

HOUSEHOLD.

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.

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 or conflict about them.

Kitchen Hints.

A great deal is thrown away, even by the poor, that in Europe assists to make good 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.

A dish formerly despised, but which is beginning to be better known, is Toronto scrapple, a compound of fresh pork boiled to a jelly, seasoned, and thickened with prepared Indian-meal and wheat-flour.

PIE CAKE.—One quart of sour milk, one teaspoonful salt, fresh butter (a lump size of an egg), stewed pumpkin, mashed very fine, one pint, four tablespoonfuls of molasses.

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.

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.

A BIT OF THRIFT.—When apples are frozen, many housekeepers consider them good for nothing. When thawed, press out the juice of the soft and seemingly spoiled apple.

PUMPKIN MOLASSES.—In olden times, when cellars were scarce, and a wagon-load of pumpkins was carelessly left out in the cold (or unavailably), the frugal wife with her assistants hunted out the big iron kettle, the copper one, and hung the large pot upon the crane.

He who imagines he can do without the world deceives himself much; but he who fancyes the world cannot do without him is 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.

TO MAKE LEMON DUMPLINGS.—You must take half a pound of bread-crumbs grated, half a small cup of sugar, quarter 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 a batter.

MIXED TURNIP AND POTATO.—Turnips in any form are supposed to be the appropriate vegetable to serve with boiled mutton. To many, however, the turnip is somewhat indigestible, and by others its flavor is objected to.

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.

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.

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.

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 parlor.

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.

Do not repeat the scandals and malicious rumors of the hour. Do not discuss equivocal people or broach topics of questionable propriety.

Do not be witty at another's expense; don't ridicule anyone; don't infringe in any way the harmony of the company.

Do not 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.

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, where advanced age and the beginning of what proved to be her last illness confined her.

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 at church on Sunday. I know that they are poor; they may be sick and in want.

At the conclusion of the grace, and smiling at what she now believed to be her mother's unnecessary anxiety, she knocked and entered. Sure enough, there they were at dinner, the wife at the foot of the table, waiting to be helped, the husband at the head, carving—one large apple, all the food they had!

With tears in her eyes, the lady drew forth her kindly stores, and while a comfortable meal was being prepared, she listened to their thanks, and heard from uncomplaining lips their pitiful story—how they earned a precarious living as clear starchers; 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 accompaniments of society as it is usually found: 1. "A Christian lady" in her "last illness" benevolently inclined, and accustomed to look after the poor.

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.

A proper understanding of God's laws leads irresistibly to the conclusion that ample provision has been made for the daily repairment of the used up tissues with as good material as was used the previous day.

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 to the market, buy a supply of food and take it to an aged couple of whom she had been thinking during the night.

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 spongeing.

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 bath 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.

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

Whenever your Stomach or Bowels get out of order, causing BILIOUSNESS, DYSPEPSIA, OR INDIGESTION, and their attendant evils, take at once a dose of Dr. Carson's Stomach Bitters.

Ribbon remains in favor for trimming dresses, and is used for sashes, belts, bows and loops.

YOUNG MEN suffering from the effects of early evil habits, the result of ignorance and folly, who find themselves weak, nervous and exhausted; also MIDDLE-AGED and OLD MEN who are broken down from the effects of abuse or over-work, and in advanced life feel the consequences of youthful excess, send for and read M. V. LUBON'S Treatise on Diseases of Men.

Mr. Hal Dunlany, 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.

People who are subject to bad breath, foul coated tongue, or any disorder of the Stomach, can at once be relieved by using Dr. Carson's Stomach Bitters, the old and tried remedy. Ask your Druggist.

Great variety is observed in the weaves of new Titan and giant birds for dress trimmings.

Catarrh, Catarrhal Deafness and Hay Fever.

Sufferers are not generally aware that these diseases are contagious, or that they are due to the presence of living parasites in the lining membrane of the nose and eustachian tubes. Microscopic research, however, has proved this to be a fact, and the result is that a simple remedy has been formulated whereby catarrh, catarrhal deafness and hay fever are cured in from one to three simple applications made at home.

THE INDUSTRIAL UNION OF B. N. A.—Incorporated 1884. Effects Assurances for Sickness, Accident and Death; also endowments. Agents, Canvasers and Collectors Wanted. Apply, WILLIAM JONES, Secretary, 45 Arcade, Toronto.

SONGS 100 new and popular songs sent free to all who send 4 cents to pay postage. 100 pieces choice music Gc. Catalogue free. P. O. VICKERY, Augusta, Maine.

100,000 SHEETS OF 5 & 10c. MUSIC; 30,000 Plays, Brass Insts., 'Viols', 'Flutes', 'Fifes', and Musical Inst. Trimmings, at reduced prices. R. B. BUTLAND, 37 King-st. W., Toronto.

BUSINESS EDUCATION. Canadian Business University and Shorthand Institute, Public Library Building, Toronto. 437 Illustrated Circulars Free. THOMAS BENOUGH, CHARLES H. BROOKS, Sec'y and Manager.

BABY'S BIRTHDAY. A Beautiful Imported Birthday Card sent to any lady whose mother will send us the names of two or more other babies, and their parents' addresses. Also a handsome Diamond Birth Day Card to the mother and much valuable information. Wells, Richardson & Co., Montreal.

MERIDEN BRITANNIA CO. MANUFACTURE ONLY FINEST Silver Plated Ware. Artistic Designs, combined with Unequalled Durability and Finish. HAMILTON, ONT.

CONSUMPTION. I have a positive remedy for the above disease; by its use thousands of cases of the worst kind as of long standing have been cured. I send, on receipt of my card in the enclosure, that will I send you a BOTTLE FREE, together with a VALUABLE TREATISE on this disease to any sufferer. Give address and P. O. address. DR. T. A. STODOLSKY. Branch Office, 37 Yonge St., Toronto.

ARMSTRONG'S PATENT TEMPERED STEEL BOB-SLEIGHS. Made in two sizes, carrying from 500 to 2,500 lbs. Light, Neat, Strong, and very Durable. Will stand by actual test 300 per cent. over raw steel, and the runners wear six times longer, and being spring tempered, do not drag or grip, drawing fully one-half easier on bare ground. Prices are RIGHT, and orders should be placed AT ONCE to secure delivery this season, as our entire supply is being rapidly taken up. Just the thing for delivery sleighs, carryalls, demoras, etc. Send for circular with full particulars, and ask your carriage makers for these goods. J. E. ARMSTRONG MFG CO. (LD.), GUELPH, CANADA.

Confederation LIFE ASSOCIATION. GUARANTEE CAPITAL, 1,000,000. HEAD OFFICE, TORONTO, ONT. A HOME COMPANY. President—HON. SIR W. P. HOWLAND, C.B., K.C.M.G. Vice-Presidents—HON. WM. MCMASTER, WM. ELLIOT, ESQ.

FARMERS & THRESHERS, USE ON YOUR MACHINERY ONLY THE WELL-KNOWN Peerless Oil. NINE GOLD MEDALS. AXLE GREASE, for your Wagons and Horse Plovers. Manufactured at QUEEN CITY OIL WORKS by SAMUEL ROGERS & CO., TORONTO.

SNOW DRIFT THE FAVORITE! THERE IS NO BETTER BAKING POWDER. The Snow Drift Baking Powder Co., Frantford, Ont.

SAUSAGE CASINGS. New shipment from England, Ex-Steamsip "Norwegian." Lowest prices to the trade. We are sole agents in Canada for McBride's Celebrated Sheep Casings. Write for quotations. JAMES PARK & SON Toronto.

R. SPENCE & CO. Consumers will find it to their advantage to ask the trade for our make of Files and Rasp. Re-Cutting a Specialty. Send for price list and terms. HAMILTON - ONT.

Allan Line Royal Mail Steamships. Sailing during winter from Port and every Monday and Halifax every Saturday to Liverpool, and in summer from Quebec every Saturday to Liverpool, calling at Londonderry to land mails and passengers for Scotland and Ireland. Also from Baltimore via Halifax and St. John's N. F. to Liverpool fortnightly during summer months.

ASSESSMENT SYSTEM The Mutual Reserve Fund LIFE ASSOCIATION. The largest and most prosperous open Assessment Association in the world, desired active representatives in every section of Canada. Liberal inducements. It has full Government deposit, and under the supervision of Insurance Department at Ottawa. Correspondence solicited. Address, J. D. WELLS, General Manager, 65 King Street East, Toronto.

JUG'S MEDICINE FOR LUNGS, LIVER, BLOOD. JUNE 19, 1885.—For two years my wife's health was run down. She was greatly emaciated and too weak to do anything for herself; she was given up by five doctors, they all passed their opinion that she could not live. She commenced using Dr. Jug's Medicine in December, 1884, and after taking six bottles she was so much improved that she could look after her household duties. J. M. KODICK, Engineer, C. P. R., West Toronto.

SILVER CREAM BAKING POWDER. ABSOLUTELY PURE. FOR SALE EVERYWHERE.

The National Electro-Stereotype Co. 23 ADELAIDE ST. E., TORONTO. All classes of fine work. Mfrs. of Printers' Leads, Slugs and Metal Furniture. Send for prices.

J. L. JONES WOOD ENGRAVER. 10 KING ST. EAST, TORONTO.

I CURE FITS! When I say cure I do not mean merely to stop them for a time and then have them return again. I mean a radical cure. I have made the disease of FITS, EPILEPSY or FALLING SICKNESS a life-long study. I warrant my remedy to cure the worst cases. Because others have failed to do so to cure the worst cases. Send at once for a treatise and a Free Bottle of my infallible remedy. Give Express and Post Office address, and I will send you a trial, and I will cure you. Address DR. H. O. HOOT, GUELPH, CANADA. Branch Office, 37 Yonge St., Toronto.

Confederation LIFE ASSOCIATION. GUARANTEE CAPITAL, 1,000,000. HEAD OFFICE, TORONTO, ONT. A HOME COMPANY. President—HON. SIR W. P. HOWLAND, C.B., K.C.M.G. Vice-Presidents—HON. WM. MCMASTER, WM. ELLIOT, ESQ. Directors: HON. CHIEF JUSTICE MACDONALD, W. H. BRATT, ESQ., EDWARD HOOPER, ESQ., J. HERBERT MASON, ESQ., HON. JAMES YOUNG, M. P. RYAN, ESQ., S. NORDHEIMER, ESQ., W. H. GIBBS, ESQ., A. MCLRAN HOWARD, ESQ., J. D. EDGAR, ESQ., WALTER S. LEE, ESQ., A. L. GODDERHAM, ESQ., Managing Director—J. K. MACDONALD. The Association has been fifteen years in operation, during which time \$915,000 has been returned to the Policy Holders. This year (1890) closes the third Quinquennial Period. It is expected there will be a surplus of over \$200,000. The surplus at December 31st, 1889, being \$282,109. Guarantee Capital and Assets now over \$2,500,000. Policies in force over \$14,000,000. Policies Non-Forefeitable after two years, and after three years Indefeasible.