

Cookery for Invalids.

For invalids never make a large quantity of one thing, as they seldom require much at a time, and it is desirable that variety be provided for them.

Always have something in readiness; a little beef tea, nicely skimmed, a few teaspoonfuls of jelly, &c., that it may be administered as soon as possible to the invalid.

In sending dishes or preparations up to invalids let everything look as tempting as possible. Have a clean cloth laid smoothly over the tray; let the spoons, tumbler, cups and saucers, &c., be very clean and bright.

Never leave food about a sick room; if the patient cannot eat it when brought to him, take it away, and bring it to him in an hour or two's time. Miss Nightingale says, "To leave the patient's untried food by his side, from meal to meal, in hopes that he will eat in the interval, is simply to prevent him from taking any food at all."

Never serve beef-tea or broth with the smallest particle of fat or grease on the surface. It is better, after making either of these to allow them to get perfectly cold, when all the fat may be easily removed; then warm up as much as may be required.

Roast mutton, chickens, rabbits, calves' feet, game, fish (simply dressed), and simple puddings, are all light food, and easily digested. Of course, these things are only partaken of, supposing the patient is recovering.

A mutton chop, nicely cut, trimmed, and boiled to a turn, is a dish to be recommended for invalids; but it must not be served with all the fat at the end, nor must it be too thickly cut. Let it be cooked over a fire free from smoke, and sent up with the gravy in it, between two very hot plates.

In making toast and water, never blacken the bread, but toast it only a nice brown. Never leave toast and water to make until the moment it is required, as it cannot then be properly prepared—at least, the patient will be obliged to drink it warm, which, for an invalid, is anything but agreeable.

In boiling eggs for invalids, let the white be just set; if boiled hard, they will likely disagree with the patient.—The House-hold.

Wells Contaminated by Cess-pools.

Cesspools, vaults, and leaky drains, says Prof. H. B. Cornwall, are the worst enemies of good water in towns, and too often through utter carelessness or ignorance, in the open country. In towns unprovided with cess-pools it seems as if it were not possible to get rid of this cesspool nuisance; and yet there are no sound reasons why it should remain a nuisance.

Take our ordinary country village, close as the houses often are in the best streets, each owner of a comfortable house thinks he must have a cesspool outside and all the modern conveniences inside of his house. So he empties everything into his cesspool, washing it down, too, with the utterly unnecessary but lavish addition of all the water that daily passes through the kitchen sink.

Where does it all go to? Out of sight, below the ground; but it re-appears in his own or his neighbor's well. Only where the cesspool is far enough away to ensure the gradual purification by the earth of the cesspool, the water that reaches a well—only there is one safe; and very often this condition is not respected. Very often the drainage leaks out of the cesspool, and, sinking into rock or clay stops its downward course, it is led along through some sandy stratum down the hill or forced by the pressure of the contents of the cesspool itself across the yard into a well.

Often, fortunately, it becomes so diluted as to be harmless; but, while dilution helps to lessen the danger always, and it may prevent injury from ordinary drainage, it is beyond doubt that some specific diseases may be spread by a water which for a long time has been comparatively harmless.

Receipts.

JELLY ROLL.—Three eggs, one cup of sugar, one teaspoonful of cream tartar, one-half teaspoonful of soda, one cup of flour; pour it into a baking pan; bake slowly, spread jelly over it, and roll it up. Wrap it in a cloth.

QUEEN MASCUIT.—Rub four ounces of butter into eight ounces of flour and six ounces of lump sugar, the yolks of two eggs, white of one and a tablespoonful of brandy; roll the paste thin and cut with a tin cutter; egg over top of each with remaining white and sit on white sugar; bake in warm oven.

TO CURE A COUGH.—Soak the feet and pare the corn down so it will allow without pain and apply with a small brush a solution of potassium (such as is often kept for insecticide); dry it over by a fire till it will not stick to the stocking, and repeat this application at least once a day (at retiring is best) without removing the previous coating for two or three weeks, or till the cough is missing.

HOW TO COOK A HUSBAND.—The first thing to be done is to catch him. Having done so, the mode of cooking him so as to make a good dish is as follows:—Many a good husband is spoiled in the cooking. Some women keep them constantly in hot water, while others freeze them with conjugal kindness; some smother them with hatred and contention, and still others keep them in pickle all their lives. These women always serve them up with tongue sauce. Now, it is not to be supposed that husbands will be tender and good if treated thus; but they are on the contrary, very delicate when managed as follows:—Get a large jar, called the jar of carefulness (which all good house-wives have on hand), place your husband in it, and place him near the fire of conjugal love; let the fire be pretty hot, especially left to be clear; cover him over with affection; garnish him over with the spice of pliancy; and if you add kisses and other confections, let them be accompanied with a sufficient portion of secrecy, mixed with prudence and moderation.

SCIENTIFIC RELIANCE ON SOAP.—Dr. Richardson lectured recently in this city on the germ theory of disease. He acknowledged his obligation to Tyndall for his microscopic investigations on air-dust, spores and other comforting and salutary topics. It is worth while for common people to learn that 60,000 typhus germs will thrive in the circumference of a pin-head or a visible globule. It is worth while for them to note that these germs may be desiccated and be borne, like thistle-seeds, everywhere, and, like demoniacal possessions, may jump not only into your throat, but there are certain things spores cannot stand, according to the latest-ascertained results of science.

A water temperature of 130° boils them; to death and soap chemically poisons them. Here sanitary and microscopic sciences come together. Spores thrive in low ground and under low conditions of life. For redemption fly to hot water and soap, who live in danger of malarial poisoning. Hot water is sanitary. Soap is more sanitary. Fight typhus, smallpox, yellow fever and ague with soap. Soap is a board of health.

PHILADELPHIA PRESS. SARE THE TREES.—Two facts confront us, and deserve serious consideration. The forests of the world are going, just as the coal beneath our feet is going—man is a cooking animal, and must have fuel. In all the great outlets of water floods multiply, and become more and more destructive. We are compelled to ask if there is any necessary, or perhaps obvious, connection between the two facts? Undoubtedly there is, and one of the most simple nature; and and one, moreover, that plainly teaches that the more the earth is stripped of its natural clothing in the shape of arborescent vegetation, the more and more will it become unfit for human habitation and a bleak howling wilderness. If the race of men wish to hold their place on the planet, therefore, they will do well to preserve, to reasonable extent, the forest, and, at all events, they may to their own advantage occasionally plant for posterity, because while the trees are growing they will moderate the floods somehow or other. The utterly selfish system will not pay. In proportion as the forests are destroyed, human life will be denuded of its joys in times when danger does not threaten; and when threatening begins in respect of torrents and floods, it will simply be exposed to such tremendous risks that it becomes a fair speculation that water and not fire will make an end of the race of men.—Gardener's Magazine.

HOME COMFORTS AND THEIR EFFECT ON HEALTH.—It is not clear, but it may be suspected, that there is some element at work, in the present state of civilization, which renders the more gently nurtured or more highly cultured members of society especially unfitted to resist malarious influences. Connected with this must be borne in mind the manner in which the external atmosphere is more and more kept out of our doors. Doors and windows close better, draughts are more carefully excluded than of old. Appliances are introduced for artificially warming the passages or vestibules the natural function of which places is to afford a graduated transition from the warm atmosphere of a chamber to the external temperature. Clothing is much more complex than was formerly the case, in the time of our grandfathers. What would those hardy gentlemen have said to the Ulsters of the present day? or the sealskin jackets and coats? Human habit is so much modified by circumstances, that the adoption of all these circumstances against an occasional chill may have a direct tendency to lower the resisting power of the constitution. And there are well-known facts that square with this view. Such is the influence on the constitution of the prolonged heat of the tropical or sub-tropical countries. The inference is not unnatural that the greater comfort, as we regard it, at all events the more sustained heat, which we are steadily giving to our abodes, is really tending to lower our constitutional power of resistance, not only to the great tonic, cold, but to those influences against which that tonic has the primary function of strengthening the frame.

A park of twenty acres, the gift of the Queen, has just been opened at Heywood, near Manchester. In 1878, Mr. Charles Newhouse, a wealthy manufacturer of that town, was killed through a railway accident. He died intestate, and the Queen, as Duchess of Sutherland, came into possession of his estate. Her Majesty intended, he was said, to prevent the estate from being sold, and after some deliberation it was resolved that the gift should assume the form of a public park.

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All kinds and sizes, Single and Double, Supporters, &c., at KIERNAN & HUGHSON'S.

Shoulder Braces for Ladies and Gentlemen, a Large Stock.

For in want of these articles, will find it to their advantage to see our stock.

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KIERNAN & HUGHSON'S, MEDICAL HALL, LOWER TOWN, Durham, August 21, 1879.

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ROBERT McFARLANE, Manufacturer of Carriages, Buggies, Democrat Wagons, etc., OF THE VERY BEST MATERIAL good finish, and at prices as low as any other establishment in the county.

Those in need of Such Articles would do well to call and inspect My Stock. The Subscriber is also Agent for All Kinds of PATENT IMPLEMENTS. ROBERT McFARLANE, Durham. y-1

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Complete Iron and Electro Plated Goods (Gold and Silver Watches, Ladies and Gents' Wedding and Engagement Rings, Gold Lockets, Charms, Chains, Keys, Pens, &c., &c.) Repairing a Specialty. W. F. DOLL, Flesherton, December 15, 1878.

THOMAS SMITH, Saddler, Tanner, Shoemaker, No. 5, Garafaxa Street, LOWER TOWN, DURHAM. The Highest Market Price paid for Hides and Skins. Durham, December 19th 1878.

TORONTO, GREY, AND BRUCE RAILWAY. CHANGE OF TIME. On and after MONDAY, 24th May, 1879, trains will run as follows:

GRAND CENTRAL STATION. Depart 7:30 a.m., 11:35 a.m., 5:30 p.m. Arrive 10:30 a.m., 2:30 p.m., 7:30 p.m. SOUTH. Depart 7:15 a.m., 11:30 a.m., 5:00 p.m. Arrive 11:30 a.m., 4:30 p.m., 9:30 p.m. NORTH. Depart 11:35 a.m., 5:30 p.m. Arrive 11:45 a.m. WEST. Depart 11:45 a.m. Arrive 11:50 a.m. OWEN SOUND. Depart 8:30 a.m., 12:30 noon, 4:30 p.m. Arrive 4:30 p.m. TORONTO. Depart 11:45 a.m. Arrive 11:50 a.m. For time at intermediate stations see Time Table. EDWARD WHARRE, General Manager. Toronto, April 23rd, 1879.

NO ARMISTICE War, War! With the Circular Saw cut all kinds of Saw Logs during 1878.

Custom Sawing of Lumber AND SHINGLES, done at once, and cheap, to suit the times. SHINGLES, LATH AND LUMBER on hand and sold at down hill prices.

J. W. CRAWFORD, Rockville Mills, Durham P. O. Best Book for 1879. Buy It! - Try It! business you can engage in for \$25 to \$50 per day made by any worker of either sex, right in their own localities, without any capital, and in your spare time at this business. Address Stricker & Co., Portland, Maine.

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WE MEAN IT, and are prepared to demonstrate the fact. FOUR AUGERS are operated entirely by HORSE POWER, and GUARANTEED to bore at the rate of 10 to 15 FEET PER HOUR.

They Bore from 3 to 6 Feet in Diameter, and ANY DEPTH Required!

They are WARRANTED TO BORE SUCCESSFULLY IN ALL KINDS OF EARTH, SOFT SAND AND LIMESTONE; BITUMINOUS STONE COAL, SLATE, and HARD PAN, and make the BEST OF WELLS IN QUICKSAND, GRAVEL, and CAVY EARTHS. They are Easily Operated, Simple in Construction, and Durable! The Cheapest and Most Practical in the World!

MANUFACTURED AT OUR OWN WORKS, from the Very Best of Material, by Skilled and Practical Workmen. GOOD ACTIVE AGENTS Wanted in Every County in the United States and Canada, to whom we offer liberal inducements. Send for our Illustrated Catalogue, Prices, Terms, &c., proving our advertisement bona fide.

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LADIES Before purchasing Elsewhere don't fail to see our Stock

MILLINERY -OF- Fancy Dry Goods. E. & A. DAVIDSON. Durham, May 15th, 1879.

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The Royalist Trimming especially shaped for collars & cuffs PATENTED CHINELLA NECK TIES, MUSLIN TIES, NET TIES, LACE TIES. FRENCH FANS, FANCY FANS, DAMASK POCKET HANDKERCHIEFS, NEW METAL DRESS BUTTONS, & A LOT OF SUN SHADES, All of which will be sold at very low prices. JOHN CAMERON, Durham, May, 15, 1879.

STOVES AND TINWARE! The subscriber begs to inform the public that he has a large Stock of STOVES and TINWARE, which will be sold CHEAP FOR CASH OR TRADE. Cook, Parlor and Box Stoves. Particular attention paid to Eavestroughing. Cash for Sheepskins and Hides. Agent for the Superior Broadcast Seeder and Drill. Also the Galloway Sulky Rake—the best Sulky rake in the Dominion. T. A. HARRIS, Durham, Feb. 26th, 1878.

WM. JOHNSTON, JR., Agent for the sale of all kinds of AGRICULTURAL IMPLEMENTS, Mowers, Reapers, Sulky Hay Rakes, Laidlaw & Stewart's Improved Gang Ploughs, &c. The Subscriber is agent for the sale of the celebrated MOWER manufactured by the TORONTO REAPER & MOWER COMPANY. ALSO Note and Book Accounts collected on reasonable terms. OFFICE: At Kiernan & Hughson's Store, Lower Town DURHAM. Durham, April 4, 1878.

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MEDICAL. DR. KIERAN, GRADUATE of Victoria University, Toronto, and a Graduate of McGill University, Montreal. Surgery in rear of Medical Hall, Lower Town, Durham. DR. JAMIESON, GRADUATE of Toronto University, and a Member of the College of Physicians and Surgeons of Ontario. South-west corner of Drug Store, Durham, Ontario. DR. LIGHTBODY, WILL be at his Office, Hanover, from 9 a.m. to Noon, Atholton and Can. B.R. Berwick, after noon. Messages for the Dr. or Dr. Lightbody's attention.

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Geo. J. Matthews, Cabinet Maker, UNDERTAKER, GARAFAXA STREET, DURHAM. Wood Turning, of all kinds done to order on short notice.

WATSON BROS., Carpenters and Builders. PLANS and Specifications furnished for Churches, Churches, and private Dwellings. Doors, Sash and Blinds made to order. A. P. & C. WATSON, PROMOTER P. O. Egremont, Jan. 1879.

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