*The matter which this page contains is carefully selected from various sources; and we guarantee that, to any intelligent farmer or housewife, the contents of this single page from week to week during the year, will be worth several times the subscription price of the paper.

THE HOME.

THE DAILY BATTLE.

So weary! not of labor, not of struggle;
Nor yet of failure—nor its kindred pain;
But of the myriad little rubs of living—
The endless round of things that seem in vain!

Yet not by mighty acts is life made lovely;
He worketh best who does the little deeds;
Content, amid the struggle and the hurry,
To satisfy the spirit's smallest needs,

Soul-rapture, visions, dreamy exaltation,
May be the throes that lift the soul above,
But daily self-control and self-repression
Can also teach the spirit how to love.

'Mid homely scenes and dreary common-places,
Hold fast the fortress, self, while strength is shine!
Oh, weary not! for from the height God watches,
And wants to re-enforce each feeble line.

—Edith Willis Lunn.

LESSONS IN SICKROOM COOKERY.

There are only a limited number of good cooks who are able to prepare nutritous food for the sick-room. Sometimes the physician in charge depends more upon nourishing food than upon his medicine to effect a cure or tide the patient over some critical period. There should always be some one in the house acquainted with the requirements of an invalid, who understands, as the trained nurse understands, just what constitutes a nutritious diet or a light one, or whatever style of one the doctor orders. It is becoming more and more the custom to introduce a short course of hygiene into the curriculum of our grammar schools. It would be an excellent thing if our cooking schools paid more attention to sickroom food and less to elaborate French dishes, which only a few families can afford to prepare. All trained nurses, however, take courses at cooking schools, or somewhere, in the preparation of food. Even some medical schools introduce lectures on this subject as a part of their course. Yet there are comparatively few families who can afford a hired nurse, except in cases of emergency, when the patient is generally far too ill to require food except in the most delicate form. The physician sees comparatively little or nothing of the patient except at his formal calls, when he rarely has time to more than touch on the subject of food. What knowledge he possesses he has little time to impart, and leaves this matter largely to the nurse. The nurse, after the patient is able to eat, is more often one of the family, and life and death may be in her hands. Upon her fulfilment of her trust and her knowledge and good sense the ultimate recovery of the patient will depend. Nearly every person of experience can recall cases where valuable lives were sacrificed to the ignorance of the nurse in essential matters of diet.

It is very difficult to make some persons understand that, while oysters are most nutritious articles of food, soft clams are often rank poison to an invalid. If the doctor orders raw oysters softshell clams cannot be substituted. Sometimes it is necessary to eliminate sugar and starch from the diet, and it requires considerable knowledge to select the vegetables that are safe and those that are prohibited. In other cases albuminous substances are prohibited, and the nurse must have some knowledge of the chemical character of the food we eat to carry out the doctor's orders with scientific exactness. It requires a trifling instruction in hygiene and a primary knowledge of physiology, just what is taught in our grammar schools, to be able to understand just what is meant and needed in these various cases. But it requires more than this to be an expert cook in sickness. It requires a knowledge of cookery sufficient to take the limited articles of diet allowed and yet produce a satisfactory and even attractive bill of fare from them, for it need not be reiterated that sick persons must be tempted to eat. It is easy enough to tempt the appetite when one is allowed the choice of the markets, but to tempt the appetite of, for example, the diabetic patient, who can eat no sugar or starch, is indeed a task.

THE STOREROOM.

St. Martinmas Day comes on apace, yet long before November 11 most good housekeepers have arranged the contents of their store-closets for winter. They have seen that there is a fresh season's store, not only of preserves and pickles, which they have been preparing since the first fruits of June ripened, but also of dried raisins, currants and other 'boughten" dried fruits, as well as of flours, meals, cereals and other articles, and many send to market every fall for a season supply. The fresh year's supply of dates, figs, citron, as well as of spices, comes to market in October and November. So it is a good plan to use up all the old spices in the house in the fall pickling, and as late as November purchase new supplies for the year. A quarter of a pound of each kind of whole spice and the same amount of ground spice is simply sufficient in a family of moderate size. If you are willing to take the trifling trouble, a better quality of ground spices may be obtained by grinding it in an ordinary French coffee grinder, kept for the purpose. Not the slightest taint will be observed in the coffee or mixture of flavors in the spices if the regular coffee-mill is used, providing it is cleaned out by grinding a piece of dried bread through it before using it and whenever a new kind of spice is ground. Take care to have a good selection of dried herbs. Summer savory, sweet marjoram, thyme, sage and bay leaves ought to be included in this list. The best herbs are those purchased in the stalk. Rub off the dried leaves, and in the case of savory the flowers roll the dried leaves and sift them, and store them away in labelled boxes. Five cents' worth of bay leaves purchased at any drug store will be sufficient for several seasons' supply, as this herb is used in very small quantities, and does not lose flavor by keeping. Parsley ought to be dried. It is easy enough to raise a winter's supply in any sunny kitchen window. Dried green peas, not the split peas that are much inferior to them; the little "pea beans" which New-England housekeepers prefer for baking; a few dried lima beans and dried sweet corn ought to be kept in every storeroom. It is a good plan to have on hand a few dried shallots and some garlic, shut up in tight tin boxes, for seasoning stews. Ten cents' worth of each will be enough, as only "clove" or section of garlic is used in a large stew or pie. A dozen of these tiny onions may easily last a twelve-month. Shallots which are the most delicate, as garlics are the most powerful, of all the onion tribe, are very useful for sauces and salads where a mere "suspicion" of onion flavor is desired. A winter's supply of macaroni, tapioca and arrowroot is desirable if one has plenty of room to keep them, as these articles are considerably cheaper by the quantity. It does not pay to buy sugar by the quantity, as there is very little difference between the retail and wholesale price. If coffee is purchased by the quantity, it must be unground and unbrowned. Green coffee is improved by keeping, but it is considerable trouble to brown it every week, though those who do so invariably have better coffee than those who buy it browned and ground. Browned coffee rapidly deteriorates. When coffee is kept browned and ground for a length of time it loses all its fine aroma and flavor. Tea is best purchased by the box, as it loses nothing by keeping.

THE CORRECT WEIGHT.

It is the tendency of many women to grow stout with age, while others, like Pharaoh's lean kine, are unable to add to their weight, no matter what diet they take. The people weight depends on the height. Some expert in physical appearance has made out the following table of weights:

A woman of five feet should weigh 110 pounds.

A woman of five feet one inch should weigh 115 pounds.

A woman of five feet two inches should weigh 120 pounds.

A woman of five feet three inches should weigh 127 pounds.

A woman of five feet four inches should weigh 134 pounds.

A woman of five feet five inches should weigh 142 pounds.

A woman of five feet six inches should weigh 146 pounds.

A woman of five feet seven inches should weigh 153 pounds.

A woman of five feet eight inches should weigh 160 pounds.

In addition to this, it is estimated that the head should be one-seventh the length of the body. Long limbs, providing they are not so long as to suggest simian ancestry, are more graceful than short limbs.

BROOM COVERS.

A broom cover of cotton flannel in any dark color is a veritable boon to a tired housekeeper. Fit the cover closely over the broom in bag fashion, tying it closely on in a string run in the upper hem. The best colors for these covers are dark gray, red, or any color that does not crock after sweeping off the kitchen floor, or any painted or hard-wood floor. Go over it with a covered broom, and every particle of dust can easily be taken up and the floor polished almost as bright as if it had been rubbed with a cloth by the hand. A covered broom is valuable for sweeping piazzas, as well as for sweeping down walls.

Glazed Sweet Potatoes—Boil sweet potatoes of uniform size until tender; peel and lay them in a well-buttered dripping pan in a hot oven. When they begin to crust over paste with a little butter, repeating several times as they brown. Serve hot.

Much distress and sickness in children is caused by worms. Mother Graves' Worm Exterminator gives relief by removing the cause. Give it a trial and be convinced.

THE FARM.

SPRING MULCH FOR BERRIES.

Every severe drouth and late frosts brings its lesson, and after we have lost considerable money in trying to protect our small fruits from the elements we may be in a position to raise fruits without running any risk. Probably many thousands of dollars worth of small fruits were lost in the May freeze of this year that could have been saved. As our uncertain spring weather is apt to repeat this same trick another season, it may be well to tell what can be done to save the strawberries and similar small fruits.

The winter mulch applied to the small fruits is removed by many early in spring, in order to allow cultivation between the rows. The removal of this mulch of hay, leaves or litter so early in the season is not the best policy. The mulch can be raked away from the berry plants and drawn up in a compact row in the middle, where it will be in the way very little. With a hoe, or even a cultivator, the soil can be stirred on either side of it close up to the plants. This will be sufficient to keep weeds down and to make the soil soft and mellow.

Now, this mulch can be kept from blowing away by putting dirt over it or a row of boards. The latter is preferable. If one watches the weather signals it is possible to tell when a cold wave of unusual severity is coming. Upon the first indications of frost in spring, when the blossoms are full blown, the mulch drawn up between the strawberry plants should be hauled back over the vines. A man with an ordinary rake can cover an acre in a short time in this way. If indications of frost are apparent late in the afternoon several men can work late in the evening and save the whole field. During the cold wave in May we saved fifty acres of strawberries from destruction in this way. The few acres that were not covered were lost completely.

If one does not care to keep the winter mulch in the field so long, the work of protection can be accomplished by carting hay or straw to the field from a nearby stack. At any rate, such a protection should be on hand somewhere so that it can be reached in an emergency. In parts of the country where the weather is apt to change suddenly it is not good business policy to run the risk of having the plants destroyed by late frosts. A man who plants fifty or more acres with strawberries should insure them in this way just as much as he would insure his house and stock against fire. In fact, the risk in the former case is much greater than in the latter.

Another benefit of the first method of protecting the plants by a permanent mulch in the field is that the mulch will be handy when dry weather comes. If plants are given good cultivation just before producing their fruit the mulch can be drawn up around the vines, and they will suffer much less from any drouth than if not so protected. A summer mulch seems to the writer to be just as essential as a winter mulch. The moisture is kept in the ground, and in case of strawberries the season is extended nearly a week in dry seasons. In short, a permanent mulch on hand in the fruit orchard is valuable in an emergency at any season of the year.—(S. W. Chambers, in American Cultivator.

RAISING GOOD MUTTON.

The man who has had a taste of spring lamb in all its sweetness, like the sheep-killing dog, never forgets it, and he may as well be fed on a well-cooked saddle-flap as to again go back to aged mutton. Good mutton is not confined to breed alone nor is it found alone in the spring lamb; but the sheep that will produce the mutton of good quality is the future sheep. Early maturity will be one of the principal qualities in the coming sheep. It will be of about the size of a two-hundred-pound sheep when mature, and one-half of this should be produced the first year of its life. The profitable sheep will be this kind, and should have an absolute mutton conformation. This conformation is that of a long body, round barrel, hardy and early maturing. It must be full in the parts of the carcass where the best mutton is found.

Whatever breed that will best fill the bill in its environment will be the profitable sheep. Lambs should drop not later than the month of March, and should be sold at or about the age of twelve months, except in market lamb districts. This of course only applies to such sheep as are sold, as it will always be necessary to keep up the breeding stock, which should be of a more mature age. The boy on the prairie and the pony will have passed away, and good barns and well fenced pastures will fill their function. The open shed, while very good for some purposes, will yield to the warm place for ewes at lambing time.

Good feed and plenty of it early bestowed on the flock will be the ever profitable mode of fitting the future mutton sheep. When the lamb is but a few days old it will eat if feed is placed where it can reach it. This is best done by providing lamb creeps. I have them, and it sometimes astonishes me to see how much these little fellows will consume. It is also astonishing how they grow if the feed is of the proper kind, and there is another astonishing time when they are sold for a very high figure and heavy weight when about one year old. I have had them bring more money at this age almost twice over than I had at one time sold three-year-old fat wethers for. Feed early in life and push them is the secret, and the transaction is bound to be profitable. It will be well to remember that the first one-hundred pounds will cost much less and sell for more than the second one hundred on the sheep. This business is just in its infancy now, and it will not be long till its study and skill will be well understood by many rather than a few sheep breeders. Early maturity, quality of mutton, proportion of good mutton to live weight, and kindred characteristics will be the ruling ones in the future profitable sheep.—(George W. Franklin, in Montreal Journal of Agriculture.

SOME HINTS FOR FARMERS.

An intelligently conducted country fair supplies means for the interchange of ideas. Here the farmers, gardeners, orchardists and horticulturists can obtain information of interest not to be easily derived by individual efforts. Here the actual results of experiments in plant treatment, stock-breeding, new varieties of fruits and truck can be seen and notes made about useful points in agricultural economy. A fraternal feeling usually pervades these fairs. The exhibitors are genial, being gratified at having made a successful departure from some of the time-worn systems. It is no small consideration when many visitors to these fairs realise that they have the advantage of wealthy, aristocratic men and women who have undergone expenditures in their researches that would appal the average farmer.

One of the purposes of this paper is to call the attention of farmers to the importance of raising the better grades of table supplies. This for personal comfort and an enlarged opportunity for profit. Even if extra qualities of table supplies cannot be cultivated in wholesale or shipping quantities, their production can be turned to good account.

This fact is emphasized by the great throng of city folk whose aim of late years is to spend their vacation in the "real country." There are people who have become tired of the clamor and excitement of hotels. They will more and more seek the wholesome quiet of inland farms.

Now, there is much complaint from these money-spending visitors because in many places they miss some food which they have been accustomed to obtain from the best surveyors of the cities; things that directly belong to country production. They do not like the idea of paying high prices for common articles. They comprehend that the same time, labor and soil devoted to inferior things or varieties, will bring forth attractive specialities in green corn, choice berries and fine garden vegetables.

"See the cost of startin' new-fangled fancy things," sometimes pleads the rural host. There must, of course, be some outlay, but it will be insignificant when compared with results. It can be truthfully asserted that the mere fact of excellence in a few specialitis gives reputation and attractiveness to many rural boarding-houses that insure these resorts the best-paying customers from season to season. When "good-by" comes from the departing group in the wagon, it is accompanied with, "Be sure to save room for us next summer."—(T. A. G.

WINTER DAIRYING.

There is but little doubt that the coming winter will see a good many farmers abandoning dairying as a winter business on account of the high price of many of the cow feeds and scarcity, but in most of these instances we think a mistake will be made. A disadvantage is that cows are selling cheap, even for the best, and next spring they will be unusually high, and the dry cows wintered will eat and produce nothing to compensate for their feed. When it comes to a problem of exchange, it is doubtful if feed even at present prices can be turned into anything more profitable than 20-cent butter, provided one has a warm barn and the necessary arrangements to well care for his cows, so that there is not an undue demand upon the feed to protect the cow from the rigors of winter; and this waste makes the feed bill high, when tar paper and hemlock boards would have accomplished the same purpose and left the food—extra—to have gone either to a more economical keeping of the cow or a greater yield of milk. One of the reasons why winter dairy well managed is profitable is that there is a daily compensation for one's labor and outlay in feed, as there is a constant call for milk and butter in the winter, and one is not obliged to anticipate or run up bills for the future, as butter and milk are spot cash goods, and it is a quick rotation—if the term may be used—of feed into produce, and as quickly turned into money. Not the least of the economics of the winter dairy is the fact that, as now demonstrated, the milch cow will actually do better and produce better on the more rough foods, like corn fodder, roots and the like, with corn and cob meal combined with some oil meal and the like, than upon fine and more costly market hay, and this gives the farmer a chance to turn these bulky, unsalable feeds into the finest of foods for humanity, and, more, gives him employment in the winter, and in his interesting and profitable work he finds little time to yearn for a seat in the Legislature. The winter dairy has a place in the farmer's farm work, and there should be little abandonment of the industry, for the man who so does will soon regret his decision. Better keep at it.—(Practical Farmer.

TETHERING CATTLE SAFELY.

In a recent issue of your paper I saw an article respecting the tethering of cattle with rope and stake, in which the writer did not think favorably of the practice. Neither do I; but let us see if the matter cannot be done and done well. As I have had years of experience in this line I will give you my way of doing it.

First, I get a small, welded chain, anywhere from thirty-six to fifty feet long, which is not expensive if found at a junkshop, or, in fact, it can be bought at a reasonable cost at almost any hardware store, and will last a lifetime.

To make it handy a ring can be welded into the chain once in six or seven feet, also in each end. The ring should be about one and one quarter in diameter. A swivel should be placed in the chain as well. Second, get a piece of five-eighths iron, about eighteen inches long. Draw one end to a point, and put a head on the other end about two inches wide, or even more. Make it thin at the edge, place this through the ring, and drive it into the ground, so that it will be even with the surface, or so the chain may pass through the top of it and not catch.

By this method the cow will have full sweep of the chain. I use one ring at the end of the chain, and then if I want it longer or shorter I take two half-hitches on the pin with the chain, which answers very well instead of rings. Third, I take a strap and buckle it around the horns, with a snap on it, and leave the strap and hook on the cow, and leave the chain in the field. A cow will soon learn to use the chain, and I have never had one injured by its use. With this caution one can use up patches of pasture which otherwise, would go to waste.—(D. K. Crofflut, in Connecticut Farmer.

ALMOST DEAD.

Pitiable Condition of a Young Girl in Toronto.

A Mysterious Illness.—Doctors Were Unable to Give Her Any Relief—Her Uncle's Story of the Case.

From the Toronto News.

The remarkable recovery of Cora Gray from a mysterious illness that baffled two of the best known physicians of West Toronto has been the subject of a good deal of talk among the residents in the neighborhood of Bloor street and Brunswick avenue. As it was expressively put by a neighbor, "She was all but dead, when suddenly she began to regain strength, and in a short time was out on the street with the color restored to her cheeks and brightness to her eye.

Learning of the case a News reporter called on her uncle, Alpheus Ramsay, who is the proprietor of the Bloor street shoe story, at the corner of Brunswick avenue, and with whom she has lived almost since infancy. On learning that his visitor was a reporter he was loth to speak of the case.

"Everybody about here knows of the case," he said "and I will be glad to tell any sufferer all about it, but I would rather not have it published."

When the reporter pointed out that he was in a position to let thousands know and probably be the means of giving them information that would lead to their recovery, he began to hesitate, and finally, he gave a brief account of the girl's miraculous restoration. He said:

"My niece is more like a daughter to me. She has been in my care since she was a child, and when she was taken sick a few months ago I was heartbroken. I got two of the best doctors in the west and to prescribe for her, but their medicines made her worse instead of better. She laid in bed week after week, looking like a corpse, eating nothing, and apparently wasting away in a mysterious manner. Her blood was thin and poor, and almost every day there was a change for the worse. She could not take the doctors' prescriptions, for she sickened at taste of them. While I was in this state of worry and anxiety a man came around one day delivering pamphlets and he threw one into my shop. I picked it up and I read an exact description of the illness with which my neice was suffering. The remedy prescribed for the cure of the malady described was Dr. William's Pink Pills. I sent for a box and Cora took them in a mechanical kind of way. Well, sir, when she had taken them four days a change came over her. She began to eat with a relish, and every day she seemed to gain fresh strength. She adhered faithfully to the directions, and took four boxes. By that time the roses had returned to her cheeks and she was a different looking girl. She discontinued taking the pills and later the same languid feeling began to creep over her, so she bought another box and is now as bright and well as ever she was.

"That is the whole story," added Mr. Ramsay. "There may not be much in it for others, but I believe these pills saved Cora's life, and while I am not anxious for publicity on her account, it may be that other sufferers will be benefitted by hearing of this remedy. I cannot speak too highly of Pink Pills. I recommend them to everyone I know, and I take them myself."

Mr. Ramsay is one of the best known men in his neighborhood. He is the superintendent of the Sunday school of Concord Congregational church, and has the confidence of the entire community among which he lives. He has spent two years in busines at his present location and his business has grown so much that he is about to remove to larger premises in the Douglas block on Bloor street, near Bathurst.

His statements as to the young girl's condition are amply corroborated by residents of the locality, and up that way there is a boom in Pink Pills.

Any sceptic who has the inclination to visit Mr. Ramsay will be courteously received, no doubt, and the circumstances frankly related. His gratitude for his niece's recovery leads him to make the most enthusiastic statements regarding the efficacy of the remedy that saved his girl's life.

Home Study

You need not leave home or give up present work to get a

Practical Business Education

and qualify for good business positions. Lessons by mail and review here free. Primer free.

S. B. SNELL.

Truro, N. S.

First Office Boy (after waiting two hours for a bite)—"I wish these fish would hurry up and bite; I've got a letter to deliver in a hurry."

Second Office Boy—"Say, look here, Smithy; if you don't stop worryin' over yer business affairs an' bein' so attentive, you'll get nervous prostration."

"Do you think, professor" said the musically ambitious youth, "that I can ever do anything with my voice?"

"Well," was the cautious reply, "it may come in handy to shout with in case of fire."

"He is always in the best of spirits." "No wonder he is well preserved."

FAR-SEEING PEOPLE always discern Merit, Quality and Worth in the wonderful

DIAMOND DYES

Made expressly for home use.

Diamond Dyes are precious helps in city and town homes. To the farmer's wife and daughters they are invaluable agents of economy. Diamond Dyes come in forty-eight colors for wool, cotton, mixed goods, silk and feathers. They are easy to use, and give colors that neither sun or soapsuds will fade. Beware of imitations; ask for the "Diamond," and see that you get them; all dealers sell them.

Direction Book and samples of colored cloth free; address

WELLS & RICHARDSON CO., Montreal, P.Q.

Sore Throat & Lungs, QUINSY.

Bathe freely with **Kendrick's White Liniment**

Cures Lameness, Sprains and Swellings. The best Family Liniment. 25 cents. At all dealers.

Winter Sashes.

Have you got outside Sashes for your house? You should have. They make the house comfortable, save the fuel and keep the windows free from frost.

Order now.

A CHRISTIE WOOD WORKING CO.,

City Road, ST. JOHN, N. B.

A GIFT

Suitable for the Holiday Season Would be one of

DR. HOPPER'S BOOKS!

"The Hereafter Life," price 25c.

"The Baptist Manual,"

Cards and etc., cloth gilt 25c. Can be ordered at Halifax Book Rooms, or the author, St. John, N. B. Send post paid.

Rev. H. T. Adams, Truro, N. S., says of the former, "It is a gem of bright and cheering thought. I am sure that all its readers will feel better after perusing it."

The Daily Sun says of the latter, "Dr. Hopper has furnished the baptists with a handy and useful work, which every minister and many members of that church will find convenient."

For comprehensiveness and brevity as well as cheapness and reliability, it is not surpassed if equalled by any Baptist Manual here or elsewhere.

A Scientific and Reliable combination of Cod Liver Oil and the Hypophosphites, which should at the same time be acceptable to the most fastidious palate, was long a desideratum in the Pharmaceutical World. For more than twenty years, however, the world has been reaping the benefit of the solution of this problem in the use of PUTTNER'S EMULSION OF Cod Liver Oil with Pancreatine, and the Hyphosphites of Lime and Soda, an unrivalled Remedy for Coughs, Colds, Consumption, Bronchitis, and all wasting Diseases.

For sale by all Druggists at 50 cents a bottle.

Timely Warning.

The great success of the chocolate preparations of the house of **Walter Baker & Co.** (established in 1780) has led to the placing on the market many misleading and unscrupulous imitations of their name, labels, and wrappers. Walter Baker & Co. are the oldest and largest manufacturers of pure and high-grade Cocoas and Chocolates on this continent. No chemicals are used in their manufactures.

Consumers should ask for, and be sure that they get, the genuine Walter Baker & Co.'s goods.

WALTER BAKER & CO., Limited,
DORCHESTER, MASS.