FOR HOMEAND WOMEN
itEms or interest fon maids



Thus ton she Lion knet

 And and civin ours a trolemo reve
 Then


















 oep paco with the times. Fitth-Be
repured at any moment to
follow him man. slxth-Do not try to hide your and feel it in overy, nection. $N$ Never re
tuase
 cacy
 not make the matatak of nesticetug
your personal appearance, vet try to look and dreas well to please his eye. Beventh-Perpetually work wo hits in-
tereat with the world, whether tor put-







Made of mastle venetian cloth over cioth. The turban is made of cara-
tingss ot the same shate. The deco. cule, with a huge rosette of pale blue




##  can be proserved for a long time if it is propery cared tor. After wearing it should be smoothed out carartully ind  

## 












theken the sauco with four and but.
ter, and dour it over-serving at once.



| acrea.

SCIENTIFIC TOPICS. curren r notes of discoviry

strength of Atuminum.
White and whetemeat Bread.



 that the quantity of foom partatenen ot
is the quantity of tood assimlated. In


 bread contains comparatively large, in-
digestible, and irritating rarticees of
husk. There seem, however, no rea-
son for doubting that wholemeal bread would be much more digestblif if tho
branny particles were tnely commin-
tited. We still hold that a more neurishing arttcle, ns it is certainly numere
palatatio. Is the oidefashoned tarm-
house tonf, which presonted tare

