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# Column for Little Ones.

A Bit of Poverty.

I know a little maiden. In a most tremendous bonnet, All manufactured out of black, With nodding poppies on it.

Her shoes are two old rubbers, Full of many a hole and leak, And -bless you-these are only worn, On one day of the week.

But her laugh is molten silver, And her hair is burnished gold, And the treasures in her jewelled eyes Are riches manifold.

And no one on the broad round earth Is happier than she, Although this little maiden Is as poor as she can be. -W. T. Peters.

Doctor Charlie.

' Come in.'

Oh, good-morning, doctor. My baby s very sick, indeed. She tumbled out of the third story window yesterday, and the naughty boys in the street took her by one leg and threw her back again.' Miss Mamie was sitting in her little rocking-chair holding a large wax doll, rate in all things." Then, as now, the top of whose head was all broken in the training for the prize-ring, Charlie, who was so little he could or delicacies," as a necessary condi-

big enough for a doctor. ' Let me see, madam.' said the doctor, 'when did all this happen?'

and a pair of spectacles without any

glasses in them, so he thought he looked

, Yesterday, Mr. Doctor.' · Oh. I do hope that headache hasn't set in, for then, it would be fatal,' said the doctor, as Mamie proceeded to undress the broken headed doll.

'Why madam, your baby has only

'Yes,' said Mamie; 'I lent the other to Lucy because her doll is going visiting to day, and she wanted her to look

'Any hot water?"

They found some in the bath-room, and the baby's remaining leg was put immediately to soak. This leg was

"Ah,' said the doctor,' 'now your baby will get well. We've drawn the blood from her head, and you need not be anxious about her at all.'

'How long must she soak?' asked

The doctor put his fingers to his fore-

head in deep thought. 'I think,' said he, 'that an internal application will be better.' So they took the scissors and cut off the baby's toes, and after pulling out the sawdust the our religion, practise a self-denial it till done; pepper lightly at each doctor filled her leg with hot water and tied up the toes with a string, and then stood the baby on her head in a corner. The little sufferer went at once into a profuse perspiration, which ran even through the hole in her head, and the doctor declared her life saved. It was of short duration, however, for the next day, as the baby did not recover from invalid, she came back only to discover that the baby had tumbled backward into the fire, and was so burned that they had to throw her into the ashbarrel.

N. Y. Weekly Tribune.

### Rob's Plan.

Rob never has any trouble with the known. boys. Every one likes him; so it is not very strange that he gets along so

"Rob, how is it you never get into any scrapes?" said Will Law to him one day. "All the other boys do."

"Oh, it's my plan not to talk back. When a boy says hard things to me, I just keep still.'

Not a bad plan is it? If all the boys would be in the school-room, on the try Rob's plan?

Remember, little boys and girls, Each hour is on its way, Bearing its own report to heaven Of all you do or say.

B. M malliant

#### HEALTH HINTS

Muscle-making.

BY DR. J. H. HANAFORD.

While not disposed to indorse to good health, as the basis.

"a sound mind in a sound body."

are well understood, as applied to pugilists, walkists, and athletes in general. The "trainer" well knows how to develope the body as a whole, to increase the size and power of the chest, to give health, vigor, and strength, by systematic and persevering training, or, expressed in physiological language, by obedience to the laws of our

I know not where they learned their wisdom, unless from the ancient "athletes," who were "tempein. The doctor was Mamie's cousin "the diet was spare, free from wine scarcely reach the door knob, but he dition of success. The ancient had on a long cloak and his father's hat training continued for ten months, in modern times. Now, for example, the fellow who is to exhibit coutest, for the time is induced to obey the laws of God, and be put in the most favourable conditions for the development of the physical powers, and for the production of health. He is much in the air and sun, is methodical, eats a spare and simple diet, for his train-doctor knows too much to allow the usual delicacies of the season." Bread, and plain, lean beef are the staple articles. The cigar and tobacco are conscientiously (?) thrown aside, with whiskey-that grand purifier of the blood, and strengthener of the weak-and also wine, so good for digestion. Now, no mince pies, red, and pretty soon the water was red, no sausages, "breakfast bacon,' ham, hard-cooked eggs, pound cake, or even simple pastry. Now, no lunches, not even a pear or apple, a fig, not a thing. They must be bathed regularly,—water is good enough for them, when only strength is sought,-while "late hours" are wholly inadmissible, since muscle is ance. Health and power must be This picture is not over-drawn; these who disgrace our humanity, or a whole, shall be as conscientious, as room sauce, or with tomato sauce. self-denying, bringing the lower nature into subjection to the higher, as true to correct principles of the dampness, Mamie put her on the edge be far more respected than it now will look as good as new. of the grate to dry up, and going into | is, and the millennium will be deemed the nursery to get a clean dress for the near at hand. When that day shall

> KEEP A BOTTLE OF LIME WATER. \_If good milk disagrees with a child or grown person, lime water at the rate of 3 or four tablespoonsmilk or taken after it, will usually dry immediately after. help digestion and prevent flatulence. Lime water is a simple antconteracts pain from acid fruits, from acids produced by eating candies ache" (indigestion) from over-eating | by it. of any kind. A tablespoonful for a child of two years old, to a gill or

> > M. M. adob A. H.

of cold water dissolves less than 10 grains of lime, and warm water still less. Pure lime water, even though pretty closely corked, soon deteriorates by carbonic acid in the air, which unites with the lime and settles as an insoluble carbonate. the vagaries of "Physical Chris- To have it always ready and good, tianity," I still believe that much can and at no cost, put into a tall pint be done to improve the body, to or quart glass bottle, of any kind, a give more firmness to muscles, to gill or so of good lime just slaked with increase their size and power, as water. Then fill the bottle nearly well as to strengthen the frame-work, full of rain or other pure water, the bones. The appropriateness of and let it stand quietly, corking this may be inferred from the fact | well. The lime will settle leaving that the solidity of these is essential | clear lime water at the top. Pour off gently as wanted, adding more It is also true that mental and water as needed. Some carbonic moral integrity are made somewhat acid will enter, but the carbonate dependent on the physical condition, will settle often upon the sides of the bottle, and freshly saturated The physical conditions of health water remain. The lime should be removed and a new supply put in once a year or so, unless kept very tightly corked.

#### THE HOUSE.

RYE MEAL FOR BEES. — It is believed by many beekeepers that rye meal is the best possible substitute for bee bread when the latter is not in full supply. The meal should be put in shallow boxes near the apiary, and a few pieces of comb near it will attract the attention of the bees. This food causes the swarms to be larger and earlier than any other.

Cocoanut caramels, dear to the and was severe and faithful, though juvenile heart, may be made with the time may be somewhat abridged | two cups of grated cocoanut, one cup of sugar, two tablespoonfuls of flour, and the whites of three eggs himself, his manhood, in a pugilistic beaten stiff. Bake on a buttered paper in a quick oven.

DELICIOUS CORN-STARCH PUDDING. -One quart of milk; take one pint and when nearly boiling add two tablespoonfuls of corn-starch dissolved in cold milk and a little sugar. When ready to take off, stir in the whites of two eggs, beaten stiff. Make a custard of the other pint of milk, and the yolks of the eggs, and pour over the pudding when cold. This same pudding is delicious with whipped cream poured over it, which may be made by taking the amount of cream, halfa bowlful, and beating, and as the cream grows light and puffy taking it off, sweetening and flavouring with vanilla. That alone with cake makes a delicious dessert.

BROILED FOWL .- Take a small fowl or chicken, split it down the back and fix it open with skewers. Lay it flut in a large sauce-pan and now sought, real power of endur- put in enough water just to cover it : boil gently for a quarter of an secured, or the pugilist is disgraced. hour, then rub over with a little butter, and place it on the gridiron, insi le downwards, and keep turning which would well become those hav- turn ; add a little salt at the last. ing higher aims in life. If the time Rub over with butter, and serve very shall ever come when the church, as hot with a little good gravy, mush-

FOR DRESSING CRAPE.—Skim-milk and water, with a little bit of glue care of the body, and from principle, in it, made scalding hot, will restore as these prize-fighters are for money old rusty black crape. If clapped and a kind of renown, religion will and pressed dry, like fine muslin, it

BAKED CLAMS.—Wash two dozen come it will but illustrate the ten- clams, and put them in a drippingdency of the principles of Christ, pan into a hot oven until they open. for it will legitimately result from Then take them out ; separate them obedience to all of the laws of God, from the liquor and chop fine; add and not simply to the moral laws, about a pint of bread-crumbs, the now only regarded as binding on liquor, and a little pepper. Butter the church, at least by some, while the shells, and put this mixture in. no law of God can be innocently On the top of each one place a disregarded by any mortal, so far small piece of butter and a few as these laws are known or may be more bread-crumbs. Bake about ten minutes in a hot oven. They are delicious.

Tar may be instantaneously removed from the hands and fingers by rubbing with the outside of fresh ful to the pint, mixed with the lemon or orange peel, and wiping

Take carbolic acid diluted with acid, and is a little tonic. It often water; take one part acid to ten parts water, and with a syringe would try it, what good times there " wind in the stomach," and from throw this liquid into all the cracks, and holes and ants will soon vanish. play-ground-everywhere. Who will and other sweets; also "stomach- Cock-roaches are also driven away

> It is the custom of the Chinese to or more for an adult, is an ordinary pay their physicians when they are dose, while considerable more will well, and stop the supplies when produce no serious injury. A pint they are sick.



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