

## HEALTH AND HOME HINTS.

It is foolish and unnecessary for most people to get housed up for the winter. The human animal cannot hibernate.

Charcoal effectually clears and improves the complexion, it whitens the teeth and further acts as a natural and eminently safe cathartic.

Ventilate your sleeping rooms where you spend one-third of your lives. Too many people poison themselves with the noxious exhalations of the night hours.

The skin is the great regulator of bodily warmth. If kept clean and active it contracts on exposure to cold and keeps the warmth in. If allowed to become clogged with dirt or excretions its regulating function is lost and it radiates heat as does any solid body. For this reason daily cool baths throughout the winter are advisable for all except the very feeble or aged.

Corn Piscuit.—Scald two cups of corn meal in one pint of sweet milk. Then stir together three-quarters of a cup of butter, two cups of sugar and a little salt, and add to it. Then add three eggs well beaten, a little flour and half a cup of hop yeast. Let it rise the second time; then roll out, and let rise the third time. Bake and send to the table hot. This amount makes about twenty-five biscuits.

Stewed Apples.—Pare your apples and place them in a steamer, with a clove in each; then put the steamer over a pot of boiling water until soft; then take them up in the fruit dish and shake powdered sugar over them.

Oatmeal Pudding.—Pour a quart of scalding milk over twelve ounces of oatmeal, and let it stand all night. Next morning stir in a beaten egg and a pinch of salt, and a very little grated nutmeg. Add a few raisins. Boil in a buttered mould for about two hours, and serve with sauce.

Creamed Onions.—Boil the onions in two waters—hot—putting a little salt in the second. If they are full grown they will require at least an hour and a half to cook them tender. Drain them and pack in a bake dish; pour a cupful of drawn butter, in which milk is used instead of water, over them, sprinkle with fine crumbs, pepper and salt lightly, and bake covered fifteen minutes, then brown. There is no nicer way of cooking ripe onions than this.

## DAINTINESS IN THE HOME.

It costs no more to keep pretty things in order than it does to care for china and pressed glass, says the Troy Press. True, it costs more to buy fine napery and crockery, but inexpensive and tasteful things are to be found as easily as cheap and coarse ones. In one household where heavy reverses have come everything is as beautiful in its way as of old. Instead of the city house there is now the country cottage, and where three maids did the housework it is now performed by the mother and daughter. The washing is done out of the house, and once a week a woman comes in to scrub. There are no more coarse dinners, but the cooking is delicious. The table linen is as fine as ever, and the cut glass and solid silver, while not so abundant, have a finer lustre and polish than when servants cared for them. While there is less luxury than of yore there is quite as much refinement, and an air of home-like daintiness pervades the whole house. The husband and father coming home at night finds his home as pretty and his family as bright and cheerful as before their losses came. They have learned the great art of making the best of what is, and of believing it to be the best.

The same force which moves a ton over a good road will move eight tons on a railroad or thirty-two tons on a canal.

## SPARKLES.

She—How many men owe their success in life to their wives?

He—And how many men owe their wives to their success in life?

"They say very few authors sleep more than seven hours a day."

"But think how much slumber they furnish other people."

"Some people claim they don't get nuthin' out o' life."

"And they are the kind that don't put nuthin' into it to draw interest on."

Benevolent Lady—But my poor man, if you have been looking for work all these years, why is it that you have never found it?

Tramp (confidently)—It's luck, mum—just sheer good luck.—Tit-Bits.

"Ruth," said the mother of a little miss who was entertaining a couple of small playmates, "why don't you play something instead of sitting and looking miserable!"

Ruth—We're playing we're grown-up women making a call.

"Every time somebody duz me an ill turn," said Uncle Josh this morning, "'stid o' gittin' sour on th' hull human race I jist appreciate my frien's a leetle mite more, that's all!"

Office Boy: "Want to see the gov'nor?"

What name shall I say?"

Visitor: "Her Schweitzsalbourghausen."

Office Boy: "O, I shan't be able to pronounce all that, I'm leaving at the end of the week."—Punch.

"Rastus," said the neighbor. "I'd like to borrow that mule of yours."

"Goodness sakes, boss," was the rejoinder, "I'd like to 'commodate you; but I's had some 'sperience wif de law. If a man is 'sponsible foh de acts of his agent an' I was to lend dat mule out, it wouldn't be no time befo' I was arrested foh assassination!"

## BEAR THESE IN MIND.

A piano is a very delicate instrument, and requires careful treatment if its life is to be a long and useful one. A musician gives our readers the following hints, which are worth bearing in mind:

Never leave a piano in a damp room. Damp rusts both strings and tuning-pegs. It also swells the felt on hammers and dampers, causing the mechanism to move sluggishly.

Do not place heavy loads of books or ornaments on top of a piano, otherwise it may retaliate by emitting discordant sounds.

For dusting the case use an old soft silk rag. Rub the wood lightly, and in one direction only. Polishing the keys with alcohol will keep them clean.

A piece of camphor placed inside the instrument will ward off the attacks of moths on the felt.

In placing a piano in a room, the best way of finding its proper position is to move it about until the most satisfactory results are obtained. There are no fixed rules on the subject.

Novels are sweets. All people with healthy literary appetites love them—almost all women; a vast number of clear, hard-headed men, judges, bishops, chancellors, mathematicians, are notorious novel-readers, as well as young boys and sweet girls, and their kind, tender mothers. — William Makepeace Thackeray.

## THE COST OF GOOD HEALTH

Will be Lessened by the Timely Use of Dr. Williams' Pink Pills.

How much money is wasted on useless medicines. How much time is lost; how much pain endured simply because you do not find the right medicine to start with. Take the earnest advice of thousands who speak from experience in favor of Dr. Williams' Pink Pills and you will save time, money and above all, will find perfect health. Proof of this is found in the statement of Mr. J. A. Roberge, a well known resident of Lachine, Que., who says: "I am a boatman, and consequently exposed to all conditions of weather. This exposure began to tell on my health. The cold led to weakness, loss of appetite, pains in the limbs and side. I tried several medicines but they did not help me. My condition was growing worse and a general breakdown threatened. I slept poorly at night and lost much in weight, and began to fear that I was drifting into chronic invalidism. One day while reading a newspaper I was attracted by the statement of a fellow sufferer who had been cured through the use of Dr. Williams' Pink Pills. I had spent much money without getting relief, and I hated to spend more, but the cure was so convincing that I decided to give these pills a trial. I am now more than thankful that I did so. After the first couple of weeks they began to help me, and in seven weeks after I began the pills I was as well as ever I had been. I am now convinced that had I tried Dr. Williams' Pink Pills at the outset I would not only have been spared much suffering, but would have saved money as well."

Rich, red blood is the cure for most of the ailments that afflict mankind. Dr. Williams' Pink Pills actually make new rich blood. That is why they cure such common ailments as anaemia, indigestion, rheumatism, neuralgia, heart palpitation, erysipelas, skin troubles, and the headaches, backaches, sideaches and other ills of girlhood and womanhood. The pills are sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

## TWO THOUSAND YEARS AGO.

The ancient proverb that there is "nothing new under the sun" seems true also in regard to the prohibition of the liquor traffic. Even in Germany the prohibition idea is not such an innovation as is generally supposed. It is simply a return to the practice of the ancient German tribes at the time when their pristine valor made them invincible to all attempts of the Romans to subdue them. All our high school pupils should be familiar with the passages in Caesar's Gallic War, Book 4, paragraphs 2 and 15, in which it is stated that "the German tribes prohibited the importation of wine within their borders, because they were of the opinion that it would effeminate them and make them incapable of enduring the hardships of war." This opinion of theirs has been confirmed in modern times by the most thorough experience and the most careful scientific research, not only in Germany but throughout the world. That both wine and beer were originally unknown in Germany is proved by the fact that the ancient German language had no words for these drinks. Not only the Anglo-Saxon "wine" and "beer" but also the German equivalents, "wein" and "bier," are derived from the Latin "vinum," wine, and "bibero," to drink. The words were adopted in later years when the Roman luxuries began to be introduced among the Germanic tribes.