

THE HOME.

Baby's Pillow.

One summer day on lifting my baby from his cradle after a protracted nap I found his little head wet with profuse perspiration, moreover his small pillow—feathers, of course—was soaked through, says a mother in an exchange. This led to an investigation, for I felt that such heat boded ill to the sensitive brain. Looking into the matter I discovered the following advice given by an eminent physician, long since deceased. He wrote: "The proximate, if not the original, cause of great mortality among the American babies is some malady of the brain. When we suppose death to result from dymentery or cholera infantum the immediate cause is frequently affection of the brain supervening upon bowel disease. The heads of American babies are, for the most part, little furnaces. What mischief must then result from keeping them buried hour after hour in feather pillows! It makes me shiver to think of the deaths among these precious little ones, where I doubt not that cool straw pillows would have saved them. Do not fail to keep their heads cool while sleeping."

The material which I then deemed best for baby's pillow—for straw seemed rather hard—was deer's hair. One woman employed hair combs, which make a soft cushion. Paper clipped fine is recommended, as well as pine needles. There are other ways, however, of injuring baby's brain, ah, how much they must work ere they arrive at maturity! It is claimed that the brain is more heavily taxed the first five years of existence than during the remainder of life.

One baby who very nearly succumbed to brain disease was taught the catechism ere his second year. It sounded cunning to hear him lip, "Absolom," in reply to who was the father of the fruitful, or "Ot's life," when asked who was turned into a pillar of salt. Of course the family physician soon stopped this needless cramming, giving imperative orders that nothing should be taught the child.

Teach the Girls to Cook.

Many a mother who wishes her daughters might become proficient in the art of cooking, is not willing to take the time and trouble to teach them. Said one mother to her daughter who had asked to be allowed to make a certain dish, "Oh, I would rather do it myself. I can do it in half the time and you make so much fuss and muss."

While this is true, it is not the mother's duty to take time to teach her child to cook and how to do it as quickly and with as little fuss and muss as the mother herself? Another mother gave her daughters the run of the kitchen and the necessary materials and left them to learn to cook as best they could without her aid. Of course they might in time turn out cooks, but at how great an expense, lost time and waste of materials. Many mothers when questioned as to the making of certain dishes, a cake for instance, reply in this way, "Oh, I don't know just how I do make it, I never measure, you must just use your judgment," or, "I take a little milk, a few eggs, some flour, etc." The wise mother will teach her daughter to cook, and to be accurate and exact about her cooking as any other department of housekeeping, thus when she comes to preside over a home of her own, she will be saved the mortification of many failures and much waste of good materials.

For Invalids.

Mutton Jelly.—Six shanks of mutton, three pints of water, pepper and salt to taste, one-half pound lean beef, a cruet of bread toasted brown. Wash the shanks well after soaking in water several hours, and place all ingredients in a saucepan with the water and simmer gently for five hours. Strain, and when cold skim off the fat. Warm as much as is wanted at a time.

Rice Soup.—Three ounces of rice, the yolks of two eggs, one-half pint of cream or new milk, one quart of stock. Boil the rice in the stock, and rub half of it through a sieve or tammy, put the stock in a stewpan, add the rest of the rice whole, and simmer for five minutes. Beat the yolks and mix with the cream or milk, boiled. Take the soup off the fire, and add the cream and eggs, mixing well. Heat to boiling point.

Tapioa Soup.—Two and one-half ounces of tapioca, one quart of cold stock. Simmer gently till tender and serve.

Beef Essence.—Cut up in small pieces one pound of lean beef, place in a covered saucepan with one-half pint of cold water by the side of the fire for four or five hours; then allow it to simmer gently for two hours. Skim and serve.

Stock for Soup.—One pound of shin of beef, one pound of knuckle of veal, four white peppercorns, a lump of sugar, one quart of water. Simmer six hours, skim and strain.

Good soups may be made by adding to good stock, pearl barley, oatmeal, arrow root, rice, or pearl sago. They are all nourishing, palatable, and well adapted to a delicate appetite.

Table Talk.

Plates for hot courses should always be heated.

Serve pistachio nuts, French walnuts and salted almonds between courses.

The soup plate should be left, at least, half an inch unfilled.

A guest for a single meal needs not to fold the napkin. It cannot be used again.

Cut cold meats and bread in the thinnest slices. In making sandwiches, butter the bread before cutting.

No butter is served at dinner. For breakfast a small pat is served to each person, with a small piece of ice, if the weather, or room, is warm enough to make it needful.

The correct way for serving bread aside

from the individual plate is to put a doil upon a plate, pile the thinly sliced bread upon this and cover with another doily that all moisture may be retained.

One cook makes coffee without a filtered coffee pot better than some make with it. She puts the coffee into the pot, sets it over the fire and shakes it until well heated, and pours boiling water over it. The aroma of the coffee is delicious.

HISTORIC NOTABLES.

Charles II. was the Mutton Eating King from his fondness for spring lamb.

Sir Joshua Reynolds was the Bachelor Painter and the Raphael of England.

Lord Brougham was called blundering Brougham from a political mistake.

Daniel O'Connell was called the Big O, Great O, Irish Agitator, and Liberator.

Burns was the Ayrshire Ploughman, from his place of residence and his vocation.

George IV. was the First Gentleman of Europe, from his ceremonious politeness.

Marabeau was the Demosthenes of France and the Hurricane from his eloquence.

Pietro Aretino was the Voltaire of his century, because of his satirical abilities.

James Boswell was nicknamed the Bear-leader, from his association with Johnson.

Louis Bourdaloue was called the Demosthenes of Divinity, from his rare eloquence.

Henry VIII. was called Bluff Old Hal, from his rudeness and coarseness of speech.

John Calvin was the Pope of the Reformation, from his influence among the reformers.

Aristophanes was the Father of Comedy, because he was the first Greek satirical writer.

Cobden is called the Apostle of Free Trade, on account of his labours in that direction.

Ariosto was the Walter Scott of Italy, because of his skill in the line of historical romance.

William Hogarth was dubbed the Juvenal of Painters, from the satirical character of his work.

John Seldon was the Walking Library, because of the amount and diversity of his knowledge.

James Fenimore Cooper has been called the Scott of the Seas, from his stories of marine life.

The Duke of Wellington was called the Achilles of England, from the victory at Waterloo.

BODY SNATCHING.

A Ghastly Discovery Made in Forest Lawn Cemetery at Buffalo.

A Buffalo despatch says: A ghastly discovery has been made in Forest Lawn, the cemetery most commonly used by the Protestants of this city for the burial of their dead. In a clump of underbrush were found the remains of seven coffins and one complete casket, almost new. There are also fragments of rough boxes and grave boards. The newest casket had evidently been dug up recently, rifed of its contents and then hidden in the bush. The ghoulish rascals who have been at this work may have carried it on for a long time, as the number of coffins would indicate. Every mark of identification had been removed from the caskets with cunning care. What graves have been disturbed cannot be told without long and patient search. It is thought that the bodysnatchers operated regularly after interments, as the discovery was first made by a young woman, and when she conducted an investigating party to the spot another casket was found besides those she first counted.

A LONDON BASILICA.

Proposed Roman Catholic Cathedral—Provision for Housing Seventy-five Benedictines.

So long as there remained poor people in London Eng., without roofs over their heads, Cardinal Manning said that he would build no cathedral in the metropolis. A different spirit animates his successor, and a movement to erect a great munster has gone so far that designs have been adopted and financial plans published. The cornerstone is to be laid June 29, next year. St. Peter and St. Paul day, and the structure, which is to be dedicated to St. Peter, will be a basilica, on the general lines of Constantine's Church of St. Peter, at Rome. The interior is to be 350 feet long, 170 feet wide, 100 feet high, and to seat 8,000, with standing room for 2,000 more. Annexed will be a lecture-room, seating 2,000, and a monastery for 75 inmates, which it is designed to invite the Benedictines, who for centuries owned Westminster abbey, to occupy. The cost is estimated at \$1,250,000, and nearly half is already subscribed, the Duke of Norfolk giving \$100,000. It is provided that all persons giving \$5,000 or more shall have their names inscribed on the cathedral, and special reliance is placed on America as a source of subscriptions, just why has not been explained.

A Frenchman's Small Ranch

A provincial farmer living near Anet, France, has decided to increase his income by cultivating snails. He has at present 180,000 of the interesting and shiny creatures penned up in a waterproof shed, and where they are being fattened for the Paris market. They eat as much green fodder per day as two cows would consume, and their pet dainty is cabbage leaves, which imparts to their flesh the delicate pea-green tinge so admired by epicures. Whether this farmer is going to add largely to his income by this new departure, remains to be seen, but a certain class of French people do greatly esteem snails. Snail pie is considered excellent, but some people prefer them simply boiled, and extract them from the shell with a little silver implement resembling a nut pick only somewhat larger.

An inquisitive man is a creature naturally very vacant of thought itself, and, therefore, forced to apply to foreign assistance. —Ste's'e.

Health Department.

Keeping the Mouth Clean.

Keeping the mouth clean from infancy until the termination of life's journey should be a habit so firmly fixed by constant practice in infancy and childhood that it will not be likely to be neglected in after life. In the air around are floating the germs of various diseases,—consumption, pneumonia, malaria, diphtheria, thrush, tonsillitis, and the like. If the mouth is healthy and its secretions normal, these disease germs are destroyed there, and thus they are prevented from entering the deeper tissues of the body. But swollen, sodden gums, decaying teeth, tartar, and morbid catarrhal discharges, all form so many centres for germ culture and avenues for the entrance of morbid matter into the tissues. The enlarged scrofulous glands of so many children and youth, resulting in unsightly scars and disfigurement, are usually caused by tuberculous germs which enter the lymphatic glands of the neck from enlarged tonsils, decayed teeth, or suppurating ears.

In thrush, the baby's mouth is filled with tiny plants resembling yeast ferment. The borax wash displaces, cleanses, and destroys these minute plants, and thus cures the disease. Cavities, even in the first teeth, should be filled as soon as discovered. Toothbrush and powder should be used freely and frequently, and the mouth rinsed out with pure water. Enlarged tonsils should be treated or removed. Abscesses of the ear should be treated by cleanliness and disinfection, so as to heal them as soon as possible. Consulting the dentist early may save a set of teeth, the glands of the neck, and even life itself; for when tubercular germs have once gained entrance into the body, there is scarcely a limit to their devastation.

Dont Be Constantly Wetting Your Hair.

There is a point worthy of remembrance about the hair (writes Dr. Andrew Wilson), and that is, the caution which should be given against frequent wetting of the head. Many a man has induced baldness in this way. People will wet the head, for instance in taking their morning bath, under the idea that this process is good for the hair. The reverse is the case. It is not a natural thing for the hair to be kept in a perennially damp state; and it is impossible that the hair can be thoroughly dried after the bath. Let us also bear in mind that Nature provides for the skin, and for the hair also, a kind of natural promade in the shape of an oily secretion, which is made by certain little glands. Many of these glands open on the surface of the skin, but others open into the hair-sacs, and the office of the natural oil these glands manufacture is to keep the skin supple, and doubtless also to supply nourishment, or at least an oily secretion to the hair. An old soldier once said, "Wherever there is hair there is dirt." This is, in the main, very true. So that while we may object to a constant wetting of the head, that is no reason why we should neglect to wash the hair—say, once a fortnight or every ten days. A good plan is to use the yolk of an egg, which is to be rubbed well into the scalp, and some pure soap and tepid water used to cleanse the yolk away, finishing up with cold water. I think borax and ammonia lotions, often used to wash the hair, act somewhat harshly, and tend to produce greyness. There is really no need to use anything save soap and water, and a superfatted soap is to be preferred of course.

Look Out for the Little Wounds.

A man should always be careful about those little insignificant wounds. A great many lives are lost every year on this account. A small cut in the hand, made by a rusty nail, may cost a life. Blood-poisoning may set in. A man may be driving tacks, and drive one accidentally into his hand. It is such a trivial cut that anything is thought good enough to stop the bleeding. Then the wound is left to take care of itself the best it may. It apparently heals, perhaps the hand may be one that is often mixing poisons. Acute septicaemia may set in, with fatal termination. Once this dangerous thing commences its work, a surgeon is of little use, and the man who thought nothing of the "scratch from a tack," dies. Always take care of these little wounds. Wash them well, and then they will heal the right way. Cold water or hot water, if it be pure, is one of the best healers in the world. Any doctor who knows his business will tell you this.

Apple Diet for the Skin.

A ripe, raw apple is one of the easiest foods for the stomach to deal with, the whole process of digestion only consuming eighty-five minutes. The malic acid of ripe apples, cooked or raw, helps to digest meat and to stimulate the liver and neutralize those noxious matters which, unless eliminated, produce skin eruptions. Apples are not as satisfying as potatoes, because of their delicate elements, but eaten with meat in place of tubers they are a golden food. The salts and wine sweeten the stomach, the phosphorus is thought to be a nerve builder, and women of all ages, since Eve's days, liked to believe that the "food of the gods" imparted its delicate white to the flesh. Why not? Beef eaters and wine drinkers are red.

How to Become Strong.

If you want to be strong, says Sandow, do not eat too much. Nothing shortens life and minimises power as the almost universal habit of having too much food. The only rule as to how much food should be taken is that the system should be kept free from hunger until the usual time for the next meal. When the stomach is empty take nothing but distilled water. Another point is, never try to economise in sleep. Sandow says that he sleeps nine hours, and often more. You should sleep in a warm bed-room, and bathe almost as frequently

as you eat. At any rate, you should always have a cold bath morning and evening.

FRENCH ANARCHISTS.

Keeping the Home Office in a State of Alarm—An Avenging Blow Expected—Extraordinary Measures for the President's Safety.

A late Paris despatch says:—It must be admitted that the extraordinary measures adopted for the suppression of Anarchy in France have served thus far to make its mad votaries more defiant and threatening than ever. The revengeful blow which has followed every execution of an Anarchist murderer, has not yet been struck in memory of Carnot's assassin, but the authorities are in momentary expectation and dread of it. In fact, the Government is almost in a panic over the danger. This is due to an apparently systematic plot among the Anarchists to drive all who are responsible for the public safety to terror and distraction. It is literally true that a large portion of the daily mail of the President of the Republic and other prominent officials consists of

THREATS OF ASSASSINATION.

Not a day passes that a dozen or more anonymous hints of all manner of Anarchist plots are not sent to the police and the Home Office. The police believe that some of these threats are genuine, but they are sent in such numbers that even the augmented resources of the secret service are utterly unable to deal with them. It is a shrewd move on the part of the wretches who are really plotting murder and outrage. If a hint of their actual plans by any accident reaches the police, they are unable to give it any more attention than if it were one of the mass of false clues which they receive. The officers of the Home Department, the surety for the general safety, are at their wits' end. They do not know how to cope with the situation. The plans which have been adopted for the protection of the life of President Casimir-Perier are more elaborate than any ever employed under the Empire. When the President left Paris on Thursday for his country residence the train included two second-class carriages containing thirty-five detectives. A corps of seventy of these officers are employed on the estate when the President is in residence. They assume the character of laborers, gardeners, fishmongers, and hawkers in the neighbourhood of the chateau. When the President goes to Paris they disappear. Any stranger who loiters within a block of the Elysee is

QUICKLY QUESTIONED

by a detective. The necessity for this espionage is extremely galling to the President, but he is wise enough to recognize the genuine danger. He assumes at least a semblance of security by appearing occasionally in public, but always on expected occasions, such as a drive to the railroad station in an open carriage. Persons who assume to know what the French Anarchists are doing say they will seek to establish a reign of terror in Paris in October. The police are convinced that mischief more serious than any yet attempted is brewing. The facts that these fears are so definite is the best assurance that they may not be realized, for the expected seldom happens in France, especially in such matters. There are no apprehensions among the public. The Anarchist alarm would have quite died down save for the fact that there is a growing restlessness among the Paris lower classes, due perhaps to the periodical demand of the French nature for excitement. It has been an unusually quiet summer in the French capital.

THE MODERN BULLET.

Prof. Bois Reymond's Experiments—The Explosive Effect of the Present Day Missile.

Prof. Bois Reymond, of Berlin, the celebrated physiologist, has been making experiments as to the effect of modern German rifle bullets on the human body, with surprising results. He says:—"The bullet of the old-style rifle bored only a comparatively small hole through the portions of the body through which it passed, whereas the new bullet has an astonishing explosive effect. If, for instance, the ball passes through the head of the corpse, the skull is burst asunder in all directions, and very little of the head remains." The professor explains by saying that the speed of the bullet is so great that when it meets an obstacle it dashes it to pieces, exactly the same as drops of hardened glass burst asunder when the points are broken off.

At the German manoeuvres a new shoe sole for soldiers will be tried. It consists of a kind of paste of linseed oil, varnish, and iron filings, with which the soles of new shoes are painted. It is said to keep leather flexible, and gives the shoe greater resistance than the best nails. Already in many regiments the usual iron nails have been exchanged for nails of aluminum.

A Restless Emperor.

Kaiser Wilhelm has not kept still during the past year. A calculation has lately been made showing where he spent his time since Aug. 15, 1893. He was in Berlin or Potsdam 166 days, travelling the other 199. He gave twenty-seven days to manoeuvres and reviews in twelve different places, from Kie land Salzwedel to Stuttgart, Strassburg, and Metz; he went for state ceremonies to Schwerin, to Bremen, to Dresden, to Coburg—for the funeral of Duke Ernest, and again for the wedding of the Grand Duke of Hesse; he has hunted in Hungary, Sweden, Wurtemberg, Upper Silesia, and Baden; his trip to Abbazia, including his stay in Pola, Venice, and Vienna, took three weeks; and he has gone to the North Fjord and to England. Altogether the Emperor travelled by land and water 18,750 miles in one year.

Needed Painting.

Husband—That fence wants painting badly. I think I'll do it myself.
Wife—Yes; do it yourself if you think it wants to be done badly.

THE WORLD'S WHEAT YIELD.

Statistics Given in the Annual Report of the Hungarian Minister of Agriculture.

Budapest, Sept. 1.—The annual crop-estimates issued by the Hungarian Minister of Agriculture have just been published, the delay in their issuance having been due to the care bestowed upon the revision of the report. According to these estimates the wheat crop of the world will be 2,476,000,000 bushels for 1894, against 2,279,000,000 bushels for 1893, and 2,280,000,000 bushels, the official average for the last decade. The deficit requiring to be covered by importing countries is 444,245,000 bushels, against 378,664,000 bushels in 1893.

The detailed figures representing the production and deficit of the various importing countries for the year 1894 are as follows:

	Production.	Deficit.
	Bush.	Bush.
Great Britain.....	60,995,000	170,220,000
France.....	354,625,000	18,895,000
Germany.....	102,132,000	32,625,000
Italy.....	120,228,000	29,778,000
Holland.....	6,241,000	11,915,000
Switzerland.....	7,376,000	11,915,000
Belgium.....	21,277,000	25,553,000
Denmark.....	4,559,000	1,702,000
Sweden and Norway.....	5,106,000	7,092,000
Spain.....	97,876,000	12,768,000
Portugal.....	9,078,000	5,675,000
Greece.....	3,404,000	3,972,000
Austria.....	45,400,000	31,774,000

The figures in detail of the production and surplus of exporting countries are these:

	Production.	Surplus.
	Bush.	Bush.
Russia.....	365,136,000	141,856,000
Hungary.....	151,098,000	45,392,000
Roumania.....	51,066,000	19,859,000
Turkey.....	20,793,000	5,675,000
Bulgaria.....	31,207,000	13,050,000
Serbia.....	9,929,000	1,985,000
United States.....	408,528,000	70,925,000
Canada.....	42,555,000	15,603,000
India.....	258,167,000	22,696,000
The rest of Asia.....	58,158,000	2,837,000
Africa.....	48,370,000	5,597,000
Australia.....	42,895,000	14,185,000
Chili.....	24,114,000	9,929,000
Argentine Republic.....	117,508,000	73,762,000

LABRADOR'S GREAT FALLS.

Messrs. Low and Eaton Return from Their Tour of Exploration—An Immense Lake Found—Falls that Dwarf Niagara—Miles of Valuable Iron Ore.

Sixty thousand square miles of a iron bearing formation, a new lake larger than Grand Lac Mistassini, and the proof of the fact that the big falls of the Hamilton river are the largest in America, if not in the world, are amongst some of the many discoveries of value made by Messrs. Low and Eaton on their sixteen months' exploration of the interior of the great Labrador peninsula, which has terminated by the return of the explorers to Quebec and their disbandment the other day. After traversing Labrador last year from south to north, and sailing from Ungava bay to Hamilton inlet, where they spent the winter, Messrs. Low and Eaton ascended the Hamilton river to the grand falls on ice, and succeeded in taking a splendid lot of photographs of it with ice cones and other surroundings. The remains of the burned boat belonging to the Bowdoin College expedition were found below the falls, and, further on, the bottle containing a record of their trip to that point.

The river, falls 800 feet in less than six miles, with one clear steep fall of more than 300 feet. The stream above the falls is as large as the Ottawa. Below the falls it narrows into a canyon of only 30 or 40 feet wide with steep walls on either side hundreds of feet high. Mr. Low brought back beautiful specimens of Labradorite of the most valuable kind of the gem. It exists in large quantities.

The iron ore deposits to which reference has been made extend from latitude 50 to Ungava, and are very rich. Whole mountains of the ore were found corresponding with the ore of Marquette, Michigan, and containing millions of tons. The large lake, Michikamaw, in the north-east is more than 100 miles long, not narrow and full of islands like Mistassini, but from 30 to 50 miles wide. Several lakes larger than Lake St. John were seen by the party. The country to the north is a perfect network of waterways, and these contain such fish in abundance as ouananiche, brook and lake trout, whitefish etc.

A City Boarder.



Dude (angrily)—"How the deuce can I get over this blamed fence without bagging me trowahs at the knees?"
Farmer (laconically)—"Take 'em off."

The Boss Baking Powder.

"But I don't want to buy your baking powder," insisted the lady of the house to the man at the door.

"Why, madam," he said, "you are losing the opportunity of your life in the matter of economy alone; this baking powder of mine will make your bread so light you won't have to use any gas in your dining-room."

The Kind He Liked.

"Do you like tongue?" inquired the talkative landlady of the new boarder.
"Yes, madam," responded the boarder, "beef tongue."