The Messenger Almanac.

JULY.

Full Moon, July 3rd, 5h. 24m. A.
First Quarter, " 11th, 4h. 40th.
New Moon, 10th, 11.
Last Quarter, "26th, 6h. 21m. M.
Day SUN. MOON. High Tide
Day Rise. Sets. Rises. South. Sets. at Halifax
1 Tu. 4 25 7 44 0 10 10 10 1 20 1 20
2 W. 4 23 7 44 7 11 11 19 2 22 5 31
3 111. 4 24 7 44 0 40 0 00 4 20 7 34
4 11.
5 58 4 257 45 6 6 7 0 0 13
7 M 4 27 7 43 9 56 2 56 8 18 9 57
8 Tu . 4 27 7 42 10 16 3 41 9 20 10 40
9 W. 4 28 7 42 10 36 4 23 10 30 11 18
111 1 h 4 Z9 1 41 10 01 0 0 1 1 0 0 1 1 1 1 1 1 1 1
11987 4 001 41 11 20 0 10 12
12 58 4 50 1 40 11 41 0 41 9 41 9 8
13 SU. 4 31 7 40 M 7 14 2 41 3 13 14 M 4 32 7 39 0 20 8 2 3 44 3 13
15 Tu. 4 33 7 38 1 1 8 52 4 43 4 27
16 W. 4 34 7 38 1 50 9 44 5 38 5 36 6 35
17 Th. 4 35 7 37 2 47 10 37 6 27 6 35 18 Fr. 4 36 7 36 3 49 11 28 7 7 7 20
18 Fr., 4 36 7 36 3 49 11 28 7 7 7 7 20 10 Se 4 37 7 35 4 58 A, 20 7 42 8 1
18 Fr., 4 36 7 36 3 49 11 26 7 42 8 1 19 Sa., 4 37 7 35 4 58 A, 20 7 42 8 1 8 39 20 Su, 4 38 7 35 6 9 1 10 8 11 8 39
20 50. 1 50 1 50 1 50 0 96 0 15
99 Tu 4 40 7 33 8 31 2 45 8 59 9 54
93 W 4 41 7 32 9 44 3 33 9 22 10 33
24 Th. 4 42 7 31 10 56 4 21 9 46 11 12
25 Fr. 4 43 7 30 A. 12 5 13 10 14 11 55
20 08 . 1 11 1 20 1 20 0 00
27 SU. 4 40 7 40 2 40 0 1 M 1 31
28 M. 4 46 7 27 3 56 8 4 M 29 Tu: 4 47 7 26 4 59 9 5 0 12 2 39
30 W. 4 48 7 24 5 55 10 7 1 11 4 1
30 W. 4 49 7 23 6 35 11 4 2 19 5 28

THE TIDES.—The column of the Moon's Southing gives the time of high water at Parrsboro, Cornwallis, Horton, Hantsport,

Windsor, Newport, and Truro. High water at Pictou and Cape Tormentine, 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, Newfoundland, 20 minutes EARLIER, than at Halifax. At Charlottetown, 2 hours 56 minutes Westport, 2 hours 54 minutes A Yarmouth, 2 hours 20 minutes LATER.

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.

FOOD FOR THE SICK .- To make beef tea that has the proper nutritive power, attention to the following directions is necessary: Get a pound of lean rump-steak, free from gristle, bone, large nerves, and blood vessels. Cut into small pieces, and put in a pint of cold water to soften for two hours. Then put upon the stove, where it should be allowed to simmer for three hours, never being allowed to boil, or more accurately, never exceeding a temperature of 60° Fahrenheit. The water that evaporates should be renewed with cold water, so that the tea when finished will have the relation of a pound of beef for a pint of tea. Strain through a fine sieve or fine meshed cloth, and season with salt and a dash of pepper to suit the taste. Of this, six tablespoonfuls once in three hours are sufficient for ordinary fevers. This is seen to be an infusion of beef, and differs as much from boiled beef tea as infusion of common oolong does from the same when boiled.

A more common preparation is to cut the beef in pieces, and after being put in a bottle, to boil it for several hours. The resultant is a thick jelly which must be dissolved in water and strained for use. As is evident from what has been said, this is not as good a method as the first; it is a soup, with meat fiber and gelatine in it, and with such part of the fluids as has not evaporated. Nearly every good cook-book gives directions for preparing soups generally where animal food is indicated beef tea, made as described, is the best.

For infants and for delicate women meat may be prepared by scraping away in boxes, dressers; or trunks. it and using the pulp. Use only lean beef, and scrape with a knife, with the grain, season to the taste with salt, sugar, nutmeg, or pepper, and give a teaspoonful as seems best. Infants, who for various reasons cannot nurse substitute for some time and thrive un-

A CURIOUS CURE FOR GOUT .- Several articles and letters have been printed in German papers of late, lauding the efficacy of the sting of the common bee as a cure for gout. Here is one of young man who had had thirty seasons' the latest of these communications, experience of life. His sister, with onwhich appeared originally in the Augs- ly a country girl's philosophy, remarked: burg Evening Gazette. "I was laying in bed," says the writer, "suffering from | should you find such a woman, she'll be a heavy attack of gout, accompanied sure to want a husband of the same with violent pains in my left foot, when | character." I chanced to read in a newspaper an article describing how gout may be oured by the sting of tees. I at once determined to try the remedy, and soon contrived a small box by means of which a captured bee could be applied to the afflicted part. I then let my foot be stung by three bees in succession each bee leaving his sting behind in my flesh. After a few minutes these stings anything about?" were extracted, and when the pain caused by them had subsided I found that the gouty pain had also left me. On the same day I left my bed, and on the morrow was able to walk about. For some little time my foot was slightly inflamed, and I experienced some burning sensation; but in four or five days this left me, and I was completely recovered."

DIGESTION.—The Sanitary Record gives the following laws relative to digestion; from such an authority they are worthy of respectful consideration, and good sense seems to be their foundation: "1. Food for the supply of the daily wants of the system is most rapidly and thoroughly digested when taken early in the day, ere the nervous and secretive forces are exhausted by toil. 2. Rapid digestion in tary pass by. "Ah, yes, Washington the early part of the day contributes to is dead, and the worst of it is that his the immediate demands of motion and mantle-piece don't seem to have fallen innervation. 3. Food for the repair of on any man now living." the continuous wear and tear of the tissues is in less immediale request; the completeness of its solution is of more importance than the rapidity, and it is best taken before the evening, when an opportunity is afforded for its leisurely absorption during sleep. 4. The duration of digestion bears a proportion to the quantity of -food eaten. 5. In youth the digestion is quicker and the stomach sooner emptied than in grown-up persons. 6. Rest before meals makes digestion more complete. Exertion immediately before meals retards digestion, and exertion immediately afterwards deranges it. 7. Sleep retards digestion but makes it more complete. 8. Alcohol retards digestion, and renders it incomplete. 9. Earnest preoccupation of mind retards

PATENT FOODS .- The druggist's shelves are well stocked at the present time with all sorts of patent foods, most of which are preparations of common wheatflour with some unimportant additions. Without going to the expense of buying these costly patented articles, any one can make an easily digested and useful gruel by putting a quart of wheat flour in a cloth bag and boiling it for several hours. Then when cooled,

the tough rind may be removed, and

the interior, grated or rolled finely, may

be used where any starchy article

THE HOUSEHOLD.

whether patented or not, can be.

NEW WAY FOR ROLLS .- A lady says in the New York evening Post:

This week when the girl made yeast bread, I said, "Work a lump of butter into some of that sponge and stand the bread pan on the stone floor in the cellar until further orders." That was Monday noon. Friday we went down cellar and looked at the sponge. Yes, that was an experiment turning out just as I desired. To-day, Saturday, the sponge was brought up to the pantry, and I dissolved a teaspoonful of soda in half a teacupful of warm water, cut gashes in the sponge, poured on the soda, worked it in awhile, lifted it out on the warm kneading board and worked it thoroughly, buttered the big breadpan, make large rolls, set the pan in a warm place, and when baked they were like great white roses bursting open.

Put a piece of white wax in the wrapfrom chicken, mutton, game, &c., but pings of your parcel of kid gloves when you put them away. It will prevent their spotting. The same direction applies to white silk and satin laid

STRAWBERRY SAUCE FOR PUDDINGS. -Take two tablespoonfuls preserved strawberries, a teaspoonful lemon juice, half an ounce of sugar, and tablespoonful of cold water. Stir all over the fire or use cow's milk, may be fed with this until it boils. Turn out the pudding and pour around it the sauce before

VARIETIES.

"I want, and will have, a wife without a failing," was the remark of a "Then you'll never marry, because,

"Why do you use paint?" asked a violinist of his daughter. "For the same reason that you use rosin, papa." "How is that?" "Why, to help me draw my beau."

"Gracious me!" exclaimed a lady in a witness box; "how should I know anything about anything I don't know

A gentleman was disturbed from his rest in the middle of the night by some one knocking on the street door. "Who's there?" he asked. "A friend," was the answer. "What do you want?" "] want to stay here all night." " Queer taste; stay there, by all means," was the benevolent reply.

An absent-minded man in Monroe, Ct., went to church the other morning with his overcoat, as he supposed, on his arm; but the laughing of the people in church directed his attention to the fact that he had taken his every-day pantaloons, and that the suspenders attached to them were dangling about

"Ah, yes," said Mrs. Partington, some years ago on the twenty-second of February, as she watched the mili-

John Wilkes was once forced to listen to a garrulous story-teller whose prolixity wearied him. A friend excused the lack of pith and power by saying, "He is in his dotage." "Dotage, sir! he is past dotage, he has got to anecdo-

"What shall I preach about?" said a minister to the pastor of a colored flock which he was to address. "Well, mos' any subject will be 'ceptable," was the reply; "only I'd like to gib you one word ob caution." "Ah! what is that?" "Well, ef I was you, I'd touch werry light on de ten commandments." "Indeed! and why?" "Oh, cos I hab notise dat dey mos' always hab a damp-'nin' effect on de congregation."

A scolding woman, like a conductor, digestion, and may even quite ahnul it. is pretty much always on the rail.

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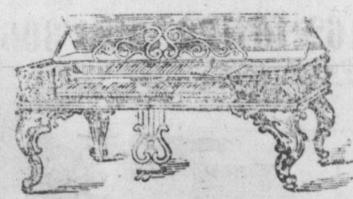
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GOING EAST. A. M. A.M. A. M. St. John, Leave Annapolis, Leave 3 51 Wilmot, 4 34 5 05 110 22 47 Berwick Leave 11 15 59 Kentville, Arrive 5 15 7 00 11 40 Leave 7 27 12 10 66 Wolfville 8 30 1 50 84 Windsor, Arrive

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