

HEALTH AND HOME HINTS.

To clean the ivory handles of knives, mix ammonia and olive oil in equal parts, and add enough prepared chalk to make a paste. Rub the ivory with this, and let it dry before brushing off. Several applications may be necessary.

A soothing drink for a sore throat that is recommended, is made of a pint of barley water brought to a boil over a hot fire, to which is added, while stirring until dissolved, one ounce of the best gum arabic. Sweeten to taste.

Cinnamon cake without eggs, as given by "Martha" in the Chicago Record-Herald, will be welcome when the hens are niggardly in laying. Dissolve one teaspoonful of baking soda in a little hot water; add to it half a cupful of molasses, half a pint of sour cream, half a pound of brown sugar, the grated zest of half a lemon, one rounding tablespoonful of cinnamon, a pinch of allspice and mace and three cupfuls of sifted flour; finally one pound of seeded raisins, cut fine and lightly floured. Bake in loaf or gem pans in a moderate oven.

Some one has said, "An apple a day keeps the doctor away." There is no fruit so healthful as apples, and they should be eaten in some form, either raw or cooked, daily. For a breakfast dish they are very appetizing indeed, especially so served in this way: Put two tablespoonfuls of butter into a frying pan. Fill the pan two-thirds full of sliced apples; cover and let steam and fry for five minutes; add sugar to taste; also two cups of bread crumbs; mix well, cook a short time before serving.

A writer in "Stockman and Farmer" gives a good waterproof dressing for cloth: Stir one ounce of sugar of lead and one ounce of powdered alum into one gallon of rainwater, and when clear pour off the liquid. Soak the cloth in this 24 hours, and when dry it will be found quite waterproof.

Sweet Potato Coffee—If coffee is suspected of being harmful to the nerves it is the part of wisdom not to drink it. Most substitutes are unpeppable concoctions. During the war sweet potato coffee was brought to a rare perfection and is said to be a very palatable beverage. Good Housekeeping furnishes an old war recipe: Pare the potatoes, cut them in small dice and let dry for a day or two. Parch like coffee, grind and put away in a cool, dark place. Mixed with one-third real coffee, the potato coffee was much liked, and even when used alone it was said to be very good. The weak nerved might try this substitute with the certainty that they are getting a drink that is at least unobjectionable.

A "ST. CUTHBERT'S" STORY.

Rev. R. E. Knowles, the author of "St. Cuthbert's," tells a good story in connection with that well-known novel. Rev. Dr. Torrance of Guelph is the Clerk of Synod, an ex-Moderator of the General Assembly, and the best church lawyer in Canadian Presbyterianism. Meeting Mr. Knowles in Guelph recently, the reverend doctor, congratulated him on "St. Cuthbert's."

"I enjoyed it greatly," he said, "but you made one serious mistake. I wish I had seen you before it was published."

"What was the mistake?" said the author.

"Well," replied the doctor very gravely, "Angus Strachan should never have arraigned Michael Blake that way; he should have proceeded by libel in the regular way, according to section 293 of the Book of Rules and Forms."

"Alas!" replied Mr. Knowles, "you're right. I see it all now; but when I described that scene, I didn't have the Book of Rules and Forms beside me."

Do you wish to have a following? Then follow Christ.

SPARKLES.

"My daughter tells me, sir, that you had the audacity to propose to her! What have you to say to that?" "Nothing, sir, except that your daughter had the audacity to accept me!"

An embarrassed young man, who had just been married by a clergyman, not knowing how to express his gratitude in handing over a small fee, said—"I hope to give you more next time."

He—"Why is it that a girl wants to kiss every baby she sees?" She—"To show that she is willing to do unto others as she would have others do unto her, I suppose."

George (a visitor)—"What has come over the fine cat you used to have?" The Hostess—"Well, ye see, we've a Hielen' servant that wad speak naething but Gaelic tae the cat, an' the cat didn't like it, so she ran awa'."

"I wish I could live at grandma's all the time," said little Mabel, after being corrected by her mother for disobedience. "Why so?" asked her mother. "'Cause," replied Mabel, "I don't have to mind a word she says."

"So sorry not to have heard your lecture last night," said the loquacious lady. "I know I missed a treat; everybody says it was great."

"How did you find out?" asked Mr. Frockcoat. "The lecture, you know, was postponed."

Mrs. Hiram Offen—That will do! You'll leave on Saturday, and you needn't bother me about a recommendation.

Bridget—Shure, Oi have no intintion of givin' ye a recommendation. Oi'll tell the truth about ye to ivery gurl that axes me.—Philadelphia Press.

A teacher was in the habit of giving to her pupils daily a list of words with their meaning, testing the children's memories the next day. One day she gave the word "plagiarist," defining it, somewhat obscurely, as "a literary thief." The next day the youngest member of the class was asked to define the word. "A plagiarist," said he solemnly, "is a—a—a—literary thief."—Lippincott's Magazine.

BOB WHITE.

There's a plump little chap in a speckled coat,

And he sits on the zigzag rails remote,
Where he whistles at breezy, bracing morn,

When the buckwheat is ripe, and stacked the corn,

"Bob White! Bob White! Bob White!"

Is he hailing some comrade as blithe as he?

Now I wonder where Robert White can be!

O'er the billows of gold and amber grain

There is no one in sight—but, hark again:

"Bob White! Bob White! Bob White!"

Ah! I see why he calls; in the stubble there

Hide his plump little wife and babies fair!

So contented is he, and so proud of the same,

That he wants all the world to know his name:

"Bob White! Bob White! Bob White!"

—Nashville Christian Advocate.

Statistics of the height of women show that those born in summer and autumn are usually taller than those born in spring or winter, the tallest being those born in August. As far as boys are concerned, those who are born during the autumn and winter are not so tall as those born in spring and summer. Those born in November are the shortest, and in July the tallest.

SICK KIDNEYS.

Mean Aching Backs and Sharp Stabbing Pains that Make Life Almost Unendurable.

An aching, breaking back, sharp stabs of pain—that is kidney trouble. The kidneys are really a spongy filter—a human filter to take poison from the blood. But sick, weak kidneys cannot filter the blood properly.

The delicate human filters get clogged with impurities, and the poison is left in the system to cause backaches, headaches, rheumatism, dropsy and fatal medicine I have ever used for stomach and the one sure cure for sick kidneys. They make new, rich blood, which flushes them clean and gives them strength for their work. Dr. Williams' Pink Pills set the kidneys right, and make lame, aching backs strong and well. Mr. George Johnson, of the village of Ohio, N.S., says:—"My son, now eighteen years old, suffered from kidney trouble and severe pains in the back, which caused him many a sleepless night. We tried several medicines, but they did not help him, and he grew so weak that he could not do the work that falls to the lot of a young boy on a farm. We were advised to try Dr. Williams' Pink Pills, and this was the first medicine that reached the cause of the trouble. He took the pills for a couple of months, when every symptom of the trouble was gone, and he was as healthy as any boy of his age. I am satisfied that Dr. Williams' Pink Pills will cure kidney trouble in its most severe forms."

Dr. Williams' Pink Pills actually make new rich blood. In that way they strike at the root of anaemia, indigestion, kidney trouble, liver complaint, erysipelas, skin diseases, neuralgia, St. Vitus dance, and the special ailments of growing girls and women whose health depends upon the richness and regularity of their blood. The genuine pills have the full name "Dr. Williams' Pink Pills for Pale People," on the wrapper around each box, and may be had from all dealers or by mail at 50 cents a box or six boxes for \$2.50 by writing the Dr. Williams Medicine Co., Brockville, Ont.

HOI FOR MEXICO.

A number of persons have signified their intention of visiting Mexico on the special excursion which leaves Montreal by the Grand Trunk Railway System on January 29th next, among whom are several clergymen. The many features offered on this tour which are not given by any other is recognized by the traveller, and the knowledge that it is the only one through the "Oldest Country in the New World" covering all the principal points, seems, to have appealed to those who know a good thing. Application to J. Quinlan, District Passenger Agent, Bonaventure Station, Montreal, will secure handsomely illustrated literature and all particulars.

ENLARGING LIFE.

I am quite clear that one of our worst failures is at the point where, having resolved like angels, we drop back into the old matter-of-fact life, and do just what we did before, because we have always done it, and because every body does it, and because our fathers and mothers did it; all of which may be the very reason why we should not do it. There is no station in life and no place of one's home where, if he wants to enlarge his life in caring for people outside himself, he may not start on a career of enlargement which shall extend indefinitely.

The test of a true Persian carpet is to drop a piece of red-hot charcoal upon it, making a singed round spot. If the carpet is one of the first quality, the singed wool can be brushed off with the hand without the least trace of the burn being afterwards discernible. This test is used by the natives themselves.