

The Messenger Almanac.

Table with columns for Day, SUN. Rise, Sets, MOON. Rise, Sets, High Tide at Halifax. Rows for Dec 1st to 31st.

THE TIDES.—The column of the Moon's Setting 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.

FOR THE LENGTH OF THE DAY.—Add 12 hours to the time of the sun's setting, and from 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.

Agents for the Christian Messenger.

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THE FARM.

THE CABBAGE.—Just speak to a fine lady about cabbage and she will think that you have mentioned one of the lowest things on earth. Madam, you are wrong, it is one of the most useful articles of food. Those ancient nations did not know food science, but they knew the value of good and nourishing things, and gave them the place of honor which they deserved. Cabbages were thought of highly by ancient nations, and the Egyptians gave the cabbage the honor of letting it precede all their other dishes; they called it a divine dish. The Greeks and Romans had a great affection for cabbage, and conceived the idea, which I have myself, that the use of cabbage keeps people from drunkenness. I am persuaded that the constant eating of certain vegetables kills the desire for alcoholic beverages. The Greek doctors ascribed all kinds of virtues to the cabbage. It was thought to cure even paralysis. Books were composed to celebrate the virtues of the cabbage, and ladies partook of it soon after child-birth. The Romans thought even more of the cabbage than the Greeks. They ascribe to it the fact that they could for 600 years do without doctors, and Cato actually maintained that cabbage cured all diseases. The ancients knew several kinds of cabbage—the long-leaved green cabbage, the hard white, so much used in Germany for "sauerkraut," or fermented cabbage, the curly, and the red. This last seems to have held the place of honor, and was first introduced by the Romans into Gaul or France, and then brought to Great Britain. Later, the green-leaved cabbage was introduced. The Greeks were fond of aromatic seasonings—of oil, raisin wine, and almonds. They boiled or stewed the cabbage and seasoned it with cummin, coriander seeds, with oil, wine and gravy, making rich dishes of a vegetable which we now boil in water and reckon among the plainest food. Something like a remembrance of cooking cabbage among old Greeks has come down to the modern Greeks, for their stuff cabbage leaves with dainty mince-meat, and then stew them with gravy.—Mrs. Lewis, in Food and Health Leaves.

HEALTH HINTS.

BOILS AND WHITLOWS are relieved or dissipated in their earliest stages by using camphor. Dip the finger in camphor and rub it over the boil; do this eight or ten times, and repeat three or four times a day. For whitlow, dip the finger into the camphor and let it remain ten minutes. Repeat every three hours during the day until cured, eating nothing meanwhile, but coarse bread and butter and fruits. Prepare the camphor thus: Put an ounce or more in a vial, fill with alcohol, shake it well; some of the camphor should always be seen at the bottom; this insures a saturated tincture, which is the strongest.

COLD FEET.—What a common complaint this is, says the Family Physician, and yet no one seems to know anything about it. You suffer from it for years, and yet you don't go to a doctor, or, if you do, you derive very little benefit from his advice. Some people suffer from it at night only, while others are troubled with it in the daytime as well. We believe that the best remedy is hypophosphate of lime in one or two grain doses, twice a day. This is soluble in water, and should be taken in the form of a mixture, nothing else being put with it, with the exception, if you like, of a teaspoonful of syrup, to make it palatable, although it is really by no means disagreeable by itself. Another good remedy is nux vomica—five drops of the tincture in a little water three or four times a day. It is highly recommended, and you may hope for great things from it. Then you must do all you possibly can to improve the state of your general health. It is probable that you are below par, somehow or other, although we must admit that it does not follow of necessity. If you feel generally out of sorts, and your appetite is poor, quinine will do you good. If you are pale, you must put faith in iron. Cod liver oil is an excellent remedy for improving the general nutrition; many people feel quite a glow after each dose.

A young lady wrote some verses for a paper about her birth-day, and headed them, "May 30th." It almost made her hair gray, when it appeared in print, "My 30th." Character is a perfectly educated will.

SCIENCE.

CHINESE VARNISH.—Chinese varnish is made by mixing three parts of fresh blood which has been deprived of its fibrin by beating with small twigs or broom straws, four parts of slacked lime, and a little alum. This may be used at once. It is said that straw baskets coated with it are rendered water and oil tight, and that pasteboard to which it has been applied becomes as hard as wood.

Professor Huxley calls it a "corolliferous dicotyledonous exogen, with a monopetalous corolla and a central placenta." If you are in a hurry you can call it primrose instead.

Cracks in stoves may be effectually stopped by a paste of ashes and salt mixed with water. That is, if not too big.

THE HOUSE.

APPLE MARMALADE.—A delicious apple marmalade prepared carefully will keep in perfect condition throughout the season, and is always a welcome addition to breakfast in winter. Pare, core and cut the apples in small pieces; put them in water with some lemon juice to keep them white; after a short interval take them out and drain them; weigh, and put them in a stewpan with an equal quantity of sugar; add grated lemon peel, the juice of a lemon, some cinnamon sticks, and a pinch of salt. Place the stewpan over a brisk fire, and cover it closely. When the apples are reduced to a pulp, stir the mixture until it becomes a proper consistency.

Miss Corson gives the following recipe for a dish of sweet rice, as they prepare it in Portugal: A cupful of rice is washed and boiled till soft in a pint and a half of milk, with four table-spoonfuls of sugar and a laurel or bay leaf; when the rice is soft, the bay leaf is removed, a gill of cream and the yolks of four eggs added, and the rice is dished and cooled. When it is quite cold the surface is dusted with powdered sugar and cinnamon, or with burnt-almond dust. The almond dust is prepared by browning peeled or blanched almonds in the oven, and then pounding them to a fine powder.

MITTENS FOR HANGING OUT CLOTHES.—Don't go out bare-handed to put your wet clothes on the line in winter weather. It is a foolish and unnecessary tax upon the system, and injurious to the hands. Gloves or mittens worn on ordinary occasions are apt to be more or less soiled, and are not suitable for handling clean clothes. Have a pair for this purpose: You can cut from clean flannel (white seems the most suitable), and line them with another thickness of flannel, or make them double, if the flannel is thin. These should be kept in a clean place ready for this particular business, and nothing else. A good and handy place to keep them is in the clothes-pin bag.

WASHING FLANNELS.—White flannels may be kept soft and without shrinking if properly washed. Put sufficient soap into boiling water to make a strong suds, and then put in the flannels, pressing them down under the water with the clothes-stick. Rub the articles carefully, and when well cleansed, wring with the hands. If you put through the wringer, the nap rolls up into hard knots, and makes the flannel harsh and unpleasant to the touch. Wring as dry as possible, snap out, stretch and pull each piece as it is wrung out, so as to keep the original size, and throw each piece into another tub of boiling water. Shake them up and down in the last water with the clothes stick till well rinsed and cool enough for the hands. Then wring once more. Wash but one piece at a time, put it into the second tub, and place the first suds over the fire to keep boiling hot, until ready to wash the second. Keep the rinsing water hot in the same way, while washing the second article.

When flannels are about two-thirds dry, bring them in. Snap and pull again, fold as true and evenly as possible, and roll up hard in a clean towel for a little while, and then iron and press till dry.

Never wash flannels in stormy or cloudy weather, and always iron after they have been folded and rolled not over half an hour. If they lie long folded they will shrink. But if these directions are followed the result will be satisfactory.

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WINTER ARRANGEMENT.

TRAINS leave Halifax daily (Sunday excepted) as follows:—

(Halifax time.) At 8.30 a. m.—Express for St. John, Pictou, Quebec. At 1.15 p. m.—Accommodation for Pictou. At 5.30 p. m.—Accommodation for Truro. At 3.00 p. m.—Express for St. John and Quebec.

WILL ARRIVE:— At 9.15 a. m.—Accommodation from Truro. At 12.55 a. m.—Express from Quebec and from St. John. At 3.00 p. m.—Accommodation from Pictou. At 8.30 p. m.—Express from St. John. Nov. 24, 1880.



Windsor and Annapolis Railway.

Fall Arrangement—Commencing Monday, 29th Nov., 1880.

The following is according to Railway Time. Halifax times is 15 minutes later.

Table with columns: Miles, GOING WEST, Express Daily, Passengers and Freight, Pass. & Frgt. Daily. Rows for Halifax, Windsor, Annapolis, Kentville, Berwick, Middleton, Annapolis, St. John.

St. John, do | 7 45 |

GOING EAST.

Table with columns: Miles, GOING EAST, Pass. and Freight, Pass. and Freight, Express Daily. Rows for St. John, Annapolis, Middleton, Berwick, Kentville, Wolfville, Windsor, Halifax.

Steamer "Edgar Stuart" leaves St. John at 8 a. m. every Monday, Wednesday and Saturday for Digby and Annapolis, and returns the same days, on arrival of 7.45 a. m. Express Train from Halifax.

HALIFAX and CAPE BRETON RAILWAY.

Leaves Antigonish at 9 a. m., and New Glasgow at 2.30 p. m. Arrives at New Glasgow at 11.00 a. m., and at Antigonish at 4.30 p. m.

Western Counties Railway.

Train leaves Yarmouth daily at 7.45 a. m., and arrives at Digby at 11.45 a. m. Leaves Digby on Monday, Wednesday, and Saturday at 4.00 p. m., and at 12.30 p. m. on Tuesday, Thursday and Friday. Arrives at Yarmouth Tuesday &c., at 4.30 p. m., and on Monday &c., at 8. p. m.

BAPTIST CHURCH REQUISITES.

Articles and Covenant \$1.00 per 100. Church Record and Register \$2. and \$3, each. Alphabetical List of Members 40 cents each. Letters of Dismission 50 cts. per quire. Psalmists, in all varieties, from 85 cts. Baptist Hymn Book from 50 cts. Baptists Hymn and Tune Book \$1.00 and \$2.25. Scripture Catechism, \$6.00 per 100. CHRISTIAN MESSENGER OFFICE. No. 69 & 71 Granville St., Halifax. April 15.

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