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## Crientific aud 惖seful.

To clean Lamp Chimneys.-Hold them over the nose of the tea.kettle when the steam is free and hot. One or two repeti-
tions of this process will make them beautitions of this process will make them beautifully clear and bright Wipe upon a soft, dry cldth.
Apple. Fritters.-Make a batter, not very stlff, with one quart of milk, three eggs, and ingar to bing Pare and core a dozen apples, and chop them well in the size of small peas, and mix them would doughnuts. Sprinkle powdered sugar would doug
over them.

Birdume.-Among the many industries In Japan is the manufacture of birdlime. snating of birds and animals. By its means animals as large as monkeys are caught. When once they get the stuff on their paws they soon cover themselves with it, and so exhdust themselves in trying to get rid of it that they fall an easy prey. Birds also as ones, are taken by it. Rats are easily caught by apreading a small quantity on a piece of boatd or paper, and placing it near their holes. It is spread upon a bamboo leaf, and used during the summer for catching flies and other insects. Flea-traps are made for its service, and occasionally used by the Japantse in bed. Birdlime is also used by the Japanese for medicinal purposes, and is considered one of the best cures for wounds. Jafan is the only country where it is regularly manufactured on a large scale, the principal tree from which it is made being a dark evergreen from the mountains in the south. -Sacntific American.
Hbuermade Candy.-All children are fondof candy, and if pure a moderate amount is ntt injurious. In these days of adulteration, that made at home is safest to give late taramels; all that is needed is one cup of sweet milk, one cup ot molasses, half a cup of sugar, half a cup of grated chocolate, a piece of butter the size of a walnut; stir constantly and let it boil until it is thick, then turn it out on to buttered plates; when it begins to stiffen, mark it in squares, so that it will break readily when cold. Cograted cocoanut, one cuap of sugar, two tablespoonfuls of flour, the whites of three eggs beaten stiff; bake on a buttered paper in a quick ove Nice white candy is easily made. Take mpe quart of granulated sugar,
one pint of water, wro tablespoonfuls of vinegar; boilewint as you do molasses candy, but do not ss , it ; you can tell when it is done foryip it in cold water. Pull it as if it were molasses candy; have a dish near by with some vanilla in it, and work in enough to flavour it as you pull; put it in a cold yom, and the next day you will have a delicions candy.
How Much to Eat.-Having tested a number of meals in a general way, eating more or less each time, find out as near as may be That is the proper a mountior a meal. Begin- with a very light breakeast of ordinary food, such as you have been accustomed ${ }^{2} 9$ and note the number or hours you can go pithout feeling a want of more food. For a fry light breakfast, say one roll, a cup of coffee and a very small piece of meat, This is pot offered as a rule but as a sugges. This is not offered as a tion, font makes a vast dirence what you do during hose hours. A given amount of food wilgo further in manual labour than in mental habour, as brain work is more exhausting tha hand wor. The nexime try a breakfats you will learn to judge pretty breakfats you will lean to jugge pretty work till the hour of the next meal Hoving wound out hour of yo need, on any confound out just what you . Nen any consice the teake no ting any food may nice the teak, how the nay be; shut Too littl can be repaired by eating a light lunch before the nexpaireal. Too much cannot be repaired and you must pay for the indiscretion. In all this there must be plain common sense. Do not imitate the invalid who table to weigh his faily bread. Eat and be satisfied, and theif stop.
P.7. BARNCM FALLS INTO LINE.

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