

Campaign Tidings.

UNITED STATES.

Whiskeyites in Council.

The "Illinois Saloon keeper Prohibition Association" has held its eighth annual convention. About one hundred and sixty delegates were on hand and the usual resolutions were adopted favoring temperance, condemning Prohibition and pledging the members to the political support of friends regardless of party consideration.

A Terrible Fine.

Some druggists of Wichita, Kansas, are badly scared. Thelaw has been enforced against them in cases in which they on deavored to violate it, and recently a gentleman was convicted of no less than two hundred and eight violations. The aggregate penalties for all these offences would be seven years and four months imprisonment, together with fines amounting to \$20,800 and costs.

Progress in Georgia.

The state of Georgia has made another aggressive move in Prohibition Legislation. The local option law which now prevails in one hundred and fourteen counties, had in it a provision permitting wine rooms in which native wines were sold. Shameful abuses existed under this act in some localities and to remedy these, the Legislature has practically taxed the wine rooms to death. A new law compels each of these places hereafter opened to pay a special tax of \$10,000. Efforts will be made to have the law made effective also in reference to places previously existing. Then Georgia will have total prohibition.

More of the Murder Methods.

One of Michigan's most active prohibition workers William A. Taylor of Lansing lectured a couple of weeks ago at Burton's Bay and a crowd of roughs gathered to break up his meeting. They failed to accomplish their purpose, and subsequently laid wait at the door of the hall for the lecturer, who started to leave after his meeting, accompanied by several prominent workers of the locality. A brutal attack was made upon the little party of temperance men. Mr. Taylor escaped without injuries, but James Callahan, Voros Cozant and Palmer Eaton, who accompanied him, were seriously injured, some of them being brutally beaten and kicked. Mr. Cozant's life is despaired of.

Local Option in Dakota.

OUR cause is booming in the west. Dakota has secured a Local Option law, and arrangements are being made for submitting it in sixty-five out of the eighty-five counties in the state. Some idea of the advanced position of public sentiment may be gathered from the following:—from a recent issue of the *Chicago Lever*.—Chamberlain has elected a prohibition mayor, and Bridgewater was carried by the temperance people. Valley City has a Good Templars lodge, of 100 members, and more are joining every week. Jamestown had a rousing temperance meeting on the 14th inst. and the county is organized for the work. Yankton, it will be remembered, won the victory for temperance at the last city election, and the work is being pushed forward for country prohibition this fall, with good prospects of success. At a meeting at Fargo, recently there were 1,000 persons present, and a vote being taken on the question of prohibition, all but three voted against the saloon. At a meeting at Castleton every person present voted for prohibition. In Canton, Watertown, Huron and Big Stone City the temperance people won the day at their recent elections.

More about Simcoe County.

In a letter published in THE CANADA CITIZEN last week, Mr. J. W. Morrow, Inspector for Centre Simcoe, claims to have had "the first conviction for a second offence in any of the Simcoes." A correspondent from that county writes to correct this mistake (which we have no doubt was quite unintentional on the part of Mr. Morrow), and claims that in East Simcoe a number of such convictions have been made as follows: On the 23rd of July, 1886, Samuel McWaters of Waverly was convicted for a second offence and immediately left the place, but on the 2nd ultimo was arrested at Stayner and committed to Barrie jail, and has since paid the fine. On December 3rd, 1886, William Edwards of Wythebridge was also convicted and paid a fine of \$100 and costs \$21.55. On March 5th, 1887, Adam Frick, and on May 13th Wm. J. Deacon, were also convicted of second offences.

The subjoined letter speaks for itself and supports the statements made in THE CANADA CITIZEN a couple of weeks ago. We are much pleased that Mr. Morrow is doing better.

Dear Sir,—I am glad to see that your criticisms have touched Mr. Morrow, Inspector for Centre Simcoe, in the right way, and I have no doubt his reasons for feeling so much hurt are, that he knows your criticisms were true. I was in the town of Barrie on the 15th of Aug. last when there was an excursion there from Toronto, and in the four different hotels that I visited in search of a dinner there were from two to three men behind the bar selling beer as fast as they could hand it out. I do not know if they sold anything stronger than beer, as that appeared to be the most in demand, and I have no doubt it was beer that they got, as there were plenty of drunk men to be seen, and different parties of whom I enquired told me that it was the same in the hotels where they had been. Now, I would like to know if Mr. Morrow secured any cases that day in the town; if not, then he was not doing his duty, as there was ample opportunity.

Domestic Department.

Bad Hygiene vs. Virtue.

"Fire is fully kindled before it breaks out. Dry material is necessary for kindling. From some source there comes a spark, and a smoldering, then, there is a little blaze; finally, a conflagration. The spark is so small it falls unnoticed; or if it is seen and is the spark of a moral conflagration, it is said, 'There is not enough of it to do any harm.' Outbroken, recognized sin is not the beginning, but rather the end of wrongdoing. Terrible fires of lust are burning, consuming body and soul, strangling the tender loves of the family, blasting friendship, blighting every pure affection, and blackening everything that is white in human nature. In this generation—the product of all the flesh-eating, wine-drinking, sensuous generations that have preceded it—every child is made of seasoned timber. There is no lack of material to foster and feed the fire. We are concerned in finding the source of the igniting spark, which, put out, averts the destruction of the children with us, and gives to children yet unborn promise of cooler blood and calmer brain. The initial spark does not come from the white flame kindled of God, solely for the altar of the family, and which he designed to be guarded as was the vestal lamp of the old temple. It does not come from any natural, unpurported faculty or function. Probably every unhealthy habit of body or mind, by irritation or enervation, contributes, directly or indirectly, to this sexual fever, which is not vigor, as the delirious fury of the fever patient is not strength. 'Social purity' means the best conditions of physical life. Undoubtedly the bed rock of reform is non-stimulation. No other foundation can be laid upon which it is possible to build a healthy body, clean heart, and clear head. And if the foundation be 'generations deep,' the greater will be the integrity and security of the manhood built thereon.

"Alcoholic stimulants are strongly opposed to chastity, by their intense action and by their widespread use. Whether disguised in wine, beer or cider, or unmasked and bold in distilled liquors, alcohol is the deadliest foe of purity. It strikes two ways at once. The same glass that lights up conscious desire fills the eyes of conscience with smoke. It wakes the beast and stupifies the man. Its demoralizing effect upon brain and body is known and used by debauchees of every caste.

"Coffee should be brought to judgment for its complicity in this crime of uncleanness. When science fortifies the social purity reform as fully as it now does the temperance reform, the aromatic cup will be abolished. The evidence already in is sufficient to condemn it.

"Plain food, pure air, exercise—the conditions which insure good sleep, healthful dress, healthful thought, good companions, good books—these are stones of which the wall of defence must be built, and one word names the capstone: Health.

"To summarize the dietetic habits most promotive of chastity. First, and most important for all, of whatever age, sex, or circumstance, is total abstinence from every kind of alcoholic stimulants.

"Second. The substitution of milk for tea or coffee, or in those comparatively rare cases of indigestion where the former disagrees, hot water with as much cream as can be borne.

"Third. The substitution of milk for meat, as the animal food of the young even the tiger mother is wise enough for that.

The desideratum is plain, digestible, nourishing, unstimulating, natural food that which makes and keeps the body at its best. Whole wheat and brown flours of every sort are good building materials. Fruit is more wholesome raw than cooked, if it can be obtained in thoroughly ripe and fresh condition. If it has been exposed to the fith of the market in great cities, let it be simply cooked. In either way it is preferable as 'dessert' to the pie, which literally creates 'waste places,' and by directly producing indigestion and the fevered, restless sleep so favorable to lascivious dreams, becomes indirectly a moral evil." *Dr. Jesse Cushman.*

KITCHEN RECIPES.

To MAKE A DEVIL.—Cut up thin slices of any cold meat, fowl, or kidney, lay them in a shallow dish, and pour over them the following: One teaspoonful of powdered mustard, two teaspoonful of Worcestershire sauce and mushroom ketchup, one teaspoonful of Chili vinegar, half a teaspoonful of cayenne, a teaspoonful of salad oil, or a small piece of butter if there is no fat in the meat and a teaspoonful of lemon juice. Set the dish in the oven

and stir the meat about in the same for a quarter of an hour.

PLAIN BEEFSTEAK PIE.—Cut two pounds and a half of beefsteak into small pieces, with a very little fat, dip each piece into flour, place them in a pie-dish, season each layer with pepper, salt, and a very little cayenne pepper, fill the dish sufficiently with slices of steak to raise the crust in the middle, half fill the dish with water or any gravy left from roast beef, and a spoonful of Worcestershire sauce, put a border of paste round the wet edge of the pie-dish, moisten it and lay the crust over it. Cut the paste even with edge of the pie dish all round, ornament it with leaves of paste, and brush it over with the beaten yolk of an egg. Make a hole with a knife in the top, and bake it in an hot oven for one hour and a half.

HOT-POD.—Hot pod is made of mutton chops placed in a deep dish (known as a hot-pot dish) with a good layer of potatoes cut in pieces, some onion chopped fine, pepper, and salt, then another layer of chops, and more potatoes. The potatoes at the top are left whole. Add a little water, and bake in a moderate oven for three or four hours. Kidneys, oysters, anchovies are a great improvement. It may be made of cooked meat, but it is not quite so good.

A FRICANDELLE.—Chop some remains of veal or any other cold meat, fat and lean together, season it with pepper and salt to your taste. Put grated bread crumbs to it in proportion to the quantity of meat, about a teaspoonful generally suffices, add an ounce of butter, an egg, and a little good gravy. Mix these ingredients well together, and press them firmly into a basin or mould, which must be previously buttered. Boil for half an hour, turn it out of the mould, and send it to table with a little brown gravy over it.

To BOIL RICE FOR CURRY.—Wash the rice in several waters, then leave it in a basin of cold water to soak for two or three hours. Have ready a saucepan full of water, with a little salt in it. When the water boils, drain the rice and put it into the saucepan, let it boil very quickly for about seven minutes, then pour it into a colander, and place the colander on the top of the saucepan, that the water may quite drain off. The rice ought to be stirred with a fork, that the grains may be separated. It ought to be boiled in a large quantity of water, and it will be sufficiently cooked when the grains become a little soft, and overdone if they at all stick together. Rice should always be served in a separate dish from the curry. *—Temperance Caterer.*

Beets.

BEETS are a much abused vegetable. Instead of a tender, bright, red, succulent morsel, it is often colorless, bitter and stringy. The two latter faults belong to the variety and the grower, but if a k e pierces the skin before they are boiled, they will lose their color in the water, and much of their sweetness also. Do not cut off the tails, and be careful not to cut the tops too close. When tender, rub off the skins, slice them, and lay in a dish. Pour over them one tablespoonful each of vinegar and butter made hot, and seasoned with salt and pepper. *—Christian Episcure.*

Killing Fowl.

THE French mode of killing poultry, causing instant death and perfect bleeding, is accomplished by opening the beak of the fowl, and with a sharp pointed and narrow bladed knife, making an incision at the roof of the mouth, which will divide the vertebrae and cause immediate death, after which the fowls are hung up by the legs until bled. They are then picked when warm. In this way the skin presents a natural appearance. *—S.*

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