

The Messenger Almanac.

DECEMBER. New Moon, Dec. 1st, 10h. 42m. A. First Quarter, " 8th, 2h. 24m. A. Full Moon, " 16th, 11h. 22m. A. Last Quarter, " 24th, 2h. 42m. A. New Moon, " 31st, 9h. 42m. M.

Table with columns: Day, SUN, MOON, High Tide. Rows: 1 W, 2 Th, 3 Fr, 4 Sa, 5 Su, 6 M, 7 Tu, 8 W, 9 Th, 10 Fr, 11 Sa, 12 Su, 13 M, 14 Tu, 15 W, 16 Th, 17 Fr, 18 Sa, 19 Su, 20 M, 21 Tu, 22 W, 23 Th, 24 Fr, 25 Sa, 26 Su, 27 M, 28 Tu, 29 W, 30 Th, 31 Fr.

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 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 LATER. A Yarmouth, 2 hours 54 minutes LATER.

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.

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THE HOUSE.

How to BOIL AND STEW.—To do either properly, the food must be immersed at the beginning in actually boiling water, and the water must be allowed to reach the boiling point again immediately, and to boil about five minutes. The action of the boiling water upon the surface of either meat or vegetables is to harden it slightly, but enough to prevent the escape either of juices or mineral salts.

After the water covering the food has begun to boil the second time, the pot should be removed to the side of the fire, and the water allowed to simmer until the food is done. This simmering, or stewing, extracts all the nutritious qualities of either meat or vegetables; the pot should be kept closely covered unless for a moment when it is necessary to raise the cover in order to remove the scum. The steam will condense upon the inside of the cover, and fall back in the pot in drops of moisture if the boiling is slow. Do not think that rapid boiling cooks faster than the gentle process I recommend.

After the water once boils, you cannot make it cook any faster if you have fire enough under it to run a steam engine. So save your fuel and add it to the fire little by little, to keep the water boiling. Remember, if you boil meat hard and fast, it will be tough and tasteless, and most of its goodness will go up the chimney or out of the window with the steam.

LEMON SAUCE.—One cupful of boiling water, one of sugar, one tablespoonful of flour and a lemon. Mix the flour smoothly with a little cold water, and stir into the boiling water. Add the sugar and the juice and thin rind of the lemon. Boil gently for twenty minutes. This sauce is nice for any kind of puddings.—From Miss M. Parloa's recipes.

HAM TOAST.—Grate some lean ham and mix with it the yolk of an egg and a little pepper. Put a piece of butter into your spider and when hot put in the grated ham and fry to a light crisp. Serve on toast.

APPLE FRITTERS.—Make a batter, not very stiff, with one quart of milk, three eggs, and flour to bring it to a right consistence. Pare and core a dozen apples, and chop them to about the size of small peas, and mix them well in the batter. Fry them in lard, as you would doughnuts. Sprinkle powdered sugar over them.

FOR CURING MEAT.—To one gallon of water, take one and one-half pound of salt, one-half pound of sugar, one-half ounce of saltpetre, one-half ounce of potash. In this ratio, the pickle can be increased to any quantity desired. Let these be boiled together until all the dirt from the sugar rises to the top and is skimmed off. Then pour it into a tub to cool, and when cold pour it over your beef or pork. The meat must be well covered with pickle, and should not be put down for at least two days after killing, during which time it should be slightly sprinkled with powdered saltpetre, which removes all the surface blood, etc., leaving the meat fresh and clean. If this recipe is strictly followed, it will require only a single trial to prove its superiority over the common way, or most ways of putting down meat, and not soon be abandoned for any other. The meat is unsurpassed for sweetness, delicacy and freshness of color.

OYSTER PATTIES.—A quart of solid oysters minced fine; a coffeecupful of rich, new milk, seasoned with a tablespoonful of butter, pepper, and salt to taste, and thickened with a teaspoonful of corn-starch; some shapes of puff pastry baked in small tins. When the milk has boiled and thickened, add the minced oysters, and simmer five minutes. Fill the shells with this mixture, set in the oven for two minutes and send to the table at once.

FLOOR FOR AN ICEHOUSE.—The best floor for an icehouse, says an exchange, is one of boards or planks laid upon sleepers bedded in gravel. A gravel or sand foundation is the best, and the floor should be laid so that no air can gain access beneath it from without. There should also be provided a drain so constructed that the water from the melted ice can escape into the ground, but which will not admit air to the ice.

On the cultivation of the mind of women depends the wisdom of men. It is by women that nature writes on the hearts of men.—Sheridan.

THE FARM.

Subjects for consideration by Farmers.

We have selected the following list of subjects as well worthy of discussion at Farmers' Clubs, or for an evening's conversation, where two or three families are spending an evening together:

- 1. The apple orchard. Have we too many trees?
2. Can the bearing year of fruit trees be changed or controlled?
3. Rotation of crops; what crops should follow certain other crops?
4. Our weed pests; how shall we overcome them?
5. Care and culture of house plants.
6. Flower gardens; selection of varieties.
7. Commercial fertilizers; under what conditions may they be used with profit?
8. Cultivation of the strawberry for home use, and for market; what varieties best adapted for marketing?
9. The small fruit garden; what shall we plant in it, and how shall we cultivate it?
10. Selecting and preserving field and garden seeds; how long will the different varieties be suitable for planting?
11. Farmers' institutes; are they useful, and if so, how should they be conducted and supported?
12. Should we produce our own sugar in Nova Scotia, and if so, from what sources?
13. Root crops.
14. The use of oxen on farms; should oxen be superseded by horse teams?
15. Poultry on the farm as a source of income; what breeds to keep?
16. Butter making; what systems are best.
17. Planting shade and shelter trees; what varieties are most desirable—soils best adapted to varieties?
18. Horses for the farm; what breeds are best, and how shall they be procured?
19. Pruning fruit trees; best season and method.
20. The kitchen garden; what to grow in it, and how to grow it.
21. Feeding and care of stock in winter.
22. Farm fencing; how can the cost be lessened?

COMPARATIVE FOOD VALUE OF ROOTS.—Chemical analysis gives the following results with regard to the food values of different root crops:—

Table with columns: Pounds, Total amount of nitrogenous or flesh forming material. Rows: 1,000 pounds of potatoes (20.03), 1,000 pounds of mangolds (11.25), 1,000 pounds of sugar beets (10.10), 1,000 pounds of turnips (21.25), 1,000 pounds of carrots (13.12).

Table with columns: Pounds, Total amount or carbonaceous fat-forming material. Rows: 1,000 pounds of potatoes (237.4), 1,000 pounds of mangolds (107.2), 1,000 pounds of sugar beets (174.4), 1,000 pounds of turnips (81.7), 1,000 pounds of carrots (139.1).

—Scientific American.

HEALTH HINTS.

"I am willing to risk my reputation as a living man," wrote Edward Hine of the Liverpool Mercury, "If the worse case of small pox cannot be cured in three days simply by the use of cream of tartar. One ounce cream tartar dissolved in a pint of water, drank at intervals when cold, is a certain, never-failing remedy. It has cured thousands, never leaves a mark, never causes blindness, and avoids tedious lingering.

Borax water will instantly remove all soils and stains from the hands, and heal all scratches and chafes. To make it, put some crude borax into a large bottle and fill with water. When the borax is dissolved add more to the water, until at last the water can absorb no more, and a residuum remains at the bottom of the bottle. To the water in which the hands are to be washed after gardening, pour from this bottle enough to make it very soft. It is very cleansing and healthy. By its use, the hands will be kept in excellent condition—soft, smooth, and white.

FOR CHAPPED HANDS.—Wash the hands, and the face also if it is inclined to chap, with Borax Water, and afterwards rub with an ointment made by melting Mutton-tallow (or suet), and then gradually adding an equal quantity of Glycerine, stirring the two together until cool.

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INTERCOLONIAL RAILWAY. 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.

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, GOING EAST. Rows: Halifax, Windsor, Wolfville, Kentville, Berwick, Middleton, Annapolis, St. John.

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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.