rom Pain to Health.

E REMARKABLE CASE OF JOHN HENDERSON, OF DESERONTO JUNCTION.

ost Helpless From Sciatic Rheumatism, he Effects of Which Shattered His Constitution—He Thought Death Not Far Off When Friendly Aid Placed Within His Reach the Means of Recovery.

m the Deseronto Tribune.

will be remembered that during past winter reference was severimes made in the "Personal" col- of the Tribune to the illness of n Henderson, a well known and reted farmer of the Gravel Road, nship of Richmond, about half a from Deseronto Junction. It said that very little hope was enained by his recovery as he coned to steadily sink under the dis- with which he was afflicted. Farmcoming in to Deseronto market, n asked how he was, shook their s and stated that the worst might be expected. That he should subsequently recovered was there- a cause of joyful surprise to his y friends in this district. Hearing his recovery was alleged to be to the use of Dr. Williams' Pink a reporter of the Tribune set to discover if this rumor could be enticated. Having reached Mr. erson's residence the reporter d no one at home except the hired who informed him that Mr. Henon had gone with a load of grain e flour mill at Napanee. This was nce in itself that Mr. Henderson have greatly improved or he d not have undertaken such a drive in the raw weather of spring. The boy having said his master would be back about o'clock the reporter waited for a nal interview. In a short time team was observed coming along road. When it drew up at the Mr. Henderson being told the t of the reporter's mission stated the rumour was correct, his re- y was undoubtedly due to the use Williams' Pink Pills. He said about a year before he had been ill and the disease assumed a of sciatic rheumatism of a most al and distressing character. The cians in attendance did their best ould for a time succeed in alling the pain and he would for a time regain strength. But the would reassert itself and he orse if possible than before. His system seemed to be permeatth the disease which sapped his energy. He tried ever so many dies prescribed by doctors or sugd by friends and neighbors. All nh—he grew weaker and weaker t last despaired of life itself. He ompletely worn out, found it very ult to go as far as the barn, and nly able to move about a little not confined to his bed. At this re, Mr. Ravin, the station masDeseronto Junction, who no recalled the wonderful cure of Yager by the use of the famous ne, as reported some time since e Tribune, recommended Mr. rson to try Dr. Williams' Pink and volunteered to send for a ty if Mr. Henderson would perm. The sick man consented and avin procured for him a half boxes. He tried a box, but ittle discernible effect. He, howept on using the pills, and after six boxes, found that he was improved. He got another supd continued to improve steadily. ain disappeared, he regained th, and, as he expressed it, "I w able to be about, feel quite can attend to all departments work as well as ever, and I atbe it all to the use of Dr. Wil- Pink Pills." To the Tribune er Mr. Henderson appeared a vigorous man, whom to see fficient proof of the story of his kable recovery.

WISE SAYINGS.

your life a ministry of love and will take an interest in your

is the medicine of the breakart, it is the child of prayer, and mpanion of religion.

rder to train up a child in the should go, you will have to go ay yourself while you are train-

you make a mistake don't look it long. Take the reason of the nto your mind and then look forfistakes are lessons of wisdom. st cannot be changed. The fuyet in your power.

are a couple of guides to happifor a fit of passion take a walk pen air; you may then speak to d without hurting any person. laiming yourself to be a simplefor a fit of idleness, count the of a clock; do this for one hour.

MADE MEN OF OTHER DAYS.

self-made man is by no means the product of modern times. us was a weaver, Franklin was eyman printer, Pope Sixtus V. nployed in his young days in swine, Robert Burns was a man, Aesop was a slave, Homer beggar, Daniel Defoe was ap- ed to a hosier, Demosthenes was of a cutler, while Virgil was 's son. Ben Jonson was a brick- Cervantes was a common solanova's father was a stonecutpt. Cook commenced life as a oy. Haydn, the musician, was of a poor wheelwright, Pizarro, of going to school, was sent hogs, Kirke White's father was her, and Keats's father kept a stable.

HOUSEHOLD.

GOOD RECIPES FOR CANDY.

Maple Sugar Candy.—Two cups of maple sugar, one cup of cream or rich milk, one pound of English walnuts, chopped; butter the size of a walnut. Test by dropping into cold water; cut into squares when nearly cool.

Chocolate Candy.—Two cups of granulated sugar, one cup of rich milk, butter the size of a walnut, one-quarter of a cake of chocolate; boil for twenty minutes, stirring constantly; beat for five minutes after taking from the stove. Do not let it cook too long. Cut into squares just before it is cool.

Nut Candy.—Four cups of granulated sugar; let it melt over a hot fire; stir constantly; when melted add a quart of peanuts chopped fine; pour on a breadboard and roll; cut into squares.

Stuffed Dates.—Stone a pound of dates, stuff with a pound of English walnuts cut into halves and roll in confectioners' sugar.

Pecan Nut Candy.—Two cups of molasses, two cups of sugar, one cup of butter; add as many pecans as possible, let them boil with the candy; this gives a delicious flavor. Test by dropping in cold water.

LITTLE LEAKS.

Dish towels used for holders.

Sheets used for ironing table.

Napkins used for dish towels.

Towels used for wash rags.

The face of flatirons used to crack nuts on.

Cold potatoes allowed to sour.

The kerosene can left open to evaporate.

Cold fish thrown away.

Cheese permitted to mold.

Lemons left to dry.

Fat put in earthen dishes.

The mustard cruse remaining open to dry.

Canned goods left exposed in cans.

Breadpan left with dough sticking to it.

Left-over vegetables thrown away.

Too much starch made and thrown out.

Pails and washtubs left dry to fall to pieces.

The cogs of the egg beater allowed to get wet.

Silver spoons and forks used in the kitchen.

Tea and coffee pots neglected.

Corks left out of vinegar and molasses jugs.

Spices exposed to the air.

Preserves opened, forgotten and left to sour.

Soap left in dish-pans to dissolve and waste.

Bits of meat thrown away.

GOOD RECIPES.

Roll Jelly Cake.—For the body of the cake sponge cake is preferable; if that is not liked, use the following recipe: One-third cup melted butter, 2 cups sugar, 3 cups sifted flour, 4 eggs, 1 cup milk or cold water, 2 heaping teaspoons baking powder, 1-2 teaspoon grated nutmeg. Bake in moderate oven, in sheets not too thick, in tins three inches or more wide. Leave it standing to cool slightly after removing from oven, then turn upside down on cake board or sheet of brown paper. Spread stiff, thick jelly on the under side and roll. The firmer the jelly the less liable it is to melt. Cut when cold. Preserves may be used for the filling of roll cake, with better success by the novice. Jam, chocolate or milk frosting, mixed with chopped nuts, defy failure. Lay the roll on its side on a cloth and cut in rounds with a knife whose edge is of razor-like keenness.

Sponge Cake.—One and one-half cups sugar, 2 eggs, reserve white of one for frosting, 1-2 cup butter, 1 small teaspoon soda dissolved in 3 tablespoons sweet milk, 2 cups soft bread sponge, 1 teaspoon each of cinnamon, cloves, allspice and grated nutmeg, 2 cups flour, 1 cup raisins. This is excellent.

Sugared Peanuts.—When you salt your peanuts for your whist party, do not stop at the salt, but sugar them a trifle, as well. After they are shelled, the brown skins rubbed off, and the nuts halved, then slide them in a pan into an oven whose temperature is just right—you'll find what that degree is after you have burned several lots—with dots of good, sweet butter scattered over them. It is well to stir the nuts occasionally that they may brown evenly. When the pan is taken from the oven, sprinkle the buttered nuts lightly with fine table salt, and a very little granulated sugar.

FLOWER NOTES.

Every one admits the beautiful and ornamental hardy hydrangea, Paniculata grandiflora, but not every one knows how easily it may be managed and made to assume a very desirable form. Cut a strong plant down to the ground in the spring. When new shoots appear, cut away all but one. When this one gets about five feet tall, top it, i.e., cut out the central, growing bud. It will then make side shoots and in time a beautiful, tree-like bush which will be laden with large trusses of bloom.

One of the native shrubs which repays transplanting to the home grounds is the so-called "high bush cranberry"—viburnum opulus—which is showy and ornamental in bloom and in fruit. The flat cymes are ed with large sterile flowers like the hydrangea, and are justly termed handsome. The bush is compact and symand you will be glad to pull off your coat and go to work like a man. metrical, and the leaves glossy and not subject to the "curl" which so disfigures the snowball, while the bright coral berries are very pretty.

An amateur recommends this method of growing freesias in the window: Plant an inch deep in rich soil. Put in the dark and in a cool place till they have sprouted, then bring to light and air. Keep the pots in deep saucers and fill them (the saucers) with hot water every morning. Warm the water used for watering them. See that the drainage is perfect. They require a great deal of water, as do most bulbs grown indoors, but they cannot endure a stagnant soil.

If you want your lilac and weigela bushes to blossom next season, don't prune them in autumn or winter. These shrubs need very little pruning, anyway, beyond cutting out dead wood or unnecessary branches, but if any is needed it should be done immediately after the plants have finished blooming. If pruned in autumn or winter, the bloom will be lessened, because both flower on the young shoots that start in spring.

Two hundred and fifty acres of land have been secured at New York City for a botanical garden, which will be modeled on the plan of the famous Kew Gardens at London, though it will be many years before it can hope to even get in sight of those wonderful gardens, where are grown specimens of rare plants collected from all over the world.

Even the wild flowers are subject to curious variations brought about by hybridization. A plant of Lobelia cardinals—a flower famous for its intense red—was recently found at Wynnewood, Pa., which had pale pink bloom. Pure white flower spikes have sometimes been found.

The scarlet artagon or Turk's cap lily is a lovely flower that should be added to every collection. It is a fiery scarlet, and universally voted "a regular beauty." It is finer than the Siberian lily, being more thickly clustered and on a taller stem.

It is said that the hydrangea, when grown out of doors, permanently, has a decided tendency to give blue flowers instead of the pinkish-purple-white usually found on it.

HOME AGAIN.

Soldiers, Sick, Wounded and Fire-Exposed Reach Britain.

Every transport arriving from India at Southampton, England, includes a number of men who have been through the recent frontier fighting.

A correspondent of the London Daily News met the "Dimera" and some extracts from his interviews show that more than three hundred of the rank and file on board were time-expired men whose service in the army has ended while they look strong and fit for the hardships of many campaigns. Among these are about eighty of the Dorsetshire and seventy of the Northamptonshire, who came unscratched by bullets out of the fierce Tirah fighting, and apparently none the worse for their exposure to the severity of winter on the frontier hills. There are also a few men on the 4th Dragoon Guards who were on sentry duty that was by no means child's play in the early days of fighting on the frontier, and small detachments from many other regiments.

After alluding in detail to the circumstances under which many of the officers and men were wounded, he goes on. The eighty Dorsetshire men who are now returning to civil life are all Dargai heroes, and very proud of the honor that has fallen to them for gallant fighting in the last year of their service with the colors. They are very jealous of that honor, too, and will not allow it to be dimmed by the deeds of the Gordons. "We all did well that day, sir," said one of them; "but, of course, you know that Sir George White was Colonel of the Gordons, and it is only natural that they should get most of the fat. We all raced together—Derbyshire, Ghurkas, Gordons, and us to get at the 'Fridays' first. Look at the killed and wounded we had sir. The Gordons lost thirty-six, mostly on the hills, when the enemy rallied and came on again. Our thirty-two was bowled over in the two charges, and then see what a number of the Ghurkas and Derbyshire men were hit. They had nearly ninety killed and wounded between them. That doesn't look as if any of us funked it. If anybody deserved credit it was the officers who led the Ghurkas and got killed. Judge, I think his name was, a fine fighting man." The Northamptonshire had stirring stories to tell of that reconnaissance at Saran Sar and the brief narratives of gallant deeds done so stirred the pulses of a listener that he could not wonder at the pride they felt in having fought where so many brave men fell.

MR. GOSLINGTON ON SELF-CONTROL.

"The longer I live," said Mr. Goslington, "the more firmly I am convinced that the greatest of all victories for man to attain is the victory of self-control. No matter what he may accomplish in the sight of men, there is no victory that can equal this, gained in a fight of which no man has knowledge but himself."

What Some English Employers Require Their "People" to Do and Not to Do.

A famous English comedian has always one peculiar clause in his contracts. His salary is arranged for in black and white, and in addition it is agreed that he shall receive a certain number of bottles of champagne per week, and cigars of fine brands ad lib.

Another actor adorning the lighter stage has endless arguments with managers concerning his brougham. When the price to be paid for his services has been agreed upon, he always demands the addition of his carriage bill.

In a London shop patronized by customers of very good class a clause in the agreements provides that the assistants shall at lunch time drink no spirits and eat neither onions or cheese. Likewise they are at midday to abstain from smoking anything but cigarettes. At many houses a daily shave is compulsory, this stipulation also being reduced to writing.

Young women engaged by a fashionable London hairdresser agree to dye their hair when occasion requires to any shade that is the rage. The juniors may also be directed to adopt a tint not fashionable, but which is calculated to "set off" the coiffure of the "first hands," either by contrast or otherwise. The firm, however, agrees to supply only perfectly harmless "stains," and to hold itself responsible for any possible ill results of such application.

In an action for breach of contract two brothers "living in" at a big wholesale house pleaded a novel defence. When engaged they had expressly stipulated that they should not be required to eat cold meat, and this rule had not been adhered to.

Appreciating a distinct saving of expense from having travellers who were also cyclists, a "pushing" firm acts up to such conviction. Coming across a smart man, who does not cultivate the wheeling art, he is, if engaged, pledged to become a rider within three months.

Business having fallen off in consequence of the inattention of a manager who was often inebriated, a hotel proprietor advertised for a man who was a strict teetotaller. The rara avis secured, a clause was inserted in the contract which he signed, providing for his instant dismissal if found consuming alcoholic liquors. The pledge was never broken, but after working up the trade the manager left with a fortnight's takings.

MAKING BREAD WITH SAWDUST

Wholesale Adulteration of Flour in Several Departments of France — Of Two Years' Duration.

For the past two years there has been wholesale adulteration of bread in many parts of France, notably in the departments of the Eure, Calvados and of the Seine-Inferieure, where numerous complaints have been received from time to time by the police. The deleterious matter mixed with the flour with which this bread was made was nothing less than sawdust reduced to a fine powder so as to resemble meal.

A man named Fessat, who has, presumably, been making a large fortune by selling, in connivance with millers, a mixture of sawdust and flour, has been arrested.

Five thousand kilogrammes of sawdust, addressed to the accused, have just been seized at the Havre railway station.

It was hoped that in consequence of this seizure Fessat would be arrested when he came to the Havre station to receive the sawdust. A telegram was, however, received on Saturday evening from the Port Audemer detective department, stating that Fessat had been arrested and was in custody at that place.

The Temps states that Fessat used to come to Paris to purchase large quantities of specially prepared sawdust. He sent it by rail to various parts of the country, calling for it at the railway stations as soon as he had found millers in the neighborhood ready to consent to mix it with the flour sent out to their customers.

In the department of the Eure alone more than five hundred wagonloads of this sawdust are said to have been consumed. More than five thousand wagonloads have, it is stated, been sent into other departments.

Bread made with this deplorable mixture is recognizable by its peculiar smell, and is, naturally, most difficult to digest.

Fessat is going to be examined at length, in order to find out if he has not other accomplices than his customers in this extensive fraud, so dangerous for the public health.

LI HUNG'S PHYSICIAN.

Miss Hu King Eng, who is noted in the United States as the only Chinese woman who has graduated from an American medical college, has had a new honor conferred upon her. Viceroy Li Hung Chang has appointed her his chief physician. The Women's Medical College, of Philadelphia, is her alma mater. She has been wonderfully successful in practice among her people and is held in such high esteem that she will be the only delegate from China to the women's medical convention to be held in London next June.

HOW IT WAS.

Browne—Smith must lead a double life. He says he gives that man money for policy's sake.

Towne—Yes; that man is Smith's insurance agent.

Sunday School Teacher—"Why is it wrong to have two wives?" Tommy—"Cos no man can serve two masters."

His Idea.—"Is the water you get at your boarding-house pure?" Egbert—"No, there seems to be a lot of milk in it.

Mrs. Ferry—"Are your new neighbors well-to-do?" Mrs. Terry—"I think they are. The children have such awful manners."

Tramp, approaching from behind—"I aint 'ad a bite to-day, Cap'n. Enthusiastic Angler—"Wrong bait, I expect. Try a worm."

From Two Points of View.—Minnie, admiring her new ring,—"Isn't it a dear little thing?" Jack, who bought it—"Indeed it is!"

Jack—"Yes, ancestors certainly help to give a person social prestige." Tom—"Especially when they are wealthy and one lives with them."

"Say, what's your business?" "I'm a burglar; what's yours?" "Shake; I'm in the same line." "Well, come on—let's take something."

Aunt Maria—"Why, Johnny, what in the world are you thinking about?" Johnny—"Only thinking up things to say when I grow up that I used to do when I was a boy."

Mrs. Higgins—"What wretched taste that Mrs. Wilkes has!" Mr. Higgins—"Yes, I met her down stairs this afternoon, and she was wearing that ugly old $25 hat you thought you wanted."

Incurable.—Bing—"Yes, that's old Spriggings. Half a dozen doctors have given him up at various times during his life." Wing—"What was the trouble with him?" Bing—"He wouldn't pay his bills."

"What did you think of that cigar I gave you yesterday?" "Not much. It cost me $4." "How so?" "Why, it gave my wife the idea that the gas was leaking somewhere and she sent for a plumber."

"What do you think of that scheme of an eastern magazine to get up an international language?" asked the youngest boarder. "I think," said the Cheerful Idiot, "that it ought to make a good deal of talk."

Grandma used to spin, but now
Grandma doesn't care to;
Fact is, wheels have altered so,
Grandma doesn't dare to.

Miller—"Which is right, 'stop and think' or 'stop to think'" Smith—"Stop to think,' to be sure. You might easily stop to think while you were talking, but as to stopping and actually thinking, that is another matter."

The Cautious One—"I wouldn't go to the Klondike. Already more money has gone in there than has been taken out." The Sanguine One—"You don't say! If the place is getting richer like that, I think I'll go as soon as I can."

Wayworn Watson—"Here is one of these story writers who says in the papers that genius is nothing but hard work." Perry Patettic—"Nothin' but hard work? And to think that I used to have a great respect for them fellers who could write!"

"I understand that you have been called to another charge," said the interviewer. "No," said the minister, who had been struggling along as the tail end of the little church debt, "by the blessing of Providence this is a cash situation that I take."

Mrs. Green, who thinks of hiring—"But is the girl honest? Can she be trusted?" Mrs. Brown, the girl's former mistress—"You need not be in the least alarmed. She is perfectly honest. All the time she was with me I never knew her to take a thing—not even my advice as to how things should be done."

"You say my daughter loves you?" questioned the old man. "I'm sure of it," replied the young man. "Well, well," returned the old man, looking the young man over critically, "there's no accounting for tastes, is there?" And somehow although the young man knew that he ought to be happy over the possession of the girl, he couldn't help scowling and speculating on that remark of the old man's.

NEW WORK FOR BRITISH SAILORS.

A remarkable illustration of the depth of the distress that prevails among the Cretans who have been driven from their homes is given in a letter from a lieutenant on board Her Majesty's ship "Anson" to the "Westminster Gazette:"

After referring to the thousands of starving and homeless people huddled together half-naked in caves, he states that their need of clothing is so desperate that the sailors of his ship have in pity for these unfortunates made warm petticoats, etc., for them to the best of their power.

THEIR HEARTY THANKS.

In the death notice of an infant, published in a South African newspaper, the parents of the deceased child tendered their hearty thanks to the doctor for the brevity of his bill; to one neighbor for the loan of clean sheets, to a second for running for the doctor, and to a third for recommending the use of a mustard plaster. The bereaved parents evidently regard ingratitude as the blackest of sins.

JOHNNY'S VIEW.

Mamma—You eat so much candy it's no wonder you have a toothache.

Johnny—It can't be the candy, mamma. I eat candy with all my teeth, and there's only one that aches.

SECRETARY BRYCE SAYS SANITARIUMS ARE A NECESSITY.

It Is a Disease of the Cities — There Must be More Fresh Air in the Workrooms and Homes Must be Established.

The annual report of the Ontario Provincial Board of Health, will shortly be issued. The principal feature of the report is Secretary Bryce's strong advocacy of county sanitariums for the treatment of consumption.

He points out that smallpox has been stamped out of existence in Ontario, and typhoid cases reduced one-half, but tubercular affections are on the increase.

There are two objects in view; an attempt at healing those who have contracted the dread disease, and an effort to save those who are in danger of contracting it.

THREE LINES OF ACTION.

There are but three plain lines of action for us, says the report. 1. Fight by all our combined energy to prevent, by education of the people and by legal enactment, every cause inducing to ill-health and thereby consumption. 2. Remove the sources of immediate infection from the small and poorly equipped homes and the factories and workrooms of the working people. 3. Then build in every country homes for consumptives, to which, in the early stages of the disease, they may go, and by exact treatment, abundance of food and fresh air, of sunshine, of exercise, of rest, maintain the fight against the destructive forces of the disease, have a fair chance of saving their lives to their families and the State, and at the same time remove the danger threatening those they love.

In plainer words, there must be a union among the various benevolent societies, counties, and the Province of Ontario to have placed in every county a sanitarium.

"The work of fighting the great 'White Plague' holds the first place in the work of every sanitary and benevolent association whose operation is within the great industrial countries of Northern America and of Europe, where the ravages have been described from the earliest history till now," continues the report.

FACTS ABOUT THE DISEASE.

In dealing with the disease itself Dr. Bryce arrives at these conclusions:—

1. That the disease is rather one of the city than the country.

2. It is a disease directly associated with the density of population.

3. That it is a disease essentially of house life, and that it attaches itself, with greatest persistency to particular houses, and naturally to particular families who occupy them year after year.

4. That in our older settled countries, as in the cities, the number of infected houses slowly increases.

5. That other cases are found in many instances to follow a first case in a house within a year or two.

6. That in the centre of the worst infected districts of large cities some houses will year after year continue free from the disease.

SANITARY WORKROOMS.

In another part Dr. Bryce says:—Houses and workrooms where consumptives live, must be maintained in a sanitary condition, and that constant and thorough precautions must be taken with regard to expectorations and emanations of the sick in them.

The sick must be removed from such dwellings as are small, crowded, and unclean, to other more sanitary surroundings if their recovery is to be hoped for.

Then there must be sanitariums, Dr. Bryce is hopeful for their accomplishment. Twenty years ago there were ten hospitals; now there are 45 hospitals. Twenty years ago there were 13 orphanages and one home for aged poor; now there are 31 of the former and 14 of the latter.

RODE WITH THE KING.

An Affable Monarch and a Soldier Who Was in a Hurry.

A few days ago, says one of the South German papers, a soldier was returning to the barracks of Ludwigsburg, Wurtemberg, from an excursion to the suburbs. It was near the time for evening drill, and he was in fear of being late. Suddenly a small vehicle, driven by a man in civilian's clothes, appeared.

"May I not take the vacant seat at your side, sir?" asked the soldier, "I am late for drill."

"I'll be glad of your company," came the reply.

The trooper took the seat. A few minutes later, looking at his watch, he grew pale.

"Pardon me," he went on, "but might I ask you to drive faster? I have great fear of my captain, who is a strict disciplinarian. If I am a minute late he will put me in the guardhouse."

"To what barracks do you belong?"

"The K— barracks."

"Very well; we shall arrive in time."

The driver whipped up his team and in a short time drew up before the gate of the barracks.

"Thank you, sir," said the soldier in descending.

While the son of Mars was still bowing his acknowledgments the officer on duty at the armory had ordered the guard to present arms. The driver of the vehicle was the king of Wurtemberg.