

\$1.00 per annum in Advance

at 18 cents per quart. The
flour is so dear it has to be
brought here and a duty is charged
of 5 shillings per barrel. The
importation of goods imported
into this country is 25 per cent on
average, and the goods are all
brought here first—Nassau being
the capital—and the rest of the
territory. They are then dis-
tributed to the out Islands, and the

ught here and disposed of. So
will under-taken that Nassau
ports and exports nearly all the
goods and from the 500 Toluca
this group.

I shall now endeavor to give you
the climate we have here. As I
before we arrived on Chiriqui,
the thermometer stood 75°
and could get no lower than 70°
at night, in the evening however it
black: springs up which does
lower the thermometer very
much—probably two or three de-
grees. All invalids should go in
the sun sets, and more particu-
lar when the wind is from the
north, which invariably brings a
heavy dew, so much so, that every-
thing will become quite damp if
left in the air. The air is very

rely realized that to-morrow is
New Year's day. It appears absurd
to the latter part of June. We
have been here one week, and I
at has not varied more than five
degrees except one day. So far
have been able to judge, I think
could be no better place to
and an invalid, especially those
troubled with disease of the lungs
rheumatism.

I shall be obliged to close my
very long letter by wishing you all
a very happy New Year.

I remain,
Yours respectfully,
N. McGarrity.

OUR HOUSEKEEPER.

Beauty is concerned a plaster
 'ry is an satisfactory as marble,
 the cheap universal betrays its
 inferiority by leaving yellow
 and shivering dust on a street which
 looks as unlike the city of
 luxury it is meant to be. A mak-
 ing of whitening and very thin glue,
 applied with a brush will more
 whiteness and make it still more
 real ornament.

APPLE CREAM—Boil twelve
 apples in water till soft; take off
 the peel, and press the pulp through
 a fine sieve upon half a pound of
 sugar, whip the whites of two eggs,
 and add them to the apples, and beat
 together till it becomes very
 light and looks very white. Serve

Mash some boiled potatoes, and whip them with the white of egg until frothy, using for the purpose either a wine or water; mix with the following ingredients: olive oil, add a little cream, vinegar, salt, and pepper; press through a sieve, and act in an oven for a few minutes, and it will make most palatable dainties.

A singular remedy for indigestion is recommended by an English surgeon; it is chewing different kinds of green leaves when out of doors, and swallowing the juice. And leaves not noxious or poisonous are recommended.

In dusting, use a soft cloth instead of a wing or brush; the cloth will catch all the dust, and free

A piece of rag soaked in a solution of cyanine is a capital thing to put into a rat or mouse hole. They will not attempt to eat it.

Stair carpets should always have one or two thicknesses of paper laid under them at or under the edge of every stair, which in the long run will save the carpet where they first wear out.

Items of Thought.

When the character of any one is discussed, silence is the good-natured centre.

When society begins to profit by man's misfortunes, his difficulties do not soon terminate.

To quell the proud spirit in the greatest, we should realize how much more we owe to others than to ourselves.

Prejudices are like rats, and a man's mind like a trap; they get easily, and then perhaps cause, set out at all.

We appreciate no pleasure unless we are occasionally deprived of them. To retain is the golden rule of enjoyment.

To be idle and to be poor have always been reproaching; and men seek to hide their idleness from themselves.

As the shadow follows the sun, in the splendor of his future, and

another pursue the soul to the
perity.