

to be easy by any means. It was no trouble to send flowers to old Mrs. Bush; who was a helpless invalid; but when the servant who had taken them finally brought back a request that I would go and see her—that was hard; and good Mrs. Brown, in her utter selfishness, never dreamed what a cross it was to me to go to some of the places where she took me—to homes where sickness and death had brought their shadow. One thing led to so many others that I had no more idle mornings to spend in embroidery, and reading novels; there was always some one who needed something. There was a sick child whom I could take out riding, or an older person to whom I could go and read; there were baskets of dainties needed somewhere, or there were bouquets to be made, or there was some one to whom it would be a treat to come and spend a week in my home.

There were so many things to be done that the days seemed only too short for the doing of them. It must be confessed that I longed sometimes for the flesh-pots of Egypt. I thought regretfully of the old weeks and months that I had spent in idle content; but every day made these longings less, for I grew to feel more and more what I had not previously comprehended, the real joy that there is in a life lived not for self; and this joy grows fuller every year, as it must as one grows in the knowledge that life is valuable only as it is lived for the sake of Christ; that one's time and talents and wealth and opportunities are to be used always for him until the earthly life is ended, and the heavenly life is entered upon in the presence of the King.—*Christian Union.*

FARM AND GARDEN.

It will interest our farmers to know that at the Dominion exhibition just closed at St. John both prizes offered for chemical fertilizers were taken by a Halifax firm of manufacturers—Messrs. Jack & Bell. The prizes were as follows: Super-phosphate, best exhibit, for quality and manufacture, exhibitor to furnish analysis of composition certified by a professional chemist, silver medal; special fertilizers, for best collection, bronze medal. The Judge was professor Sheldon, of the Royal Agricultural college of England, whose endorsement, on account of his position in the centre of the most advanced agricultural systems of the world, is very valuable. In his award he says "the analysis deposited by them (J. & B.) denotes their superphosphate to be one of high class quality, as its mechanical condition is satisfactory," and again, "the three grades of ground bone exhibited by Jack & Bell are well prepared and in excellent mechanical condition."

TIME FOR SETTING CURRANT CUTTINGS.—An experienced gardener of Indiana is of opinion that very few persons who plant currant cuttings do it at the right season of the year. It is usually in the fall. I have had a good deal of experience in propagating cuttings. I always plant my currant cuttings in the fall as soon as the leaves fall off. They will make durable roots two or four inches long the same fall, while the buds remain dormant. They will make double the growth the next season if set in the fall, that they will if not set in till spring. They should be set in ground that will not heave them out by the effects of frost, and should be covered just before winter sets in with coarse litter. Remove the covering early in the spring, and examine the cuttings to see if any of them have heaved, and if so, press them down again. Should they heave up an inch or more, if well pressed down, they will start and make better growth than cuttings in the spring. In either case, however, the cuttings should always be made in the fall.—*Farmer's Advocate.*

It is a good plan to burn sulphur in cellars where milk is kept, especially if they are damp. The sulphurous acid evolved destroys the mildew, which, if not checked, will injure the flavor of cream and butter. In many damp cellars the mildew wastes the cream so that the butter product is seriously decreased, besides the injury to quality.

RAISE ROOTS AND PIT THEM.—One great objection to the raising of root crops for winter and spring feeding, is the supposed difficulty of wintering them. If they have to be stored in the house or barn-cellar, below the stables, to keep them from freezing, and carried by hand every day to the stables, it is an expensive process. The roots are apt to heat in large piles, and some of them rot. For the first time, last November, we tried the experiment of wintering beets, turnips, and carrots, in a long narrow pit near the stable door. The ground selected was a gravelly loam, naturally well drained. The surface soil was removed to the depth of a foot or more, about six feet in width, and of sufficient length to take in the crop. The roots were dropped into the pit from the cart as they came from the field, and piled in common roof-shape to shed rain well. They were then covered with a foot of bog hay, and a layer of earth and sods placed upon the hay, about six inches in thickness. The roots were three feet in depth from the apex downward. Occasional ventilators were left in the roof, to be stopped with hay in the coldest weather. The pit was not opened until February, and the roots came out in perfect condition, as crisp and juicy in April and May as when they were dropped into the pit. A frost-proof root cellar, on the same level with the stable floor, might keep roots as well, but certainly no better, and it is more expensive. The pit, close to the stables, can be extemporized on every farm, and this great luxury for cattle in spring time, provided by all. Analysis does not show a very high nutritive value for the roots, but it is possible they may add to the value of the hay, cottonseed, and linseed meal, and the grains and other rations usually fed with them. They certainly improve the thrift of cattle, and increase the quantity and quality of the milk and butter.

A wonderful thing is a seed; The one thing timeless forever— Forever old and forever new, Utterly faithful and utterly true— Fickle and faithless never.

Plant lilies and lilies will bloom; Plant roses and roses will grow; Plant hate and hate to life will spring, Plant love and love to you will bring The fruit of the seed you sow.

HEALTH HINTS.

It is a mistake to eat quickly. Mastication performed in haste must be imperfect even with the best teeth, and due admixture of the salivary secretion with the food can not take place. When a crude mass of inadequately crushed muscular fiber, of undivided solid material of any description, is thrown into the stomach, it acts as a mechanical irritant, and causes a condition in the mucous membrane lining that organ which greatly impedes, if it does not altogether prevent, the process of digestion. When the practice of eating quickly and filling the stomach with unprepared food is habitual, the digestive organ is rendered incapable of performing its proper function. Either a much larger quantity of food than would be necessary under natural conditions is required, or the system suffers from lack of nourishment. Those animals which are intended to feed hurriedly were either gifted with the power of rumination or provided with gizzards. Man is not so furnished, and it is fair to assume that he was intended to eat slowly.

VALUE OF VEGETABLES.—On the authority of the *Medical Record* asparagus is a strong diuretic, and forms part of the cure for rheumatic patients at such health resorts as Aix-les-Bains. Sorrel is cooling and forms the staple of that *soupe aux herbes* which a French lady will order for herself after a long and tiring journey. Carrots, as containing a quantity of sugar, are avoided by some people, while others complain of them as indigestible. With regard to the latter accusation it may be remarked in passing that it is the yellow core of this carrot that is difficult of digestion—the outer, a red layer, is tender enough. In Savoy the peasants have recourse to an infusion of carrots as a specific for jaundice. The large sweet onion is very rich in those alkaline elements which counteract the poison of rheumatic gout. If slowly stewed

in weak broth and eaten with a little Nepal pepper, it will be found to be an admirable article of diet for patients of studious and sedentary habits. The stalks of cauliflower have the same sort of value, only too often the stalk of a cauliflower is so ill-boiled and unpalatable that few persons would thank you for proposing to them to make part of their meal consist of so uninviting an article. Turnips, in the same way, are often thought to be indigestible, and better suited for cows and sheep than for delicate people; but here the fault lies with the cook quite as much as with the root. The cook boils the turnips badly and then pours some butter over them, and the eater of such a dish is sure to be the worse for it. Try a better way. What shall be said about our lettuce? The plant has a slight narcotic action, of which a French old woman, like a French doctor, well knows the value.—*Scientific American.*

HOUSEHOLD.

GRASS STAINS.—The question is often asked by careful mothers, "What will remove grass stains from children's clothing?" An exchange says that simply wetting and rubbing the stained cloth in cold water will remove all traces of the grass. Fruit stains will disappear on the application of boiling hot water. No soap should be used in either case.

CABBAGE SOUP.—Cut a medium-sized cabbage into thin slices, and pour boiling hot water over them. Pare two large potatoes, and par-boil them. Turn off the water, and put the cabbage and potatoes and one chopped onion into a soup-kettle with three slices of salt pork chopped fine, and salt and pepper to taste. Pour over them two quarts of boiling water, skimming thoroughly. Simmer slowly for half an hour. Then crush up the cabbage and potatoes with a fork, and boil up for ten minutes, with a cupful of sweet milk added. Toast slices of bread and cut into small dice, or fry them in butter; put them into a tureen, turn soup over them, and serve hot.

BAKED BEETS.—These excellent vegetables are quite as good baked as boiled, and the sugar is better developed by the baking process. The oven should not be too hot, and the beets must be frequently turned. Do not peel them until they are cooked; then serve with butter, pepper, and salt.

VARIETIES.

Perseverance.

Dear Polly, these are joyful days! Your feet can choose their own sweet ways; You have no care of anything, Free as a swallow on the wing, You hunt the hay-field over To find a four-leaved clover.

But this I tell you, Polly dear, One thing in life you need not fear; Bad luck, I'm certain, never haunts A child who works for what she wants, And hunts a hay-field over To find a four-leaved clover.

The little leaf is not so wise As it may seem in foolish eyes; But then, dear Polly, don't you see, Since you were willing carefully To hunt the hay-field over You found your four-leaved clover.

Your patience may have long to wait, Whether in little things or great, But all good luck, you soon will learn; Must come to those who nobly earn, Who hunt the hay-field over Will find the four-leaved clover. —Sarah Orne Jewett, in *St. Nicholas* for September.

A remarkable action by a dog is reported from Newburg, N. Y. The other day a woman in that city, looking from her back window, saw in the house opposite a little child hanging from a window-sill, but kept from falling by a dog, which had caught her dress in its teeth. The woman of that house had left her baby, 18 months old, on the floor of the front room playing with her toys, and a little terrier dog that is her constant companion. The mother was away just three minutes, but when she came back and opened the door, her infant's head, arms and shoulders were hanging beyond the stone sill of an open window, and near it, with its feet on a chair, stood the little dog holding on the child's dress for dear life. Her child, unconscious of any danger, was crowing at some object in the yard, while the dog, holding on the dress, looked a mute appeal for haste and help. In an instant she was by her baby's side and the danger was past. When the dog had been relieved of its burden, it pranced around the mother and child with a delight that was almost frantic.

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A large proportion of the diseases which cause human suffering result from derangement of the stomach, bowels, and liver. AYER'S CATHARTIC PILLS act directly upon these organs, and are especially designed to cure the diseases caused by their derangement, including Constipation, Indigestion, Dyspepsia, Headache, Dysentery, and a host of other ailments, for all of which they are a safe, sure, prompt, and pleasant remedy. The extensive use of these PILLS by eminent physicians in regular practice, shows unmistakably the estimation in which they are held by the medical profession.

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