HOME, FARM AND GARDEN.

-Painting implements, wagons, etc.,

-A decoction of strong soap-suds with tobacco stems (the more tobacco the better) will exterminate the red spider and all other insects from all plants and shrubs without the slightest danger of injury.

-As soon as the leaves of the currant and gooseberry are fairly expanded the "worm" may be loooked for. The eggs are laid upon the under side of the lower leaves, and if these are removed and destroyed much trouble is averted.

-In sowing the new asparagus seed. or any other seed hard to germinate, it is a good plan to sow a few radish seeds among it. They come up soon, are good to mark the rows before the tardy seeds are ready to come up, and the roots are off the ground before they become troublesome.

-A Simple Sponge-Cake. - Take five eggs, three-quariers of a pound of sifted sugar, break the eggs upon the latter, beat all together for half an hour. Take the weight of two and a half eggs in their shells of flour, and after the time of beating is expired stir in the flour the grated rind of a lemon and as much of the juice as desired, and pour immediately into a tin lined with buttered paper; place at once into a rather cool

The New York Times gives the following recipe for an easy washing Four ounces of soap, one tableliquid. spoonful of turpentine, and two of ammonia, mixed in ten gallons of water, is not in any wav injurious to the person using it. The effect is to more easily dissolve the dirt in the clothes and to reader the washing much easier. There is nothing in it to injure the

-Here is a rule for making Boston brown bread, as it is called outside of New England; although like Boston baked beans, it is common throughout New England, and is known as brown bread: Take four cuplu's of Indian meal and four cupfuls of rye meal (not flour); sift through a coarse wire sieve; add two teaspoonfuls of soda, a little salt, one cupful of molasses, one cupful of sour milk, and water sufficient to make a soft dough. Bake four hours in a moderately heated oven, or what would be better, twenty hours in a brick oven.

-If the fact can bedemonstrated to a cook that meat can be made tender by softening the fibers with the action of a little vinegar there will be no reason why she should send a tough steak to the table. If she can be convinced that it is better to turn it over on a plate containing a little vinegar, salad oil and pepper four or five times in a couple of hours, instead of trying to make it tender by battering it with a rolling pin or cleaver, and so foreing out all its juices, she must be obstinate indeed if she prefers the latter method, and the sooner her services are disd with the better for the temper and stomach of her employer.

-Ribbons which are very much soiled can be made clean and will look almost like new ones if washed in ammonia and water. Use half a teaspoonful of ammonia to one pint of water. Some ribbons after washing or sponging, do not need to be ironed, and, in fact, are injured by it. These should be fastened to a table or long ironing board, and, when perfectly smooth, let them alone until they are dry. If they are at all wrinkled when dry, lay a cloth which is slightly damp over them and press with a hot iron. Black silk, if sponged with cold coffee and ammonia, will be wonderfully freshened. Use a flannel cloth to remove dust from

# Milk for the Sick.

Milk is a perfect food, and the only human body. Should a man attempt to tune from an avaricious world. The live on bread alone, or flesh alone, or girls, too, have a part to play in life's fat, or vegetables, he would sooner or later starve, through lack in these articles of diet of some one or more of the in financial ruin. To play it well, lesproperties that are necessary to the nutriment of the human body. But on tried at some one's expense. To demilk alone most persons can live, thrive and grow. Milk has a value, beyond the period of infancy, much greater furniture alone, we have only to rethan is generally thought.

The old notion and practice was to starve a fever. The result was that the patient was starved, and had no strength | hood's days .- Cor. Western Eural. to rally when the fever was subdued. Fever patients are now carefully fed, advantage being taken of the daily "remissions"—that is, the hours of low temperature-and the digestive to Get Strong and How to Stay So.' power of the stomach being aided by pepsin. The bland and nourishing properties of milk make it the main food for such patients. It is equally see if in an informal talk we can't hit the best food in many cases where the digestion has been impaired through overtaxing of the nervous system. Some patients, however, have found that it produced "biliousness," as they expressed it. But this has been largely due to using it as a drink between meals, instead of as the principal part of the food at meals. It has thus only increased the stomach's burden. Still, very weak stomachs have been unable to bear it even as an article of food, especially in winter. The difficulty is that the cold temperature of the milk has still further reduced the impaired vitality of the stomach. In such cases, let the person use it warm-sipping it as hot as it can be borne. This heat furnishes just the stimulus needed for the process of digestion.

An exclusively milk diet, with bread or boiled rice, for a few days, will often help a person speedily through a cold, or enable him to rally from a temporary attack of indigestion .- Youth's Companton.

Kitchen Economy.

After the construction of the kitchen, which should always be with reference to facility of labor, comes the question of cooking utensils. In selecting these, economy suggests that the best are generally the cheapest. It is better to buy a stove that costs fifty do:lars and will last ten years than to buy one at half the price that does its work half as well, lasts half as long and consumes more wood. It is better to buy an ash pan and coal hod than to ruin a good carpet by using an old pan and shovel. It is cheaper to have every variety of culinary vessels than to be daily spoiling food by cooking it in unsuitable vessels. It is cheaper to have two frying-pans than to oblige your cook to wash and bother with one. It is cheaper to buy wood that is dry than to buy green wood that costs half the

In arranging the work, economy lowed. There should be regular days quarters, it is, of course, different, and for all things; baking and ironing a certain degree of cleanliness can be should be done the same day, if economy in fuel is considered. In buying, it can be hung near the lamp, and will economy suggests that no article should be purchased merely because it is time it catches the particles of soot cheap. Many a garret and cellar are from the lamp, and after using it the filled with articles bought because they are cheap. The object of all food is to furnish nutrition and to give muscle natives never wash, and, as they and energy to the consumer, that the are a healthy race, suffering only food consumed may be converted into from pulmonary diseases and disproductive labor. It is cheaper, there- orders of the stomach, occapound than to buy pork at half the meat, it becomes an open question price if the latter cannot be eaten by burn coal in an engine intended for food upon the laborer without consulting his tastes and wishes.

Again, when purchased, the consumption should be as perfect as possible. In cooking, the object should be to so prepare food that the most will be consumed, preserving in the meantime its nutritious qualities. An engine cannot run if deprived of wood and water, nor if furnished with that which is wood in name only. Many a farmer has wondered why his help accomplish so little; let him examine the fuel which drives the machinery on and his wonder will

Economy suggests that food and clothing should not be thrown away until their utility has been exhausted. The swill barrel and the rag bag have been made the recepticle of many a fortune. In buying, as the articles used are subject to destruction, only so much should generally be purchased at a time, as is reasonably necessary, for the ex-cess is generally an entire loss.

The laws of hygiene require that all food and nourishment should be taken at regular hours. The object of the kitchen, then, being to preserve the health, it follows that this law should be strictly observed. Its observance lies with the husband as well as with the wife; for the laws of the domestic partnership require mutual obligations. The kitchen has work that must be performed as well as the farm. Punctuality should then be the first law of every domestic firm; for all that is gained by one partner by a delayed meal is invariably lost by the other. Ten minutes thus lost at each meal is onehalf hour per day, twelve hours per month, and twelve days per year.

There are many subjects which we might consider, but enough has been said to show to all that the kitchen plays no less important a part in the financial struggles of life than does the farm, the factory or the commercial world. And though fortunes may be annually made. yet the kitchen and its surroundings must say how much of it shall be laid aside for the "rainy days of the future.

Let every parent, therefore, who may peruse these lines remember that his object in life should not merely be to perfect food that exists. It contains lay in the mind of his boy the foundaall the elements that enter into the tions of knowledge for wresting a forgreat conflict. It is not a minor part: it is one which, if neglected, will result sons must be taught and experiments termine whom this should be, and the folly of teaching girls the use of parlor member that many a honeymoon has been completely obscured by the continuous longings for the meals of boy-

# Help the Children Grow Erect.

William Blaikie, the author of "How spoke before the Brooklyn Teachers' upon some way in which we can bring the physical education of children down to a practical basis. Our children who are healthy and buxom when they begin school work, come out pale, sickly, and with round shoulders. If you require the children under you to sit far back on a chair and to hold their chins up you will cure them of being round shouldered, and the lungs and other vital organs will have free and healthy play. Another simple plan is to have the children bend over backwards until they can see the ceiling. This exercise for a few minutes each day will work a wonderful transformation. If a well-qualified teacher could be employed to superintend the physical devalopment of the children the best results would be seen."

-We are patiently waiting for Jay Gould to absorb all the base-ball clubs. There are some kinds of monopoly that the people can stand .-- Chicago Trib.

One of the Discomforts of Life in the Arctic Region.

One of the greatest discomforts of

Arctic traval is the enforced uncleanti-

ness. It is often asked, How could you

associate and maintain such intimate re-

lations with those dirty savages, living in the same tent or snow-hut with them? To this the answer very naturally assumes the form of another question: How could they live with us? For certainly we were about as darty as as they could be. In winter, water is too scarce and too precious an article to waste in washing. Generally all the water you have is ice or snow melted over an oil-lamp—a very tedions proc-ess. Another obstacle is the fact that you must wipe your hands and face pretty soon after washing or they will soon be frozen; and when a towel has once been used its future usefulness is price and furnishes only two-thirds the seriously impaired. It then becomes heat, when the extra time is counted. frozen as stiff as a board, and about In arranging the work, economy as available as that for wiping one's suggests that a regular course be fol-hands and face. When in permanent eventually get dry; but in the meansecond time it is hard to tell whether your face has been washed or not. The fore, to buy beefsteak at a shilling a sioned by overloading with rancid whether cleanliness is necessary to the laborer. It would be foolish to health. They have no cloth, and consequently no towels, and it is amusing wood, so it is equally foolish to force to see the devices to which they are kill themselves "to keep themselves forced to provide substitutes. The men | alive" is greater than is generally supeat while sitting or standing in a circle, and pass a large plece of meat, either cooked or raw and bloody, from one to of enteebled constitutions, of the another, each in turn seizing a morsel in his teeth and cutting it off with a first instance by the deadly atmosphere nose. At the end of the meal, their eating out of a trough. They don't in the west end of London. mind the dirt, but they hate to waste the blood or gravy, so they scrape their hands, fingers and cheeks very carefully with their knives, and then lick the knives clean with their tongues. If per mile, calculated, for this country. either the men or the women get their hands covered with oil by handling blubber, they first lick off the oil and then wipe their hands upon a napkin improvised from the skin of a bird. When a duck, goose, dovekie, or any other large bird has been killed, they then dry it in the sun. Then these a half-inch, and leaving a very painful wound. skins are put carefully away, to do service as napkins and towels. - W. H. Gilder, in Scribner's Monthly.

## The Sacred Ganges.

Among the points of interest is the River Ganges, worshiped as sacred by the natives, and called by them the Goddess Gavga. This river is replete with interest from its source to its mouth. Rising, as it does, among hills of eternal snows in the Himalaya Mountains, and sweeping down a distance of fifteen yearly thousands of acres of ground. an enthusiastic indorser of its merits. According to an ancient legend this delta was formed by the god Siva, who, squeezing the water through his hair, let it run down through his fingers, thus forming the innumerable streams that divide the delta. This delta begins a distance of two hundred miles from the sea, forming a perfect wilderness of creeks and rivers, and during to know the wet season is almost entirely inundated. It is navigable from Hurdwas, but above Cawnpore only for river crafts and passenger steamers, but below Allahabad for large vessels. A large amount of traffic is conducted on its waters .- Cor. National Republican.

-Cases of poisoning by wearing cheap yellow-colored stockings are reported.

A MATCH safe—One put up where the small boy can a get at it.—Lowell Citizen.

PROSPER MERIMEE was very far from good looking, and knew it well. In the nidst of a fere, one summer day in Paris, he came accidentally upon two English ladies who were unable to find a cab. As he was politely helping them in their embar-rassment, he heard one of the ladies remark in English that he was amiable but dread fully ugly. Merimee, who spoke English perfectly, turned round briskly, took his hat off, and said: "Madame, a lady so beauti-ful as you are ought to be more indulgent."

THE syllable "leo," in oleomargarine, means that it is as strong as a lion. - Puck.

WHEN that curious woman was turned into a pillar of sait, her Lot was not a happy one. -Boston Transcript.

HE was squirting tobacco juice all over the Bidewalk and tapping of a dry-goods box with a buck-horn handled knife, and anally he heaved a drep sigh and said: "No, gentiemen, no. Them good old times has gone forever. We shall never see no sich times agin." "How?" asked one after a long pause. "Waal, in lots o' ways. In the fust place folks don't use each other as they once place folks don't use each other as they once did. I leave it to you, stranger, if they do!" "No, sir!" was the promet reply of the man who had stopped to inquire his way to the depot. "Thirty years ago the more tobacco juice you spit on a man's boots the more he loved you, but if you squirt any more of the stuff in my direction I'd make your back mop the sidewalk, old as you are!"—Detrok Free Press.

It is a remarkable fact that one meets with the greatest inn attention at the best hotels.

—Boston Transcript.

"Scon," remarks an editor in the Wabash Valley, "will the twitterings of the birds and the sight of the daisies and forget-me-nots remind us that spring has come." This is undoubtedly true, but for a dead sure thing you had better depend on the mentic he-haw of the canal mule .- Chicogo Tribune.

South End Maiden wants to know how to avoid having a mustache come on he; upper lip. Eat onions, sis.—Boston Post.

-Dr. Oscar Lenz, the Austrian explorer, has returned to Europe after an expedition in Central Atrica which few Christians have ever rivaled. He penetrated the Sahara Desert, from Morocco to Timbuctoo, the Meeca of Ethiopia. This is a feat attended with as much danger as the well-known journeys of Captain Burton and Palgrave to the sacred city of Arabia. The adventurous Austrian passed for a Turkish doctor in his travels in North Africa. Dr. Lenz saw enough to convince him that the mystery which enshrouds Timbuctoo is maintained for other than spiritualistic reasons. He found that the slave trade is carried on there upon a very large scale. There are groups of immense huts, which form whole quarters of the town, and in these the slaves are lodged, while they are also used as warehouses for ivory, gold dust, ostrich feathers and

-The latest attempt to silence church belis by an appeal to the law is in St. Louis. The Pilgrim Congregational chime makes the noise complained of, and the complainant is Dr. eets, who says that he and some of his patients have suffered greatly. The church officers have brought witnesses to prove that the doctor is unreasonably petulant; that he drives organgrinders away from his house; that he cut off the heads of his hens because they cackled, poisoned a discordant peacock, and paid a boy for not whistling "Pinatore" under his window.

-Mr. Gould, inspector of English factories and workshops in England, says that the number of women who posed. No statistics, he asserts, can be framed of the percentage of deaths, amount of disease engendered in the large knife, to the imminent peril of his of the work-rooms in second and thirdc'ass establishments devoted to the hands and faces look as if they had been | dressmaking and ladies' clothing trade

> -It costs \$200,000 per mile to build a railroad in England against \$57,000

### [Rockford (III.) Register.] Feli Against a Sharp Edge.

This is furnished by Mr. Wm. Will, 1613 Frankford Ave., Philadelphia, Pa.: Some time since I received a severe injury to my back, by falling against the sharp edge of a skin it, gnaw the fat from the skin, and | marble step, the stone penetrating it at least After suffering for a time, I concluded to apply St. Jacobs Oil, and am pleased to say that the results exceeded my expectations. It speedily allayed all pain and swelling and by continued use, made a perfect cure. I really think it the most efficacious liniment I

> WHEN it comes to descending a ladder the bravest of us generally back down.-Philadel-

> > [Chambersburgh (Pa.) Herald.]

After vain y spending five hundred dollars for other remedies to relieve my wife, I have hundred miles to the Bay of Bengal, it | no hesitation in declaring, that St. Jacobs Ott forms the most extensive delta in the will cure Neuralgia, says M. V. B. Hersom, whole world, making and unmaking Esq., (of Pinkham & Hersom.) Boston, Mass.,

> BELIEVE about half you hear, and keep it to yourself, that regulations may not suffer. N. O. Picayune.

> > How to Get Sick.

Expose yourself day and night, cat too much without exercise; work too hard without rest: doctor all the time; take all the vile nostrums advertised; and then you will want

HOW TO GET WELL. Which is answered in three words-Take Hop Bitters! See other column. - Express.

Our on a scratch-the hen which escaped confinement and wandered into the flower garden. - Louisville Courier-Journal.

Rescued from Death.

William J. Cougalan, of Somerville, Mass., says: "In the fall of 1876 I was taken with a violent bleeding of the lungs, followed by a severe cough. I was admitted to the City Hospital. While there the doctors said I had a hole in my left lung as big as a half dollar. I gave uphope, but a friend told me of Ds. Wm. Hall's Bal-BAM POR THE LUNGS. I got a bottle, when to my surprise I commenced to feel better, and today I feel in better spirits than I have the past three years. I write this hoping that every one afflicted with D seased Lungs will take Dr. WM. HALL'S BALSAM FOR THE LUNGS, and be convinced that CONSUMPTION CAN BE CURED."
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