HOT WEATHER -water or ice-water; zer, carbonate water, water or hot lemonclined, but take them

thing with alcohol in noderate degree, like ch drinks will give a g effect, the alcohol rt unnecessary comsues, which will make han before.

oftener than once a le eat no meat whater; eat plenty of banfruits and drink an buttermilk or sweet

ween 9 a.m., and 7 p. n keep entirely out during the whole

t all the ice and iceut first be thorougheat them slowly. day go by without r cold bath. If you violent exercise like t take a roll in a hotwhich give yourself cold water. sort of bath with-

ter eating; early in e best time, and late nd best time for the othing on the notion ble to wear such and ndershirt if you can; stcoat, and have all

clothing as thin and sible to buy them. at collars, tight corht hat; have all your as possible. hing of a dark color articularly black; the ly absorbed by black, to dissipate its inal summer dress for Well-ventilated, loose llar; light gray coat;

hin, whitish material nd tan stockings. r hair long in sumt wear a beard; the he heat of the air it to the skin, while same thing with any ing around. t the great secret of

have your nervous

uires no vest; wide

calm and your diworking order. r anything, particuleat of the day; you much by worrying you are only getting em excited. temper with your

r superiors; don't much warmer it is be, and altogether that is liable to get the sunny side of a

s a few yards nearer o drink even ice-cold spiration has stopped it oppressively hot;

oppage of the perst stage of sunstroke. by ice-water at once ght.

ITH'S STORY.

Down That Work Was ble-His Whole Body

water Enterprise. ncy is a well known at Baker Settlement n miles from Bridge-'ancy is well known which he lives. He legion whose restorads to the popularity Pink Pills. Mr. Fancy f illness and renewed er of the Enterprise, ring the last winter, to overwork and imame very much rend had severe pains Il over my body. I time, had no appeso low spirited that in another world. e. necessity compellake a little work in hop, but I was not fter doing the job, down; indeed lofting. I was advised ems' Pink Pills, and ple of boxes, I felt a The pains began to again as though life iness. By the time I es I was as well as do a hard day's work out fatigue and those hing about a blackvill know what this o are not well, will

ium of Dr. Williams' Pink Pills cure by of the disease. They up the blood, and nerves, thus driving system. Avoid imitathat every box you osed in a wrapper Il trade mark. "Dr. ills for Pale People.

in looking for health

RTUNE TIME.

on our new neighbor Mrs. Grundy, waving silence. I know she to get settled and all ber parlor looks a d her quarreling with night, and I'll never I don't call before

he Home

HOW TO SWEEP AND DUST.

There should be just as much method in housework as in anything else, especisily if the wife must do without help, and if method is employed, it will great-

ly facilitate the labor. and should be so arranged as to produce the desired result with the least amount of work possible.

The tidy housewife always desires to present a neat appearance even though will provide herself with dust-cap, a mir of gloves, a loose jacket and jarge apron; then should anyone chance to call, it is only the work of a few

It is a good plan to have covers made for all large pieces of furniture that are not easily removed. Thoroughly week is usually sufficient, and for the rest of the time a carpet-sweeper is just the thing to use as it takes up all the litter and does not create a

The first thing to do on sweeping day is to carefully dust all articles of furniture that can be moved and roll them sweep the ceiling and brush down the walls, then sprinkle the carpet with are ready for the broom.

Begin to sweep in the corner farthest from the door and sweep from each side toward the door, then instead of sweeping the dirt out into the hall, gather it into the dust pan and proced to sweep the next room.

By the time you are through sweeping the last room, the dust will have

fish clean and sweet.

HOUSEHOLD SUGGESTIONS.

line orange cake is obtainable by Ming two cupfuls of sugar, one-half cupful sweet milk, three eggs well | you do any frozen fruit. leaten, three cupfuls of flour, and two buspoonfuls of baking powder. For the losting employ the whites of two

apacity for absorbing these gases.

The fact is, this is applicable to all the other. s last skimmed.

SELECTING KID GLOVES.

In selecting a kid glove for wear those a fine, but not too thin, kid. Exsmine the inside of a glove. It is important that the glove be dyed on the outside only. Wherever the color of the dye has struck through the leather there the glove will be found tender, mys a writer. This is because the or leather is always strong enough to it to the inside. Sometimes the leather will only show the color at the seam

We silk to sew ripped seams or to est velocity measured.

Top. | CORTORS CORTORS VINTATES' than cotton. It is very difficult to clean a dress-

ed kid glove satisfactorily, because any of the means taken to remove the stains SOME UNPLEASANT COMPANIONS of dirt from the leather will also remove the dressing of the glove and leave it dull in finish in spots. An undressed glove can be very easily cleaned, and is therefore a more economical purchase when light colors are used. Undressed gloves are not as much used, however, for ordinary occasions as a dressed or glaced kid glove. Dark colors are worn in glace kid as well The sweeping and dusting of the work choice, because the

CANNED CHERRIES.

From an exchange we clip the following excellent way to can cherries: she be sweeping and dusting, and hence, fruit. Fruit which is can cherries. fruit. Fruit which is partially ripe is never fit for canning. Look the cherries over very carefully. Do not stem them. Some housekeepers clip off sounds to make herself presentable to half the stem, others prefer to remove the whole stem; this is a matter of fancy. When the fruit is all prepared put it into clean cans and cover it with a light syrup, in the proportion seeping and dusting a house once a of five pounds of granulated sugar to five pints of cold water. This should be enough syrup for ten quarts of cherries.

After filling the jars to the brim with syrup, put on the covers, leaving the rubbers off-or if they are patent out into an adjoining room or hall. cans close them. Pack the jars in a Raise the windows; shake the curtains large flat-bottomed kettle, and put well and pin them up out of the way; them on a rack used for the purpose. Pack cloths between the jars to presalt corn meal or tea leaves and you vent their knocking together; or, if more convenient, wisps of hay will do. Pour lukewarm water in the boiler as high up as the necks of the jars. Let the water boil and cook the cherries this way for fifteen minutes after the water begins to boil.

At the end of this time remove the ettled in the first one, and you can jars, one by one, to a shallow pan, conbegin dusting. A damp cloth is best taining a little boiling water. Take off to use for this, as it will take up the the covers and fill them up again with goats, mules and horses. dust and not scatter it back over the boiling syrup which should have been reserved for the purpose. Considerable Shake the curtains again, wipe off syrup will have been absorbed during the windows and window sills, dust the cooking, leaving space for the new by themselves. They are very gentle, the backs of pictures and the base- syrup. Put on the rubbers and seal hards all round. Do not forget to the cans up tight. When the jars are shake your dust rag out the window | cold tighten them again with all your every few seconds. Remove the covers strength. Wipe them off carefully from the furniture, very carefully and with a cloth and set away where the take them out doors at once. Wheel temperature is not above sixty degrees. the furniture back in place. wipe off By observing this method, not only the books and fancy articles, replace the delicious natural flavor, but

cherry is perfect in shape. Frozen Cherries .- Take one quart of cherries, using as red fruit as you can find, and mix with one pound of granulated sugar; stir until the sugar is thoroughly dissolved, add the juice from one can of pineapples and one wful of butter stirred to a cream, pint of water. Mix well and freeze as

MARYLAND CHICKEN.

The old-fashioned cook of Maryland was, saving out just enough to frost had a special reputation for preparing the top, the rest of which should be chicken in a superior manner. Select a added to the juice and grated rind of tender, plump, young chicken. Singe, an orange and spread between the dress, and cut it up as if for a fricassee. Wipe each piece, season it with To purify a room set a pitcher of salt and pepper, dip each in melted butwater in it, and in a few hours it will ter and then lightly in sifted bread hive absorbed all the respired gases crumbs. Arrange the pieces on a bak- er's tail, and with only one man at the "hold" thus rendering the air ing-pan and put them in a hot oven to the apartment a great deal pur- bake. Let the chicken cook in this way The hind legs of Cuban mules must be er, but itself utterly filthy. The cold- for three-quarters of an hour, basting worked on a different principle from er the water, remember, the greater its it every fifteen minutes, and turn it that in vogue among United States after it has browned well on one side.

Do you know how to make beef tea? While the chicken is cooking prepare tying mules to one another's tails. Well, this is a good way in which to corn fritters to serve with it. To make pounds' weight of fresh lean beef; add ful of fresh sweet corn, or if it cannot black, and small. It lives in the hollows three pints of cold water, and when be obtained use a cupful of canned of trees, like our squirrel, and eats on the eve of boiling, carefully remove corn, drained a little and chopped. leaves and fruit. Its flesh is insipid, but the seum; and the moment it does boil Add pepper and salt. two well-beaten it is often eaten. Curious modifications hourly expecting their arrival. another pint of water, whereupon eggs and also a tablespoonful of cream of felines and canines inhabit the woods. let it boil up again and remove the if canned corn is used. Add half a cup The animals have sprung from dogs and sum as her animals have sprung from dogs and differ som as before. If by this time it is of flour and half a cup of milk. Divide cats in the domestic state and differ

tinds of broths and gravies, and if Prepare a cream sauce by pouring a their carefully planned attacks them them troperly carried out will render cup of cream in the dripping-pan in In regard transparent and finely flavored. which the chicken was baked. Thicken be allowed to beef tea, however, it should the gravy with an even tablespoonful three allowed to simmer not less than of butter mixed with a tablespoonful three-quarters of an hour, and never of flour. Let the gravy thus formed than one hour from the time it simmer slowly for five minutes. Season it with salt and pepper and strain it and scatter in a teaspoonful of minced parsley. Set the gravy in the oven a moment or two, then pour it over the chicken, which should be garnished.

HOW FAST THINGS GO.

A Mathematician's Calculation of the Speed of Various Objects.

A mathematician has compiled the following list of speeds a second: The Strength of the dye necessary to col- snail, one-half inch; a man walking, alive and shining for many days.

Fashionable ladies wear the brillian of leather in the strength of the dye necessary to col- snail, one-half inch; a man walking.

Fashionable ladies wear the brillian of leather in the strength of the dye necessary to col- snail, one-half inch; a man walking.

Fashionable ladies wear the brillian of leather in the strength of the dye necessary to col- snail, one-half inch; a man walking. 4 feet; a fast runner, 23 feet; a fly to the it tender if it strikes through 24 feet; a fast skater, 38 feet; a carrier pigeon, 87 feet; locomotive—sixty material for living belts. One little miles an hour-88 feet; swallows, 220 girl remarked with much solemnity on the inside. Such a glove will pull feet; the worst cyclone known, 380 feet; God made it with hooks to fasten on for the present, rejected a proposal to out at this seam. It is wise to select the Krakatoa wave—at the volcanic the volcanic the volcanic the volcanic the volcanic the volcanic the seam. It is wise to select the Krakatoa wave—at the voicante little girls' dresses. Left to themselves seam. It is wise to select the Krakatoa wave—at the voicante little girls' dresses. Left to themselves seem. It is wise to select the Krakatoa wave—at the voicante little girls' dresses. Left to themselves seem. It is wise to select the Krakatoa wave—at the voicante little girls' dresses. Left to themselves seem. It is wise to select the Krakatoa wave—at the voicante little girls' dresses. Left to themselves seem. It is wise to select the Krakatoa wave—at the voicante little girls' dresses. Left to themselves seem. It is wise to select the Krakatoa wave—at the voicante little girls' dresses. Left to themselves seem. It is wise to select the Krakatoa wave—at the voicante little girls' dresses. Left to themselves seem. It is wise to select the Krakatoa wave—at the voicante little girls' dresses. Left to themselves seem. It is wise to select the Krakatoa wave—at the voicante little girls' dresses. Left to themselves seem. It is wise to select the Krakatoa wave—at the voicante little girls' dresses. Left to themselves seem. It is wise to select the Krakatoa wave—at the voicante little girls' dresses. Left to themselves seem. It is wise to select the Krakatoa wave—at the voicante little girls' dresses. Left to themselves seem. It is wise to select the Krakatoa wave—at the voicante little girls' dresses. Left to themselves seem. It is wise to select the Krakatoa wave—at the voicante little girls' dresses. Left to themselves seem. It is wise to select the krakatoa wave—at the voicante little girls' dresses. Left to themselves seem. It is wise to select the krakatoa wave—at the voicante little girls' dresses. Left to the little girls' dresses in the little girls the dark colors. Procession science, for which Sir Walter Gilbey as a rule do not wear as well Sunda Islands—940 feet; the surface of the watch at Havana. For this reason of the watch at Havana. For this reason of the watch at Havana. For this reason of the watch at Havana. Sunda Islands—940 feet; the surface of the glove on sea level at the equator, the principle of the glove on the indices; the color of the glove on the indices; the filed to describe this case, darn the parts to the filed the color of the glove of

FOUND ON THE ISLAND.

There are Spiders, Snakes, Birds of Various Kinds-A Batlike Animal, Peculiar Fire fly -And Other Strange Things.

marches, says the N. Y. Sun. Cuban and inlets, however, are well stocked sandflies and mosquitoes are much like The sweeping and dashed the work the sweeping and dashed the sweeping and dash the huge spider, whose bite causes a colony of its own on the Isle of Pines. fever, nor the belligerent ant known Turtles are found in large numbers in as vivajagua. A scorpion, though not so dangerous as the European variety, of uses, from soup to walking sticks. If her heart is hard to move, proves itself unpleasant enough to the For canes, the shell of the carey vacareless traveller, and the chigoe or riety of turtle is used. First a strong Stay away for quite awhile. 'jigger," deals swift retribution to an offender. The method of attack is in- comes a thin liquid, and into this the Soon or late she's bound to smile. convenient, for it burrows under the stick is dipped and allowed to cool. The builds its nest there. In that case inflammation occurs, and the only relief cane is polished. headed, fitted with a is the painful operation of having the ferrule, and sold for four or five dol- List! if you'd win a splendid name, little animal cut out.

Snakes are not numerous, but they with a body twenty inches in circumthe big reptile is harmless.

Among the birds, the soldier may exercise his taste for pets. Those peculiar to the island have beautiful plumage, rich in colouring. There are nearly 200 kinds to be found there, and among them all the vulture and the turkey buzzard are almost the only birds of prey. They are so useful as scavengers to carry away waste material that they are protected from death by law. Geese, turkeys, peacocks and pigeons are the most familiar domestic fowls, and pigs, sheep,

THE ANIMALS USED.

The Cuban horses are almost a race they never kick nor bite nor play any unseemly tricks on their riders. In some parts of the island horses receive as much consideration as a member of the family. They are not tied or con- exactly thirty-three seconds. fined, but they wander about the door the tidies and rugs and behold a room | beautiful color is preserved, and each | yard, put their heads into the kitchen of entering the house. The sight of humans and equines on terms of such easy have come again.

Sometimes the roads are very bad and the mud so sticky that it holds any foreign substance like glue. For this reason farmers braid their horses' tails, turn them up over their backs and tie them to the saddle. No Northern pony would stand this indignity, but the Cuban pack animals seem quite willing to endure it. In mountainous regions mules are used to carry coffee and sugar down the mountain paths, and to save drivers mules in long procession are tied together, one's head to anoththey carry down their burdens safely. would insure a man whose business was

of expense to the poor man in Cuba, for duce. in the phosphorescent fly nature pro- They are for cooking purposes, soups, vides him a lamp free. This fly, the sauces, stews, patties, and the like. It cucullo, about the size of our roach, is is not expected that anybody will eat perfectly black, with a transparent frozen oysters on the half-shell. them on sugar, the sticky particles ad- some were frozen and cooked in New hering to their legs exasperate them so Zealand. The report was favorable. much that they fall upon each other The first cargo will be put on Lonlike prize-fighters. The children avoid don market, at 8s. a hundred. It is day, and what do you think?

Fashionable ladies wear the brilliant flies in their hair, and sometimes the belles use them covered with a gauzy

「中日から」のでは、まくまであるとも、またのはなりにつるのは Another curious phenomenon of Cu- If you think it's goin' to rain. ban animal life is the procession of land crabs across the island. They If it spoils a little grain. travel from north to south every spring when the rains commence, and are as If you've got a lot of hay out. regular an institution as the wet weather itself. Shell fish are abundant, Trust the Lord, He'll find a way outbut they are of inferior quality. The climate is too warm for them, and oys-The Spaniard is not the only foe the factory as ours in the months when no ters there at all times are as unsatis- If the weeds are busy growin', soldier will encounter on his Cuban magic R appears. The rivers and bays Jist keep steady at the hoein'. with palatable fish. The iguana, cay- If the robins eat your berries. shallows and reefs and on sandy If you're busy making love. beaches, and they are put to all sorts stick is cut of the length desired. Then toe nails, and unless removed at once process is repeated several times till If you'd like to be elected. the beautiful tortoise shell covering is of proper thickness. Afterward the If at the polls you are rejected.

Another curiosity is a cane made Slow are the iron feet of Fame, from the dried skin of the manatee, or include some of the freaks of the ani- sea cow. The skin is perfectly transmal Kingdom. The huge maja, longer parent, and when rightly prepared is Now, if you think you're goin' to die, than two six feet men set end to end; flexible but strong enough to be used as a rapier for defence. Mounted in And when the wife and children cry, gold and silver, these canes are very ference, looks fierce enough and for- exepnsive. They are rarely seen in Ha- You'll soon be up and out of bed, midable enough to put a whole regi- vana, and one tourist, who wished to ment to flight. It is all a bluff, for carry away a cane as a souvenir, paid For some day you'll wish you're dead, \$50 for the privilege.

THE SPEED OF INSECTS.

Common Thing to See a Bee Keeping Up

It is the popular belief that the flight of birds is much swifter than that of the insects, but a number of naturalists who have been making study of the matter think that such is not the case. A common house fly for example, is not very rapid in its to side. right and left, filling every flight, but its wings make 800 beats second, and send it through the air twenty-five feet, under ordinary circumstances, in that space of time. When the insect is alarmed, however, it has been found that it can increase its rate of speed to over 150 feet per second. If it could continue such rapid flight for a mile in a straight line it would cover that distance in

It is not an uncommon thing when of chamois, with light leather soles travelling by rail in the summer time | They are only worn indoors, and are to to see a bee or a wasp keeping up with protect polished floors from scratches windows to exchange the time of day, the train and trying to get in one and even on occasion have the privilege of the windows. A swallow is considered one of the swiftest of flying birds, and it was thought until a short time ago that no insect could es- dary is an accumulation of a peculiar familiarity makes one wonder if the cape it. A naturalist tells of an excit- species of fat, which is a store of days of Gulliver and his horse country ing chase he saw between a swallow nourishment beneficently provided and a dragon fly, which is among against the day of want, to which the the swiftest of insects. The insect animal is often exposed. The dromeflew with incredible speed, and wheel- dary or camel can exist for a long ed and dodged with such ease that the period upon this hump without any swallow, despite its utmost efforts, other food. completely failed to overtake and capture it.

FROZEN OYSTERS.

The London Daily Mail says; The oyster lover will no longer have to your needle. spell the months to see whether there is an "r" in them before he dare venture on his favorite indulgence.

We are to have a supply of oysters wheel, Miss Antiquate? Here no insurance agency all the year round. The development Miss Antiquate-Yes, indeed; I comof the British Empire is a colonial oys- pleted my first century yesterday. The only wild animal peculiar to Cuba ter industry. New Zealand is sending Proceed: Cut into small pieces two these fritters, cut off the cob a cupproduction, as an experiment. Mr. George Tabor, of Lower Thames St., is

It is three years since a New Zealand merchant, on a summer visit to Lon- ter-I have an English lord in charge tot perfectly clear, the same quantity the corn fritters and fry them in butof water should be called a sh of water should be added a third time, ter in a very hot pan, turning them Some of the intelligence of the civilization, and ed. after the fashion of the lady who which will cause more scum to rise. from one side when they are done to the farmer much anxiety by married the butcher. "We must send you some from New Zealand." idea has at last become a fact. UPON HIS POULTRY AND CATTLE. day or two London will be invited to The matter of lights is a small item try a new specimen of colonial pro-

breast. Two eyes in front, and one in At present the summer oysters come the point of its breast give out so principally from Portugal and France, much light when its wings are spread and are laid on English beds. The oys- of my life, said the Colonel, with an that one can see by it to read a letter. ters from New Zealand will be kept in air of gallantry. And Miss Oldgirl is Children make pets of cucullos and shut refrigerators. They are said to be fine, still wondering. them up in reed cages. If they feed and white, and plump. As a trial,

night, and in this way keep their pets with an "r." The oysters are frozen and happy. in blocks of eight and fifteen dozen.

AGRICULTURE AT OXFORD.

By the small majority of two votes

Don't hurry.

Don't worry

Don't worry. -The Khan.

CANE-BOTTOMED CHAIRS.

The owner of cane-bottomed chairs which require renovating should provide herself with a ball of strong twine and some varnish, and she can manage to do the work very creditably herself in the following way:-Cut away the old cane, take a large darning-needle, thread it, make a knot at the end and loop the string through the holes backward and forward, crosswise from side hole; then working back again, weaving as you would for cloth. Then varnish the chairs and set them aside to dry. Make small cushions of cretonne or any other material you like, and tie them on the seats with ribbons to match.

SHOES FOR DOGS.

Tiny shoes intended for dogs are made and sold in London. They are

DROMEDARY'S HUMP. The hump on the back of the drome-

AN EYE OPENER.

He, during the honeymoon -- You don't know how lonely my bachelor life was-how unbearable the evenings were, when I would have to sit alone New Colonial Industry to be Developed in my dreary den and sew on buttons. She-Your evenings won't be dreary now, love. I can sit by you and thread

A SLIGHT MISUNDERSTANDING.

Mr. Guyer-I suppose you ride a Mr. Guyer-Really? You don't look

it, I'm sure. 'N. B. -Friends they were, but strangers now.

COMFORTS OF TRAVEL.

Professional Guide, to palace-car porand I want him to get a good impression of the comforts of travel in this country. Here's five dollars. Frter-Yes, sah. Do you want me

to gib him extra attention, sah? Guide-Great Scott, no! I want you to keep away from him."

AMBIGUOUS.

Do you remember, said Miss Ancient Oldgirl to Colonel Crabtree, how when you were a young man you proposed to me and I rejected you? It is one of the happiest, recollections

HE HAD BEEN THERE.

Lizzie-I had my fortune told yesterthis by giving the flies sugar cane. intended to send consignments once a George-You're going to be married They wash them carefully morning and month, until the months arrive spelt within a year, and will be very rich Lizzie-Why, George, how on earth did you guess it? I haven't told a

IN ANCIENT ROME.

First Citizen-Methought the Emperor Augustus wore a clouded brow to-