Are You Idle?

There is employment for the Maritime-trained all the time. Read calls of past few days :

Oxford, 2 young men ; Truro, 2 young men ; Shubenacadie, 2 young men ; St. John, 1 young man ; Sydney, 1 young man ; Sydney, 1 young lady ; Pictou, 1 young man ; Windsor, 1 young lady ; Halifax, 6 young men ; Halifax, 8 young ladies.

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A long distance-swimmer, correcting popular errors, states that accidents to swimmers are seldom due to cramps, but to apoplexy, resulting from sudden cooling. The sinking three times is a curious error, as some persons swallow water and strangle on first immersion, sinking but once, while others may sink and rise fifty times. The author has saved fifty-five lives, and he has found that the drowning person cannot be stunned by a blow on the face, and that he can be handled by pressing the thumbs under his ears and ducking his head until manageable, this being done from behind.

The Home

NOT EATING ENOUGH.

So much is said now-a-days—and justly—as to the danger of over-eating. "Good Health" gives an opinion in regard to the contrary practice of fasting : "There is no particular advantage to be gained from going hungry. Hunger is the voice of nature telling us that the system needs food, and, like all of nature's warnings, should be heeded. To be sure, a great many, we might say the majority of people, eat too much, as well as too often ; but the entire abstinence from food is an exceptional remedy, if it is used at all. In cases where one's stomach is filled with germs it is far better to fast than to go on eating in the usual way ; but even then it is not necessary, for one can get all the benefits of fasting and more, without the discomfort, by subsisting, for a time, upon a fruit diet. In this way the germs are starved out, the fruit juice acting as a disinfectant. Usually one of two days of this kind of fasting is all that is needed, and it is not always necessary to use the fruit entirely alone even then. Some dry sterilized bread, such as zwieback or granose, may be taken with it without interfering with the purpose of the fast. It is really wonderful what can be accomplished by the use of fruit in riding the digestive tract of germs."

TASTEFUL TABLE SERVICE.

Have you ever noticed how much more bread and butter a child will eat, if the slices are cut thin and two buttered sides put together, making of plain bread and butter a little sandwich ? And if that little sandwich is further treated by being cut out in heart or star shape or even plain round, with a tin cutter, just about half as much again of this plain, wholesome food will be put away by the small, fastidious home tyrant. The crusts that are cut off may be put aside for a good custardy bread pudding the next day, so nothing is wasted.

Novel ways for serving food are not only a charm to a child ; they will often tempt the appetite of a "grown-up." A plain dish of fried fish may be made attractive by being served with sauce tartar. A pretty new way to serve the sauce—which, by the way, is merely a decidedly acid mayonnaise dressing with chopped parsley mixed through it—is to cut the pulp out of half-lemon skins and fill these yellow cups with the sauce, serving on the platter, one cup of sauce for each person at the table. Plain halibut steak, fried in rather small individual pieces instead of in one large steak, is a fine course with this sauce. With smelts, too, and trout, and even flounders, it is good.

Watermelon, the pink part scooped out in round or egg-shaped pieces with a big tablespoon, and these served on a bed of the chopped ice, is an entirely different and much more attractive thing than the fruit in its natural state.

Hard-boiled eggs, commonplace as they sound, may be a charming feast to sight and taste when served in a water-lily salad. The hard white is cut in long strips and laid on the plate in lines radiating from the yolk, these being arranged on a lettuce leaf, and a little French salad dressing sprinkled over it.—The Examiner.

FRUIT MUFFINS.

Put one pint of whole wheat flour, sifted, into a bowl ; add three level teaspoonfuls of baking powder, half a teaspoonful of salt, one-fourth cup of sugar ; beat two eggs, add one cupful of milk to them ; add this to the first mixture with two tablespoonfuls of melted butter ; then stir in one cup of chopped apples or huckleberries in season, fill buttered muffin pans two-thirds full, and bake twenty-five minutes in a quick oven.—Ex.

CREAMED EGGS.

Put in a frying pan two level tablespoonfuls of butter ; when melted, add two level tablespoonfuls of flour ; stir until smooth ; then add gradually one cup of milk ; put over the fire ; stir until boiling and thickened ; add a little pepper, one-fourth teaspoonful of salt ; beat the yolks of two eggs, mix them smoothly in the sauce and stir over boiling water three or four minutes ; then fold and cook two minutes longer ; serve heaped on slices of toast.—Ex.

CURATE PUDDING.

Separate two eggs ; beat yolks and half a cupful of powdered sugar together until light ; beat one-half cupful of butter to a cream and beat it into the eggs and sugar ; whip the whites of the eggs stiff ; add them to the mixture ; then add one cupful of flour and one-quarter level teaspoonful of soda ; beat carefully ; fill buttered earthern cups two-thirds full and bake in a moderate oven forty-five minutes.—Ex.

CAZENOVIA CAKE.

Cream three-forths cupful of butter ; add two cupfuls of brown sugar ; add the beaten yolks of two eggs and two-thirds cupful of sour milk, one-third cupful wine, one cupful of raisins, seeded, one teaspoonful of cinnamon and nutmeg, then three cupfuls of flour and the whites of the eggs, a pinch of allspice ; beat well and bake in a greased cake pan in a moderate oven forty-five minutes.—Ex.

CRAB APPLE JELLY.

For crab apple jelly do not peel the crab apples, but cut, without coring, into quarters. Add just enough water to prevent scorching and put them into the perseving kettle at the side of the range, where they will heat slowly. Boil gently until tender and boken to pieces. Put a little at a time into a flannel bag, and allow to drip through. If you squeeze the bay the jelly will be cloudy. Some persons have two kinds ot jelly—the clear for table use ; that made from the squeezed apples for cooking, jelly cake, etc. Measure the juice, and allow to each pint of it a pound of granulated sugar. Put the sugar in pans in the open oven to heat, but do not let it melt. Boil the juice for twenty minutes, skim it and add the sugar, stir until dissolved, and then boil for one minute before pouring into glasses.—Ex.

Apples can be kept for a long time by covering them with a solution of three parts sugar and one part glycerine.

To revive a black straw hat which has become dusty-looking, rub lightly with a piece of velvet, when it will become as bright and clean as when new.

A BABY CHANGED.

The Mother Tells How it Was Accomplished.

"A wonderful change," is the verdict of a lady correspondent who writes us about her little one. "I take pleasure," writes Mrs. R. B. Bickford, of Glen Sutton, Que., "in certifying to the merits of Baby's Own Tablets, as I have found them a sure and reliable remedy. My baby was troubled with indigestion, and was teething and cross and restless, and the use of the Tablets made a wonderful change. I think the timely use of Baby's Own Tablets might save many a dear little life, and I would recommend mothers to keep them in the house."

The opinion of this wise mother is echoed by other correspondents. Baby's Own Tablets give such comfort and relief to a sick baby, they so infallibly produce calm, peaceful sleep, that you would almost think them a narcotic. But they are not. They are only the health-giver for children of any age. They cannot possibly do harm—they always do good. May be had from druggists, or by mail, post paid, at 25 cents a box by writing direct to the Dr. Williams Medicine Co., Brockville, Ont., ar Schenectady, N. Y.

The scarcity of coal in Quebec will, it is said, oblige several large establishments to close down for the winter. The small lot of anthracite on hand is selling at $15 a ton.



Pearline or Soap—not soap and PEARLINE. That is waste. PEARLINE has enough soap to act in the most effective way on dirt. With many washing-powders, much soap is needed. You can't find a trace of soap in some. But PEARLINE is improved soap itself. Takes soap's place. Does easier—quicker—better work—saves rubbing. 675
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KISSING THE ROD.

O heart of mine, we shouldn't
Worry so !
What we've missed of calm we couldn't
Have, you know !
What we've met of stormy pain,
And of sorrow's driving rain,
We can better meet again,
If it blow !

We have erred in that dark hour
We have known,
When our tears fell with the shower,
All alone !
Were not shine and shadow blent
As the gracious Master meant ?
Let us temper our content
With his own.

For we know not every morrow
Can be sad ;
So, forgetting all the sorrow
We have had,
Let us fold away our fears,
And put off foolish tears,
And through all the coming years
Just be glad.

—James Whitcomb Riley.

S. S. Lake Champlain, which arrived at Quebec on Thursday, brought the Boer delegates. The delegates will visit Nova Scotia and New Brunswick, and will also visit the west as far as the coast.

The Dominion government has decided that the manufacture of binder twine at the Kingston, Ont., penitentiary is not a paying investment, and it has been abolished. T. P. Connor, formerly of St. John, who has been in charge of that industry, has gone to Boston.