The Messenger Almanac.

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THE TIDES.—The column of the Moon Southing gives the time of high water at Parrsboro, Cornwallis, Horton, Hantsport, Windsor, Newport, and Truro. High water at Pictou and Cape Tormen-

tine, 2 hours and 11 minutes LATER than at Halifax. At Annapolis, St. John, N.B., and Portland Maine, 3 hours and 25 minutes LATER, and at St. John's, Newfound-At Charlottetown, 2 hours 56 minutes LATER. A Westport, 2 hours 54 minutes LATER. A Yarmouth, 2 hours 20 minutes

FOR THE LENGTH OF THE DAY .- Add 12 hours to the time of the sun's setting, and rom the sum subtract the time of rising. FOR THE LENGTH OF THE NIGHT .- Subtract the time of the sun's setting, from 12 hours and to the remainder add the time of rising next morning.

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HEALTH HINTS.

MEDICINAL EFFECTS OF ONIONS .- A mother writes :- Twice a week invariably-and it was generally when we had The Faebar Zeytung says that a mixture cold meat minced-I gave the children a dinner which was hailed wilh delight and looked forward to; this was a dish to a stiff paste with three parts boiled of boiled onions. The little things oil and one part copal varnish, adding knew not they were taking the best of more litharge and white lead as remedicine for expelling what most children suffer from-worms Mine were kept free by this remedy alone. Not only boiled onions for dinner, but chives also they were encouraged to eat with their bread and butter, and for this purpose they had tufts of hives in their gardens. It was a medical man who taught me to eat boiled onions as a specific for a cold in the chest. He did not slacked with water. Timber for mines know, at that time, till I told him, that they were good for anything else. They are good in causes of rheumatism.

FRESH AND STALE BREAD .- The celebrated French chemist, M. Boussingault, has recently investigated the nature of the change which bread undergoes when it becomes stale. Up to the present time this has not been well understood.

It is the mechanical state which makes new bread less digestable than old. The former is so elastic, and glutinous in all its parts that ordinary mastication, fails to reduce it to a sufficiently divided condition. It forms itself into hard balls, which are almost unaffected by the gastric juice. These balls often remain in the stomach, and, land, 20 minutes EARLIER, than at Halifax. like foreign bodies, irritate and discommode it, inducing all sorts of unpleasant feelings.

> REST FOR HEADACHES .- Dr. Day says, in a late lecture: Whatever be the plan of treatment decided upon, rest is the first principle to inculcate in every severe headache. Rest, which the busy man and the anxious mother cannot obtain so long as they can manage to keep about, is one of the first remedies for every headache, and we should never cease to enforce it. The brain, when excited, as much needs quiet and repose as a fractured limb or an inflamed eye, and it is obvious that the chances of shortening the seizure and arresting the pain will depend on our power to have this carried out effectually. It is a practical lesson to be kept steadily in view, that there may lurk behind a simple headache some lesion of unknown magnitude which may remain stationary if quietude can be maintained.

There is a point worth attending to in the treatment of all headaches. See that the head is elevated at night, and the pillow hard; for if it be soft, the head sinks into it and becomes hot, which with some people is enough to provoke an attack in the morning it sleep has been long and heavy.

THE HOUSEHOLD.

BAKED FISH .- Take any nice fish, boil it, remove the bones, and chop considerable parsley very fine with one small onion. Have about as many bread crumbs as fish. Take a pudding dish and butter it, then lay in a layer of bread crumbs, then a layer of fish, ending with the bread crumbs. Mix your parsley and onion with salt and pepper through your bread crumbs. Put lumps of butter over the top, a very slight grating of nutmeg, and pour over it all sweet cream, or very rich milk till it rises nearly to the top. Bake in a quick oven till it has a nice, rich, brown crust.

APPLE RICE PUDDING .- Peel, halve cloves, and a stick of cinnamon; when tender, take up carefully; boil the syrup a while longer, and pour over cupful of rice in milk, with a scant teawho are interested in new inventions and lemon, until the rice is thoroughly cooked; then take out the rind and stir in the beaten yolks of three eggs. Put half of the rice at the bottom of a pudding dish; spread over the apples; cover with the remaining rice, and place in a cool oven for ten or fifteen minutes; beat the whites of the eggs into a stiff froth, add the juice of the lemon, three tablespoonsful of powdered sugar, and spread over the pudding. Return to to the oven until of a delicate brown.

> POTATOPIE. - Boil and mash common or sweet potatoes and strain through a fine sieve ; to each pint add one and half pints of milk, a little melted butter in one crust, like custard pie.

SCIENCE.

A great deal of difficulty is experienced in cementing metal to glass. of two parts finely ground litharge and one part white lead, and working it up quired, is the best material for joining the two substances.

QUICKLIME A WOOD PRESERVATIVE. -The Builder states that M. Lostal, a French railway conductor, recommends quicklime as a preservative for timber. He puts the sleepers into pits, and covers them with quicklime which is slowly must be left for eight days before it is completely impregnated. It becomes extremely hard and tough, and is said never to rot. Beech wood, prepared in the same manner, has been used in several ironworks for hammers and other tools, and is ruputed to be as hard as iron, without the loss of the elasticity peculiar to it. According to the Kurze Berichte, lime slacked in a solution of chloride of calcium is used at Strasbyrg as a fireproof coating for wood.

REPAIRING RUBBER OR LEATHER GOODS .- Pure rubber, cut into thin strips and dissolved in benzine as strong as 85 to 95 per cent., makes a superior composition for repairing rubber or leather goods. The leather should be scraped thoroughly, exposing a rough surface, after which apply the composition to both parts. The beazine evaporates, leaving the parts firmly glued together, rubber soles may be attached to leather boots, and worn out without loosening. If more is dissolved than what is wanted at once, it may be dissolved again.

Four car loads of silk-worm eggs, in transit from China to France, arrived at Chicago the other day. Each car load is valued at \$400,000, making the contents of the four cars worth \$1,600,-000. Such freight is even more precious than a shipment of silk from Japan.

Paper barrels and paper oil cans are among the latest successful inventions.

VARIETIES.

A boisterous ill-bred fellow, in a dispute, called his adversary "no gentleman." "I suppose you think yourself one?" was the reply. " Certainly I do," answered the bully. "Then," said the other, " I am not offended that you don't think me one."

When he had called the meeting to order, Brother Gardner arose and said: "Gem'lem, if it wasn't for de wheels on a wagin de wagin wouldn't move. When de wheels am on,den what?" "Grease!" solemnly exclaimed an old man. "K'rect !', whispered the president, softly rubbing his hands together. "We hez the wagin an' de wheels. We will now pass de hat aroun' fur de grease."

It is a curious fact that left-handed people have the left foot longer than the right.

The birth-place of Burns-the kero-

Wedding Items.

A facetious parson of a country parish was employed, upon one occasion, to unite a rustic couple in the holy bonds of matrimony. As soon as the knot was tied, says the bridegroom. "Well, parson, what's the damage?" "Nothing, I hope," replied his reverence "if there is any damage done it is no fault of mine, you alone are responsible for the consequences of the proceedings.' -" But I mean, parson, what's to pay?"-" Oh, that depends upon circumstances. When I marry a couple, if the bridegroom is rather indifferent towards his bride, he hands over only the usual fee. If he is pretty fond of her, he will pay a sovereign or so; and if he is very deeply in love with her he will not think of giving less than three or four." What effect this gentle hint Truro-L. J. Waiker, Esq. Upper Wilmot-Rev. W. E. Hall. had on the heart of the bridegroom must be left to the imagination of the

"What's your figure?" said a bridegroom (putting his hand in his pecket) to the clergyman that had just married him. He meekly replied : "The law Do. allows me two dollars." " Does it !" exclaimed the young husband. "Well that's liberal. But here's fifty cents more; so new you've two dollars and a two eggs, salt, nutmeg to the taste; bake half," and away he went, before the poor parson could explain.

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At 9.15 a. m., (Express) from St. John. At 1.30 p. m., (Express) from Riviere du Loup, Montreal, &c. Jan. 8, 1879.

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Arrive at Halifax 11.32 a. m. 4.45 p.m. 8.35 p. m. Feb. 26. 1879.

Railway.

Winter Arrangement, Com-

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Miles.	GOING W	EST.	Express Wed. and Saturdays.	Pass. & Frgt. Mons., Tues., Thurs. & Frf.	Passengers and Preight, Tues., Thu., and Saturday.
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Miles.	GOING E	AST.	Pass. and Freight Mon. Wed. and Fri.	Pass. & Frgt. Mons. Tues., Thurs., & Fri.	Express Wed. & Sat.
	St. John,	Leave	A. M	A.M.	8 0
31 59	Annapolis, Wilmot, Kentville,	Leave do Arrive		7 16 9 16 11 18	8 5

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