

The Messenger Almanac.

Table with columns for Day, SUN, MOON, High Tide, and Low Tide. Includes dates for First Quarter, Full Moon, Last Quarter, and New Moon.

THE TIDES.—The column of the Moon's Southing gives the time of high water at Parreboro, Cornwallis, Horton, Hantsport, Windsor, Newport, and Truro.

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.

SISTER MAY'S CAKE.—One and a half cups powdered sugar, three-fourths cup of butter, one cup sweet milk, three cups flour, four eggs, one lemon, juice and rind, one small teaspoonful soda; bake in a square or oblong tin, and frost with whites of two eggs beaten stiff with powdered sugar.

BUCKWHEAT CAKES.—One quart of buckwheat, one teaspoonful of salt, two tablespoonfuls of Indian meal, one of molasses; put in tepid water to make a batter, with yeast sufficient to make them light, compressed is the best.

STEWING AND MAKING SOUPS.—A witty Freshman says: "To make good soup, the pot should scarcely smile." This is as true of stewing meat, as of making soup. To do either well, the whole process must be exceedingly slow, from beginning to end; the saucepan should only "smile."

BAKED SOUP FOR INVALIDS.—It is easy to make, and cooks cannot well blunder. Take a pound of juicy steak, from which all the fat has been removed; cut it up in pieces of an inch square, salt and pepper it slightly; take a stone jar to hold two pints; pour into it a pint and a half of cold water, a teaspoonful of whole rice; cover the jar with a saucer, and let it bake slowly for four hours; remove any fat present.

BROWN STEW.—Take three pounds of good round of beef, cut in small squares, brown them in a stew pan in two tablespoonfuls of butter; add two tablespoonfuls of flour, sifting it gradually in and stirring till the flour is brown; cut a carrot small, peel half a dozen small onions, and put with the beef; season with half a dozen cloves, as many allspice, a half a salt-spoonful of black pepper, a pinch of cayenne, a tablespoonful of mixed herbs, thyme sage, and marjoram; cover with boiling water and let it simmer steadily for three hours; just before serving, a gill of tomato catchup can be added.

FLAXSEED LEMONADE.—Four tablespoonful flaxseed, whole; one quart of boiling water poured upon the flaxseed; juice of two lemons, leaving out the peel; sweeten to taste; steep three hours in a covered pitcher; if too thick put in cold water with the lemonjuice and sugar. Good for colds.

VARIETIES.

A Springfield minister remarked just before the sermon; "I should like to remind the congregation that we have a prayer meeting at the chapel every Thursday evening, regardless of the weather. Those of us who were there last week were led to feel that there must be a scarcity of umbrellas among the people as a whole."

HOW IT HAPPENED.—The story is told that some one once asked the late Dr. S. H. Cox, whose wit was irrefragable, how it happened that, out of his large family, half had left the Presbyterian Church. "Oh!" he replied, "it is a case of the virgins of Scripture—five were wise and five were Episcopalsians!"

DOUBTFUL CASES.—People with whom it is an open question every Sunday morning whether they will go to church or not, are only not most apt to go, but they are not apt to be those who profit most by going. Children brought up by people of that sort are often indifferent members of the church, if they are made members at all.

GOING THE WRONG WAY.—A Scotch clergyman, who was given to absence of mind, was once on his way to preach in a church a little outside of Edinburgh. The wind was strong in his face; so that in stopping to take a pinch of snuff he turned his back to it, but forgot to turn again to his original direction, and so walked back into the city without knowing it.

THE COW.—Here is Laura's composition on the cow; "A cow is an animal with four legs on the under side, one on each corner. The tail is longer than the legs, but it's not used to stand on. The cow kills flies with her tail. A cow has big ears, that wiggle on hinges; so does the tail. A cow is bigger than a calf, but not as big as an elephant. She is made small, so she can go in the barn-door when nobody is lookin'. Some cows are black, and some hook. A dog was hooked once. She tossed the dog that worried the cat that killed the rat. Black cows give white milk; so does other cows. Milkmen sell milk to buy their little girls' dresses, which they put water in and chalk. Cows chew cud, and each cow finds its own chew. Then they swallow their chew. This is all there is about cows."

HEALTH HINTS.

HOW TO MANAGE A COUGH.—Dr. Thompson, a distinguished English physician, in a little work on colds and coughs says:—"If we would know how to manage a cough, we must learn how not to cough. The inclination to cough should at any rate be suppressed until the secretion, the existence of which sets up the cough, is within reach; a full inspiration should now be taken, and the accumulated phlegm is then removed at a single effort; thus the mucous surfaces are not causelessly irritated, and a severe bronchial attack passes easily through its stages; whereas if the membrane is irritated by violent and useless fits of coughing, its gets sore and relaxed. Again by inhaling steam or sucking an ipecacuanha lozenge on first awaking, the dried secretion may be loosened or easily expelled, and the usual painful fit of morning cough prevented.

MEDICAL USES OF EGGS.—For burns or scalds nothing is more soothing than the white of an egg, which may be poured over the wound. It is softer as a varnish for a burn, than collodion, and being always at hand, can be applied immediately. It is also more cooling than the "sweet oil and cotton," which was formerly supposed to be the surest application to allay the smarting pain. It is the contact with the air which gives the extreme discomfort experienced from ordinary accidents of this kind, and anything which excludes air and prevents inflammation is the thing to be at once applied. The egg is also considered one of the best remedies for dysentery. Beaten up slightly with or without sugar, and swallowed at a gulp, it tends by its emollient qualities, to lessen the inflammation of the stomach and intestines, and, by forming a transient coating on those organs, to enable nature to resume her healthful sway over the diseased body. Two or at most three eggs per day, would be all that is required in ordinary cases; and, since the egg is not merely medicine, but food as well, the lighter the diet otherwise and the quieter the patient is kept, the more certain and rapid is the recovery.—American Rural Home.

Ugliness of temper is frequently coupled with beauty of person.

THE FARM.

UTILIZATION OF SURPLUS POTATOES.—In cases where the potato crop is so large as not to be readily marketable, and more or less in danger of decaying through the winter, the surplus can be so treated as to furnish a valuable article of food capable of preservation for a long period. For this purpose the potatoes are to be washed clean, steamed, peeled while still hot, and finally pressed through a hot sieve. The potatoes thus compressed are then to be laid, while still hot, upon gratings, and dried as quickly as possible, say in ten or twelve hours, in order to avoid any souring or putrefaction; this being generally the result of drying too slowly or with insufficient heat. The potatoes dried in this way are of excellent flavor and are serviceable for provisioning ships, armies in the field, etc. About 1,000 pounds of fresh potatoes will make 100 pounds of the dry article, which, when properly prepared, will have precisely the flavor and appearance of freshly boiled potatoes.

FEEDING POULTRY.—For the laying fowl no better food can be given for a principal diet than good, sound, whole wheat, though it must not be given in the same quantities as corn. Screenings are not all objectionable, provided they are not musty or spoiled, though the price at which they are usually sold makes them more expensive than good wheat, for the simple reason that scarcely one-half of the screenings is wheat or will be consumed by the poultry, the greater part being chaff, cockle, weed seeds, etc. For the fattening of poultry, corn is the very best and cheapest food which can be given to accomplish it. To secure the greatest profit from the poultry it is economy in the end to keep the birds growing rapidly from the start, and a couple of weeks before they are to be marketed have them penned up and fed principally on soft food, such as scalded corn meal, well boiled mush, oatmeal mush (if meal can be gotten cheaply), etc., feeding twice a day at first, and toward the last, three times, only what they will eat up with an appetite, and confining the birds in a darkened room, giving them light only at feeding time.

INTERCOLONIAL RAILWAY.

WINTER ARRANGEMENT.

TRAINS leave Halifax daily (Sunday excepted) as follows:— (Halifax time.) At 8.30 a. m.—Express for St. John, Picou, Quebec.

At 1.15 p. m.—Accommodation for Picou. 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 Picou. At 8.30 p. m.—Express from St. John. Nov. 24, 1880.

Windsor and Annapolis Railway.

Spring Arrangement—Commencing Monday, April 4th, 1881. The following is according to Railway Time. Halifax times is 15 minutes later.

Table with columns: Miles, Express Mon, Wed, and Saturday only, Passengers and Freight, Daily, Pass. & Frgt. Daily. GOING WEST: Halifax, Windsor, Wolfville, Kentville, Berwick, Middleton, Annapolis, St. John.

Table with columns: Miles, Pass. and Freight Daily, Express Mon, Wed, and Saturday only. GOING EAST: St. John, Annapolis, Middleton, Berwick, Kentville, Wolfville, Windsor, Halifax.

Steamer "Empress" 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.

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