching, with so much influential support from scientists in all the great countries, of this world-wide campaign means that the rat has been found guilty first of disseminating disease and second of impoverishing society. Every rat in this country, according to the figures of Sir James, costs two cents a day for its keep. In England a rat costs from half a cent to five cents daily to the person upon whose property it preys. The Indian rat is the most expensive of all. There a rat consumes three cents daily, on an average, in its mode of operations. If to the cost of board and lodging be added the expense of stamping out the disease spread by rats, the average specimen in civilized nations may be said to cost from seven to ten cents a day. It is not only the most expensive pest known to man but just now the most serious.—Current Literature (May).

## A TONIC FOR

## THE STOMACH

Wonderful Success of the Modern Method of Treating Even Obstinate Cases of Indigestion.

The old fashioned methods of treating stomach diseases are being discarded. The trouble with the old fashioned methods was that when the treatment was stopped the trouble returned in an aggravated form.

The modern method of treating indigestion, catarrh of the stomach or chronic gastritis, is to tone up the stomach and glands to do their normal work. Every step toward recovery is a step gained, not to be lost again. The recovery of the appetite, the disappearance of pain, the absence of gas—all are steps on the road to health that those who have tried the tonic treatment remember distinctly.

Dr. Williams' Pink Pills are a tonic every constituent of which is helpful in building up the digestive organs and therefore are the very best remedy for chronic cases of stomach trouble. The success of the treatment is shown by hundreds of cures like the following.

Mrs. Wm. E. Dunn, Prince Dale, N.S., says:—"For upwards of seven years I was an almost continuous sufferer from stomach trouble, which was aggravated by obstinate constipation. Food was not only distasteful, but every mouthful I ate was painful. The trouble so affected my heart that at times I thought I could not live. I was constantly doctoring, but did not get the least relief. Indeed I was growing worse, and in the summer of 1907 had got so bad that I went to the City of Boston, where I spent some time under the care of a specialist. I returned home, however, no better than when I went away. The pains I endured were almost intolerable, and would sometimes cause me to drop. I kept getting weaker and weaker and had practically given up hope of even being well again when my mother urged me to try Dr. Williams' Pink Pills. How thankful I now am that I took her advice. My case was a severe one and did not yield readily, but once an improvement was noticed the cure progressed steadily and satisfactorily and after the use of ten boxes of the Pills I was again a well woman. Every symptom of the trouble disappeared, and it is years since I enjoyed as good health as I am doing now. All who knew me look upon my cure as almost a miracle, and I strongly urge all suffering from stomach trouble to give this medicine a fair trial."

Dr. Williams' Pink Pills are sold by all medicine dealers or you can get them by mail at 50 cents a box or six boxes for \$2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.

A Light Pudding.—A light pudding is made of one pint of flour, two teaspoonfuls of baking powder, and a little salt, with milk enough to make a thin batter. Butter some cups and set them into the steamer, and put a large spoonful of the batter into each cup, and then a spoonful of jam; cover the jam with another spoonful of batter, and let the pudding steam for from twenty minutes to half an hour. Make a sauce of two eggs, a tablespoonful of butter, and one cup of sugar; beat them together, and pour over them one cup of boiling milk. This pudding is delicious with fresh fruit, berries or peaches.

Rub ducks or geese with cornmeal after plucking to remove the down.