

HOUSEHOLD.

THE ART OF MAKING SOUP.—The Caterer and Household Magazine, in answering a question asked by a correspondent says:—

The hand that can make a good soup unflinchingly has arrived at a stage in the culinary art not reached by any except a good cook. Therefore, when our correspondent can succeed in having her soups, not sometimes, but always, perfect, she need never fear in venturing among the other branches of cookery, because the very knowledge and tact necessary in the one case will be sure to guide her unerringly in the others.

To ordinary cooks the preparation of a soup is a mystery they don't seem to have the desire or ability to understand. Yet, when properly made there is nothing more palatable and wholesome. Among the well-to-do portion of every community, it forms a very important part of the dinner, and there is every reason why it should not be so generally discarded, as it is by the poorer classes, for it is not only nourishing but can be made to constitute a large portion of their diet, with quite as much, if not more economy than is possible in the use of other dishes.

Every utensil used in the cooking should be scrupulously clean. The sauce pan covers should be looked after, and their rims, and even handles not neglected.

Watch your fire, and should their be the least smoke, always remove your sauce-pan to a safe distance when you have occasion to lift the lid.

The meat should be lean and used as soon after killing as possible.

Avoid purchasing a piece of meat that would require any washing before going into the pot.

Do not put the bones in until they are first pounded into small pieces.

If your meat and bones are fresh—that is, uncooked—they should be put into cold water. On the other hand when they have been previously tried, or browned, boiling water only is the proper thing, and this should be added a little at a time.

Make your soup the day before it is wanted. Let it stand till cold, and then remove all the fat that has risen to the surface.

Beware of a hot fire. Simmering is the life as boiling is the death, of any good soup.

If your soup is to contain vegetables, let these be boiled a little while in separate water before adding them.

In seasoning, bear in mind that it is much safer to have too little than too much, a precaution especially needful when you are adding the salt.

Do not add cream or milk without first boiling them separately and straining them. And when added they should be boiling hot.

Whenever an egg is to be added do not put it directly with the body of the soup; put a little of the latter in a cup, and after allowing it to cool for a minute, mix the egg thoroughly with it, and then pour it into the soup, a little at a time, stirring it while adding.

Keep your soups always in stone-ware or china, and, when stirring or skimming them, use a wooden spoon.

MRS. COBSON'S MUTTON WITH POACHED EGGS.—Mince a pound of cooked mutton very fine, and warm it in its own gravy, or with just enough water to moisten it, add a high seasoning of salt and pepper; while the meat is being warmed make several slices of toast and poach three eggs by dropping them into salted boiling water, and boiling them gently for two minutes; serve the minced mutton on the toast, with the eggs on top.—L. S. Patten.

FARMING A SAFE BUSINESS.—Many farmers are complaining that there is little money for their labour at present low prices. But they do not estimate as they should the certainty that their labour will give them a comfortable living. Time was when farmers grew and made nearly all the substantial of life they required. If necessary they can come to this again, and they are the producers who can easiest get on this basis.

LOOK TO THE VINEGAR BARRELS.—Before filling barrels with cider preparatory to making vinegar, it should be seen that they are sound and well hooped. The best way is to get new barrels, or those that have been used only once as whisky casks. It is better to pay a little more for good barrels than to have hoops break or barrel heads give out just as the vinegar is in condition for using.

HEALTH HINTS.

TO GIVE CASTOR OIL.—The French method of administering castor oil to children is to pour the oil into a pan over a moderate fire, break an egg into it, and stir up; when it is done, flavor with a little salt or sugar, or currant jelly.

FOR HEADACHE.—Sponge the head all over night and morning with water as hot as you can bear it, and rub dry with a coarse towel.

FOR A FALL OR BRUISE.—Rub the part affected with a piece of fresh butter, and it will prevent a bruise or any discoloring of the skin.

LEMONADE FOR DIARRHÆA.—Dr. Vigouroux recommends a glass of hot lemonade, every half hour or less as indicated, in diarrhœa. It certainly is pleasant, and is stated to be effectual.—Med. Bulletin.

THE DUTY OF CHEWING FOOD.—This subject is dealt with by the Hon. E. Lytton in one of the Health Exhibition Hand-books. The verriest dullard, he says, who thinks for a moment on the daily task intrusted to our digestive machinery, how incessantly it occurs, and how serious are the issues involved in its fulfilment; and who has moreover learnt anything of the delicacy of those organs and their close relation to happiness, will understand the need of lightening that task as far as we can, and the cruelty of any wanton increase of it. Our system asks for food well chewed and well lubricated, and we give it dry nuggets, at rapidly recurring meals. The highest authority on discords of the digestion and their far-reaching consequences has said that no constitution in the world can survive the neglect of this duty. The difficulty of getting the truth believed is that the fatal consequences seem to have so little connection with their cause. They follow late in time, but with the most inevitable certainty. Melancholia, loss of sleep, lethargy, ill temper, and a general-jaundiced view of life are among them, but are not the most serious. If any one doubts the value of the prescription, let him try it. I could name a lad of nineteen whose whole life was exhibited by this and nothing else. I could name a dyspeptic, who travelled in search of a cure, all in vain, till a stranger told him to masticate his meat, and he obtained instant relief. But there is a better instance at hand than either of these. Mr. Gladstone is a man about whose physical vigor there can be no question. Men are known in troublous times to cavil at his statesmanship but no one has anything to say against his digestion. Now in the year 1848, Mr. Gladstone formulated to himself rules for chewing food. Previously to that he had always paid great attention to this requirement of nature; but at that date he laid down as a rule for his children that thirty-two bites should be given to each mouthful of meat, and a somewhat lesser number to bread, fish, &c. It is also known that to get into a habit of following this example is as easy as can be. Attention paid to it for two days will ensure the duty being unconsciously performed through life, with the most beneficial results. Truly, history turns upon small causes! The philosopher of future ages may busy himself with pondering what the course of the world would have been had that number been 22 instead of 32.

ADVICE TO BOYS.—On taking exercise.—Boys who take a great interest and an active part in out door sports often bring needless illness upon themselves by over exertion and want of proper care after violent exercise. Attacks of pneumonia or inflammation of the lungs frequently occur from getting very warm and then cooling off too suddenly.

When about to engage in a game of ball or any sport that requires continued activity, it is best to lay aside the outer garment, and put it on again when the game is finished; and instead of sitting down to "cool off," it is safer to walk around for a while. It is also dangerous to drink large quantities of cold water when very warm, as the system receives a shock which may lead to sickness. Violent exercise taken occasionally will not develop the strength as well as a regular amount continued every day. If a boy wishes to develop his muscles let him play ball or row a certain time every favorable day. Let him cease at the moment a sense of weariness or disinclination seizes him. The next day he will be able to stand a little more exertion, and so by degrees he will attain to a certain standard, and have a reserve force of strength that will be the foundation of continued good health in the future. It is necessary that the growing body should have exercise. Air and sunlight are necessary to growth and active out door sports are the means by which their benefits can be obtained. Let boys have all the out door exercise they can during vacation. Ball playing, rowing, horseback riding, swimming, all are prime factors in muscular development, and with care and judgment in their proper use will tend to stronger and healthier growth.

The world needs strong men as well as wise ones, and, indeed, the mind will develop more rapidly in a sound body than in a sickly one. It is a grand thing to be able to stand hardship and privation in the search for truth and knowledge, and any man with good physical strength is equal to the task of combating the world if, with it, he has the stimulus of a strong will. Let boys then seek to build up in their growing days a sound constitution, and life will be more than doubled in value to them.—Harper's Young People.

SCIENCE.

Late discoveries have rendered insulation so perfect that there is less loss of electricity between here and Europe than there was formerly between New York and Jersey City.

The largest blank book ever made was recently turned out by the Government printing office in Washington. It contains 10,000 pages, weighs 140 pounds, and is bound in sheepskin and Russia leather.

Oil is now extracted from the seeds of Grapes in Italy. Young grapes yield most, and black kinds more than white.

VARIETIES.

GRAPES OR THORNS.

We must not hope to be mowers And gather the ripe gold ears, Until we have first been sowers, And watered the furrows with tears.

It is not just as we take it— This mystical world of ours; Life's field will yield as we make it, A harvest of thorns or flowers.

Good prayers never come weeping home; I am sure I shall receive either what I ask or what I should ask.—Bishop Hall.

'This is the latest agony in bonnets,' she remarked to her husband, as she tried its effect in the mirror. 'Is it paid for?' he asked. 'No; I had it charged.' 'Well it isn't the latest agony in bonnets, then,' he said, with a groan.—New York Sun.

'Who built the first house?' asked an ambitious school-mistress of a bright little girl on 'exhibition day.' 'I don't know, ma'am; but I think Noah did.' 'Why do you think so, my dear?' 'Because he's the first architect we read of.'

The following extraordinary advertisement appears in a German newspaper: 'Wanted, by a lady of quality for adequate remuneration, a few well behaved and respectfully dressed children to amuse a cat in delicate health two or three hours a day.'

Think of your own faults the first part of the night (when you are awake), and of the faults of others the latter part of the night (when you are asleep).—Chinese Proverb.

Mr. Thomas Whitaker, J. P. ex-mayor of Scarborough, stated at a meeting the other day that nearly fifty years ago he put an advertisement into a Somerset newspaper to this effect: 'One hundred pounds reward will be given to any man who can prove that he has not suffered in body, mind, or estate by the liquor traffic.' He has never had a single application for the reward to this day, and he was still good for the money.

How full or how empty our lives depends, we say, on Providence. Suppose we say, more or less providence.—Boece.

ROCKFORD WATCHES

Are unequalled in EXACTING SERVICE. Used by the Chief Mechanism of the U. S. Coast Survey by the Admiralty commanding in the U. S. Naval Observatory, for Astronomical work; and by the U. S. Army Engineers, Conductors of Railways, and other agencies. They are recognized as the most reliable and durable for all purposes. Sold in principal cities and towns by the COM-PAN-Y'S exclusive Agents (Jewellers), who give a Full Warranty. Oct. 28, 1879.



WHY DO YOU SUFFER,

When such valuable remedies are within your reach?

Life of Man Bitters

Will cure most all diseases of the Lungs, Liver and Kidneys, including the worst cases of Dropsy, and is certainly the best blood purifier known.

Invigorating Syrup Cures Dyspepsia, Coughs, Colds, Headache, Worms, acts as a gentle physic, and should be kept in every household for all emergencies.

Acadain Liniment Cures Diphtheria and Sore Throat, Rheumatism, Quinsy, Cuts and pains of all kinds, as well as for all other ailments for man and beast.

Nerve Ointment Is truly a household necessity, and is used externally and internally for the Lungs, Piles, Sores, Cuts, Burns, Scalds, Chapped Hands, Cutaneous Eruptions of the Skin, and a hundred ailments flesh is heir to.

Vegetable Plaster Cures Bells, Cuts, Cracked Hands and Lame Back, being put up in tin boxes, it is one-third cheaper to use than those ready spread, beside being so much better.

Certain Check Cures Cholera, Diarrhœa, and all like complaints in children and adults.

Eye Relief Cures all forms of Sore Eyes, Piles and Chillsains. Don't forget to try it this winter. All the above preparations are manufactured by C. GATES SON & CO., Middleton, N. S. and may be relied on. Send for pamphlets of cures. Sold by all respectable Druggists and Dealers. Nov. 26.

SMITH & CHISHOLM 18 George Street, Have on hand a full line of West of England Broadcloths, DOESKINS, DIAGONALS, HAIRLINES SCOTCH AND ENGLISH Tweed Suitings, CORDUROY in Seal-brown, Drab and Huntsman's Color, SPRING OVERCOATINGS, &C, Which they can make up at prices which will defy competition. A perfect fit and every satisfaction guaranteed. May 23.

1884 COLEMAN & CO. 1884 HAVE RECEIVED THEIR FALL AND WINTER STOCK OF HATS, CAPS AND FURS.

SATIN AND FELT HATS THE LATEST STYLES FROM Lincoln, Bennett & Co., Townend & Co. and Christy, (of London). —ALSO— A Large and Personally selected Stock of FURS

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McSHANE BELL FOUNDRY Manufactures these celebrated Church-bells and Bells for Churches, Fire Alarms, Town Clocks, etc. Price List and circular sent free. Address HENRY McSHANE & CO., Baltimore, Md., U.S.A. June 11, 1884.

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IT IS TRUE!

KIND WORDS. WHAT OTHERS THINK OF BUDS AND BLOSSOMS.—The following is from The Christian at Work, a first-class religious weekly, published in New York: "In the City of Halifax, Nova Scotia, is published a monthly magazine called Buds and Blossoms and edited by J. F. Avery. Each number contains forty pages, plentifully and handsomely illustrated, and at 70 cents a year is certainly one of the cheapest publications extant. But better still, it is one of the best. Its pages are full of the gospel spirit, excellent temperance sketches, missionary intelligence, short stories, household hints and suggestions, all entertaining clean and wholesome literature, suitable for the home and family circle, and calculated to promote purity and knowledge among its readers. We do not know what the circulation of this excellent publication may be, but of this we are sure, it ought to be double whatever it is, for it is just the right kind of reading to be put into the hands of young folks; bright, cheery, hopeful and strong, without cant or sickly sentimentality. We hold it as an indisputable truism that when an opportunity offers to promote the circulation of such literature among the young it becomes a religious duty to do so. Send to the publisher for a specimen copy, and you'll find that we have not said one-half the good things we might concerning it."

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PRICE \$3.50 In order to meet a convenient and portable PLATING APPARATUS, with which any one can do the finest quality of Gold, Silver and Nickel Plating on Watches, Chains, Rings, Knives, Forks, and Spoons, I have made the above low priced apparatus, consisting of Tank lined with Acid-proof Cement, Three Cells of Battery that will deposit 30 penny weights of metal a day, Hanging Bars, Wire, Gold Solution, one quart of Silver Solution and half a gallon of Nickel. Also a Box of Bright Lustre, that will give the metal the bright and lustrous appearance of finished work. Remember, these solutions are not exhausted, but will PLATE any number of articles if the simple Book of Instructions is followed.—Any one can do it. A Woman's Work. FOR FIFTY CENTS EXTRA will send Six Chains or Rings that can be Gold Plated and sold for two dollars more the whole outfit costs. Our Book, "GOLD AND SILVER FOR THE PEOPLE," which offers unrivaled inducements to all, sent Free. If not successful can be returned, and exchanged for MORE THAN ITS VALUE. REMEMBER, this is a practical outfit and I will warrant it, or it can be returned at my expense. Will be sent C. O. D. if desired, upon receipt of \$1.50, balance to be collected when delivered. Next size outfit, with Tank 12x10x8, only \$5.00, TRY IT. Profits over 300 per cent. BOOK SENT FREE. Address, FREDERICK LOWEY, 96 & 98 Fulton Street, New York.

American Electric Light, 60c. A complete model Incandescent Electric Lamp, with Battery, Stand, Globe, Platina Burner, Wire, &c., with instructions for putting in perfect operation, will be sent, post-paid, for 60 cents. FREDERICK LOWEY, 96 FULTON ST., NEW YORK. Nov. 26 8m.

50 Lovely New Style all Chrome Cards, with name and a prize, for 10c 12 packs, 12 names, for \$1. A sample pack and agent's outfit with illustrated catalogue of Tricks, and Novelties, for 3c stamp and this slip. Oct. 8. A. W. KINNEY, Yarmouth, N. S.

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