Hood's
Hood's
Hood's
Hood's
Sarsaparilla

Sold by all druggists. $1; six for $5. Prepared only by C. I. HOOD & CO., Apothecaries, Lowell, Mass.

100 Doses One Dollar

Helpful Ailments.

In England gout is a very prevalent and painful disease. In this country it is less common. Our climate inclines us to excessive mental activity. As a result of this the brain appropriates nervous force at the expense of the digestive system, and so disposes us to dyspepsia; but dyspepsia compels its victims in spite of themselves, to indulge somewhat sparingly in rich food, in the too free eating of which gout originates.

Of the two diseases, dyspepsia is to be preferred. It seldom interferes with the day's work, and, except in very obstinate cases, is almost certain to be relieved by proper diet and exercise.

Sick headache may often be counted in the class of helpful ailments, though it is a "bitter pill." There are two forms of it; one has its primary source in the brain, the other in the stomach. In both cases there is commonly some hereditary tendency to the disease, but the exciting cause is overwork; of the brain in one case; of the stomach in the other.

The headaches necessitate occasional rest while the dread of them acts as a constant check upon the tendencies which might otherwise result in grave harm. Indeed, attention to diet, with a little letting-down of the average cerebral activity, professional, business or domestic, will generally insure a comparative immunity from attack.

Acute rheumatism often gives rise to permanent heart trouble. Chronic rheumatism on the contrary, may be healthful in cases of heart disease.

For instance, enlargement of the heart tends to increase until it reaches the dangerous limit. The patient's safety depends largely on his training himself to such habits as reduce strain on the heart, and rheumatic joints in the lower limbs are an admirable aid in this respect. The former rapid movements cease. A fatal running to meet the cars or the ferryboat is out of the question.

The rheumatism is an uncomfortable companion, no doubt, but it may help to a long life—a decade or more, perhaps beyond the three score and ten.

When to Stop.

Everything in this world of ours has its limits; time, place, opportunity, human power, life itself, all come to an end. One of the great arts of living well and successfully is to understand these limits and to adapt ourselves to them. For the want of this many excellent schemes come to naught, many worthy people fail in their efforts, much strength and energy and talent are wasted. Every one realises the importance of making a beginning, but few appreciate that there is an equal importance in making an end. How and when to do this is deserving of much more thought and care than is usually bestowed upon it.

"August Flower"

Biliousness, Constipation, Stomach Pains.

"I have been afflicted with biliousness and constipation for fifteen years; first one and then another preparation was suggested to me and tried but to no purpose. At last a friend recommended August Flower. I took it according to directions and its effects were wonderful, relieving me of those disagreeable stomach pains which I had been troubled with so long. Words cannot describe the admiration in which I hold your August Flower—it has given me a new lease of life, which before was a burden. Such a medicine is a benefaction to humanity, and its good qualities and wonderful merits should be made known to everyone suffering with dyspepsia or biliousness Jesse Barker, Printer, Humboldt, Kansas.

G. G. GREEN, Sole Man'fr, Woodbury, N.J.

Defining a Kiss.

Several weeks ago London *Tid-Bits* offered a prize of two guineas for the best definition of a kiss. Something like 7,000 persons tried to win it, but the prize went to Benjamin J. Greenwood of Tulse Hill, London, who said a kiss was: "An insipid and tasteless morsel, which becomes delicious and delectable in proportion as it is flavored with love." Among other definitions were the following:

"What the chimney-sweeper imprinted on the rosy lips of the scullery-maid when she told him she favored his soot."

"A telegram to the heart in which the operator uses the 'sounding' system."

"Something rather dangerous,
Something rather nice,
Something rather wicked,
Though it can't be called a vice.
Some think it naughty,
Others think it wrong,
All agree it's jolly,
Though it doesn't last long."

"What the child receives free, what the young man steals, and what the old man buys."

"Contraction of the mouth due to enlargement of the heart."

"Woman's passport to her husband's purse, and a man's passport to a woman's heart."

"A lip salve often tried as a specific in affections of the heart."

"The poorest mother's richest gift."

"A demonstration of love which will dry the baby's tears, thrill the maiden's heart, and soothe the ruffled feelings of a tired wife."

On the whole, it would be difficult to find fault with any of these definitions. What do the dictionaries say? Well, Worcester says a kiss is "a salute by kissing or by joining lips;" Webster says: "A salute made by touching with the lips pressed closely together and suddenly parting them; a smack; a buss;" and the "Century Dictionary" says: "A salute or caress given by smacking the lips." These standard definitions are not so satisfactory as some we have quoted, and two of them are incorrect, for there are a great many kisses where there are no smacks, eh, girls?

Abominable Algernon.

Mrs. Newwed—Algernon, what did you mean by telling father that my biscuits were like tennis balls?

Algernon—I meant that they were light and springy.

Mrs. Newwed—Algernon, you mean thing, you didn't; you meant they were tough and rubbery and—boo—hoo.

ARAB SLAVE CATCHERS.

The Traffic in Human Chattels Still Carried on in Africa.

G. Bronchi, late U. S. Consul-General at Zanzibar, who has arrived home, has had some curious experiences and seen many strange things during his stay in Africa. The other day he gave a running account of the African slave traffic as it is now carried on at and near Zanzibar, and the devices of the Arab slave catchers, and the efforts of the dhows to run the blockade and land their human freight. One curious thing which he recounted was that, aside from the Arabs, those interested in the traffic were almost invariably negroes. They are engaged in perpetuating the slavery of their own race.

"Their Arab captors," said he, "are at almost constant war with bands of negroes in the interior, and for every slave that is captured and sold into slavery thirty or forty die. Some of them perish in the attack, others through privation while being transferred from the interior to the coast where they can be shipped, and others while on the dhows.

"They are consequently the same type of full-blooded colored people you see in the United States. They are as black as it is possible for people to be.

The Arabs who go hunting for them penetrate hundreds and hundreds of miles in the interior. Most of the captures used to be made in the Lake region, but a late years it has been pretty well stopped there. Since the great powers have taken possession and apportioned out Zanzibar the Arabs are not allowed to pursue their nefarious business. Everywhere an effort is made to prevent them. Both England and Germany, as well as Italy, among which Zanzibar was divided, have men-of-war on the alert for the slavers, but for every man-of-war that Germany or Italy has England has ten to twelve. The task of preventing the slave traffic, therefore devolves almost entirely on England. She does the best she can, but, nevertheless, the traffic goes on—not in the degree that it did formerly, but still to a considerable extent.

"Several ports are unguarded, and into these the dhows sail and wait till the bands of slaves are driven in from the interior, where they have been caught. A dhow is from twenty to thirty feet long as a rule, though some are considerably larger. Fifty sixty, a hundred or more naked slaves are crowded into a dhow, and the black men in charge, who have bought them from the Arabs, then make every effort to run the blockade.

"Slavery itself, after the victims are turned over to their final owner, is not so bad. The slaveholders treat them fairly well, not beating or maltreating them, as a rule. The movement of these Arabs and their onslaughts are conducted in a desultory manner. Bands prey upon savages wherever they can be found. Cloves, which are produced in immense quantities in Zanzibar, and the cultivation of which is the main industry, are grown by slaves. They are kept laboriously at work from one season to another. The negroes are not naturally industrious. They would much rather play and sing than be kept at work in the forests and fields. They make strenuous efforts to escape, and frequently succeed. If an attempt is made to capture them they will fight to the death.

"What gives the Arab slavers such an advantage over the poor Africans in their native wilds is the guns which they have in plenty. The natives as a rule are not so equipped. They have only their clubs and rude weapons of other kinds, and are unable to cope with the most improved European and American weapons which the Arabs have. Even now the Arabs are able to secure so many slaves that $50 or $100 will buy one and sometimes two slaves."

WAR IN THE CONGO STATE.

The State is Attacking Villages That Refuse to Furnish Men for the Army.

A letter from a missionary, Rev. Dr. Small, says that the Congo State is making war upon the natives of Upper Congo. Several months ago the Government expedition for the suppression of slavery started up the river under the command of Mr. Vankerckhovin. He was instructed to punish all men engaged in the slave trade, and to enlist men from each town in the Congo State service. Two large steamers filled with troops went up the river, intending to put a stop to slave raids on the Lomami and Aruwimi rivers. Many of the large towns, including Chumbiri, Bololo, Irebu, and others, refused to supply the men required of them. They said they could not understand why foreigners should not only assume the ownership of the country, but should also demand the service of the ablest and strongest men.

They consequently ignored the commands of the State, sent their women and children away, brought out their powder, guns, spears, and knives, and fought desperately against each company of soldiers sent to attack them. Of course they were defeated in every instance. One of the large steamers, however, was pierced in more than a dozen places, and some wounds were inflicted upon the State soldiery; but the military training of the Soudanese and Zanzibari and their superior weapons left no hope for the natives.

At Bolobo fully 100 natives were killed and 60 strong fellows were taken as a war idemnity. The people of Irebu fled into the jungle after a dozen of their warriors had been killed, and their large and flourishing town, covering an area of about three square miles, was burned, and nothing was left of it but blackened grass, burnt sticks, and fallen trees. The Congo state soldiers took away fowls, goats, sheep, bananas, and all other provisions they could find, and there is now a scarcity of food among the people. The wildest excitement prevails all over the country, and the natives are nearing a spirit of savage revenge against the European residents.

There's Room Enough for All.

According to the latest statistical information the population of the earth is distributed as follows:

	Square miles.	Population.	To one square mile.
Europe	3,756,860	357,379,000	94
Asia	17,530,686	825,954,000	47
Africa	11,277,364	163,953,000	14
America	14,801,402	121,713,000	8
Australia	2,991,442	3,230,000	1
Oceanic Islands	733,120	7,420,000	10
Polarregions	1,730,810	80,400	
Total	52,821,684	1,479,729,400	

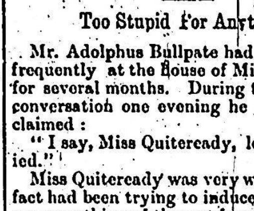
Holding, that men born into the world have a right to choose where they will reside in it so long as they behave themselves well, it is difficult to see on what tenable ground we can oppose emigration from more populous countries. Nor is it any wonder that in the struggle to live the people in the crowded spaces should seek to find homes for themselves on soil less cumbered with dependent humanity.

A Traveller Rejoicing.

Summerside, P. E. I., Oct., 10, 1888: "Having used St. Jacobs Oil for a badly sprained knee, I can testify to its peculiarly curative properties, as less than one bottle completely cured the sprain." GEORGE GREGG, Traveler for J. C. Ayer & Co.

Incentives for Children.

It is not sufficient to instruct a child to follow certain lines of conduct and to avoid others. We must supply him with incentives; and upon the nature of these will his future character depend. Instead of assuring children that, if they are good, they will be happy, and clinching the assurance by artificial rewards and bribes, we should lead them gently to choose and to prefer the good without reference to self at all. They can be accustomed to plan for and to aim at giving pleasure, not getting it, and, although in so doing they will experience a rich enjoyment themselves, it will be incidental, never one for which they had striven. Artificial rewards and penalties will thus be rarely needed, and they will grow up with generous and unselfish instincts instead of those which are thoroughly detestable—mean and calculating ones.



THIRTY YEARS.

Johnston, N. B., March 11, 1889.

"I was troubled for thirty years with pains in my side, which increased and became very bad. I used

ST. JACOBS OIL

and it completely cured. I give it all praise."

MRS. WM. RYDER.

"ALL RIGHT! ST. JACOBS OIL DID IT."

LATE CABLE NEWS

Press Censureship in Germany—Lord Lytton's Funeral.

Chancellor von Caprivi's speech last week to the German Reichstag has had a distinctly favorable effect. Continental comments on the speech are, on the whole, in a favorable vein. It is reckoned a speech for peace. The German press resents mildly enough General von Caprivi's attacks, but mildness is a matter of necessity when the journalist may be sentenced to six months' imprisonment for what are called insulting comments on the German Emperor. This is what the other day befel a journalist of Munich. But what Germany and Europe care for is not the more or less strained relations between the Chancellor and the press, but the prospects of continued peace, and these are improved up General von Caprivi's speech. His taunts to the French seem to be taken as a matter of course. The French also permit themselves great liberties of a similar kind, shrug their shoulders, and ask, What can you expect of a German? In neither France nor Germany is the press free, but one is sometimes tempted to say that it is quite free enough.

The funeral service for Lord Lytton at St. Margaret's was fully attended and was in all respects save one what his friends would have liked. The exception was Archdeacon Farrar's discourse. This eminent clergyman thought proper to fight his own battle with the critics over Lord Lytton's grave. He thought proper also to refer to "the warm, generous friendship with which the late Ambassador had honored him for thirty years," and to add that social rank had made no difference between them. His audience were scandalized by this singular homage from the Church to the Peerage. The press with that consideration for dignitaries not infrequently shown, omitted this passage from the report of Archdeacon Farrar's speech.

The Viceroy of India made a curious remark at dinner in Calcutta on Monday on silver, which in India is a question of financial life or death. "The danger of insolvency," said Lord Lansdowne, "depended less upon themselves than upon the vagaries of Washington and Westminster. The triumph of the gold party in one place or of the anti-opium party in the other, might any moment render it difficult to maintain the financial equilibrium in India."

Great Young Men.

Charles James Fox was in Parliament at 19.

The great Cromwell left the university at Cambridge at 18.

John Bright was never at any school a day after he was 15 years old.

Gladstone was in Parliament at 22, and at 24 was Lord of the Treasury.

Lord Bacon graduated at Cambridge at 16 and was called to the bar at 21.

Peel was in Parliament at 21, and Palmerston was Lord of the Admiralty at 23.

Henry Clay was in the Senate of the United States, contrary to the Constitution, at 29.

Washington was a colonel in the army at 22, commander of the forces at 42, President at 57.

Judge Storey was at Harvard at 15, in Congress at 29 and Judge of the Supreme Court of the United States at 32.

Martin Luther had become largely distinguished at 24, and at 50 had reached the topmost round of his world-wide fame.

Webster was in college at 15, gave evidence of his great future before he was 25, and at 30 he was the peer of the ablest man in Congress.

Morris of Saxony died at 32, conceded to have been one of the profoundest statesmen and one of the best generals Christendom had seen.

Napoleon at 25 commanded the army of Italy. At 30 he was not only one of the most illustrious generals of the time, but one of the great law givers of the world. At 46 he saw Waterloo.

The great Louis X. was Pope at 38. Having finished his academic training he took the office of cardinal at 18, only twelve months younger than was Charles James Fox when he entered.

William Pitt entered the ministry at 11, was Chancellor of the Exchequer at 22, Prime Minister at 24, and so continued for twenty years, and, when 35 was the most powerful uncrowned head in Europe.—Young Men's Era.

How a Jew Can Find a Jew.

A certain class of Jewish peddlers desire to deal only with people of their own race. They visit the houses of the poorer quarters of the city, where Jews live side by side with Germans, Swedes, Bohemians, Poles, Irish, and others, yet they never knock at the door of a room where other than a Jew resides.

How do they do this? Their certainty is due to a simple cause—not known to the Gentile—which dates back to the times when history was young. The Jewish biblical story says that Moses instructed his followers to keep green the memory of their departure from Egypt by marking their houses so that they could be distinguished from those of the Gentiles. The last curse sent to Pharaoh's people was the slaughter of first-borns. The Jews marked their doors with lambs' blood, and the Destroying Angel passed by the doors so marked. This and the biblical injunction, led to a custom among the orthodox Jews which is followed to this day. On the door-frame at the entrance to every Jewish house there is nailed a little tin box—generally three or four inches long and one-half or a whole inch wide. It is usually placed six or seven feet from the ground, and in it is rolled a piece of parchment containing the passage from the Bible referred to.

Not only is this placed at the entrance to the home, but the door-frame of every room is adorned with one of the sacred emblems. Extremely orthodox Jews touch the object and kiss their finger-tips every time they pass beneath it. In portions of Europe where the Jews are less modern than here, the little tin boxes are placed at the outer entrance of the houses, but here it is the custom to nail them on the inner portion of the door-frames.

And it is by looking behind the street door that the Jewish peddler can tell whether or not one of his co-religionists dwells within the house.

Too Stupid for Anything.

Mr. Adolphus Bullpate had been calling frequently at the house of Miss Quiteready for several months. During the course of conversation one evening he suddenly exclaimed:

"I say, Miss Quiteready, let's get married."

Miss Quiteready was very willing, and in fact had been trying to induce Adolphus to say something of the sort for some time, but the abruptness of his remark quite took her breath away. "This, this, is so sudden, Mr. Bullpate."

"Oh, there need be no hurry. We're both old enough to get married, and I'll make this proposition: You look around for someone you like and I'll look around for someone I like, and the one that gets married first is to have a nice present from the other."

Bullpate was cut short by the very violent slamming of the door behind Miss Quiteready as she left the room, and though he does not call there any more he cannot for the life of him tell what she got mad at.—Tex. Siftings.

A DETERMINED SUICIDE.

A Vachell Man Takes a Half Hour to Make His Death a Sure Thing.

VACHELL, Dec.—George Sherwood of Vachell, York county, has suicided and his death was a peculiarly horrible one. He sharpened a butcher knife and plunged it into his abdomen, cutting and lacerating the intestines in a terrible manner. The poor lunatic, for such he was temporarily, then crawled into the stable of John McCleary, on whose farm he was working, and after climbing up on a beam, threw himself head foremost to the floor. He next attempted to cut his throat but his weak condition prevented him. A doctor was sent for, but nothing could be done to save the wretched man's life and he breathed his last a few hours later. Whatever was the reason of his suicide, it was quite evident he was determined to die. It must have taken him a half hour to inflict all the injuries on his body. Deceased was thrown out of a waggon two months ago, and it is supposed that his temporary aberration was a result of that accident.

JUST BEFORE CHRISTMAS.

THE TURKEY—HOW TO SKIN, STUFF, TRUSS AND ROAST IT.

As there are so many people who are not familiar with the best method of preparing poultry for the table, I will give minute directions. Pick out the pin feathers and singe the hairs and down over blazing paper. Then wash the skin of the turkey thoroughly in warm water in which a little soda has been dissolved. It is better to do this before the bird has been cut. The drumstick of a turkey is greatly improved by removing the tendons, which always become hard and bony in baking. Cut carefully through the skin below the leg joint, but do not cut the tendons; bend the leg at the cut by pressing it on the edge of the table, and break off the bone. Then pull out the tendons, one at a time, with the fingers; or, all at once, by putting the foot of the fowl against the casing of a door that opens toward you, then pressing the door hard against the foot, and pulling on the leg. The tendons will come out attached to the foot, but if they are once cut they can never be removed. There is an advantage in breaking the leg below instead of at the joint, as the ends of the bones afford more length for trussing; and, after roasting, this is easily broken off, leaving a clean unburnt joint for the table.

Cut off the head. Slip the skin back from the neck and cut the neck off half way down, or close to the body if you prefer, but always leave the skin longer than the neck, so it may be folded over on the back. Remove the wind-pipe and turn the skin over; pull the crop away from the neck and breast and cut it off close to the opening into the body. If the bird be not drawn at the market make a circular cut around the vent to free the end of the intestine. Cut out the oil bag in the tail. Make a horizontal incision through the skin one inch above the vent and wide enough to insert the two fingers. Keep the fingers close to the breast bone until you can reach in beyond the gizzard and heart, and loosen the membranes on either side down toward the back. Then draw out the whole mass, and afterward remove the lungs which lie close to the ribs and the soft brown kidneys found in the hollow of the back.

Wash the bird quickly in warm soda water and then in cold water and wipe dry. Washing does not mean soaking in a pan of water, but a quick rubbing all over and rinsing.

Place the fowl in a deep bowl and put in the stuffing at the end of the neck until the breast is filled round and plump. Draw the neck skin together at the end and sew it over on the back. Put the remainder of the stuffing into the body at the other opening. Use enough to fill in lightly.

The best and most wholesome stuffing is made by crumbling the soft inside of a loaf of stale bread; moisten the crumbs slightly with melted butter, and season with salt, pepper and thyme. The steam from the fowl will furnish sufficient moisture, and the stuffing will be light and delicate instead of soggy, rank and heavy.

Draw the thighs close to the body and put a long skewer through the thigh into the body and out through the opposite thigh. If the incision be made as directed, the ends of the drumsticks may be put through the opening and out at the vent, and then fastened to the tail with a skewer or with twine; but, if made in the usual way, cross the drumsticks over the tail. Turn the tips of the wings back and keep them in position close to the body not up on the breast by running a skewer through one wing, under the breast and out through the other wing. Wind a string from the tail to the skewer in the thigh, then up the back to the one in the wing, across the back to the other wing, then down to the opposite thigh and tie firmly at the tail.

Put the turkey on a rack in a pan, rub well with butter, salt and flour. Put it in a hot oven for five minutes or until the flour begins to color; then reduce the heat and add a pint of water. Melt one-quarter cupful of butter in a cupful of hot water and baste with it often, until some of the fat of the turkey has been drawn out into the pan; or spread a piece of clean paper with soft butter and lay it over the turkey. When the paper is dry and brown lay on another piece, and when this is dry baste with the dripping and add more water as it boils away. Baste often and when half done dredge again with flour, to give the outside a frothy appearance. Cook the turkey slowly after the first slight browning, and quicken the fire the last half hour if the bird be not sufficiently browned. An eight or ten pound turkey will cook in two or three hours. It is done if the thigh seems tender when pierced with a small fork, and appears as if it would separate easily from the body.

Remove the turkey to a small pan and keep it warm while you make the gravy. Pour off nearly all the fat from the dripping pan. The water will be nearly if not wholly gone. Set the pan on the stove, and stir two tablespoonfuls of dry flour into the fat. Scrape off all the brown fat that has adhered to the edges and add more flour till the fat is all absorbed. When the fat and flour are brown, and not until then, add gradually the boiling water. As it thickens, at first it will seem as if the fat and flour would separate, but continue to add boiling water; stir constantly and you will soon have a smooth, brown gravy, free from grease. Add more salt and strain it before serving. Heat the chopped giblets in a little of the water in which they were boiled, and add half of the gravy. Serve the remainder of the gravy plain.

TO CLEAN THE GIBLETS.

Slip off the thin membrane round the heart and cut out the veins and arteries. Remove the liver, and cut off all that looks green near the gall bladder being careful not to break it. Trim the fat and membranes from the gizzard; cut through the thick part, open it and remove the inner lining without breaking. Cut off all the white gristle, and use only the thick fleshy part. Rinse them all in cold water, then put them into fresh cold water and simmer until tender. The neck and tips of the wings are often cooked with the giblets.

ENGLISH PLUM PUDDING.

The quantities here given will fill a three-quart mould, but a recipe half of it is enough for a party of 12, it is better to cook it in two moulds and keep the second for another occasion. This pudding will keep a year or more—if there be no boys in the house. If the pudding is to be kept any length of time tie it in a cotton bag and hang it in a dry place. Plum pudding, like fruit cake and mince meat, is improved by keeping; therefore it is better to make the pudding a few weeks before it is to be used. The almonds may be omitted if they be not liked. The moulds in which the pudding is cooked must have closely-fitting covers. Melon moulds are a desirable shape, and, as they can be used for so many other purposes, they are a good investment; but as to that matter, the pudding may be steamed in a tin pail. To steam does not mean to put the mould in a kettle with water and boil the pudding. There should be a large pot full of boiling water; on this pot a steamer should fit closely. The cover of the steamer should fit closely, too. Should there be any chance for the steam to escape by the way of the cover, lay a coarse towel loosely over the steamer and then put on the cover.

For this pudding use—

One pound of sugar, one pound of stoned raisins, one pound of Sultana raisins, one pound of currants, one pound of beef suet, half-pound grated bread crumbs, half-pound flour, two ounces each of candied lemon and orange peel, two ounces of citron, two ounces of sweet almonds, two ounces of bitter almonds, one small nutmeg, one teaspoonful of allspice, one teaspoonful of salt, one wine-glassful of brandy, eight eggs.

The bread must be stale. Grate it and then weigh it. Do not have any crust in it. Have the fruit cleaned and ready. Free the suet from all stringy fiber, place in the chopping tray—keeping it as cold as possible—and chop until it is rather fine. As soon as it begins to stick together sprinkle half the flour over it and then chop until it is very fine. Put the bread crumbs, suet, sugar, fruit, seasoning and remainder of the flour into a large bowl, and mix thoroughly. Beat the eggs well and add them to the mixture in the bowl. Give another thorough mixing and put the pudding in a well-buttered mould or moulds. Steam for eight hours. Turn from the moulds and cool; then put away until the day of serving. The pudding should be steamed at least two hours before serving, and it will be better if it can be steamed three or four. At serving time, turn out on a flat platter and pour a gill of brandy around it. Stick a sprig of holly in the center of the pudding. Just before entering the dining-room light a match, and, after waiting until all the sulphur has burned off, touch it to the brandy, and the pudding will instantly be surrounded by flame. The pudding should be basted with the burning brandy. Serve with a rich wine or brandy sauce. The candied lemon and orange peel can be purchased at any first-class grocer's if one lack the time to prepare it. The almonds may be omitted.

A man's real possession is his memory. In nothing else is he rich, in nothing else is he poor.

HEALTH.

How to Live.

We should so live that our stomachs will never develop in advance of our chests and heads. Obesity indicates a diseased body from wrong living. In the temperance reform, lecturers pose as examples of the evils of intemperance, and that is my attitude in this matter. I pose as a man who for years was engaged in digging his grave with the assistance of his friends. But a grand and good woman put her hand on my shoulder one day and said: "Look here; had you not better change your mode of living? Look into this matter." I had not thought about it. She arrested my attention before it was too late. I abandoned the course I was pursuing and restored nerve and muscle, sight and hearing, and acquired a new interest in life by changing my mode of living, and ordering it in conformity with hygienic laws. I talk to teachers about this thing, because, confined in your school rooms, as many of you are from morning to night, and part of the night also, and eating your three and four meals a day and using your brains, you are liable to degenerate physically. Come down to two meals a day; select wholesome, nourishing food, avoid all condiments and stimulants, work less, exercise more, and preserve this grand instrument of the soul—the body.

How Alcohol Affects the Lungs.

Habitual drinkers of ardent spirits are always making vain efforts to obtain more oxygen for their lungs. They frequently take deep inspirations, in the form of sighing; are apt to throw windows open on the coldest days, and sleep with the chest thinly covered, and with their hands clasped above their heads, in order to give more play for the lungs.

The reason of this lies in the fact that the constant presence of more or less alcohol in the system delays the conversion of venous into arterial blood by interfering with its power of absorbing oxygen. Thus tissue degenerations are invited, as there is insufficient oxygen to dissolve out the insoluble substances, and their accumulation causes mischief.

Care of the Eyes.

A skilled optician furnishes the following bits of information as to the care of the eyes:

Keep a shade on your lamp or gas-burner.

Avoid all sudden changes between light and darkness.

Never begin to read, write or sew for several minutes after coming from darkness into light.

Never read by twilight, moonlight or any light so scant that it requires an effort to discriminate.

Never read or sew directly in front of the light, window or door.

It is best to let the light fall from above obliquely over the left shoulder.

Never sleep so that on first awakening the eye shall open on the light of a window.

The moment you are instinctively prompted to rub your eyes, that moment stop using them.

If the eyelids are glued together on waking up, do not forcibly open them, but apply warm water; then wash your eyes and face also in warm water.

The symptoms of failing vision are set forth in this way:

1. Spots or sparks of light floating before the eyes.
2. Quivering of the lids or sensation of sand in the eye.
3. Perceptible fatigue or the requirement of strong light in reading.
4. The holding of objects at arm's length or close to the eye.
5. Squinting one eye or seeing objects double.
6. Dizziness or darting pains in the eyeballs, or over the temple.
7. Perceiving a colored circle around the lamp.
8. Sensitiveness of the eyeballs or contraction of the visual field.
9. Blurring of the vision or being unable to see objects distinctly at a distance.
10. Watering or redness of the eye or lids, running together of the letters when reading or seeing the vertical better than the horizontal lines.

PERSONAL.

Sir Edwin Arnold says that gloomy Fleet Street, in London, is the most poetical place of which he knows; and Eugene Field has expressed a determination to write a lullaby to a steam trip-hammer. When the true poetical imagination begins to work, it finds it a very simple matter to discover a sermon in a stone or a book in a running brook.

Gail Hamilton has discarded politics for the present. She told a Boston friend who inquired why she did not send more of her contributions now to the public press that she was afraid the general public didn't care much about theology, and that was her sole subject now in her writings.

The Earl of Dudley carries the world's premium for life insurance, being in it to the tune of $6,000,000. John Wanamaker heads the American list with $1,500,000. When a man is so fixed death can not be less than a real pleasure.

King Menelek, of Abyssinia, announces that he proposes to re-establish the ancient frontiers of his country at Khartoum and Lake Nyanza. If his majesty is not careful he will get into trouble. Great Britain has put forth a claim to the territory which he proposes to absorb, and there is considerable doubt as to his being able to make his promise good.

Major Wingate, who has been writing a history of the Mahdist revolt in the Egyptian Soudan, says the Mahdi never claimed originally to be anything more than the forerunner of the Mahdi, who, all the faithful expected, would come some day. He was an eloquent man, and during one of his addresses to his followers, weary as they were of Egyptian rule, they shouted, "You are the Mahdi." The idea seems to have occurred to him to make himself a greater personage than he had thus far claimed to be. "I am the Mahdi," he replied, and from that time he was accepted as the true Mahdi, and began the open revolt against Egypt which led to his installment at Khartoum as an absolute ruler.

In elaborating the idea that she is under the direct guidance and influence of the spirit of Mary Queen of Scots, Lady Caithness, now high priestess of theosophy, has had the oratory of her handsome home in Paris transformed into a sanctuary for the Queen. A portrait of the unfortunate Mary, depicting her in all the splendor of her fatal beauty, stands in the canopied niche where the alter used to be, and a hidden lamp sheds a dim light around it. It is here that Lady Caithness repairs, in her moments of astral inspiration, to evoke the spirit of the departed Queen.

Archdeacon William Day Reeve, who has just been consecrated Bishop of the Mackenzie River diocese, has been a missionary among the Indians and Esquimaux in the Mackenzie River district for twenty-two years. He made a journey of 300 or 400 miles in a canoe to neighboring stations every summer; has walked on snow shoes for days during the winter, drawing his provisions on a sled in Indian fashion; has adopted the coarse food of the natives, and acclimatized himself to their inhospitable region. The Esquimaux, he says, are in many respects superior the nothern Indian tribes. They are not numerous, but their numbers do not seem to be diminishing. They escape the terrible famines that occasionally carry off large numbers of Indians, partly because the food supply of the Esquimaux, consisting of fish and seal, is less precarious than the moose and reindeer on which the Indian depends. The Esquimaux are also more provident, and they lay up a stock of food for a chance period of scarcity. They are more industrious than the Indian, and show greater ingenuity in the manufacture of tools, weapons, and other articles.

A fortunate youth who has just come into the world is a John Jacob Astor of the fifth generation. He is heir to property mostly in real estate in New York, that is now worth $150,000,000. What its value will be when he shall come into possession of it is almost past estimate.

The meanest man on record has now certainly been discovered. Dr. Craigen, a Maryland county physician, yesterday sewed up a gash on the leg of a man wounded in a railroad accident, and because the poor fellow couldn't pay him $2, he cut the stitches out again. The matter will be called to the attention of the state's attorney.

Be Warned.

Don't be a fool; know what you want and refuse to be imposed upon by greedy dealers when they attempt to palm off sore producing substitutes for Putnam's Painless Corn Extractor, the only safe, sure, and painless corn cure. Putnam's Corn Extractor is the best, the safest, and only painless corn remedy. Sold by all dealers in medicine.

Death of Lord Mountstephen's Father.

MONTREAL, Dec.—One of our oldest and most respected citizens has gone to his rest in the person of Mr. William Stephen, father of Lord Mountstephen. Mr. Stephen was born in the parish of Motlach, Banffshire, Scotland, in 1800, and came to Canada when 47 years of age, his son following a few years later. He carried on the business of builder for a long time in this city, and was for many years a member of the Crescent street Presbyterian church. Mrs. Stephen survives him. Lord Mountstephen is in Europe.

The effect of cruel words last longer than do the effect of cruel blows.

The Merriest Girl that's Out.

"Bonnie sweet Bessie, the maid of Dundee," was, no doubt, the kind of girl to ask, "What are the wild waves saying?" or to put "A little faded flower" in your button hole, she was so full of vivacity, and beaming with robust health. Every girl in the land can be just as full of life, just as well, and just as merry as she, since Dr. Pierce has placed his "Favorite Prescription" within the reach of all. Young girls in their teens, passing the age of puberty, find it a great aid. Delicate, pale and sickly girls will find this a wonderful invigorator, and a sure corrective for all derangements and weaknesses incident to females.

Taking a bird's-eye view seems to be a great oversight.

A Prominent Doctor Accused of Murder!

A gentleman recently made a startling accusation in the hearing of the writer. Said he, "I firmly believe that Dr. —— intentionally or unintentionally, killed my wife. He pronounced her complaint—Consumption—incurable. She accepted the verdict, and—died. Yet since then I have heard of at least a dozen cases, quite as far advanced as hers, that have been cured by Dr. Pierce's Golden Medical Discovery. Her life might have been saved, for Consumption is *not* incurable." Of course it is not. The "Discovery" will remove every trace of it, if taken in time and used faithfully. Consumption is a disease of the blood—a scrofulous affection—and the "Discovery" strikes at the root of the evil. For all cases of weak lungs, spitting of blood, severe lingering coughs and kindred ailments, it is a sovereign remedy.

It is the dry goods clerk who most frequently sales under false colors.

Then and Now.

In ancient days for many an ill,
We used to take a big blue bill,
It did so truly tear and gripe,
We felt for purgatory ripe.

To-day, when sick, we take Dr. Pierce's Pleasant Pellets. They are gently aperient or strongly cathartic, according to size of dose. Cures Sick Headache, Bilious Headache, Constipation, Indigestion, Bilious Attacks, and all derangements of the Liver, Stomach and Bowels. Put up in vials, hermetically sealed, hence always fresh and reliable. Purely vegetable, they operate without disturbance to the system, diet or occupation. Sold by druggists, at 25 cents a vial.

If you grant a favor, do it without whining, or do not grant it at all.

GIBBONS' TOOTHACHE GUM For sale by Druggists. Price 15c.

A red-headed girl does not seem to carrot all how much fun is made of her.

Successful remedies always find unscrupulous imitators. Ask your dealer for Dr. Williams' Pink Pills and take no substitute. They are a never-failing blood builder and nerve tonic.

Religion does not compel a person to submit to attempted assaults.

Dr. T. A. Slocum's OXYGENIZED EMULSION of PURE COD LIVER OIL. If you have a cold—Use it. For sale by all druggists. 35 cents per bottle.

Friendship between women is only a suspension of hostilities.

A Guardsman to defend you against coughs & colds, Adams' Wild Cherry & Licorice Tutti Frutti Gum. Sold by all druggists & confectioners; 5 cents.

He who always respects himself, will always be respected.

Advice to those using glasses—Don't mix your drinks.

If health, if strength, if joy you prize,
Within your reach this rich jewel lies.

I found it, drank St. Leon and all the horrors from combined internal disorders disappeared. Fresh vigor [illegible] my organs and a healthy appetite returned, then that joyful rapture followed, the whole sense awakened to happy life. St. Leon [illegible] A. J. Herbert, G. T. R. agent, 20 York street.

Any fool can help to tear down, but idiocy is no help in building up.

A. P. 584

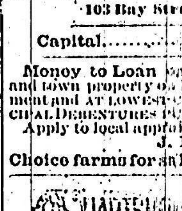
A knowledge of short-hand and skill in the use of the type-writer are opening the way to employment for thousands of young women to-day. Nearly every business office has now employed or is seeking to employ a young lady who can take down by the aid of phonography, answers to various letters and afterward print them upon the type writer. $45.00 per term, or $140.00 per year in advance, will pay for board, furnished room, light, laundry and tuition (including use of instrument) at Alma Ladies' College, St. Thomas, Ont. For announcement address Principal Austin, B. D.

Small things cease to be small when their effects are mighty.

What is more annoying than going about constantly hawking and spitting? This is the result of catarrh, and Nasal Balm will cure any case when faithfully used.

Catarrh and Asthma

were not so readily controlled and cured before T. A. SLOCUM'S OXYGENIZED EMULSION of PURE COD LIVER OIL came into the market. Every druggist is pleased to handle it, for they all know its value. For tightness of the chest and difficult breathing it has no equal. 35 cts. per bottle.



Children always Enjoy It.

SCOTT'S EMULSION

of pure Cod Liver Oil with Hypophosphites of Lime and Soda is almost as palatable as milk.

A MARVELLOUS FLESH PRODUCER it is indeed, and the little lads and lassies who take cold easily, may be fortified against a cough that might prove serious, by taking Scott's Emulsion after their meals during the winter season.

Beware of substitutions and imitations.

SCOTT & BOWNE, Belleville.

Use the B. F. P. COUGH DROP. Ask your Druggist, Grocer or Confectioner for them. Manufactured by the TORONTO BISCUIT AND CONFECTIONERY CO., Toronto.

ASTHMA CURED FREE. [illegible] DR. TAFT BROS. [illegible] Toronto.

MONEY. MONEY. MONEY.
LONDON AND CANADIAN
LOAN AND AGENCY CO., LTD
103 Bay Street, Toronto.
Capital.................$5,000,000.
Money to Loan on improved farms, city and town property on liberal terms of repayment and at LOWEST CURRENT RATES. MUNICIPAL DEBENTURES PURCHASED.
Apply to local appraisers or to J. F. KIRK, Manager.
Choice farms for sale in Ont. & Manitoba

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Beware of Imitations.
NOTICE AUTOGRAPH OF Stewart Hartshorn ON LABEL AND GET THE GENUINE HARTSHORN

I CURE FITS!
When I say I 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 is no reason for not now receiving a cure. Send at once for a treatise and a Free Bottle of my Infallible remedy. Give EXPRESS and POST OFFICE.
H. G. ROOT, M. C., 186 ADELAIDE ST. [illegible] TORONTO, ONT.

MONEY is easily made by simply returning to us [illegible] address, when you are ready to purchase Watches, Clocks, Diamonds or Jewellery, Silver Table Ware, Art Goods, or Bicycles, Guns, Arms and Ammunition. We sell from manufacturers direct to consumers. Illustrated Buyers' Guide sent to any address on receipt of 50 cents in postage stamps. Address,
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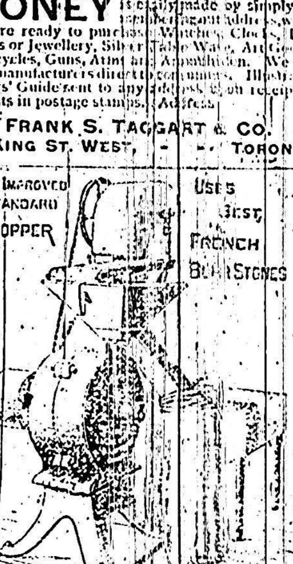

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USES BEST FRENCH BURR STONES
Send postal for new Circular for 189[illegible].
WATEROUS ENGINE WORKS CO. BRANTFORD, CAN

ONE ENJOYS

Both the method and results when Syrup of Figs is taken; it is pleasant and refreshing to the taste, and acts gently yet promptly on the Kidneys, Liver and Bowels, cleanses the system effectually, dispels colds, headaches and fevers and cures habitual constipation. Syrup of Figs is the only remedy of its kind ever produced, pleasing to the taste and acceptable to the stomach, prompt in its action and truly beneficial in its effects, prepared only from the most healthy and agreeable substances, its many excellent qualities commend it to all and have made it the most popular remedy known.

Syrup of Figs is for sale in 75c bottles by all leading druggists. Any reliable druggist who may not have it on hand will procure it promptly for any one who wishes to try it. Manufactured only by the

CALIFORNIA FIG SYRUP CO.,
SAN FRANCISCO, CAL.
LOUISVILLE, KY. NEW YORK, N. Y.

HAY FEVER & ASTHMA CURED TO STAY CURED. We want the name and address of every sufferer in the U.S. and Canada. Address, P. Harold Hayes, M.D., Buffalo, N.Y.

GARFIELD TEA cures Constipation, Sick Headache, restores the Complexion, Get Free Sample at GARFIELD TEA AGENCY, 317 Church St., Toronto.

SCOURINE SOAP. Ask your grocer for it. BOURNE & BUTLER, 170 King St., W, Toronto.

FOR SALE, Canadian Patent, "Rake for Hay, etc. Also, Machine for holding and sharpening insertable saw teeth. Address, INVENTORS' UNION, Toronto.

WATSON'S COUGH DROPS
Are the best in the world for the Throat and Chest, for the voice unequalled.
R. & T. W. Stamped on each drop.

1000 YOUNG MEN of intelligence wanted to take up cutting as a profession. There is no better trade. $20 to $50 per week, regular wages. Full particulars on application. TORONTO CUTTING SCHOOL, 63 King St., West, Toronto.

SAUSAGE CASINGS.
We are distributing agents for McBride's CELEBRATED ENGLISH SHEEP CASINGS, put up in kegs of 50 bundles. Finest American Hogs' Casings on hand. Orders filled for any desired quantity. Lowest prices to the trade. JAS. PARK & SON, Toronto.

CONSUMPTION.
I have a positive remedy for the above disease; by its use thousands of cases of the worst kind and of long standing have been cured. Indeed so strong is my faith in its efficacy, that I will send TWO BOTTLES FREE, with a VALUABLE TREATISE on this disease to any sufferer who will send me their EXPRESS and P.O. address.
T. A. SLOCUM, M. C., 186 ADELAIDE ST., WEST, TORONTO, ONT.

NASAL BALM
It is a certain and speedy cure for Cold in the Head and Catarrh in all its stages.
SOOTHING, CLEANSING, HEALING.
Instant Relief, Permanent Cure, Failure Impossible.
FULFORD & CO., Brockville, Ont.

CATARRH

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ROBUST HEALTH ENJOYED
TUTTI FRUTTI GUM
AIDS DIGESTION, INVIGORATES

STARK'S WATCHES
Special Prices FOR THE [illegible]

When Tired and Used Up
THEN YOU NEED A CUP OF
Johnston's Fluid Beef
TO REVIVE, STRENGTHEN AND [illegible]

BURTON'S
ALL HEALING
TAR AND GLYCERINE SOAP
Is the only [illegible] Soap to wash [illegible] It preserves [illegible] grow, keeps [illegible]
Beware of Imitations and always [illegible]

ARE YOU
We are looking for [illegible]
If so, we would [illegible]
PUTTING OFF
[illegible] of so much importance
You will never meet with another [illegible]
[illegible] of INSURING YOUR LIFE
as is now presented by us.
For full particulars write the Confederation Life, Toronto
Apply at any of the Agents

MEN WANTED No experience [illegible] positions guaranteed. Salary and expenses [illegible] advantages to beginners. Stock complete [illegible] OUTFIT FREE. We guarantee what [illegible] BROS. CO., Nurserymen, Toronto, Ont.

"Not particularly," [illegible]
[illegible]
"Yes."
"Who will you have?"
[illegible]
Jack did not answer [illegible]
"Yes," he answered [illegible]
"Lake housekeeping [illegible]
"That's the very [illegible]
"That is the Star Restaurant [illegible]
"No, we will go to the [illegible]
"There is nothing now [illegible]
"Oh, Jack," said she when she was seated, "There is one of the [illegible]
Jack Dayer was looking at the [illegible]
"She is very handsome isn't she?" Daffodil remarked again.
"I think she is homely!" he said, [illegible]