phole calendar housekeeper ng day, with it ng so much had his dread is no he housewife do elt equally in the the need of ore. ially satisfactory hat same general

acomitant in ere ies. From early ll of night, there atmosphere, acap suds, a damp eral sense of in. ad of the house in the children are is cross, and the pick up," is serv. ligation rendered ior under aggraindeed they are! endures, knowing tmosphere will be ne and everything more cheerful in.

is not the only sees of washing by blished methods; table, and I might the early break. person on whom taking into con. sudden changes caming hot kitchen ry out-door air to ne of rubbing, rub h board for hours onstant inhaling of ternate soaking of ot water and cold red that even the es out?

ange to me that the ng from inventive so largely on the lotted to men. Is dier to appreciate, opt these improve. result of so much n the part of man! e efficiency of these many millions of arming interests of ing of the saving of rmerly plodded his low drawn by oxen, s they, he now may ed seat driving his h the improved macessary labor. And process connected and weeding, cul-

man is helped, households the woe simple and crude s. I say majority for there are houseis allowed to do its es and daughters as household, in strikholds where matters

shioned principles; hope the day of encoming. In this and wife, clearople, are quick to it. Consequently, c operations, aided levices, go on as by remarkable is the dread and litter, et and agreeable on in the week.

Notes. es away as soon as

cake box. ould never be put he oven with cake

seldem scorch.

soup until you are

t will stop the riscas well as inside, rinse in clear hot

a day crash towel. ed in clean, hot, l freely with minop them as bright

cake box will keep noist for a great mies are renewed

e into hot grease, ss. Have always r turning meat or

by use, may be hem remain about a-water, then rub-

iron cloth.

ttles on the stove r the purpose of ay be adhered to fiect. Put plenty keep them away

ticles dyed with exposure to light, er being sponged mmercial chloropose very, well, he purified.

SHED.-The cleanshed floors have hey are simply with a large ked in kerosene eks. Shake the with a rubbing rapidly up and them). After l assume a polt easily defaced

"Darling I am ession so pert procrastinating

ato lady, "John to me!" "I s ago ?" "We t with the all

ike better than Brannigan in th the three " it's lemon lge."

HEALTH.

The Sick Room.

terns in the same color as the ground, only a above all things. trifle deeper in shade, that will answer the colors on the wall.

ventilation; this can be secured by a window opposite a doorway, there being no objection to a temporary draught, provided the patient is well covered and protected from chill of the surface, the writer having seen the room of a paying patient in one of the finest hospitals in New York thus ventilated. A tall three-fold screen is a useful addition to sick room furnishing, to place around the bed during the process of airing the room, also to stand around the sick chair when occasion demands it. At the windows should be thick opaque shades of a soft dark olive color to exclude too great a glare of sunshine, especially when sleep is desirable, the outside or inner blinds to be drawn to if the shades do not darken sufficiently.

A low table with a leaf that can come over the bed is suggested for use in early convalescence, when the patient must still take meals in bed; also one or two low, easy chairs for the watchers who are sometimes needed to sit up through the night.

A painted floor that can be easily cleaned by wiping off with cloths is preferable to any carpet, but to insure quiet, there may be laid down one or two strips, say near the bed and running across to the closet or table where the medicines may be kept. An attendant upon the sick should also insure quiet by wearing list or felt slippers.

An important subject also is that of lighting and warming the sick room. On no account burn a gas jet where it will annoy the patient by its flame, have the light whether of gas or lamp come from a wall bracket over the table where the medicines stand, and keep that, too, out of sight of the pa-

An open grate fire will be the best means of heating the room, and if this cannot be attained, and a stove must be used, let it be one of the old-fashioned open grate style, which is the next best mode of heating to

the chimney grate. The room need not necessarily be bare of ornament, but it must be frée from ornament that would be a trouble and weariness to the eye. A few engravings of pleasant subjects, for example, heads or full length tigures framed in oak are desirable; also a potted plant or two of freshly green foliage, say a rose geranium in a clean red pot, standing on a window shelf where the sunshine may emphasize its beauty, and a glass of bulbs throwing up their bright green blades to the sun; these will be interesting and cheering.

The remaining necessities for the sick room. such as a soft hair mattress on springs, a rubber sheet, and light but warm coverings, a nightingale to throw over the sick one's shoulders, and other articles, need not now be enumerated, as almost every one is familiar with the ordinary requisites. I remains to be that the air of the room must be made wholesome by systematic ventilation, the patient at such times being enveloped with coverings and screened from the ironclads. draught.

Health Hints.

Tea that stands a long time steeping, and tea that boils, develops tannic acid, and is consequently powerfully astringent. and unwholesome.

To prevent the usual discoloration attending a bruise, apply a cloth wrung out of very hot water, and renew frequently until the

pain ceases. It is said that the worst case of toothache or neuralgia coming from the teeth may be cured speedily and delightfully by the ap-

plication of a bit of clean cotton saturated in a solution of ammonia. Barley water makes a refreshing drink for feverish patients. Put a large teaspoonful of well-washed pearl barley into a pitcher; pour over it boiling water, cover it and

let it remain till cold; then drain off the water, add the juice of a lemon, and sugar to the taste. Fresh hot bread made with yeast is a must unwholesome and even dangerous food for the weakly and dyspeptic. It becomes

a doughy, insoluble mass in even the healthiest stomoch and cannot be permeated by the gastric fluid, and then passes in this state into the intestines.

Baked milk is said to be good for consumptives and invalids, and is prepared as follows: Put half a gallon of milk in a jar stand in a moderate oven for eight or ten hours, when it will be found to have the consistence of cream.

"Cooked Gluten' is an invaluable breakfast dish for nervous dyspeptics with irritable stomachs. It is a steam cooked preparation of the most life-sustaining element of wheat, rich in nitrates and phosphates. It needs no cooking, but simply to be stirred in boiling water or milk. It is eaten with milk simply seasoned with a little

Flaxseed lemonade is excellent in the er his universe." commencement of a cold, and is made as follows: Steep three hours in a covered pitcher four teaspoonfuls of flaxseed in a quert of boiling water, to which is added If it proves too thick for drinking, stir in your family, Mr. Browne?" cold water with the lemon juice and sugar.

A good bath for aching and inflamed feet is made by putting one pint of wheat bran and one ounce of saleratus into a foot bath adding one gallon of hot water. As soon as the water has cooled enough for the feet to bear it, put them in and soak them for about fifteen minutes, and the relief will be almost immediate. Repeat every night for a week.

Steam heat would be excellent did and take none other.

it not, by its excessive dryness, frequently produce unpleasant headaches.

Much ill health may be avoided by paying attention to little things. Every man, The sick room, if possible, should be woman and child should be careful to go large, high ceiled and tinted or papered in a well wrapped up in the damp weather inlarge, high color, such as olive, drab, sage soft uniform color, such as olive, drab, sage pending. Overshoes are an article that though unpleasant to wear, are indispending. green or dan specially if not too light, but of ble in wet weather. The ears and neck medium depth of shade. There are dnex- should be well protected, and heavy clothing pensive wall papers with unobtrusive pat- worn next to the skin. Avoid taking cold

Dandruff is a common complaint of late, purpose delightfully, especially in the colors and one that it seems troublesome to eradipurpose deling also should be tinted cate. The mixture given below has been in a shade of the same quiet color as the known to remove the persistent trouble wall, as nothing is more distressing to the when other means have failed: Take oneeves of an invalid than the glare of a dead half ounce of carbonate of potash, and one white ceiling or an intricate pattern of many ounce of alcohol; add sufficient water to bring the mixture up to eight ounces, and There should be ample convenience for use a little at a time, rubbing well into the scalp until it forms a lather.

At this time of year chilblains begin to trouble nearly all who have to be out of doors, the poor children especially suffering torments from the burning itching sensations. Keep a cloth over the frost bite saturated with a mixture of one drachm of laudanum, one drachm of spirits of rosemary and one ounce of diluted lead water. The unpleasant sensations soon disappear under the influence of this simple remedy.

Signs of the Tongue.

The tongue is the indicator of the system. A white coated tongue indicates febrile disturbance; a brown, moist tongue indicates Empire, disordered digestion; a brown, dry tongue indicates depressed vitality, as in typhoid conditions and blood poisoning; a red, moist tongue indicates debility, as from exhausting discharges; a red, dry tongue indicates pyrexia, or any inflammatory fever; a "strawberry" tongue, with prominent papillæ, indicates scarlet fever or 'rothelm ; a red, glazed tongue indicates debility, with want of assimilative power of digestion; a tremulous, flabby tongue indicates delirium tremens; hesitancy in protruding the tongue indicates concussion of the brain; protrusion at one side indicates paralysis of the muscles on that side.

In Case of War.

119-ton Krupp at an elevation of 45 degrees | 47 Wellington St. East, Toronto Canada. has a range of 10.184 miles, and at 35 degrees elevation of 9.779 miles. The 110-ton Armstrong has, with an elevation of 45 degrees, a range of 10.331 miles, and of 9.929 miles with an elevation of 35 degrees. The new 63-ton Woolwich gun, with an elevation | the old and tried remedy. Ask your Druggist. of 45 degrees, has a range of 10.404 miles, and at 35 degrees 10.003. At 20 degrees elevation the same gun carries a shot eight miles. Either of these guns with an elevation of 35 degrees could send a shot from deep water off Coney Island right into the navy yard. The 19-ton wire guns which a still greater range than the 63-ton guns, and with an elevation of 20 degrees could propably send a 400-pound shell a distance of ten miles." The point at which ships would lie off Coney Island would be six miles from Fort Hamilton and at least three miles from Fort Hamilton and at least three miles from any army point where a land battery could be erected. The Eagle, therefore, now the foolish virgins are too free with the wants the Government either to take the navy yard away from Brooklyn, or to build ships capable of driving away an enemy's

WILKINS' STAR PROVERBS.

Song is prayer on the wing. Prejudice is charity's greatest toe.

It is a wise tramp who eats his own pap. The child of slander is never born tooth-

In selecting a wife, choose one that will

Infancy is the preface of man, old age the

Tears sprinkled across life's highway, set tle the dust of sorrow.

Many act as if they believed the horn of plenty was a glass of whisky. Men seldom conceal their virtues, nor do

their faults conceal them. A train of pure thought will only run on the track of a well-graded mind.

The man who never committed a folly never appreciated wisdom.

Nature never builded so perfect, but that Fashion tried to improve her work. Men often rise so high on the wave of

success, as to lose sight of earthly joys. What people often denominate a sea of trouble, is frequently a notion of dyspeptic

Tired Lives.

"There are persons who get a fixed and and tie it down with writing paper. Let it permanent feeling of tiredness of life. And so they ought," says Dr. J. Clifford. "They live for themselves-exist to gratify their sensual selves. They are an animated frivolity, an empty and irritating giggle, capable of little more than vacuous mirth, of loving blue china, of going to the races, or UELPH Business College, Guelph, Ont. ceaselessly spinning round on the whirligig of fashion. Their own essential littleness is the cause of their weariness; their frivolity | tical instruction, and the efficiency and success of its is the mother of their exhaustion. 'Man, said the ancient, 'is the measure of the universe; 'therefore the less the man, the less his universe—the greater the man, the great-

Aggravating Enough.

Miss Doolittle (who is deaf, but won't the juice of two lemons and sugar to taste. acknowledge it to Mr. Browne): "How is

Mr. Browne: All quite well, thank you, with the exception of my wife. She was out in the rain the other day, and got quite wet; the result was a severe cold on her lungs, which we feared would end in congestion, but she is convalescent now. Miss Doolittle: Indeed! So glad. And how is Mrs. Browne?

The Rebellion

Many housekeepers object to the open In the North-West has been suppressed and grate fire that imparts such a cheerful air to our citizens can now devote reasonable atthe sitting room on a wintry night, on the tention to their corns. The only sure, safe, score of dust and coal dirt. Nevertheless, and painless remedy is Putnam's Painless a grate fire is one of the healthiest means of Corn Extractor. It never fails; never heating a room, and, introducing a free circulation of air, keeps the room well venti- discomfort. See that you get "Putnam's,

STATISTICS.

nted that in Scotland in every 75 of the population is a fisherman; the Isle of Man, I in 19; in Ireland, I is

The importation of Madeira wine, which was 750,000 gallons in the year 1819, fell to little over 100,000 gallons in 1885, when population of England had nearly doubled.

There are now remaining only 131,952 Redmen throughout the whole of the Dominion of Canada. Of this number 33,959 belong to the tribes of the North-West Territories. A large proportion of the Indians in the eastern provinces are more or less

The number of Irish-born persons in the United Kingdom in the year 1886 has been estimated by the Irish Registrar-General at 5,589,252. The number of those in Great Britain is estimated at 784,519. The rate of increase in the latter—that is to say, the Irish emigration to Great Britain—is about 680 per annum.

The collective aggregate of the Army and Navy estimates of Europe's five Great Powers amounted in 1885 to £150,000,000. At the head of the list stood Russia, with £47,-000,000 charged to her credit, while France stood second with £34,000,000. Great Britain came next with £32,000,000, for which she got a much smaller return than an expenditure £23,000,000 conferred upon Germany and of £14,000,000 upon the Austrian

The consumption of paper and the volume of its manufacture are sometimes taken as standards of civilization. The United States has 884 paper-mills and 1,106 papermachines; Germany has 809 mills and 891 machines; France, 420 mills and 425 m-chines; England, 361 mills, 541 machines Scotland, 69 mills, 98 machines; Ireland, 13 mills, 13 machines; Russia, 133 mills, 137 machines; and Austria, 220 mills, 270 machines. The average annual production of paper in all countries is estimated at 2,800,-

Heart Disease,

The symptoms of which are "Faint spells, purple lips, numbness, palpitation, skip beats, hot flashes, rush of blood to the head, The Brooklyn Eagle has been studying dull pain in the heart with beats, strong, rathe possible effects of a bombardment in pid and irregular. The second heart beat case of war between Great Britain and the quicker than the first, pain about the breast United States. The following facts which it bone, &c." Can be cured "in many of the gives concerning the ranges of the great guns first stages." Send 6c. in stamps for pamphlet BEST IN THE MARKET. of the present day are interesting:—"The | and full particulars. Address M. V. LUBON,

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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 the new British belted cruisers carry have 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

Formerly the foolish virgins had no oil

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der, causing Biliousness. Dyspepsia, or Indigestion, and their attendant evils, take at once a dose of Dr. Carson's Stomach Bitters. Best family medicine. All Druggists, 50 cents. He-" Would you like to go to the opera

to-night?" She-"Indeed I would, but I haven't any clothes." He-"Oh, that won't matter nowadays."

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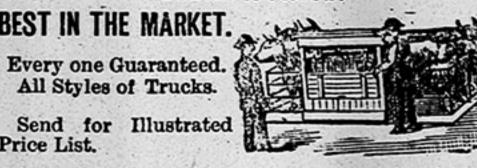
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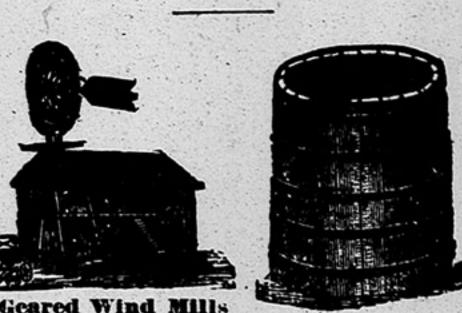


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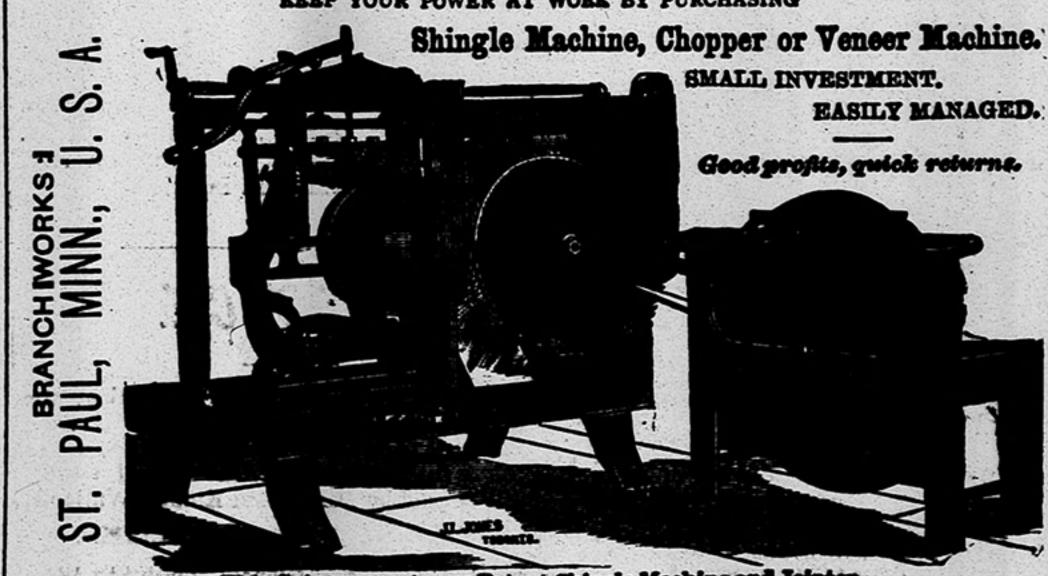
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