atbuoy is a signal s, and the red light has nature equip. ith danger signals other when their is not quite right. a tired feeling, a ss of the muscles, ome other signndition is not a eded, serious rey occur. In nine e is impoverished to brace you up strong. Dr. Wildo this promptly

most favorably of ble in strengthen. ed them for some elts. As an invig-

lose to last.

ox or six boxes for Brockville.

nose whose main obtheir memory and to red up to the day of assured that it is ty to take a large mustard with every constant diet is not nyone. Indeed, it is rather bitter terms. nothing but fish," vords, "will soon be the fish-eating inorth of Siberia, who st creatures in the

OTATOES, that an exclusive

duces indescribable g of intellectual and

usive diet of vegeroduce most lamenvegetarians are inlain language that ing their constituwholly from anine of vegetables is when they are used s of food. When nstantly they inflesh soft and the , at the same time, ck lustre and vigor the roots of the he brain gradually nd is powerless to k. Quite the conwhen fruit of any equent diet of a we are told, are being because they asant exhilarating rvating the brain. That the effect of -continued diet of are not told, but, n which they are safe to infer arded by certain ts with more famal or vegetable

ST MAN.

Five Pounds and Clothing.

rkably thin men but Claude Amwas exhibited in xtraordinary perhan 70,000 persons weeks. Seurat d was, therefore, he made his ap-

the famous phythe throng who ing in which Seuho were anxious vriting of which at doubt the most ave encountered. n ordinary man, perhaps, but not eyes are bright, ig. Seen in the he day, he in no average foreighis padded clothastounding spec-

e bones covered tin, and muscle have none. He ble to move his ks, though withith extreme difhim and weighhis chest measnches, which is was not more ones being much an ordinary man hight weigh 150 e, indeed, he so teleton that a light easily misurat's food conounces of bread metimes he took remarkably in-, and picking up rriving at places own he was acin his padded ttract any parsaid that uns he resembled that he sudder-

ed in 1849, aged

TESTED RECIPES.

Roast Pig.-About three or four weeks is the right age, to roast whole; cut off the toes, leaving the skirt long to wrap around the ends of the legs, and put it in cold water. Make a erackers, one tablespoonful of sage, two of summer savory, one chopped onion, hall a pint of cream, two egg; with pepper and salt. Mix these together and stew about 15 minutes. Take the pig from the water, fill it with the stuffing and sew it up. Boil the liver and heart, with five pepper corns, chop fine for the gravy. Put the pig to roast, with a pint of water and a table spoonful of salt. When it begins to roast flour it well and baste it with the drippings. Bake three hours.

Chicken Pie.-Cut up a nice plump chicken into joints, which lay upon a dish, and season lightly with chopped parsley, white pepper and salt; then lay them back, cut into three pieces, at the bottom of a pie dish, with the two legs on either side; have half a pound of cooked ham or bacon in form into a domê in the middle; pour for the last. If no white sauce, dip each piece lightly in flour.

Bird's Nest Pudding .- Peel and core eight tart apples; in each hollow stuff sugar and a blade of mace or a little cinnamon; make a batter of a pint of flour, a spoonful of corn starch, a large teaspoonful of baking powder, milk or water, and a tablespoonful of melted butter. Mix almost as thick as drop cake, pour over the apples and bake three quarters of an er pudding stew the apples first, but gently, and hot so as to break them, stuff them with sugar and citron, pour over a sweet custard and bake. Boil it two or three hours and serve with wine sauce.

half pound of macaroni till tender, advancing years, although this is pro- the mild form up to the very acute, flocks. Hence our army corps cannot was sleeping. pour off all the water, then add one a cup of butter; pepper and salt; let than either of the other classes. This perspires, freely, breathes laboriously tered and cut up by the army butch- a sluggard and is usually hard at work summer for a short time, but be care- may be an argument either for or and evidences great distress. Such ers, will yield 700 pounds of meat, and in his study at 5 o'clock and on horseful that it does not become much against marriage, according to the proken, turn into vegetable dish, have point of view. Widowers are especialready one pint of stewed tomatoes, ly prone to murder, incest, false acready one plut of stewed comatoes, by profile to murder, facest, false at season with butter, salt and pepper, cusation and false witness. They in his stall. Such cases should be occupy six months, and the soldiers her favorite mare two hours before season with butter, salt and pepper, cusation and false witness. They pour over the macaroni.

To Cook Squash .- If very young and tender, merely cut in pieces and core; otherwise peel and core, and stew it with a small amount of water. When tender press out the water through a sieve or in a coarse cloth, mash it fine, and dress it with butter, pepper and salt.

some apples; stew them with sufficient of matrimony, but also by the fact water to prevent burning; when done, that the burden of married life incimash them through a colander, sweeten to taste, add a small piece of butter, a little nutmeg or lemon.

according to the quantity required, against property falls off rapidly with then add salt, pepper, some finely cut parsely and green onions, and a slice or two of bacon cut into very fine mince meat; mix all well together, fry and scorch the top with a red hot poker.

Spare Ribs, Roasted .- Joint it down the middle; sprinkle it with fine sage, sait and a little flour; put it in the late of the Ninety-second Gordon oven and baste it well. Serve it with Highlanders, writing to the Times, reapple sauce, egg sauce or white sauce.

SUGGESTIONS TO HOUSEKEEPERS.

the burn, then apply the dressing.

now consumes and maintain its use at hole it " tion the number of physicians now bert of the promotion of Hector Mac- veloped rapidly, and as the moisture practicing would be diminished by one Donald from the ranks and the clay- is given off by the eggs the mold will A barrel of flour will make about was much interested, and said: 250 loaves of bread. Bakers, by "tricks | "That brave officer must have his

Der to 300 and even 315 loaves. and washing powders. For that rea- recovered Lieutenant Hector MacDon- more or less trouble. Don't then comson washing day shouldn't be baking ald's sword from a Boer farmer, who, day if it can be avoided.

a sponge dipped in alcohol. You can tell whether nutmegs are these things to their credit.

fresh or stale by pricking them with

whatever happens at the lower that the privilege of returning it if it this neighborhood wunst about 11 yeast used in setting the bread-sponge paragunu 'pusitoos 'proistoddy of paragunu' 'pus on account of the slower growth of they satisfaed the Alexand of the slower growth of they satisfaed the Alexand of the slower growth of they satisfaed the slower growth of the slower growth of they satisfaed the slower growth of the slower growth growth

yeast plant and consequent slower

A well-made hash makes a good breakfast dish. Mind, a well made one. The sloppy, half seasoned, greasy one takes away the appetite instead of satisfying it. Corned beef makes the best hash, but with proper seasoning beef, veal, mutton or chicken may be combined with potato very accepably. The usual rule requires one part of meat to two of patato, but it is well to give generous measure with the meat. A great deal depends on the seasoning. A stalk or two of celery, stuffing, with about six powdered chopped fine, imparts a very pleasant flavor to beef hash.

SCALY FELLOW.

There had been a robbery at the church while the funeral services were in progress, and the suspected person a stranger, who had seemed deeply affected, got away.

Can you describe him? asked the de-Yes, answered the victim. He was

carrying a small alligator grip and

shedding large crocodile tears.

MATRIMONY LESSENS CRIME.

Fewer Married Than Single Men Are

Transgressors of the Law. tical study of this subject. According ing the surrounding fence. The sense dark days of the Crimean War, to pri- "If I had not been an early riser," slices, a layer of which cover over then to this study, property rights are more lay in two wings, and over them the generally respected by the married breast, cut in two pieces, which, with than the single. The married man opened to their accustomed feeding the remainder of the ham or bacon, does not commit the graver offenses grounds and when desiring to return, form into a dome in the middle, pour against property, such as robbery and lastinguish one outlet and retiently asserted, and rightly, that an army German philosopher and traveler, rarehandy or a little broth or water; fraud, so much as the less dangerous cover with paste, and bake as directed crimes, such as receiving stolen goods breaking the laws of trade and public pilot to it. The horse in browsing or of foraging for Tommy Atkins. If cav- Sawyer, was frequently content with health and bankruptcy. Men who are married at an early age, from 18 to 25, offend against property more often than the unmarried of the same age, and married men who are older. This is probably explained by the pressure of family expenses. Offenses great as in matter of the rights of

bably true of all men. Widowers, however, contribute a greater share of stand in all classes of crime and their treated in the absence of a doctor, get fresh meat twice a week, then in the world breaks its fast. offenses against property are note- or until he comes, by using from six- round numbers, 70,000 bullocks must King Oscar of Sweden and Norway worthy. In extenuation of widowers teen to twenty ounces of linseed oil, be sacrificed. it may be claimed that the loss of the with two ounces of sweet spirits of This fresh meat must be eked out salutary in the majority of men. Ac- a day, he should have two or three or 6,500 tons, of bullock! a man is married the more law-abid- cold water as a drench. ing he becomes. This may be account-Apple Sauce.-Pare, core and slice ed for not only by the benign influence dent to the larger birth rate at that time and the financial straits of the Bacon Omelet .- Beat up some eggs, by the fact that the rate of offenses

GENERAL JOUBERT.

he Told An Englishman Why the Boers Shot at Officers.

Lieutenant Colonel P.F. Robertson, lates a conversation with General Joubert at Newcastle, Natal, in 1881. The Colonel was deploring the number of casualties among our officers pumpkins, meal and apples may be For burns nothing is better than the on the day of Majuba. "Oh," replied used. If no roots are at hand, boiled white of an egg beaten to a foam and General Joubert, "we give special in- pumpkins and meal are excellent and mixed with a teaspoonful of lard. Five structions to our men always to pick hegs will thrive upon them. One imdrops of carbolic acid make it better. off your officers." "Thank you," said have a good warm place to sleep in. member, Johnny, you are a big boy A dressing that will prevent scarring Colonel Robertson; "why are we to Many pigs that were cut out for large and when anyone hits you, hit back, and give immediate relief is one dram receive so much attention?" General hegs are studded by being half fed, and as hard as you can. of besmuth subnitrate to an ounce of Joubert's reply was: "Your officers vaseline with five drops of carbolic are all rich, and are quite independent ter. acid. Before applying this wash the of your profession; you can come into surface with a solution of one dram of your army, and leave it when you soda. Squeeze this from a cloth upon men, and they cannot get away when Dr. Patchen, of New York, says: "If they are ordered to, and it is how the best storage houses have been im- John, it was a girl. every living person were to diminish they get their living. Besides, we proved in quality from year to year. 90 per cent. the amount of sugar he have no quarrel with them, and we do Oats, if dry, will absorb moisture from

practicing would be diminished by one bound from the ranks and the clay- is given our by the eggs the mold will powerful engine, three iron tracks, a son, the "Wizard of America." It half, and two-thirds the present number of description of the present number of descrip ber of drug stores would be closed." had presented him with. The General the correct degree of druges.

known to the trade," increase the num- sword back again. I will search the Transvaal for it, and offer £5 reward

when he heard the particulars, de- mence pulling at it in a straight line. Steam collects on the windows and clined to accept the offered reward, but always at an angle, or, what is beteffectually converts them into frosted and Joubert handed his sword back to ter, put a small rope around his body glass these days. To prevent, and keep them free from ice, rub the glass with there is much to be said against the form, then pass the other end between the form there is much to be said against the form, then pass the other end between leves were crossed, and you were the road. Yere's where we turn to the bear it may be well to remember the front legs and under the nose-band only man on earth!

On the Farm.

THE HORSE'S WONDERFUL POWER OF SMELL.

indeed must be the horse's sense smell: "The horse will leave musty hay untouched in his bin, however hungry. He will not drink of water ful, even if the egg is all right inside. objectionable to his questioning sniff, The sight of it outside is obnoxious to or from a bucket which some odor makes offensive, however thirsty. His intell'gent nostril will widen, quiver and query over the daintiest bit offered by the fairest of hands, with coaxings that would make a mortal shut his eyes and swallow a nauseus mouthful at a gulp. A mare is never satisfied by either sight or whinny that her colt is really her own until she has a certified nasal certificate to the fact. A blind horse now living will not allow the approach of any stranger without showing signs of anger not safely to be disregarded. The distinction is evidently made by his sense of smell and at a considerable distance. Blind horses, as a rule, will gillop F. Prinzing has contributed a statis- wildly about a pasture without strik-Others will, when loosened from the stable, g) direct to the gate or bars do not make mistakes in their diet." vice Corps is its stomach.

THE CURE OF FOUNDER. when the horse goes down and will not be wholly fed on fresh meat. stand at all. or, through standing up, The average bullock, when slaughcases as these need a good doctor. Or- 1,343 bullocks must die to provide our ack at 6 while the Empress shares dinarily a horse is found stiff the troops with one day's rations. Sup- her husband's love of the morning

HOGS FOR RENOVATING OR-CHARDS.

surface should be leveled with a har- this large sum.

FEED HOGS A VARIETY.

Roots of various kinds with apples other afternoon with a black eye and and meal make one excellent cheap hog crying piteously. food. Pumpkins may be added, or portant item is to see that your hogs impressively with the words: Re-

PACKING EGGS IN OATS.

Eggs have been packed in oats for but I hit back harder anyway. fallen off, as eggs stored in cases from bigger than you were? neip it.

Colonel Robertson then told Jou- not drg, the germs of mold are de- such an important part in the pres- 6 o'clock in the morning; but perhaps

EDUCATE COLTS WHEN YOUNG.

Educate the colts to the halter when sorbs odors, especially those of soap General Joubert, says the Colonel, very young, and it will save time and give a sudden jerk on the rope you Well, it doesn't make much differ- How do you know so blame much have tied around his body, and he will ence, answered the young man, taking about it? sulkily inquired Goodman immediately spring forward, which is the glittering bauble from his vest Gonrong. TERM 1881 UEUT the direction you wish him to go. pocket and inspecting it with one eye I'd ort to know, rejoined Tuffold The cold weather it is expedient to considerably increase the amount of show 100's along the considerably increase the cons

al law governing the colt's action.

CLEAN EGGS.

Nice clean eggs always find ready sale. If they are dirty, they should be washed with warm water. A southern exchange says that if this does The following shows how very keen not take off all the stains cider vinegar will. It will pay to try this you have a nice lot of fresh eggs that by accident or otherwise, have become than most of us, says London Titstained, for a dirty egg is distastethe delicacy of one's taste.

SOWING REDTOP.

The best time to sow redtop seed is in the spring on winter grain or on ground specially prepared for the purpose. Like timothy, it can be seeded in the fall at the time winter grain is put in, but most farmers prefer in life. spring seeding.

FEEDING AN ARMY

a Vigorous Appett e.

the British troops intrusted, as in the he can devote himself to recreation. of smell informs them of its proximity. vate contractors. And so, when, a few he says, "I should never have writweeks ago, the bulk of the Army Ser- ten more books than I have lived vice Corps was ordered out to South years." Africa, "those in the know," at once | Alexander von Humboldt, the great corps would follow. For to the Army ly spent more than four hours in bed, particular part of the fence is their Service Corps is committed the work and, on the testimony of Sir James while gathering herbage with its lip alry are the "eyes" of an army, it two hours; and Littre, who lived to be entirely by its nestrils. Blind horses may safely be said that the Army Ser- 80, thought that to spend more than

dier is entitled to three-quarters of a able hour of rising was 8 o'clock, he pound of fresh meat and one pound scarcely ever left his desk until 3 in The term "founder" has been used of bread daily; and when on active the morning, or until sunrise warned against morality, except, of course, for centuries. During the hot weather service the meat is increased to one him that bigamy, and, for some reason, incest, every year there are many cases, often pound, and a free ration of groceries are far more common among unmar- of a serious type, and many of them and vegetables is also issued. Reports hour. Eat with sauce. To make rich- ried men-a fact that was to be ex- the result of thoughtfulness. All dur- have appeared of vast quantities of kings and queens of Europe, who might pected. Offenses against human life ing the heated term an ounce of hypo- corned beef and other tinned provi- pardonable indulge in later hours than are more frequent among unmarried, sulphate of soda dissolved in half a sions being ordered from Chicago and their subjects. In his younger days though the disproportion is not so bucket of drinking water every night other food centres, for it should not the Austrian Emperor used to rise at will do much to prevent the trouble be forgotten that rinderpest has caus- 4.30 in summer and 5 o'clock in win-It is interesting to note that the when due care otherwise is exercised. ed the partial, and in some places total, ter, and was paying his morning visit Macaroni With Tomatoes.-Boil one criminality of widowers decreases with There are degrees in this disease, from destruction of African herds and to the stables when nearly all Vienna

wife leads to demoralization, both in nitre, as a drench, and the soda be- with no less than 10,400,000 pounds of morning, and the Kings of Italy and mind and in domestic affairs and re- fore mentioned in the drinking water. salted or preserved victuals, and we Roumania have also left their beds at moves an influence that is evidently when every six hours, or three times get a grand total of 14,500,000 pounds, this hour.

six weeks it will require 3,640,000 and florid," on her way to mass. pounds of flour, or 65,000 bushels.

Atkins' appetite is going to mean to living "laborious days." Brunel, the Old orchards, with a stiff sod of any them. Supposing the beef averages great engineer, who lived to be 80, parents is greater in the early years kind, can be greatly helped by dis- ten cents a pound all round-rather rarely spent more than four hours in than it is later. This is indicated turbing this sod and stirring the up- under than over the mark-we have bed at any time of his crowded life; turbing this sod and stirring the up-an outlay of \$1,625,000. Add to that and Sir William Arrol, the engineer per layers of soil. The application of \$65,000 for our army's daily bread, and of the Tay and Fourth bridges and against property land bill lapidly with advancing years among the married. fertilizer, both homemade and commer- a further \$1,060,000 for vegetables and the "Brunel" of our day, rises earcial, is valuable in this work, and if groceries, calculated at the rate of sev- lier than any of his employes; and hogs are turned in they will assist en cents per diem per man, and the would frequently crowd twenty hours greatly in mixing the fertilizer and army corps will eat up \$2,750,000 in work into one day during the prostirring up the soil. After they have six months! A mere increase of half gress of his great enterprises. rooted over the ground thoroughly, the a cent in the income tax will provide

> IMPRESSED ON HIS MEMORY. A small son, age 3, turned up the

What's the matter? asked papa. Somebody hit me, answered Johnny.

Did you hit him' back? asked the stern parent. No. sobbad Johnny.

Then followed advice, which ended

Two days later in came sonny, with his head high in the air and a blatant swagger.

Well, how goes it? Some one hit me, said the proud boy, Good! said papa; was the little boy It wasn't a boy, calmly answered

THOSE ARMORED TRAINS.

'Armored trains, which are taking and is often at work in his study at ent campaign, usually consist of a no eminent man of our time spends forated with horizontal slits for the he has spent a whole week "in his accommodation of rifles and Maxims. Each vehicle is capable of holding 50 or 60 men easily.

NO REGRETS.

Marry you! exclaimed the imperious beauty, her lips curling in scorn, I

AFTER THE "WORM."

Some Great Men Who Are Early Risers.

Although there is no necessary connection between early rising and a brilliant career it is an interesting fact that many of our most eminent men and women spend less time in their beds and leave them much earlier Bits. Through the whole of his working life, the late President Faure, was rarely, if ever, in bed after 5 o'clock in the morning. Even when President he invariably rose at 5 o'clock, even in the depth of winter; had a cold bath, and was immersed in his books in his library at 6 o'clock. To this habit of early rising the "tanner President" attributed much of his success

M. Jules Verne is another practical believer in the virtues of rising early. His practice is to rise at dawn in summer and at 6 in winter. After a light The British Soldiers in South Africa Has breakfast, he takes up his pen, and writes industriously until 11 o'clock, No longer is the work of feeding when his day's work is complete, and

five hours a day in bed was shameful During his period of service a sol- self-indulgence. Although his invari-

A NEW DAY HAD AWNED.

There are few earlier risers than the

The German Emperor has never been

is usually to be found among his beloved books between 6 and 7 every

The young Queen of Holland, like her cording to these statistics the longer ounces of nitre dissolved in a pint of the army eats up 80,000 pounds of mother, rises at 7; and at about the bread daily, and bread contains a quar- same hour the Queen Regent of Spain ter of its weight in flour. In twenty- may be seen, in somber black, "fat

> Many of England's greatest men Taxpayers will wonder what Mr. have scorned the delights of bed while Art, too, has its early risers, am-

> > MR. G. F. WATTS, the great academician, has rarely allowed his bed to keep him away from his brushes later than 5 o'clock in the morning, and had put in many hours of hard work when the breakfast bell

ong its most eminent men.

Mr. Sidrey Cooper, the doyen of the world's artists, who is now in his 96th year, has always been an early riser, and has often been busy with his palette at 3 or 4 o'clock in the

morning. Sir Richard Webster rarely allows himself more than four or five hours sleep, and often has to content himself with less. He has frequently retired to bed at 2 or 3 o'clock in the morning, and has been reading his day's briefs at 5 o'clock; and yet he is one of the most vigorous and robust men in England. For many years Lord Russell did not average five hours' sleep a night; and the same story is told of Sir Edward Clarke, and the late Lord Herschell in their busy days at the bar.

Lord Wolseley, like Von Moltke and Bismarck, is a believer in early hours clothes," snatching a few minutes' sleep when exhausted nature proved too strong for him.

THE STRENUOUS LIFE.

You don't know wot you're talkin' wouldn't marry you if my face was about, said Tuffold Knutt, as the two