

HEALTH AND HOME HINTS.

A well-fed man, free from dyspepsia, is very rarely a drunkard.

Hot, sharp vinegar will readily remove mortar and paint from window glass.

It is stated that, as a rule, a man's hair turns gray five years sooner than a woman's.

For deafness dissolve two ounces bruised garlic in one pound oil of almonds for a week, and strain; a drop poured into the ear is effective in temporary deafness.

The first foot coverings were sandals. After these came shoes left open at the toes, then the wooden shoes of the ninth and tenth centuries, followed a little later by shoes with long pointed and turned-up toe which sometimes reached as high as the knee.

Nervous children should never be scolded unless it is absolutely necessary, and should never under any circumstances be ridiculed. Such treatment is only likely to make them more nervous, and in these days such a tendency should be specially guarded against.

There is a well-known West Indian dish called squab pie without so much as the wing of a squab in it. It is appetizing all the same. It is made of layers of pork sliced thin, chopped apples, or cho chos, and onions, all boiled with cloves and with lime juice poured over it. The dish the pie is baked in is lined with a rich and flaky pie crust and another crust is put over the top after the "squab" has been smothered in a highly flavored gravy. Onions, despised though they be, are an unrivaled summer tonic.

Deep breathing is the life of the lungs. Improper breathing merely fills out the upper part of the lungs. Breathe deeply, especially when you are out of doors, and you will add years to your life, to say nothing of the inches you will add to your figure. The best sleep is early sleep. The reason for this is plain: If you stay up very late you become so tired and nervous that sleep is often impossible. Go to bed at 10 or 10.30 and arise at 7. These are the best hours for the individual who would remain young for 100 years.

To take the place of meat there is nothing more satisfactory than rice and peas. Both are boiled separately, the rice ever so little, and then the two are put together and cooked with a bit of pork, butter, and pepper. An entire dinner may be made of curried chicken if it is served after the West and East Indian mode. A little grated fresh coconut, a bit of thinly sliced smoked salmon, gherkins, chutney, and pickled beet root, give a distinct flavor and relish to it, and take the place of vegetables and salad.

German Coffee Cake.—A recipe for coffee cake, which comes direct from the Fatherland, calls for a pound of risen dough (enough for a small loaf), into which is worked two tablespoonfuls of soft butter, one-half a cupful of sugar, one beaten egg and one-quarter of a nutmeg, grated. Knead this, roll out in a sheet and fit into a shallow pan; cover and keep warm until well risen. Beat two eggs and add enough powdered sugar to make a very thick cream. With a sharp knife make slanting cuts all over the light dough and put in these some of the egg mixture. Dust thickly with cinnamon and bake in a quick oven.—Table Talk.

No one but ourselves can answer our deepest questions.

Dunfermline was on the 21st ult. visited by a distinguished party, including Sir Sandford Fleming of Ottawa, Ont., a well known Scoto-Canadian.

A man should never be ashamed to own he has been in the wrong, which is but saying in other words, that he is wiser today than he was yesterday.—Pope.

SPARKLES.

Mrs. Parvenu, patronizingly: "Were any of your ancestors men of note?"

Mr. Flippant: "Yes, madam, I should say so. One of them was the most famous admiral of his day, and commanded the allied forces of the world."

Mrs. Parvenu, with altered tone of deep respect: "Is it possible, Mr. Flippant? And what was his name?"

Mr. Flippant: "His name was Noah."

"Willie, did you thank Mr. Speedway for taking you for a drive?" said the mother of a small boy solicitously. No answer. The question was repeated. Still no answer. "Willie, do you hear me? Did you thank Mr. Speedway for taking you for a drive?" "Yes," whispered Willie, "but he told me not to mention it."

A lady bought some furniture at an auction sale in Edinburgh the other day. On paying the porter she remarked—"Had I known how dirty that furniture was I would not have bought it." "Weel, Mem," replied the porter; "it wis the dirtiest hoose I ever saw; but there, whit could ye expect? The mistress wis only 'at hame' every Tuesday. I ken it for a fae," for I read it on a card I got in that drawer there."

"What's the difference between vision and sight?"

"See those two girls across the street?"

"Yes."

"Well, the pretty one I would call a vision of loveliness, but the other one—she's a sight."

Boy—"Mr. Smith wants to know if you'll lend him an umbrella? He says you know him." "I do know him. He will probably understand therefore why you don't bring the umbrella."

This is the "Indemnity Oath" which had to be taken by the Highlanders after the troubles of '45:—"I do swear, and as I shall answer to God at the great day of judgment, I have not, nor shall have, in my possession any gun, sword, pistol, or arm whatsoever, and never use tarian plaid, or any part of the Highland garb; and if I do so may I be cursed in my undertakings, family, and property, may I never see my wife and children, father, mother, or relations; may I be killed in battle as a coward, and lie without Christian burial in a strange land, far from the graves of my forefathers and kindred, and may all this come across me if I break my oath."

"A Churchman" tells the following story in the "Daily Telegraph"—A verger, showing a new rector over his church, asked if he belonged to the High or Low Church party. The rector replied—"I belong to the sensible party." The verger then said, "Indeed, sir, I did not know there was such a party in the church."

A wise man will find flowers in the grass where ignorance will see only beetles and centipedes.

BLOOD TROUBLES.

Cured Through the Rich, Red Blood Dr. Williams' Pink Pills Actually Make.

Thousands of women suffer from headaches, backaches, dizziness, languor and nervousness. Few realize that their misery all comes from the bad state of their blood. They take one thing for their head, and another for their stomach, a third for their nerves. And yet all the while it is simply their blood that is the cause of all their trouble. Dr. Williams' Pink Pills cure all these and other blood troubles because they actually make new, rich, red blood. Mrs. J. H. McArthur, St. Thomas, Ont., says: "Dr. Williams' Pink Pills have done me a world of good. For about eighteen months I was a constant sufferer. I was terribly run down and the least exertion left me fagged out. I slept badly at night and this further weakened me, and finally I had to give up house-keeping and go boarding as I was quite unable to do any housework. I took doctor's medicine but it was of little or no benefit. One day a neighbor told me how much benefit she had derived from Dr. Williams' Pink Pills and advised me to try them. I sent and got three boxes and by the time I had used them I could feel a change for the better. Then I got four boxes more, and before they were all gone my health was fully restored. To see me now one would not think I had ever been sick for a day, and I can honestly say I owe my renewed health to Dr. Williams' Pink Pills."

Dr. Williams' Pink Pills are the greatest cure there is for the weakness and headaches and sideaches of anaemia; all the distress of indigestion; all the pains and aches of rheumatism, sciatica and neuralgia, and the weakness and ill health that follows any disturbance of regularity in the blood supply. 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.

OUT OF THE WAY NOTES.

The Norwegian Parliament is called the Storting, that of Sweden the Riksdag, of Serbia the Skupstina, of Greece the Boule, of Bulgaria the Sobranje.

The following method of strengthening the odour of flowers before shipment or placing them on sale is sometimes used:—The blooms are put into a wooden box, cooled externally with ice. In the bottom of this box lies a tube provided with perforations, and through it is sent a current charged with carbonic acid gas and the odour characteristic of the flowers.

Russian soldiers killed in battle are identified by means of little metal icons—sacred picture images—found on their bodies. On the back of each of these medallions are stamped the wearer's name and regiment. Every nation labels its soldiers in one way or another. In the British army the men are supplied, when on active service, with small oblong identification cards, intended to be sewn inside the tunics.



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