

HEALTH AND HOME HINTS.

Dyspeptics should eat breakfast bacon often. It is said by some to be almost a cure for dyspepsia.

A large pinch of salt put in the tank of a coal oil lamp will cause it to give a better light.

A Good Soup.—A knuckle of veal stewed in milk, with rice, very delicately flavored with lemon peel, makes a nourishing broth when beef tea is disliked.

A little muriatic acid added to the rinsing water after a blue and white fibre rug is scrubbed with soap and water will help to restore the color.

Dripping from joints should be clarified in plenty of boiling water. Leave it till cold, then remove the cake of fat, scrape off any impurities from beneath it, and melt it into a basin for use in making cakes, or pastry, or for frying fish.

A Plain Pudding.—Mix together half a pound of pastry flour and six ounces of ground rice. Rub in three ounces of butter or lard, one ounce of white sugar, adding a good pinch of ground ginger. Mix with half a pint of milk in which an egg is beaten. Bake for one hour and a quarter in a greased pie dish, turn out, cut in two, spread thickly with preserve, and put together like a sandwich.

Ham-Toast for Breakfast.—Grate about a pound of cold boiled ham, twice as much lean as fat. Season it slightly with pepper and a little powdered nutmeg or mace. Beat the yolks only of three eggs, and mix with them the ham. Spread the mixture thickly over slices of delicately browned toasts, with the crusts pared off and the toast buttered while hot. Brush it lightly on the surface with white of egg, and then brown it with a red-hot shovel or salamander.

THE HEALTHFUL BANANA.

In the production of nutritive substance per acre of ground cultivated the banana is far ahead of any other food plant, says a recent French writer. In fertile ground an acre of bananas may feed fifty men, while the same area planted in wheat would support only two. Methods of preservation have been sparsely applied to the banana, which is one reason for its slight use as a food outside of the countries where it grows.

Of the four chief ways of preserving foods—namely, heat, cold, drying, and antiseptics, only drying has been applied extensively to the banana. The Waas machine dries bananas by furnace heat, producing about twenty seven and a half pounds of the dessicated fruit from one hundred pounds of the natural weight. In other forms of apparatus the bananas are heated in a partial vacuum, which dries them more quickly. Fruit thus dried and pressed keeps a long time. In some places they are kept in strings, like sausages.

Banana starch is obtained by drying the green fruit. This product is made in quantities in South America, in the form of a fine very white powder. Its grains are slightly rounded, but it resembles in other respects more familiar varieties of starch, although it is somewhat richer.

These banana products could probably be used to advantage in Europe and the United States. The first firm to put a dried banana breakfast food on the market may make a fortune. The cereals have been somewhat overworked, and the forms into which they may be tortured are being exhausted. The banana as a fresh fruit is not all that can be desired; as a starchy vegetable it may have an extensive career of prosperity and popularity before it.

Better methods may simplify the social question, it can be solved by nothing less than better men.—Francis Greenwood Peabody.

SPARKLES.

"My case is just this," said a citizen to a lawyer: "the plaintiff will swear that I hit him. I will swear that I did not. Now, what can you lawyers make out of that if we go to trial?" "A hundred dollars, easy," was the reply.

Professor (to class in history): "Why does an Indian usually make up his mind more quickly than a white man?" Small boy (near the foot): "Because he has mostly less mind to make up."

"Children," said a school examiner, after hearing some of their essays read—"Children, you should never use a preposition to end a sentence with." "Isn't with a preposition?" shouted a boy. The examiner made no reply.

"Ma," anxiously inquired a small boy, "is a tapestry like a turkey?" "Why not? What put that into your head?" "Well, it says something here about a gobelin tapestry, any way."

Wife, to sick husband: A gentleman down stairs wishes to see you, John. "Why, I'm too ill to see any one. Wife: It's the minister. John: Well, I'm not ill enough to see him yet.

"Hope," remarked the mereman, "is certainly a wonderful thing."

"Yes," rejoined the wise woman. "Why, one little nibble will keep my husband fishing all day."

He: Your milliner's bill has cost me last year as much as the salary of my two bookkeepers. That is more than I can afford.

She: Well, discharge one of them.

AHEAD OF DATENESS.

A slow, dragging, dawdling, behind-hand fellow, who likes him? But a hustling, snappy, on-time, who does not admire him?

The wise man said, "Of making many books there is no end." And the endlessness of making many books is more apparent in this twentieth century than ever before.

Publishers are hustlers, and are getting faster all the time. I was amused when an enterprising lad came hurrying by one Thursday morning, crying lustily, "Here's your next Saturday Evening Post." Ahead of time.

It used to be that the monthly magazines would be on the newsdealer's stand by the tenth of the month whose date they bore. A step forward, and he had them by the first day of the month. Another step, and they were for sale a week before the first.

But see how it is now. On the first day of April I stopped to look over the array of magazines in the newsdealer's window. Many of them were dated May. A month ahead. Telling us the news a month before it happens! That is up-to-dateness gone to seed and become ahead-of-dateness; enterprise made ridiculous.

A man may be so slow that he fails to get on even the tail-board of the month as it passes by. It is gone before he starts the work belonging to it. But these publishers have stepped off the front end of the current month and gotten on the month whose trolley pole is not even on the wire ready to start.

It's all right to "get there," but rather foolish to get there before you start: Intelligent speed is well, but one can be too fast for even this fast century. It's all right to "get there first," before the lazy competitor, but to get there before you ought to start—you've overdone the scoop. Snap shots by a passing Preacher in Cumberland Presbyterian.

THERE are treasures laid up in the heart—treasures of charity, piety, temperance, and soberness. These treasures a man takes with him beyond death, when he leaves this world.

INDIGESTION CURED
EVIDENCE IN PLENTY

Your Neighbors Can Tell You of Cures
by Dr. Williams' Pink Pills.

Every case of indigestion, no matter how bad, can be cured by Dr. Williams' Pink Pills. Not only cured, but cured for good. That's a sweeping statement and you are quite right in demanding evidence to back it. And it is backed by evidence in plenty—living evidence among your own neighbors, no matter in what part of Canada you live. Ask your neighbors and they will tell you of people in your own district who have been cured by Dr. Williams' Pink Pills of dizziness, palpitation, sour stomach, sick headaches, and internal pains of indigestion. Dr. Williams' Pink Pills cure because they strike straight at the root of all stomach troubles. They make new, rich blood, and new blood is just what the stomach needs to set it right and give it strength for its work. Mr. Geo. E. Whitenec, Hatfield Point, N.B., says: "I am glad to have an opportunity to speak in favor of Dr. Williams' Pink Pills, for they deserve all the praise that can be given them. I was a great sufferer from indigestion, which was often accompanied by nausea, sick headache and backache. As a result my complexion was very bad and I had black rings under the eyes. I took a great deal of doctor's medicine, but it never did more than give me the most temporary relief. About a year ago I was advised to give Dr. Williams' Pink Pills a trial. Before I had taken a couple of boxes I found relief, and by the time I had used a half dozen boxes I found myself feeling like a new woman, with a good appetite, good digestion, and a clear complexion. I can strongly recommend Dr. Williams' Pink Pills for this trouble and advise similar sufferers to lose no time in taking them.

Dr. Williams' Pink Pills cure all the troubles which have their origin in bad blood. That is why they cure anaemia, indigestion, rheumatism, eczema, St. Vitus dance, partial paralysis, and the many ailments of girlhood and womanhood. Sold by all medicine dealers or sent by mail at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

A REMARKABLE TREE.

There is a singular tree in Cuba—the jaguey tree—that affords striking illustrations of the progress and fatality of sin. This tree begins to grow at the top or midway of another tree. The seed is carried by a bird, or wafted by the wind, and, falling into some moist branching part, takes root and speedily begins to grow. It sends along a kind of thin string-like root down the body of the tree that is occupied, which is soon followed by others. In course of time these rootlings strike the ground, and growth immediately commences upward. New rootlings continue to be formed and get strength, until the one tree grows as a net with the other inside. The outside one surrounds and presses the inner; like a huge giant of snakes, strangling its life and augmenting its own power. At last the tree within is killed, and the parasite that has taken possession becomes itself the tree. What a picture of the enslaving and fatal power of sin as it attaches itself to a man, and with his consent is allowed. It may have a small beginning, but soon binds him as with cords, gains increasing mastery, and presses upon his very life. He is held in fetters by its power, till at last the tyrant overcomes the victim, and triumphs over its prey.