Economizing The Morning Hours.

A raw young housekeeper is frequently overwhelmed by domestic details, with which an older housekeeper of mature judgment and large experience can readily cope, accomplishing the same amount of work in one-half the time, and with less than half the trouble and friction. This does not arise merely from the fact that the older housekeeper has acquired greater mechanical skill and swiftness, but, what is still more important, she has acquired the habit of forethought and the faculty of organizing. She has learned to carefully and judiciously lay her plans and make her rules and arrangements, so dovetailing the various details of her household work that one task will not conflict with another. For instance, before the fire dies out in the stove, she will carefully reflect over everything that has to be cooked or heated before the next meal, whereas, the inexperienced young housekeeper will perhaps only remember after the morning fire is all out that she wanted an extra kettle of hot water, or she wanted to make a dish of blanc mange, or some other dessert for dinner, early enough to avoid interfering with the cook when the latter sets about getting dinner. I will take this occasion to advise all young housekeepers to make an especial point of keeping any form are supposed to be the appropriate mother's unnecessary anxiety, she knocked on hand a perpetual supply of hot water. vegetable to serve with boiled mutton. and entered. Sure enough, there they were (I am addressing myself, now to country To many, however, the turnip is somewhat at dinner, the wife at the foot of the table, housekeepers who have not a range supply- indigestible, and by others its flavor is ob- waiting to be helped, the husband at the ing them with this article.) Make it a rule | jected to. It is therefore necessary to mix | head, carving—one large apple, all the food that your cook shall always have at least it with other things to tone it down, and I they had! one kettle of hot water on the stove, and potato is the best for this purpose. Mash that she shall always replenish this immedi- | the boiled turnip, and also an equal quanately after pouring out its contents. It is tity of boiled potatoes; mix thoroughly. so little trouble to do this, and it will in- season with salt and pepper, and for each calculably facilitate your domestic routine. portion of the mixture add a piece of but-It is very disirable to keep two kettles, so | ter of the size of a walnut, and milk enough you need never interfere with the kettle of to make it quite soft. Put it into a bakinghot water intended for making tea of coffee. I tin, add a small piece of butter, and bake If you will insist on always having a kettle to a delicate brown. This mixture, comof hot water on the stove, you will so often | bined with egg and bread crumbs, rolled have a sudden and unexpected need for it into shapes, and then fried, is acceptable as that you will be glad you have establis' d | croquettes. this rule. For instance, you will someting want to draw a hasty cup of tea for an ailing friend, or some sudden illness might arise in which every moment of time gained was an object, and then you might find a kettle of water already heated of invaluable service. I have known a housekeeper thrown back an hour by having to wait for hot water after the fire had died out, when, by a little forethought, and by making the rule I have above advised, she would not have had to wait a moment.

A housekeeper should, early in the morning, arrange all her plans for the day and let the cook know the programme. Let her think carefully over everything that needs to be done that day, and try to order and time the various details so that there shall be no hitch nor conflict about them. For instance, if coffee is to be roasted, the best time to have this done is immediately after the cook has taken up dinner. The stove is then nicely heated and just in the right condition for roasting coffee. By setting the cook to do it then, both time and fuel will be saved, and the task will probably be completed by the time you have dined and are ready to give the cook her dinner. This is also a good time for making yeast.

Kitchen Hints.

A great deal is thrown away, even by the poor, that in Europe assists to make good the walls no trace is preserved. On the food. The skin and bones of fish, for example, put again into the liquid in which a fish has been boiled, simmered and strained off, will be as good to use as is much of that sold for gelatine. This may be used as a simple broth. It may be thickened with rice and flavored with onion and pepper; or, with the addition of a little flat fish and suitable spices, it will form a fair fish soup. Taken in any of the ways mentioned, it makes a nourishing meal, while, with a third of milk added, and warmed, it is a very comforting and restoting drink for an | they are first covered with a thick layer of invalid. There is much virtue in despised clay dressing, and then with a wall-dressing fishbones.

beginning to be better known, is Toronto nothing has been preserved of the wall paintscrapple, a compound of fresh pork boiled ings in situ. In the rubbish, however, severto a jelly, seasoned, and thickened with prepared Indian-meal and wheat-flour. This I also found some such at Mykene in 1876." food is considered very healthful, and is bread and meat in one. It is usually fried a light brown, and may be eaten cold. It is excellent for men to carry who have to take their dinner to their work in fields or shops, and may be supplemented by apple-pie, or small house with three little rooms was disapples and gingerbread. To these hints we add a few "old-fashioned" recipes, which place is in the centre (as is always the case), may be found interesting.

teaspoonful salt, fresh butter (a lump size of an egg), stewed pumpkin, mashed very fine, one pint, four tablespoonfuls of molasses. -until the batter is thick. Beat an hour rock. to insure lightness (as no soda is used), finally mix stiff, roll out into a flat cake, and bake in the skillet, before the open fireplace, upon a bed of coals.

CRACKLING BREAD.—One quart sour milk, two eggs, a little lard, one quart cracklings taken from the freshly tried-out lard, and a little salt. Stir in meal until lor. thick enough to pour into skillet, and bake quickly.

PUMPKIN BREAD.—One quart stewed pumpkin run through a fine sieve, one quart buttermilk, one teaspoonful salt, one cup New Orleans molasses, corn-meal enough to make a thick batter. Bake in a Dutch oven slowly all night. In the morning it will be baked thoroughly, and ready for breakfast.

A BIT OF THRIFT.—When apples are frozen, many housekeepers consider them good for nothing. When thawed, pres out the juice of the soft and seemingl. spoiled apple. For apple marmalade bo down a quantity of the frozen liquid an thicken with fresh apples, pared and quartered. Stir until thick and smooth, season with bruised cloves, allspice, and stick cinnamon. Marmalade made in this way is finer flavored than that made from sound apples.

A delicate, clear jelly is made from the juice of frozen apples and two-thirds the quantity of white sugar. Boil until it jellies then pour into glasses.

PUMPKIN MOLASSES.—In olden times, when cellars were scarce, and a wagon load about matters that people generally are not of pumpkins was carelessly left out in the cold (or unavoidally), the frugal wife with her assistants hunted out the big iron kettle, the copper one, and hung the large pot upon the crane. Many hands made short work of cutting and paring the pumpkins ready for the kettles. When boiled soft they under a far greater deception."

were emptied into large tubs, the soft mass cooled and strained, the juice boiled until thick as molasses, when it was pronounced "pumpkin molasses," and fit for use. In early times, when eatables were costly, this was a great saving, and made an excellent substitute for New Orleans molasses, which was considered a luxury. Maple molasses was not much valued in those days; even pumpkin molasses was relished as a change her.

from the maple syrup. TO MAKE LEMON DUMPLINGS .- You must take half a pound of bread-crumbs grated, half a small cup of sugar, quater of a pound of chopped and sifted suet, the juice and grated rind of one large or two small lemons, a saltspoonful of salt, the yolk of one egg, and enough of milk to moisten the ingredients but not reduce them to batter. A cupful is the usual quantity. Mix, and divide into six parts, and tie in six different small cloths which have been first dipped in boiling water. Tie lightly, leaving room for the dumpling to swell, and put into water which boils. Let the dumplings boil gently one hour and a half, then make a lemon sauce for them of a teaspoonful of flour, one tablespoonful of butter, half a cup of sugar, juice and grated rind of a lemon, and large cup of boiling water. Boil all up once, and serve hot in a sauceboat, with dumplings.

Some More Prehistoric Houses.

Dr. Schliemann, accompanied by his wife, has left Athens for a voyage up the Nile as far as the second cataract. He hopes to be able to begin excavations in Crete in the spring, on his return from Egypt.

Originally he had intended resuming his work at Mykene, in the hope of discovering the palace of the Atreidæ. His calculation was that about one hundred laborers would be necessary, during three years, for removing the accumulated debris in the acropolis and in the lower town. However, the Greek Archæological Society resolved upon taking the matter in hand, and has been engaged on the work since June last. Owing to the small number of laborers employed (sixteen) the work has gone on slowly. No gold ornaments have been found except a gold wire in spirais. The surmise that a prehistoric building would come to light has been verified.

On this subject Dr. Schliemann writes to a friend: "A fortnight ago I was at Mykene, and I have convinced myself that on the summit of the rock the foundations of the prehistoric edifice have really been found. But they have afterward been altered and evidently used for a Doric structure probably a temple. The prehistoric building seems to have been the old palace. Of other hand, at the south side below the summit, one-half of a hall and a little room have been brought to light which seem to belong to the old palace—all the more so as in the hall itself one-half of a round hearth, exactly as in Troy and Tiryns, is preserved.

"Of the walls of this hall, and of the little room also a portion still exists. The walls have the same style of building as those of the Tirynthian Palace; that is, they consist of a lower part of quarry stone and clay, and above of sun-bricks; and of lime. This palace has also been destroy-A dish formerly despised, but which is ed by fire; and the heat was so fierce that al pieces of painted wall plastel were found.

No further excavations have been made on the slope of the castle rock. On the lower terrace, where the laborers were afterwards set to work—that is, to the right of Dr. Schliemann's former excavations—a covered. In the largest of these the fireand in good preservation. With the ex-PIE CAKE.—One quart of sour milk, one ception of some fragments of terra cotta vases and idols, no finds dating back to a prehistoric epoch have been made. A Doric capital was found, which seems to belong to Stir in flour-usually coarse, unbolted flour | the later building on the summit of the

ETIQUETTE NOTES.

Say woman or lady, not "female," when speaking of a girl or woman.

Take off your overcoat and overshoes and leave them in the hall before entering a par-

In introductions gentlemen are presented to ladies; young men to older men; young women to older ones.

Do not tilt your chair, sit on it in an easy position, keeping your feet as quiet as possible, also your hands. Both may of course be moved quietly, but not so frequently as to attract notice. Above all, do not lounge or take ungainly attitudes. If you must do this, do it in your own room, where you will annoy no one.

The following are from a very sensible little manual written by a well known literary man, and entitled "Don't": "Don't repeat the scandals and malicious

rumors of the hour." "Don't discuss equivocal people or broach

topics of questionable propriety.' "Don't be witty at another's expense; don't ridicule anyone; don't infringe in any

way the harmony of the company. "Don't be longwinded. When you have a story to tell, do not go into every detail and branch off at every word-be direct. compact, clear, and get to the point as soon as possible.

"Don't cling to one subject; don't talk interested in; don't, in short, be a bore."

HEALTH.

Only an Apple Left.

One morning in the winter of 1878 a Christian lady, who had often distributed to the necessities of saints, sat alone in the room, All Druggists, 50 cents. where advanced age and the beginning of what proved to be her last illness confined

Roused from her meditation by the entrance of her daughter, she said: "My dear, old Mr. and Mrs. W. have been on my mind all night. I hear they were not a church on Sunday. I know that they are poor ; they may be sick and in want. wish you would take a basket, call a cab drive to the market, buy a good supply of provisions, and take it to them." Here she gave the address, and as her daughter was leaving the room, she added, handing her a thick flannel skirt, "Perhaps you would do well to take this, too; the weather is cold and Mrs. W. may need it."

The younger lady went. The provisions were bought, and at the head of the third flight of stairs in the tenement house to which she had been directed, she stopped short. Through the thin door she could hear Mr. W.'s voice asking a blessing upon the food before him.

At the conclusion of the grace, and smil- mings. MIXED TURNIP AND POTATO. -Turnips in | ing at what she now believed to be her

> forth her kindly stores, and while a comfort able meal was being prepared, she listened to their thanks, and heard from uncomplain- Street West, Toronto, Canada. ing lips their pitiful story—how they earned a precarious living as clear starches; how the husband had been attacked by rheumatism, and the wife by a felon; how, though utterly destitute, they had poured out before their God all their troubles; and how they had surely believed that He would send some one to help them.

This excerpt presents all the usual accom paniments of society as it is usually found . "A Christian lady" in her "last illness benevolently inclined, and accustomed to look after the poor. 2. Sends her daughter to the "market to buy a good supply of provisions," and take it to the old and indigent couple. 3. "The husband has rheumatism, and the wife a felon."

These conditions are in the strictest harmony with what is expected, and does happen in all grades of society as it is now constituted. These improper foods, illnesses and deaths, are the result of a lack of a proper understanding of the laws of health. The superabundant carbonaceous substances in the shape of animal fats, sugary preparations, starch and fine flour, cake and bread supplies, all of which are devitalized by the cooking process, causes the blood to become thick and dark, clogging up the capillaries, superinducing inflammations and abnormal strictures. Our green-grocer supplies are only once elaborated in the process of growth and are consequently insufficiently vitalized to supply such human tissue as God has made ample provision for; and upon the basis of which He, by implication, promised our first parents an exemption from a phys-

The proper human food supply is designated in Gen. 1:29, and consists of ripe uncooked fruits and grains. These should be eaten in very great moderation, and not oftener than twice a day.

Usually, if fruit is eaten, it is eaten after more than enough of other and much less valuable tissue-building food has been taken. Under such circumstances, it is impossible to have the processes of vitalization by steeping in the vital fluids, and oxydation by breathing imparted to the blood.

A proper understanding of God's laws leads irresistibly to the conclusion that ample provision has been made for the daily reparation of the used up tissues with as good material as was used the previous day. If this high standard of excellence is strictly | PATENT TEMPERED STEEL BOB - SLEICHS. maintained, it is clear that sickness, old

age, dicrepitude and death can be avoided. This is not immortality; but it is "incorruptibility," the contention for which the Saviour always contended.

This story of an aged lady, charitably disposed, with ample means, is ill with what proves to be her last illness, instructs her daughter to go the market, buy a supply of food and take it to an aged couple of whom she had been thinking during the night. On her arrival she found the husband suffering from rheumatism, and the old lady with a felon, the three cases of illness being the result of the use of such food as is usually | GUELPH, Canada. used,-suggested the foregoing thoughts, which are held by the writer as a result of 30 years carefully devoted to the study of the human system and its legitimate require-

How to Take a Bath.

There is a right and a wrong way of taking a bath. The wrong way may result in evil, but the proper mode of bathing is sure to bring benefit. A separate bath-tub is not essential in taking a good sponging. For healthy persons, who are accustomed to a daily bath, cold water would be best on account of its invigorating influences. Those, who can take a bath only once a week, had better use warm or tepid water, as it cleanses the body more thoroughly. In using warm water caution should be taken, to avoid contracting colds. The best way is to sponge the body with cold water immediately after the warm has been applied; have a coarse crash towel at hand and rub the body thoroughly until a flush and glow appears all over the surface.

A warm bath should not be taken in a cold room. It is well to have the temperature of the water correspond somewhat with that of the room. If the bather has no tub, but merely uses the sponge and bowl, great care should be taken to avoid exposing much of one's person at a time. Beginning at the head, sponge but a portion of the body at a time; rub and dry the moistened part, and continue this plan until the bath completed. Especially do we advise this method, when the combined, warm and cold bath is taken. We would lay some stress on the advantage of using cold water. It is much superior as a guard against cold. Weakly or invalid people should be warned, however, against using cold water if their system is not vigorous or robust enough to withstand its sudden influence. If it gives "He who imagines he can do without the a shock to the system, the bather must deworld deceives himself much; but he who sist at once. But if a pleasurable feeling is fancies the world cannot do without him is experienced and a glowing sensation follows, it is always the sign of a healthful and suc-

cessful bath; no fear of taking cold need then be entertained.

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Mr. Hal Dulaney, of Fauquier County Virginia, enjoys the reputation of being the richest man in the South, and is about to marry a Scotch girl of noble family. He is twenty-four years old, and has an annual income of \$200,000. The prospective bride is an untitled cousin of the Duke of Argyll.

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are contagious, or that they are due to the presence Glasgow and Montreal, weekly, Glasgow and Boston. of living parasites in the lining membrane of the nose | weekly; and Glasgow and Philadelphia, fortnightly and sustachian tubes. Microscopic research, however, For Freight, passage, or other information apply to has proved this to be a fact, and the result is that a A. Schumacher & Co., Baltimore; S. Cunard & Co., simple remedy has been formulated whereby catarrh, Halifax; Shea & Co., St. John's N. F., Wm. Thomson With tears in her eyes, the lady drew catarrhal deafness and hay fever are cured in from & Co., St. John, N. B.; Allan & Co., Chicago; Love & one to three simple applications made at home. A Alden, New York; H. Bourlier, Toronto; Allans Rae pamphlet explaining this new treatment is sent free & Co., Quebec; Wm. Brockie, Philadelphia; H. A. on receipt of stamp by A. H. Dixon & Son, 308 [King | Allan Portland, Boston Montreal

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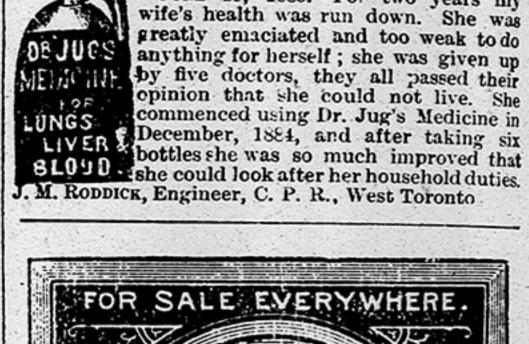
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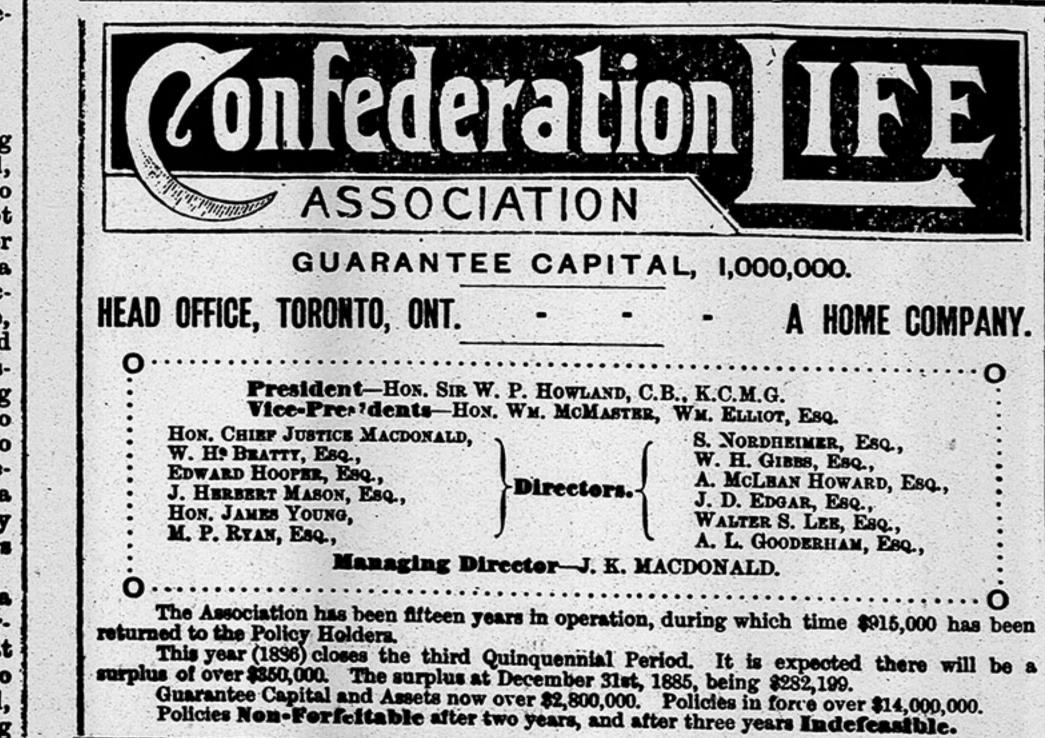




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