

HEALTH AND HOUSEHOLD HINTS.

Avoid lead drinks at meal time, particularly at the beginning of the meal.

Much illness is caused by impure water. Charcoal is one of the best purifying agents that can be used. Simply suspend in the cistern a muslin bag containing one or more pounds of charcoal, according to size of cistern.

To remove a rusty screw, first apply a very hot iron to the head for a short time; then immediately use the screw-driver.

The carving knife and fork should not be put into water. Hold them over the dishpan and rub with the wet dishcloth. Always save the water in which rice, macaroni or anything of a like nature has been boiled. It is excellent for soups, gravies, etc.

Welsh Rarebit.—Put into the chafing dish a pound of cheese, a half-teaspoonful of salt, a teaspoonful of Worcester-shire, a dash of red pepper, and, if you wish, four tablespoonfuls of ale; beat the yolks of two eggs, add them, and stir the mixture until perfectly smooth. Serve at once on toast.

Rice Chicken Pie.—Cover the bottom of a pudding dish with slices of cooked ham; cut up a boiled chicken, and nearly fill the dish; add chopped onions, if you like, or a little curry powder, which is better. Then add boiled rice to fill all interstices, and to cover the top thick. Bake it for one-half or three-quarters of an hour.

Lemon Pie.—Four egg yolks, two cupfuls of sugar, one cupful of cold water; one tablespoonful of flour beaten in a little water. Grate the rind and press the juice of one lemon. This will make three pies. Icing for the above: Take the whites of the above four eggs, beaten to a stiff froth, and one cupful of powdered sugar.

Remedy for Malaria.—Dr. Crude, of Rome, gives the following directions for preparing a remedy for malaria which may be worth trying, as it is said to have proved efficacious when quinine has given no relief. Cut up a lemon, peel and pulp, in thin slices, and boil it in a pint and a half of water until it reduces to half a pint. Strain through a linen cloth, squeezing the remains of the boiled lemon, and set it aside until cold. The entire liquid is taken fasting.

Transparent Pudding.—Whites and yolks of eight eggs, beaten separately. To the yolks add one and one-half pints of loaf sugar, one-half pound of butter, creamed into the yolks, and sugar, and two tablespoonfuls of cinnamon added with the whites. Put the mixture in a tin pan, set it on the stove and stir until it becomes hot throughout. Make a very light pastry, put into pie-pans and cook a little before the mixture is put on them. Then set the puddings in the stove until a light brown.

In a handsomely papered room—in fact, in any room where the neatness of the wall is looked to the person who cleans the room should be given a strip of tin about six by twelve inches, having its upper edge against the wall-paper, resting on the skirting board, to prevent moistening the paper while the skirting boards are being scrubbed.

A good serviceable oilcloth is one of the best of floor coverings for some purposes, and it can with but little effort and strength be kept in excellent condition. It can also be as easily destroyed with improper care. A few erroneous cleansings will do more harm than can ever be remedied; therefore it is especially important that the oilcloth be cleaned properly. Have a pail of clean, lukewarm water, and use two clean flannel cloths, one for washing and one to wipe with. Go over the whole surface of the oilcloth, washing a small piece at a time, and drying it thoroughly.

SPARKLES.

"What do you expect to be when you come of age, my little man?" asked the visitor.

"Twenty-one," was the little man's reply.

A medical journal says that man's little toe is disappearing. That is comforting news. There will be that much less for the conductor to tread on in a crowded street car.—Washington Star.

Bibbs—"I understand that you lost money on that chicken-raising experiment of yours?"

Boggs—"Yes, I did; but I expect to get it all back again. I'm writing a book on how to raise chickens."

"So you have decided to get another physician."

"I have," answered Mrs. Cumrox. "The dear of his prescribing flaxseed tea and mustard plasters for people as rich as we are."

"Are these eggs fresh laid?" asked the old lady.

"Strictly," replied the grocer. "The farmer I got them from won't have his hens lay 'em any other way."

Dentist—"I think I'll have to remove the nerve."

Patient—"Don't do that, doctor, I need it in my business."

"Why are you raising the price of milk two cents?" asked the housewife, grimly.

"Well, you know," returned the milkman, "winter is coming on and—"

"Oh, I see," resumed the woman, not softening in manner, "the water will be needed for making ice."

A hungry man came into a restaurant during Lent. He sat down and said:—

"Waiter, any fish?"

"Yes, sir."

"What kind have you got?"

"All kinds, sir."

"Bring me some jelly fish."

"Sorry, sir."

"Have you any octopus?"

"No, sir."

"Any star fish?"

"No, sir."

"No shark?"

"No, sir."

"Then go and order me a chop and two kidneys. Goodness knows I asked for fish!"

JUST LIKE A WOMAN.

A well known judge had a habit of slipping his watch under his pillow when he went to bed. One night, somehow, it slipped down, and as the judge was restless it worked its way to the foot of the bed.

After a bit he awoke and his foot touched it. It felt very cold, and he was scared and jumped from his bed and shouted: "My gracious, Maria! There's a toad or something under the covers! I touched it with my foot!"

His wife gave a loud scream and was on the floor in a moment.

"Now, don't go waking the neighbors up," said the judge. "You got a toad or something, and we'll fix it quick." The broom was given him.

"Now turn down the covers slowly while I bang it. Put a bucket of water alongside the bed, so as we can shove it in and drown it."

Maria fixed the bucket and removed the covers. After three or four good bangs they pushed it in the bucket, and then they took it to the light to investigate.

When the judge saw it was his watch he said: "I might have known. It is just like you women to go screeching and fussing about nothing. It's utterly ruined now."—London Mail.

BLOOD MAKING
TONIC TREATMENT

A Cure for Anaemia That is Showing
Remarkable Proofs of Cures in
Stubborn Cases.

When the body becomes weak and run down, either from overwork, worry or severe illness, an examination of the blood would show it to be weak and watery. This condition is called anaemia, which is the medical term for "bloodlessness." The common symptoms are paleness of the lips, gums and cheeks, shortness of breath and palpitation of the heart after the slightest exertion, dull eyes and loss of appetite. Anaemia itself is a dangerous disease and may gradually pass into consumption. It can only be cured by treating its cause—which is poor condition of the blood. The blood must be made rich, and red, thereby enabling it to carry the necessary nourishment to every part of the body.

Dr. Williams' Pink Pills are the greatest medicine in the world for making new, rich blood and they have been curing anaemia and other blood diseases for nearly a generation, and are now recognized the world over as an invaluable household remedy.

Mrs. D. Estabrook, Brookline Road, N. B., says: "My daughter Gertrude, who is now in her sixteenth year, was sickly from early childhood. We were constantly doctoring for her, but it did not seem to help her in the least. In fact as she grew older she seemed to grow weaker. She was always pale and listless, suffered from headaches, dizziness and palpitation of the heart. She did not rest at night, and would often toss and moan the whole night. Finally she had to discontinue going to school, and as she was continually taking doctors' medicine without benefit I grew discouraged, and feared we would lose her. Friends urged us to give her Dr. Williams' Pink Pills, and I finally decided to do so. By the time she had taken three boxes there was an improvement, and a little later she was able to return to school. From that on she grew stronger, had an excellent appetite, slept well at night, and is now as healthy a girl as you will see. I believe that Dr. Williams' Pink Pills saved her life, and as a mother I would recommend these pills to every family in which there are young girls.

All medicine dealers sell these pills, 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.

Says Saturday Night: Sir Thomas Shaughnessy, president of the Canadian Pacific Railway, tells a good story of an applicant for a free pass, showing incidentally how easily telegrams may be misread. Sir Thomas in Montreal got a telegram asking if he should pass Fred White along the line. "Don't," Sir Thomas dictated to a clerk. "Let Fred White walk." A fortnight later Sir Thomas was surprised to get a card with "Mr. Fred White" on it. He imagined he was to be abused, but still directed the caller to be shown into his private office. "How are you, Tom," cried Mr. Fred White; "thanks so much for your kindness. Your people did me splendidly." Sir Thomas, though surprised at his visitor's effusive gratitude, said nothing; but, when he had left, wired to Vancouver for an explanation. The reply came back—"Acted on your telegram—'Don't let Fred White walk.'"

Struggle and anguish have their place in every genuine life, but they are the stages through which it advances to a strength which is full of repose.—H. W. Mabie.