

## HEALTH AND HOME HINTS.

A hot bath taken at night affords refreshing sleep.

Persons subject to rheumatism or weak heart should not take baths that are ice cold.

Olive oil, taken internally, is excellent for biliousness, and will do much to improve a yellow, pimpled skin. Commence by taking a spoonful before breakfast and one at bedtime.

Chicken Salad—Cut up the meat of a fowl in pieces as large as the end of your finger; add four hard-boiled eggs, cut the same size, and, if you have it, two cups of celery also cut in equal pieces; sprinkle well with French dressing and set away till needed. Make a large cup of mayonnaise, and just before serving mix most of this with the salad; put in a bowl and spread the rest over the top; garnish with celery tips. Turkey can be used instead of chicken. If you have no celery, use more hard-boiled eggs instead; olives are a great addition, as in the potato salad.

Milk toast and cheese is a tasty luncheon dish. When trying to think of something a little different for lunch make some rich milk toast and place it in a flat pan. Cover with a thick layer of grated cheese and put in the oven till the cheese melts and browns.

Crushed Wheat Griddle Cakes.—One teacupful of cracked wheat, two pints of flour, two spoonfuls of salt, two cups of baking powder, one egg and one pint of milk. Boll the wheat in a half pint of water one hour before mixing it. Bake brown.

Vegetable soup.—Cook two cups of navy beans in water to which baking soda has been added. When tender, drain and wash in two waters. Put over the fire with enough water to cover the beans to come several inches above them. Add a good-sized onion, sliced, and a stick of celery or a handful of celery tops. Cook until all are very soft, then run through a coarse strainer, return to the fire, and season with pepper and salt, and add a gill of cream, if you have it, if not, add a little milk and butter instead. Serve very hot.

## FAMILY MEALS.

A certain amount of ceremony should be observed even at the simplest family meal, but when this is carried too far it crushes sociability and cheerfulness. One should be careful not to eat so rapidly that the food may not be properly masticated, or that one will have finished while the others at the table are still eating.

When a meal is announced, go to the table promptly. It is annoying to the housekeeper and cook to have the meals delayed. It often happens that a few minutes' waiting may spoil some dish, and in any case it causes a waste of precious time to the housekeeper and other members of the family. Some thoughtless people seem to think that it matters less that the whole family be kept waiting five minutes or more than that they should complete the work which they happen to have in hand. There are many jars and breaks in the household machinery from this cause alone.

In many households where there is a regular waitress, there is a rule sometimes that nothing shall be handed by the members of the family.

In offering to serve any one at the table use one of these forms, "May I help you?" "May I offer (or send) you?" "Let me give you," etc. They are better than "Will you have?" Do not say "May I give you some more?"

## SPARKLES.

What Willie Saw.—When Willie saw a peacock for the first time he said to his mother:

"Oh, mamma, you should have seen it! Electric lights all over the ferns and a turkey underneath!"

Harry was walking with another boy, when he was joined by a friend, a year or so older and inclined to manners.

"Introduce me, Harry," the newcomer whispered pompously.

Harry twisted, reddened, and at last turned to his companion with: "Jim, have you ever seen Gilbert Spencer?"

"No," the other boy answered.

"Well," Harry blurted out, reddening still more, and jerking one thumb over his shoulder toward the newcomer, "that's him!"

The June bride frowned.

"These tomatoes," she said, "are just twice as dear as those across the street. Why is it?"

"Ah ma'am, these"—and the grocer smiled—"these are hand-picked."

She blushed.

"Of course," she said, hastily: "I might have known. Give me a bushel, please."

"Papa is going to marry again."

"Aren't you sorry, girl?"

"Not altogether. He was getting beyond my control."

"I know where the electricity that lights our house comes from," said little Edna.

"Where does it come from?" asked her small brother.

"From the wall," replied Edna. "When mamma wants a light, she unbuttons it."

Hiram—"Was your house damaged by that there cyclone?"

Ike—"Dunno. I haint found it yet."

## HE WENT TO SLEEP, BUT—

Recently a friend who had heard that I sometimes suffer from insomnia told me of a sure cure. "Eat a pint of peanuts and drink two or three glasses of milk before going to bed," said he "and I'll warrant you'll be asleep within half an hour." I did as he suggested, and now, for the benefit of others who may be afflicted with insomnia, I feel it to be my duty to report what happened, so far as I am able to recall the details.

First, let me say my friend was right. I did go to sleep very soon after my retirement. Then a friend with his head under his arm came along and asked me if I wanted to buy his feet. I was negotiating with him, when the dragon on which I was riding slipped out of his skin and left me floating in midair. While I was considering how I should get down, a bull with two heads peered over the edge of the wall and said he would haul me up if I would first climb up and rig a windlass for him. So as I was sliding down the mountain side the brakeman came in, and I asked him when the train would reach my station.

"We passed your station four hundred years ago," he said, calmly folding the train up and slipping it into his vest pocket.

At this juncture the clown bounded into the ring and pulled the centre pole out of the ground, lifting the tent and all the people in it up, up, while I stood on the earth below watching myself go out of sight among the clouds above. Then I awoke, and found I had been asleep almost ten minutes.—The Good Health Clinic.

Our opinion of a man is likely to be determined by his opinion of us.

## ACUTE INDIGESTION

Cured Through the Timely Use of Dr. Williams' Pink Pills.

There is no medicine can equal Dr. Williams' Pink Pills for stomach troubles. These Pills are not an artificial appetizer nor a stimulant. They act in nature's own way by making rich, red blood. This new blood gives vigor to all the organs. When it flows through the tiny veins in the stomach it stimulates them and creates that craving which people call "appetite." Then when the appetite is satisfied with food the blood gives the stomach strength to digest it. The nourishment is absorbed by the blood, and carried to every organ in the body. That is how Dr. Williams' Pink Pills cure stomach troubles and all blood diseases. That is how they give health and strength to weak, worn out people.

Mr. H. Thomas Curry, Post Maitland, N.S., says: "About three years ago I was attacked with what the doctors termed acute indigestion. The first indication was a bad taste in my mouth in the morning, and a sallow complexion. Later as these symptoms developed my tongue was heavily coated, especially in the morning, and I felt particularly dull. My appetite began to dwindle, and even a light meal left me with a sense of having eaten too much. As I grew worse I ate barely enough to sustain my body, but still experienced the most acute pains. A wretched languor came over me which I could not throw off. It seemed as if I were always tired, with but little strength and frequent violent headaches. The remedies given me by my doctor, as well as many others failed to restore me, or even to relieve me. I was in this very unhappy state for almost a year when I read in a newspaper one day of the cure in a case similar to mine through the use of Dr. Williams' Pink Pills. This decided me to give these Pills a trial. It was not long before I felt some relief from the distress after meals, and as I continued the use of the Pills all languor and drowsiness and headaches left me and I began to enjoy increased energy and new strength. Today I am a well man, enjoying the best of health, with never a twinge of the old trouble, and I attribute my cure entirely to the fair use of Dr. Williams' Pink Pills."

These Pills are sold by all medicine dealers 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.

## WHY MAKE US SUFFER?

We find it difficult to believe in that almighty goodness that inflicts trials on those whom it loves. "Why," we say, "should it please God to make us suffer? Why could He not make us good without making us miserable?" Doubtless He could, for He is all-powerful; the hearts of men are in His hands, and He can turn them as He will. But He who could save us from sorrow has not chosen to do it, just as He has willed that men should slowly grow from infancy to manhood instead of creating them at once in maturity. We have only to be silent and adore His profound wisdom without comprehending it. Thus we see clearly that we cannot be virtuous, but in proportion as we become humble, disinterested, trusting everything to God, without any unquiet concern about ourselves.—Fenelon.

There is not thought that more transforms a man's life than the thought that he can tie his life up to the doing of the will of God.—Speer.