

HEALTH HINTS

WHAT MAKES A HOUSE BEAUTIFUL.—The best cheer of every house must come from the heart and manner of the home mother.

Hospitality rarely prevails in the spotless line-and-letter houses. Company disarranges the books, and disorders the house, which had work enough in it before.

With all your toils to make a house beautiful, do not neglect the first element of all, to beautify yourself, body and soul.

There is one city provided with pure milk, and that is Frankfort-on-the-Main. The business is conducted by a concern called the Anstalt, established by the medical association and managed by a commission consisting of three physicians, one veterinary surgeon, and a chemist.

THE HOUSE.

POLISHED FLOORS.—One quarter of a pound of yellow beeswax, melted and poured into one quart of turpentine. Let it stand three hours. Apply with a woollen rag; rub with woollen cloth vigorously to polish.

SALLY LUNN TEA CAKE.—One pint of sweet milk, a quarter of a pound of butter, a little salt, a heaping tablespoonful of sugar. Put the butter in the milk and set them on the back part of the range, or in some warm place where the butter will melt and the milk will not burn.

FIG PUDDING.—One cupful of molasses, one of chopped suet, one of milk, three and a quarter of flour, two eggs, one teaspoonful of soda, one of cinnamon, one of nutmeg, one of figs. Mix together the molasses, suet, spice, and figs cut fine. Dissolve the soda with a tablespoonful of hot water and mix with the milk; add to the other ingredients. Beat the eggs light and stir into the mixture.

WHITE LAYER CAKE.—Half a cup of sweet milk, two cups of flour, two teaspoonfuls of baking powder, the whites of three eggs. Beat the butter and sugar to a cream, and put the whites of the eggs in last. This may be baked in a loaf, but not being rich it will then need fruit or nuts to give tone to it.

SCIENCE.

HOW LONG WE ARE TO LIVE.—It is not every one who asks himself this question, because, strangely enough, it is the belief of many persons that their lives will be exceptionally lengthy. However, life assurance companies are aware of the credulous weakness of those whose lives they assure, and have therefore compiled numerous tables of expectancy of life for their own guidance, which are carefully referred to before a policy is granted.

Table with 2 columns: Age, More years to live. Rows include ages 1, 10, 20, 30, 40, 50, 60, 70, 80.

The long-continued eruption of Mount Vesuvius, according to late advices by mail, has assumed large proportions. Copious streams of lava have been flowing in an easterly direction.

BREAD-MAKING AND CIVILIZATION.—Each stage of society's advance, from lowest to highest, may be broadly characterized by the prevailing manner of handling the staff of life: that is, by the methods pursued in making bread.

SEEDS OF THE FIELD.—Stock of all kinds should be carefully examined to see if there are any lice on them. A few lice now will increase so rapidly that by spring they will make an animal poor. The sooner they are killed the better.

What is 'moral insanity'? 'Wickedness,' says Dr. Gray. What is 'kleptomania'? 'Stealing,' says Dr. Gray. What is 'dipsomania'? 'Drunkenness,' says Dr. Gray. What is 'pyromania'? 'Incendiarism,' says Dr. Gray. These technical terms the Drs. put into plain English.

Words are things; and a small drop of ink, falling like dew upon a thought, produces that which makes thousands, perhaps millions think.

AGRICULTURE.

A Good Practice in Garden Management.

Every farmer has noticed how the hens will pick and eat the green wheat plant through the winter when a field is sown near the barn, where the poultry can get at it readily, and another thing he has seen is, that when for any reason a field that was sown to wheat had to be ploughed up for planting ground, it was unusually mellow, friable, and free of weeds.

The English flockmaster has settled two points in British experience, first that mutton is more profitable than wool, and second that among English mutton consumers there is a decided preference for Down or black-faced mutton. Tender, juicy flesh, with a fine grain and a rich flavour, ripe, and yet carrying plenty of lean meat, is that which suits the English market.

LICE ON LIVE STOCK.—Stock of all kinds should be carefully examined to see if there are any lice on them. A few lice now will increase so rapidly that by spring they will make an animal poor. The sooner they are killed the better.

VARIETIES.

It is related that while preaching from the text, 'He giveth his beloved sleep,' a Toledo minister stopped in the middle of his sermon, gazed upon his sleeping auditors, and said: 'Brethren, it is hard to realize the unbounded love the Lord appears to have for a good portion of this congregation.'

Chinese table etiquette is very peculiar. According to its rules no conversation must be carried on at the table; all begin to eat at the same moment, each person exclaiming, 'Let us begin,' and accompanying the remark with a flourish of the chopstick; it is rude for any one person to finish before the others; all must keep together; but remarks on the food are always in order.

Good Pay! Steady Employment!

FONTHILL NURSERIES, LARGEST IN CANADA.

We wish to increase our force of salesmen, and can give good salaries and steady work to successful men. We give canvassers advantages no other firm in the business can offer.

STONE & WELLINGTON, NURSERYMEN, Montreal.

N. B.—We are now prepared to receive orders for our celebrated new white grape, the "Golden Pocklington," perfectly hard, having stood without protection last winter 32° below zero uninjured, and the vines were loaded with fruit during the past season.

VICTORIOUS RESULTS

PUTTNER'S EMULSION

From the Rev. Ralph Brecken, Pastor Brunswick Wesleyan Church, Halifax—C. E. PUTTNER, Ph. M., DEAR SIR,—Having been induced to try your Emulsion Cod Liver Oil, as a remedy for Influenza, with Cough, Cold, &c., I have much pleasure in testifying to its beneficial results as compared with any remedy ever previously used.

PUTTNER'S EMULSION AS A FAMILY MEDICINE.

Mr. Theakston, Secretary Y. M. C. A. says: MR. C. E. PUTTNER, Ph. M., DEAR SIR,—I have used your Emulsion in my family for the simple cough, as well as for the more obstinate kind, also for general debility.

PUTTNER'S EMULSION AS A BLOOD PURIFIER

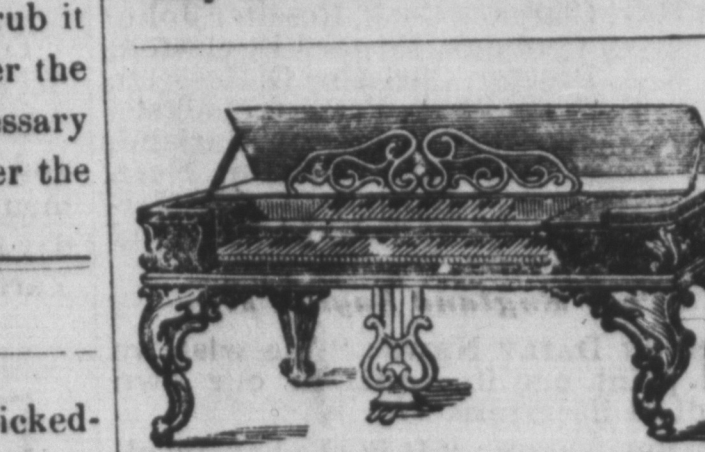
It will be found to exceed the many medicines now offered, as it supplies the BLOOD WITH IRON, which is a constant and necessary constituent of the body, and must be regarded as an important FOOD, and so highly and justly recommended by the Faculty in the treatment of PALE, WEAK AND ANEMIC, WOMEN AND CHILDREN.

The Trade says:

H. A. Taylor, Esq., President N. S. Pharmaceutical Society, says: Taking all in all, I sell more of your Emulsion than all others combined, and have heard very favorable reports of benefits of its use.

PUTTNER'S EMULSION.

May 4.



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DIPLOMA AND HIGHEST PRIZE.

These Pianos were not got up for exhibition, but were our ordinary manufacture; We invite inspection of our instruments; all first class and warranted to give satisfaction.

Piano-Portes, Cabinet and Church Organs Tuned and repaired. Nov. 5.

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Articles and Covenant \$1.00 per 100. Church Record and Register \$2. and \$3. each. Alphabetical List of Members 40 cents each.



A compound of the virtues of sarsaparilla, stillingia, mandrake, yellow dock, with the iodide of potash and iron, all powerful blood-making, blood-cleansing, and life-sustaining elements.

By its searching and cleansing qualities it purges out the foul corruptives which contaminate the blood and cause derangement and decay. It stimulates and enlivens the vital functions, promotes energy and strength, restores and preserves health, and infuses new life and vigor throughout the whole system.

It is folly to experiment with the numerous low-priced mixtures of cheap materials, and without medicinal virtues, offered as blood-purifiers, while disease becomes more firmly seated.

Prepared by Dr. J. C. Ayer & Co., Lowell, Mass.

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MUNRO Exhibitions and Bursaries.

Through the liberality of GEORGE MUNRO, Esq., of New York, the following Exhibitions and Bursaries will be offered for competition at the commencement of the Winter's Session of this College, 1882, 1883, and 1884.

IN 1882 FIVE JUNIOR EXHIBITIONS of the annual value of \$200, tenable for two years, and TEN JUNIOR BURSARIES of the annual value of \$150, tenable for two years.

SEVEN SENIOR BURSARIES of the annual value of \$200, tenable for two years.

IN 1883 FIVE SENIOR EXHIBITIONS of the annual value of \$200, tenable for two years. TEN SENIOR BURSARIES of the annual value of \$150, tenable for two years.

IN 1884 FIVE SENIOR EXHIBITIONS of the annual value of \$200, tenable for two years. TEN SENIOR BURSARIES of the annual value of \$150, tenable for two years.

CLASSICAL AUTHORS FOR 1882:—Caesar DeBello Gallico, Bk. vi; Ovid Metamorphoses—I; Xenophon's Anabasis, Bks. III. and IV. To the Geometry of last year is added the Third Book of Euclid. To the Algebra of last year is added the Theory of Indices.

The Exhibitions are open to all candidates; the Bursaries are open to candidates from the Maritime Provinces. The Junior Exhibitions and Bursaries are open to candidates for Matriculation in Arts; the Senior Exhibitions and Bursaries to undergraduates of any University who have completed two, and only two, years of their Arts course, and who intend to enter the third year of the Arts course in this University.

A statement of the conditions, dates, and subjects of examinations, &c., may be obtained on application to the Principal, Dalhousie College, Halifax, N. S. Feb. 1. 4 ins.

SAVE THE NATION!

For it is sadly too true that thousands of children are STARVED TO DEATH every year by improper or insufficient food. Remember,

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FOR INFANTS AND INVALIDS,

Is all and a great deal more than we have claimed for it. It is simply a HIGHLY NUTRITIOUS and easily assimilated FOOD grateful to the most delicate and irritable stomach, and especially adapted for the INFANT and GROWING CHILD.

Invalids, Nursing Mothers, and those suffering from INDIGESTION will find on trial that RIDGE'S FOOD FOR INFANTS AND INVALIDS, is all they can desire. It is carefully put up in four sizes.

Constant users will find our No. 4 size (always the most economical size to buy) now much larger than formerly, thus materially lessening the expense. WOODRICH, Dispensing and Family Chemist, Upper Water St., Depot for Ridge's Food, Pick-me-up Bitters, &c., with a well-assorted stock of Pure Drugs. April 17.

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