



QUICK SALLY LUNN.

One cupful of sugar, half cupful of butter; stir well together, and then add one or two eggs; put in one good pint of sweet milk and sufficient flour to make a batter about as stiff as cake; put in three teaspoonfuls of baking powder; bake and eat hot with butter for tea or breakfast.

MINCE PIES.

Three pounds of rasins, stone and chop them a little; three pounds of currants, three pounds of sugar, three pounds of suet chopped very fine, two ounces of candied lemon peel and two ounces of candied orange peel, six large apples grated, one ounce of cinnamon, two nutmegs, the juice of three lemons and the rind grated, and a half pint of brandy. This is a very excellent recipe.

TAPIOCA JELLY.

Wash the tapioca carefully in two or three waters, then soak it for five or six hours, then simmer it in a stew-pan until it becomes quite clear. Add a little lemon juice or wine if desired.

7th Month.

JULY, 1890.

31 Days.

Day Year.	Day Month.	Day Week.	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and regions of St. Law- rence & Ottawa Rivers.			For Toronto and provin- ce of Ontario lying on & between the Gr. Lakes.			MOON'S PHASES.
				Sun rises.	Sun sets.	Moon sets.	Sun rises.	Sun sets.	Moon sets.	
182	1	T	Battle of Gettysburg, 1863	4 15	7 52	3 11	4 22	7 45	3 17	Full Moon.....
183	2	W	Robert Peel died, 1850.....	4 15	7 52	rises.	4 22	7 45	rises.	First quarter.....
184	3	T	S. A. Douglas died, 1861.....	4 16	7 52	9 13	4 23	7 45	9 08	New Moon.....
185	4	F	James Munroe died, 1831.....	4 17	7 51	9 56	4 23	7 44	9 52	Full Moon.....
186	5	S	Battle of Chippewa, 1814.....	4 17	7 51	10 31	4 24	7 44	10 28	First quarter.....
187	6	S	Sir T. Moore beheaded, 1535.....	4 18	7 50	11 00	4 25	7 44	10 58	New Moon.....
188	7	M	Sheridan died, 1816.....	4 19	7 50	11 25	4 25	7 43	11 24	Full Moon.....
189	8	T	Battle of Pultowa, 1709.....	4 20	7 50	11 47	4 26	7 43	11 47	First quarter.....
190	9	W	Gen. Taylor died, 1850.....	4 20	7 49	morn.	4 27	7 43	morn.	Full Moon.....
191	10	T	Gibraltar captured, 1703.....	4 21	7 49	0 10	4 28	7 42	0 12	First quarter.....
192	11	F	Hamilton shot, 1804.....	4 22	7 48	0 34	4 28	7 42	0 37	New Moon.....
193	12	S	Battle of the Boyne, 1690.....	4 23	7 48	1 01	4 29	7 41	1 05	Full Moon.....
194	13	S	Ordinance passed 1787.....	4 23	7 47	1 31	4 30	7 40	1 37	First quarter.....
195	14	M	Chicago fire, 1873.....	4 24	7 46	2 07	4 31	7 40	2 14	New Moon.....
196	15	T	Napoleon Bonaparte, cap., 1815	4 25	7 46	2 49	4 32	7 39	2 57	Full Moon.....
197	16	W	Hesira com., 622.....	4 26	7 45	3 39	4 32	7 38	3 48	First quarter.....
198	17	T	J. J. Astor born, 1763.....	4 27	7 44	sets.	4 33	7 37	sets.	Full Moon.....
199	18	F	Battle of Warsaw, 1655.....	4 28	7 43	9 13	4 34	7 37	9 07	First quarter.....
200	19	S	Battle of Winchester, 1864.....	4 29	7 42	9 40	4 35	7 36	9 35	New Moon.....
201	20	S	Queen Anne died, 1714.....	4 30	7 41	10 04	4 36	7 35	10 00	Full Moon.....
202	21	M	Robert Burns died, 1796.....	4 31	7 40	10 25	4 37	7 34	10 22	First quarter.....
203	22	T	Battle of Falkirk, 1298.....	4 32	7 39	10 45	4 38	7 33	10 43	New Moon.....
204	23	W	Gibraltar taken, 1804.....	4 34	7 38	11 05	4 39	7 33	11 05	Full Moon.....
205	24	T	Battle of Niagara, 1814.....	4 35	7 37	11 27	4 40	7 32	11 29	First quarter.....
206	25	F	Sp. Armada def., 1588.....	4 36	7 36	11 52	4 41	7 31	11 56	New Moon.....
207	26	S	New York admitted, 1788.....	4 37	7 35	morn.	4 42	7 30	morn.	Full Moon.....
208	27	S	Bank of England char., 1694.....	4 38	7 34	0 22	4 43	7 28	0 27	First quarter.....
209	28	M	Robespierre beheaded, 1794.....	4 39	7 33	0 59	4 44	7 27	1 05	New Moon.....
210	29	T	Wilberforce died, 1833.....	4 40	7 32	1 47	4 45	7 26	1 54	Full Moon.....
211	30	W	Wm. Penn died, 1718.....	4 41	7 31	2 48	4 46	7 25	2 55	First quarter.....
212	31	T	Andrew Johnson died, 1875.....	4 42	7 29	4 02	4 47	7 24	4 08	Full Moon.....

Often times diseased or partially decayed food causes sickness, nausea and diarrhoea. If the bowels are cleansed from this impurity with a dose of MOTHER SEIGEL'S OPERATING PILLS, these disagreeable effects will vanish, and good health will result.

What the Shakers make bears the impress of their upright character.