

THE HOME.

CHILDREN'S LUNCH BASKETS.

Many wives who send their children to school are obliged to put up lunch for them. Time and thought should be given to this work in order that wholesome food may be provided in as great a variety as possible. Much rich pastry should by all means be left out of the basket as a regular diet, but once in a while the children may have some rich pie and cake without injurious results.

The first thing to be considered is the receptacle in which the lunch is to be carried. Some sort of basket is best for this purpose. It will give sufficient ventilation to prevent that disagreeable odor which is certain to come from a lunch shut up in a tight pail. If it is necessary to use a pail, pierce a few holes in the cover to give ventilation. The plain Japanese napkins are cheap, and are just the thing to use in the lunch basket. The bread should be light and sweet, at least twelve hours old and not more than three days old. Cut it thin, and butter it generously. Rather give the child six thin dainty sandwiches, than two enormous, clumsy ones. Avoid a great quantity of meat. Children who carry their lunches usually eat less vegetables and more meat, too much of which, without vegetables is apt to cause eczema.

Sandwiches are nice for lunch, and of these one can have many changes. Children are usually fond of nut sandwiches. Chop walnut or hickory nut meats quite fine, season with salt and spread about one-half inch thick between thin slices of buttered bread. Nuts are very nutritious, but without the addition of salt are quite indigestible. Slices of cake crumble and dry out quickly. A better plan is to bake the dough in small gem pans, and an attractive variety may be had by icing some with chocolate, others with white icing, and leaving some plain. These miniature cakes are delicious, too, if flavored with the grated rind of oranges or lemons. A couple of handfuls of currants thrown into the cake batter will be much liked by the children, and grated cocoanut is delicious. If cocoanut is used, however, less flour must be used. All kinds of cookies are nice, too. An occasional piece of pie will be appreciated. Let it be of a kind that will not crumble easily. Tarts are more easily carried than pie, and are better for the children. Here is a recipe for tart shells, which will keep fresh for quite a time: A scant cup of lard (warmed a little, but not melted) and the white of one egg thoroughly beaten; one tablespoonful of sugar, three tablespoonfuls of cold water, a pinch of salt, and flour sufficient to roll. If obtainable, put in a different kind of fresh or cooked fruit every day. Now that the medical fraternity has decided that apples contain more brain food than any other fruit or vegetable, let them be plentifully eaten. Nice, sound apples baked with the peelings on are not easily mashed, and if a low glass, jar or tumbler with a cover can be procured, all kinds of jams, jellies or preserves may be carried without being overturned and spilled out.

Sour or sweet pickles used sparingly are relished in the lunch basket; but if the children are very young, pickles should be sparingly used.

SLAVISH MOTHERS.

It is very possible for a good mother to have a very wrong conception of the duties of motherhood. To the woman who has been honored with the guardianship of children, there comes no duty more sacred nor of greater importance than the duties of motherhood—the care of her children. Her children and her eternal welfare must ever be her chief concern, and must necessarily monopolize the greater portion of her thoughts, her energy her interest and her affection. I say the greater portion—not all; and it is just here that many good women make the gravest error in the rearing of their children, an error that works injustice to the child, to the mother and to the race. A child that is allowed to monopolize too great a share or all, of the mother's energy, is a ruined child. Of a neglected child and an over-pampered child, the former has by far the greater chance for developing into a sound maturity of body, mind and spirit. Tired mothers with the care of a large household on their shoulders, often allow themselves to become slaves to the whims of their children, with never a moment's rest from early dawn until late at night after the babies have decided that they want to go to bed. All day long it is a constant cry of "Mamma, want this," "Mamma, give me that," and instead of casting the child upon its own resources the weary woman leaves her work, her rest, or her guests to perform some absolutely needless service for the child.

It is wearing on the mother, but that is not its worst feature; it is positive ruin to the disposition of the child. The children of such a mother grow into selfish, unsatisfied, restless youths, without a single trait of sweetness in their disposition. They soon come to look upon their mother as a mere convenience—a machine for contributing to their personal comfort—their personal slave—and thus the mother is robbed of the child's love and respect, and the child is robbed of that most blessed of human virtues, true love and veneration of its mother. Again this petty, unnecessary work robs the mother of time and strength and inclination of duties of much greater importance. She is so engrossed with the whims and caprices of the child that she has no time nor thought for its greater needs. She begins by giving greater attention to the child's expressed desires, and ends by giving attention to nothing else, so the over-pampered child is a neglected child.

The pity of it all is, that so often it is such a good woman—gentle and loving who makes this mistake, and such

a good child—and one that would make a fine man or woman—whom she ruins. The child's physical wants must never be neglected; it must have amusements varied and novel, but the good mother is its guide and director—not its slave.—Mildred F. Smythe.

THE ANGEL OF THE HOME.

She does not make any fuss about it, nor ask to have a reporter at her elbow. But her sunny heart of self-forgetting love will not let her hands be at rest while there is any bit of helpful service she can render. If she can without observation slip the burnt roll or under-crust on her plate it is done. If some one must stay at home when there is a day's outing, she tells, with music in every tone, how glad she will be to be left quietly behind and have time all to herself to do ever so many things she has in mind. And none suspect from word or tone how great the sacrifice to give up the pleasure.

Her quick eye detects the oversight or neglect on the part of another, and she quickly hastens to remedy the matter, careful that none shall know her hand has made up another's failure. Is a harsh round of judgment started by some ill-advised criticism? She deftly and tenderly drops the gentlest, the sweetest possible word for the criticized one, and switches the conversation to other topics.

Do we not all recognize this "angel"? We call her mother, wife, sister. In the glory-land they will call her saint.

ECONOMICAL RECIPES.

Apple Turnovers.—Make good pastry, roll thin and cut in pieces four inches square. Place a spoonful of seasoned apple sauce in the center of each square, fold two sides to the center, glaze with milk, and bake in a quick oven fifteen to twenty minutes.

Dark Chocolate Cake.—One cup of sugar creamed with butter the size of an egg. Add one beaten egg, one cup of milk, two scant cups of flour sifted with two teaspoonfuls of baking powder and one cup of grated chocolate. Bake in two round tins or in a biscuit tin. Put boiled frosting between layers and over the top of the cake.

Apple Fritters.—Make a batter with one cup of milk one teaspoonful of sugar, two eggs, whites and yolks beaten separately, two cups of flour sifted with two teaspoonfuls of baking powder. Chop or cut fine four tart apples, mix with the batter and fry in spoonfuls in hot fat. Serve with maple sirup or a sugar sirup made by boiling one cup of sugar with one half cup of hot water.

Beef Hash.—Use twice as much potato as meat. Chop the meat fine and the potato coarse; season with salt and pepper. Put the hash into a spider, add one tablespoonful of butter and two or three tablespoonfuls of rich milk. Cook slowly stirring often for half an hour then let a brown crust form, fold like an omelet and serve very hot.

Cream Cake.—Beat four eggs very light. Add one cup of sugar, beat well; add one cup of flour sifted with one heaping teaspoonful of baking powder and one third cup of milk. Bake in two round tins for 20 minutes. When cold split and spread with a cream. Boil one pint of milk, add one cup of flour mixed with cold milk, two beaten eggs, one cup of sugar. Cook three or four minutes; when cool flavor with vanilla and spread between the split cakes and sprinkle pulverized sugar over the top. This rule makes two cakes and will provide for two desserts.

CURE FOR CORPULENCE.

A London Journal Says Turning Some Faults in a Sure Cure.

Corpulence is a subject concerning which the average doctor has many questions to answer. Hardly a day passes without the query: "Oh, doctor what shall I do? I am growing so stout."

In reply to the oft-repeated question, one says "Carlsbad," another "Ride a wheel," while the third suggests some nauseous compound or perhaps starvation. The latter process is always a sure means of producing corpulence.

Day after day elaborate accounts of new "treatments" for obesity are detailed in both medical and lay journals. Some of these are not without their good points, while others are positively dangerous. At all events, the great majority of the "cures" require such an amount of persistence and self-denial that the cases in which they prove beneficial are not very numerous.

SOMERSAULTS THE LATEST CURE.

Massage and various movements when performed in a systematic manner have always been highly rated in the treatment of obesity. Sweden (where massage and the movement cures originated) has been the home of the "cures" for many years.

The London Graphic is responsible for a report of the latest remedy for corpulence. The remedy, which is simplicity itself, requires in the main that the sufferer shall turn somersaults; how many and how often the Graphic's report does not say.

The principle may be a good one. To those, however, who contemplate an early trial of the remedy it may be well to point out an element of danger; that is, appendicitis, in the production of which this new treatment may be an important factor. Several observers of reports have called the attention of medical men to the fact that people who indulge in gymnastic exercise such as jumping, football, work upon the trapeze or bar are practically liable to the disease mentioned.

May one not hope that as a result of this treatment uncommonly stout people of prominence will no longer be characterized as "fat"? It is well known that fat persons, men and women, are always eager to reduce their flesh.

FALL FUN.

"I tell you, these little vacation trips do a fellow an immense amount of good." "So they do; I feel braced up enough to bluff every creditor I have."

Winks—"Do you believe in hypnotism?" Blinks—"Of course I do. Don't you see this necktie that the clerk induced my wife to buy the other day?"

"I tell you," cried the author, "I'm going to rise in this world." The editor eyed him doubtfully for five seconds, and then asked: "Balloon, or elevator?"

Miss Daisy Melders, coyly—"Do you love me, Jason?" Jason Huckleberry—"Course I love you! Do you s'pose I'd have been acin' the fool over you all this time if I didn't?"

"Doesn't it strike you that the temperature of this room is rather high?" "There isn't any doubt about it," replied the frugal young man. "Every ton of coal costs \$6."

"Blinker, you ought to be ashamed to wear such good clothes when you owe me so much money." "No; you ought to be proud to lend money to a man who wears such good clothes."

She sweetly bears the burdens That'd kill man were they his; Yet she flies quite all to pieces If her hair gets out of friz.

"Country's gone to the dogs; no hope for it!" "Too bad! Just had an election, haven't you?" "Yes," "Well, wasn't it a fair one?" "Oh, yes! But I was beat, sir—plum beat."

"You don't make allowances for our boy," said the fond mother. "That shows how little we are appreciated," said her husband, as he finished drawing a check. "I don't do much else."

Sage-man—"That waiter's hand always reminds me of a race-horse shortly after the beginning of the race." Seeker—"And for what reason, pray?" Sage-man—"Because it's on the quarter stretch."

"You are the sunshine of my life," he murmured. And at that instant her father burst into the room with the remark: "Young man, do you know the sun will be up in a few minutes?"

Little Sister, studying her grammar lesson—"How can you compare the words 'beautiful girl'?" Big brother, absent-mindedly—"Positive, you call; comparative, you propose; superlative, she accepts."

"Now, boys," said the new school-teacher, "I want you to be so quiet that we can hear a pin drop." There then a cavernous silence for a second, then a voice in the rear muttered, "Now, then, let her drop!"

"My wife was rather worried when I left her this morning." "What was the trouble?" "Well, she had been worrying about something or other last night, and this morning she couldn't remember what it was."

Dublin—"The members tell me that Fawcay is one of the best members of the Rockrib Athletic Association." Wablin—"Why, he's no athlete!" Dublin—"That's true; but then he pays his dues regularly."

He squandered \$10 for roses, you see— Her joy in the gift was immense; But little she dreamed that his dinner would be Three buckwheats that cost him ten cents.

Mrs. Billus—"Johnny, if you don't go to bed right now I won't wake you up to-morrow morning at all." Mr. Billus, looking at her over his glasses,—"What good do you think that'll do, Maria?" Mrs. Billus—"It will bring him. He has made arrangements to go fishing to-morrow morning." (It did.)

A CAT'S WARNING.

A remarkable instance of feline sagacity is reported from Bristol, England, where two brothers owed their lives to the warning of their house cat. One of them was asleep in the front room, when the animal came to the door and mewed piteously. The man, convinced that something was wrong, opened the door, and then found the staircase in flames. He and his brother rushed to the window and gave an alarm. Ladders were brought, and they and the cat were rescued.

MUCH-RELATED QUEEN.

The Queen of Denmark, who, although 78 years of age, is still pretty and retains her vivacity, affirms that she is aunt to all of Europe to which she is not grandmother.

Good breeding is largely the result of nature and not of education; it may be found in a cottage and not in a palace. It is a general regard for the feelings of others that springs from the absence of all selfishness.

Woman's Work

Is never done, and it is especially wearing and wearisome to those whose blood is impure and unfit properly to tone, sustain and renew the wasting of nerve, muscle and tissue. The only remedy for tired, weak, nervous women is in building up by taking a good, nerve tonic, blood purifier and vitalizer like Hood's Sarsaparilla. For troubles Peculiar to Women at change of season, climate or life, great cures are made by

Hood's Sarsaparilla

The One True Blood Purifier. All druggists. \$1. Prepared only by C. I. Hood & Co., Lowell, Mass.

do not cause pain or

Hood's Pills relieve. All druggists. 25c.

FOR TWENTY-SIX YEARS. DUNN'S BAKING POWDER THE COOK'S BEST FRIEND LARGEST SALE IN CANADA.

PERFECT HEALTH.

How It May Be Obtained by Young and Old.

People With Watery Blood and Flabby Nerves are the Ones Who Suffer--Most Diseases are Due to These Causes.

Dr. Williams' Pink Pills Renew the Blood and Restore the Nerves—Read the Evidence.

There are very few diseases afflicting mankind that do not have their origin in a depraved or watery condition of the blood, or in weakened and shattered nerves. To be healthy the blood must be kept rich and red, and the nerves strong. To secure this condition there is no remedy known to medical science that has met with such great success as Dr. Williams' Pink Pills. They act promptly upon the blood and nerves, and thus drive disease from the system. The following strong statements from persons who have been cured, prove their efficacy:

RELEASED FROM RHEUMATISM.

Mr. A. T. Gallant, of French Village P.E.I., writes:—"About the beginning of October, 1894, while I was digging potatoes, one wet chilly day, I contracted a very bad cold, and rheumatism shortly followed. For a time I paid but little attention to the pain in my body or the stiffness in my limbs. But in the course of a few weeks I was confined to the house. I now began to apply rheumatic remedies which I continued for several weeks without any benefit resulting from their use. I then dropped them and gave myself into the hands of a doctor for treatment, and for nearly three months all that medical skill is capable of accomplishing afforded no relief. My body was blistered and burned so that I could get no relief. My legs were stiff and helpless and I was as sore as a boil, my strength was entirely gone and I had to be turned over by the use of sheets and blankets. I was daily growing weaker and my condition more serious. Hope of recovery had almost vanished, except that while there is life there is hope. After three months of such torture I was induced to give Dr. Williams' Pink Pills a trial. I gave up all other treatment and began the use of the pills. Not a great many days had passed until there was a marked improvement in my condition and I continued the use of the pills until I was cured. I have as good use of my limbs as ever I had; my health is perfectly restored and it is all due to the wonderful power of Dr. Williams' Pink Pills which released me from pain and have given me a new lease of life."

DYSPEPSIA AND LIVER TROUBLE CURED.

Mr. Mark J. Kennedy, of Ridgetown, says:—"I can conscientiously recommend Dr. Williams' Pink Pills to those who may be suffering from dyspepsia or liver trouble. For years I suffered from this complication of troubles and so bad was the dyspepsia that I could not touch a morsel of food of any kind. I often found it difficult to obtain sleep, and what little I did get at these times was often broken by horrid dreams. This of course was the result of the dyspepsia. But in addition to my discomfort was added liver complaint. I was subject to dizziness, I had a pain in the back and bloating of the bowels and was pale, haggard and despondent. It will be readily seen that I was in a bad condition. I kept doctoring and dosing myself without the slightest benefit, and finally gave up in disgust, feeling that I would be no more. A friend suggested Dr. Williams' Pink Pills, but so great was my disgust at medicine that I felt tempted to be profane. But my friend was persistent and in the end handed me a box of pills, and I took them more to please him than from any thought of benefit. I took a second box and to my astonishment I was deriving benefit from them. I continued taking them and I am cured. Do you wonder therefore that I now greatest medical discovery of the 19th century, and will always recommend them. I urge those who are suffering but may be as skeptical as I was to try them and learn their virtue."

SWOLLEN AND DROPSICAL—CURED.

Mrs. Alex. Ross, Broad Cove, N. S. says:—"Early in the summer of 1896 I was taken ill. Prior to that I had always enjoyed good health. I seemed weak and easily tired. Then my arms, hands and legs became swollen and pained me terribly. My trouble seemed like dropsy. I tried several doctors and took their medicine, but got no relief. In fact one of them told me I could not be cured. In this state I suffered for some time until I was advised by a friend, who had herself experienced great benefit from the use of Dr. Williams' Pink Pills, to try them. I did so, and after taking a couple of boxes could notice no improvement and was discouraged. However, at the earnest solicitation of my friend, I continued their use and was on my sixth box when the longed for improvement came. From that out it was steady and rapid. My limbs assumed their normal size and shape, my appetite improved, and by the time I had taken eleven boxes I was a well woman. I make this statement to encourage those in doubt as I was, about taking this medicine. I believe it the best on earth, and that under Providence it cured me. COMPLETELY RUN DOWN—CURED."

Mr. Frank Dunham, Wellandport, Ont., says:—"I feel it a duty I owe to you as well as to other sufferers to make known the good I derived from the use of Dr. Williams' Pink Pills. Two years ago I was completely run down in health. I could not go up stairs without sitting down to rest. There was no color in my lips and I

was quite ambitionless. I was clerking in a store at the time and I thought I would have to give up my position as it was with difficulty I could wait upon customers. I took medicine from doctors but got no permanent relief, and I became low spirited and thought there was no help for me. One day a lady who came into the store to purchase some of Dr. Williams' Pink Pills said to me, "Frank, why don't you try Pink Pills?" Well I foolowed her advice and the result is I am now as well as ever I was in my life, and believing as I do that Pink Pills saved me I cannot say too much in their praise.

AFTER EFFECTS OF LA GRIPPE—CURED.

Mr. D. Hefron, a well known farmer living near Charleston Lake, says:—"I had a severe attack of la grippe and was unable to recover my former health. I lost all ambition and even the lightest of my farm work left me weak and tired out. I would have spells of dizziness accompanied by pains in my back that would sometimes last for days. Frequently I could not get to sleep until near morning, and when I arose I felt more tired than when I went to bed. I had tried several medicines, but got no good from them, and then I determined to try Dr. Williams' Pink Pills. After I had tried a couple of boxes there was a decided improvement. I could sleep better, my spirits rose, I began to look for my meals half an hour before the usual time. I continued the use of the Pink Pills some time longer and found my health fully restored. I am now an enthusiastic friend of Dr. Williams' Pink Pills and will always look to them for relief if illness attacks me."

KIDNEY AND LIVER TROUBLES—CURED.

Mrs. Emma Matson, wife of Capt. Joseph Matson, of 10 Allen street, Halifax, N.S., writes:—"For several months in the year 1895 I suffered severely from derangement of the kidneys and liver trouble from which I found little or no relief from the medicines prescribed by my physician. I lost in flesh, grew sallow, had no appetite and was much troubled with insomnia, and though only about twenty years of age, life had grown burdensome and it was thought by my intimate friends that my health was permanently undermined. When I had become almost indifferent as to the future I was persuaded to take a course of Dr. Williams' Pink Pills. I found relief very soon, gained flesh and was enabled to sleep soundly, and with a restored appetite recovered my former complexion. I feel myself indebted to Dr. Williams' Pink Pills for my present health, after I had expended much money for medicine prescribed by physicians from which I derived no benefit."

A RHEUMATIC SUFFERER CURED.

Mr. Angus J. McDonald, of Prescott, Ont., says:—"I have been a victim of rheumatism for over seven years. The trouble first came upon me at my former home in Williamstown. I became so bad that I was obliged to carry a cane when walking, and to go at a slow pace. At one time I was confined to my bed for three months. I tried many medicines, some of which gave me the pain, but none gave me permanent relief until I began the use of Dr. Williams' Pink Pills. I have used in all about a dozen boxes and under the treatment my progress has been continuous and satisfactory. I have discarded the use of the cane and my weight has increased from 120 to 145 pounds. In a word I am a new man and I attribute my improved condition entirely to the use of Dr. Williams' Pink Pills."

Beware of imitations. The genuine Pink Pills are sold only in boxes the wrapper around which bears the full trade mark "Dr. Williams' Pink Pills for Pale People." Pills colored pink sold in bulk, by the dozen, hundred or ounce, or taken from glass jars, or sold in boxes which do not bear our trade mark, are vile imitations and should be promptly refused. If your dealer does not keep the genuine Pink Pills they will be sent by mail, post paid at 50 cents a box or six boxes for \$2.50 by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

NURSERY RULES.

When a South Sea Island mother wishes to chastise her child she seldom resorts to slapping and slippers, of course, she has none. Instead of using the forms of punishment customary among civilized mothers, she pulls the child's hair or bites some part of the body, generally the fleshy part of the arm. In wandering about the villages one sees many children having sores produced by wounds inflicted by their mother's teeth. When a mother wishes to caress her child, she deftly draws her thumb across its eyebrow or cheek or gently seizes its cheek between her teeth. The rubbing of noses is also a mark of affection among the Kingsmill Islanders, as it is among the Maoris of New Zealand.

MONKEYS SMOKE CIGARETTES.

Lighted cigarettes were distributed the other day among a lot of monkeys at the Zoo in Paris by some mischievous urchins. The animals puffed away at the weed with evident enjoyment until the advent of the keeper, who put a stop to it.