

## HEALTH AND HOME HINTS.

Don't forget the birds. Put out a few crumbs.

A blanket under the sheet adds much to the warmth of a bed.

A fig split open makes a good poultice for a boil. It is especially useful for gumboil. A split raisin is also good.

Tomato Sauce.—Put one pint of tomatoes into a saucepan, with a slice of onion. Cook five minutes; then strain. Put one tablespoonful of butter into a pan; add one tablespoonful of flour; when smooth, add the tomatoes, stir until thick, and season with salt and pepper to taste.

Dutch Scalloped Beef.—Chop fine sufficient lean roast or boiled beef to measure one pint. In a saucepan put five tablespoonfuls of grated cheese, two tablespoonfuls of butter, one-third of a tablespoonful of salt and one-quarter of a tablespoonful of paprika or white pepper. Stir over the fire until melted and mixed, add the beef and stir for three minutes longer. Take from the fire, add one tablespoonful of mushroom catsup and fill individual shells or cases with the mixture. Sprinkle with buttered crumbs and brown in a quick oven.

This idea that fish is particularly useful as brain food, because it contains phosphorus, probably had its origin, according to the Lancet, in the phosphorescence of fish in the dark. In raw fish contains no more phosphorus than do ordinary meat foods. Its easy digestibility, however, makes it useful for brain workers.

Varnished light wood chairs should be wiped over once a week with weak ammonia water, and they may be kept looking nice for a long time. It is a mistake to use soap on this kind of furniture, for it will certainly remove the varnish in a very short time. Too much ammonia will remove the gloss, therefore a teaspoonful to one-half pail of water is usually sufficient.

The Nutritious Bean.—Beans should enter largely into the winter diet. They contain 84 per cent. of nutritive matter, and wheat only 74 per cent. Bean soup, bean porridge and baked beans will be sweet and appetizing for several days in cold weather. Do not add milk to soup or porridge until reheated for the table. Cold "baked beans" are an excellent winter dish for those whose work is in the open air. We give the preference to the kidney bean.

Soup.—Soak a tureenful of dry beans over night putting soda in the water the size of a pea. Boil very tender in fresh water, drain, rub through a colander, add a pint of water. Season with two tablespoonfuls of butter, salt, pepper and a very little finely cut parsley; simmer an hour, and serve with bread sticks.

Porridge.—Put a quart of beans into cold water and leave over night; boil tender in plenty of water, drain, and pass through a colander. Add good stock from fresh or salt meat to make the porridge of the right consistency. In the absence of stock, use the water in which the beans were cooked, with a generous piece of butter or a slice or two of fat nicked pork may be chopped fine and boiled with the beans. Serve with hot crisped crackers.

Bretonne.—Soak a pound of kidney beans four hours and boil three hours in salted water. Chop an onion, let brown in a tablespoon of butter, add the beans, stir well; put in two tablespoonfuls of butter, and sprinkle over the top some chopped parsley.

An Irish peasant was going back to his home village from a visit to Dublin, where he had been much impressed by the electric lights. He remarked: "It do beat me how they make a hairpin burn in a bottle!"

The pay-roll it not a reward of merit. Many a scoundrel draws a good salary.

The ambitious athlete may suffer from over-exercise; but no Christian was ever injured by too diligently practicing his profession.

## SPARKLES.

Borely Chortle—"If you could hear my latest song you'd simply be carried away." Miss Cutting—"Oh, please sing it!"

Fussy—How is it you couldn't keep the secret I told you?

Mrs. Fussy—Why couldn't you keep it yourself?

Women never believe a bachelor when he says he isn't lonesome, and the married men never believe him when he says he is.

Mrs. Twinley—"I'm so glad that my children have all had the contagious diseases. When they grow up they will be immune."

Mrs. Grimm—"Don't you believe it? By that time the doctors will have discovered a lot of new diseases."

"Getting money out of you," said Mrs. Pneer, "is like pulling teeth."

"No, it isn't, Nancy," protested Mr. Pneer, reluctantly opening his pocketbook. "Pulling teeth nowadays is painless. This hurts."

"Did you go into that speculation you were talking to me about?"

"Yes."

"What do you expect to realize from it?"

"Just at present there's a strong prospect that I may realize what a fool I was."

Nothing makes a Scotchman so angry as to hear (or read) of someone trying to tell a Scotch anecdote say "mon" for "man." The Scotch vowel sounds are all much deeper than in English, and "man" in Scotch sounds "maun." Now man and maun are really the same sound, only the one is sounded so much longer than the other—like the difference between taught and tot—not a difference in the sound itself, but in the elongation of the sound. So it is not "mon," but maun.—Wm. Wye Smith.

Count Tolstoy was one day discussing Ibsen with a friend. Said the latter: "I have seen a great many of Ibsen's plays, but I cannot say that I understand them. Do you?" Tolstoy smiled, and replied: "Ibsen doesn't understand them himself. He just writes them and sits down and waits. After a while his expounders and explainers come and tell him precisely what he meant."

A venerable clergyman said that he once attended a meeting in which a man rose and said he intended to speak; that hitherto he had been prevented from speaking in public by his wife, but that she being dead he should speak with freedom. "He did so," added the clergyman, "and it was not long before everyone in the audience mourned over the death of that wife."

## CANADA IN MEXICO.

The Central Railway, of Mexico, has recently awarded a contract to the Western Assurance Company, of Canada, for the underwriting of its entire insurable property, which is placed at \$7,000,000, according to the recent estimate of the insurance inspector. The new policies, which will cover all rolling stock, port works, buildings and everything of an inflammable nature, went into effect on January 1st, and will remain in effect one year.

This will give some idea of the interest that is arising up between Canada and Mexico, and the special excursion which will leave Montreal by the Grand Trunk Railway on the 29th of this month, will afford a splendid opportunity for many fortunes and other business men to visit Mexico with a view of furthering the trade relations that are now developing.

## HEALTH AND BEAUTY

Come from the Rich Red Blood Made by Dr. Williams' Pink Pills.

Beauty is more than skin deep—it is blood deep. There is no real beauty, no good health without rich, red blood. Every graceful curve, every sparkle of the eye, every rosy blush, comes from rich, red blood. Dr. Williams' Pink Pills are the greatest blood builder and beauty maker in the world. Every dose actually makes new, pure, rich blood. By making new blood Dr. Williams' Pink Pills sharpen the appetite, soothe the worried nerves, regulate the health. They banish paleness, clear the complexion, bring rosy cheeks and sparkling eyes. They give plenty of strong blood for all the delicate functions of womanhood. Miss Mary Jackson, Normandale, Ont., says: "For upwards of three years I suffered from anemia. I grew so weak I could scarcely walk about the house. I had no color in my face, my lips and gums were bloodless, I suffered from headaches and dizziness, and fell away in weight until I weighed only 94 pounds. No treatment gave me the least benefit until I began the use of Dr. Williams' Pink Pills. Inside of a few weeks after beginning the pills I began to grow better, and they soon restored my health, and while using them I gained fourteen pounds in weight. I can strongly recommend Dr. Williams' Pills to all pale and feeble girls."

There are thousands of pale anaemic girls and women throughout Canada who should follow the example of Miss Jackson and give Dr. Williams' Pink Pills a fair trial. Bright eyes, rosy cheeks and perfect health would soon follow. When you buy the pills see that the full name, "Dr. Williams' Pink Pills for Pale People," is printed on the wrapper around each box. Sold by medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

## A LITTLE LOST PUP.

He was lost!—not a shade of doubt of that; For he never barked at a slinking cat, But stood in the square where the wind blew raw

With a drooping ear and trembling paw And a mournful look in his pleading eye And a plaintive sniff at the passer-by That begged as plain as a tongue could sue,

"O Master! please may I follow you?"

A lorn wee wail of a tawny brown Adrift in the roar of a heedless town, Oh, the saddest of sights in a world of sin Is a little lost pup with his tail tucked in! Well, he won my heart (for I set great store

On my own red Bute—who is here no more),

So I whistled clear, and he trotted up, And who so glad as that small lost pup?

Now he shares my board, and he owns my bed,

And he fairly shouts when he hears my tread.

Then, if things go wrong, as they sometimes do,

And the world is cold and I'm feeling blue, He asserts his right to assuage my woes

With a warm, red tongue and a nice, cold nose

And a silky head on my arm or knee

And a paw as soft as a paw can be.

When we rove the woods for a league about

He's as full of pranks as a school let out; For he romps and frisks like a three-months' colt,

And he runs me down like a thunderbolt. Oh, the blithest of sights—in the world so fair

Is a gay little pup with his tail in air!

The man you can not oppose without making him your enemy is the most dangerous man on earth.