

oil of almonds melt, by a slow heat, half an ounce of spermacetti, and one dram of white wax. Then add one ounce of good glycerine, stirring until cold, when scent it by stirring in a little oil of roses. Keep in small jars or small wide-necked bottles. In hot weather keep closely exposed to warmth. Half or a fourth of the above quantities may be used. Every drug store should keep a jar of it, and recommend its use. It is excellent for softening the skin, for most injured skin surfaces that are not open sores; for chafed places, for moistening corns or calloused feet or toes, and especially for chapped face, lips or hands. When the hands are chapped or cracked, or roughened by cold, wash them clean with soap, and rub them well with this glycerine ointment, wiping it off to prevent soiling clothing. If this is done at night, the hands will be soft and in good condition in the morning, except when deeply cracked. It is very good to apply to the hands after "washing-day."

CLEANING COAT COLLARS.

(1) The best material for cleaning coat collars and grease spots of all kinds is pure benzine. The article is sold at the principal drug stores in cities. That used by painters is not pure enough, and has a very unpleasant odor, which the pure article has not, and the little which it has soon disappears. If this cannot be obtained, strong alcohol (ninety-five per centum) will clean collars very well. A mixture of equal parts of strong alcohol and water of ammonia is also used. The trouble with all these liquids is that not enough is used; a small quantity only softens and spreads the grease spot; they should be applied in sufficient quantity, and repeated, to not only dissolve the foreign matter, but to wash it out. (2) Two ounces of rock ammonia, two ounces of alcohol, one ounce each of spirits of camphor and transparent soap. Put all together in a large bottle, cover with one quart of soft water, and when well mixed and dissolved it is ready for use. Spread the coat on a clean table, take an old nail brush, or one of the small scrubbing brushes sold as toys, dip it in the mixture and scrub the dirty parts thoroughly. Apply plenty of this, then take clean warm water and go over it again. Hang it out until partly dry, and press a heavy iron on the wrong side.

BAVARIAN CREAM.

Soak half an ounce of isinglass two hours in half a cup of water. Beat the yolks of four eggs with a small cup of sugar, and add to them gradually a pint of rich milk scalding hot. Stir constantly until well mixed and return to the sauce-pan. Let cook for a few minutes then add the isinglass and remove from the fire. Stir until well dissolved; season to taste with vanilla and set one side to cool. When it is cold and begins to thicken, beat it until smooth, then add a pint of double cream whipped to a standing froth. Stir all lightly together, put into a wet mold and set it in a cool place until wanted. It should be made the day before, or else early in the morning, as it takes some time to become firm enough to turn out. Turn it out on a flat dish and garnish with a border of any nice preserves. Peaches, strawberries and cherries are all good, and apples preserved in quarters and flavored with a little lemon juice answer very well if nothing else is at hand.

BE YOUNG WHILE YOU CAN.—When girls midway in their teens throw off their natural girlish habits and attire, don long skirts, shoot up their hair and effect the airs and dress of young women, they would often be surprised to know what their elders really think of the improvements. One such young miss went to the depot recently to meet an aged friend of the family, and was surprised to find herself not recognized upon greeting the visitors as she stepped from the car. "Don't you know me, auntie?" "Why, this isn't Maria, is it?" "Certainly; don't you think I look better than I did last summer when you were here?" "No," replied the honest soul, looking the girl over, "to tell you the truth I don't. Go home and let down your hair and be young while you can, for it will not be many years before you will be glad to have people take you for a girl."

"When I wath a little boy," lisped a very stupid society man to a young lady, "all my ideath in life were thentered on being a clown." "Well, there is at least one case of gratified ambition," she replied.

The Training that Girls Need.

Mrs. Abba Coold Woolson has been giving Boston some common-sense notions about "the Training that Girls Need." In a paper read before the Moral Education Society she pronounced ill-health a luxury that enormously increased the cost of living. She advised mothers to keep their girls from their own fate, and she asserted that girls should be made to lead a quiet life on a simple diet until they are fully grown, that they should exercise freely in the open air, that housework should be done by them in carefully ventilated rooms, that their dress should be radically changed so that no longer shall their vital organs be compressed or their hips weighed down with a mass of cloth that no man would willingly carry. Compliance with these rules, she believed, would give a nobler, healthier race of women. The object of a girl's mental training should be, she said, to enable her to reason, not to fill her brain with superficial ideas. The processes applied to women's minds that are now devoted to the education of men, she considered would bring about the same results. She advised that girls pursue with thoroughness the disciplinary studies. Next to this she would place the perceptive faculties, in which women are now much more proficient than men. Women should be acquainted more or less intimately with physiology, natural philosophy, the laws of mechanics, chemistry, political economy, the characteristics of a republican form of government, rhetoric and natural sciences, all of which are far more important to the girl than the modern languages. First of all parental duties, Mrs. Woolson placed that of fitting children, and especially girls, to earn an honest living, no matter how wealthy their family may be, since no one is beyond the reach of possible poverty.

A Novel Use of Carrier Pigeons.

An English physician with an extensive practice has found an important aid in carrier pigeons. "I take out," he says, "half a dozen birds, massed together in a small basket, with me on my rounds, and when I have seen my patient, no matter at what distance from home, I write my prescription on a small piece of tissue paper, and having wound it round the shank of the bird's leg, I gently throw the carrier up into the air. In a few minutes it reaches home, and, having been shut up fasting since the previous evening, without much delay it enters the trap-cage connected with its loft, where it is at once caught by my gardener or dispenser, who knows pretty well the time for its arrival, and relieves it of its despatches. The medicine is immediately prepared and sent off by the messenger, who is thus saved several hours of waiting, and I am enabled to complete my morning round of visits. Should any patient be very ill, and I am desirous of having an early report of him or her next morning, I leave a bird to bring me the tidings. A short time since I took out with me six pair of birds. I sent a pair of them off from each village I had occasion to visit, every other one bearing a prescription. Upon my return I found all the prescriptions arranged on my desk by my dispenser, who had already made up the medicine."

An Injurious Practice.

The practice of eating snow and ice, so common among school children, is a fruitful cause of catarrh. It is common to see boys and girls devour a snow-ball as though it were an apple, or an icicle, as eagerly as a bit of candy. The hard palate which forms the roof of the mouth also forms the floor of the nostrils, and is no thicker than pasteboard. The chilling effect of snow and ice brought freely in contact with this thin partition, the upper covering of which is a sensitive secreting membrane, made up almost wholly of fine blood-vessels and nerves, produces a congestion, often succeeded by chronic inflammation. As a consequence, these snow and ice-eating boys and girls almost always have "colds in the head" and running noses. This is the foundation and origin of one of the most disagreeable, persistent and incurable affections to which people are subject—nasal catarrh. Catarrh is said to lead to consumption. Whether this is so or not, the chilling of the nasal membranes, a part of whose function it is to warm the air in its passage to the lungs, cannot but injure those organs, particularly in people of a delicate constitution.

Commercial.

London Markets.

London, Jan. 3, 1880.
Larger market. Liberal supplies. Nearly 3,000 bushels of wheat. Prices firm and advanced.

GRAIN.

Per 100 lbs		Per 100 lbs	
Deihl Wheat.....	\$2 15 to 2 22	White wheat.....	1 85 to 1 90
Treadwell.....	2 15 to 2 22	Barley.....	80 to 1 20
Clawson.....	2 15 to 2 22	Peas.....	90 to 1 00
Red.....	2 15 to 2 20	Oats.....	1 03 to 1 06
Spring.....	1 80 to 2 10	Corn.....	93 to 1 10
Rye.....	75 to 80		

FLOUR.

Flour, fall wht. 3 50 to 3 75	Oatmeal, coarse. 2 50 to 2 75
" mixed.. 3 25 to 3 50	Oatmeal, fine.. 2 75 to 3 00
" spring.. 3 25 to 3 50	Cornmeal..... 1 00 to 1 10
Bran, per ton.. 10 00 to 12 00	Shorts, per ton.. 12 00 to 18 00

Cows 25 00 to 40 00 | Live hogs..... 3 00 to 4 00

HAY AND STRAW.

Hay, per ton... 8 00 to 9 00 | Straw, per load.. 2 60 to 3 00

POULTRY.

Chickens,	35 to 40	Turkeys.....	75 to 1 25
Geese.....	40 to 50	Ducks, pair.....	40 to 50

PRODUCE.

Butter, crock....	16 to 20	Cheese, lb.....	11 to 12
do roll.....	20 to 22	Eggs, per doz....	20 to 22
do Firkins.....	00 to 00	Potatoes, bag....	50 to 60
do inferior.....	8 to 12	Apples.....	30 to 50
Carrots, per bu..	25 to 30	Turnips, per bu..	25 to 30
Onions, bush....	80 to 1 00	Cordwood.....	3 25 to 3 75
Beef, per qr....	3 00 to 5 50	Mutton, lb.....	5 to 7
Dressed hogs....	5 75 to 6 50	Lamb.....	6 to 8
Timothy seed....	2 75 to 3 00	Wool.....	20 to 20

Liverpool Market.

Liverpool, Jan. 3.
The grain trade for the past week has been quiet, but prices firm. Prices in America must fall to reach the level of those of Great Britain. At the Liverpool market to-day there is quite a trade in wheat, and prices favored buyers. There was hardly any enquiry for corn, which was offered at a reduction.

Flour, p. c., 10s 6d to 13s. Wheat—Spring, 10s 3d to 11s 2d; red winter, 11d 7dd; white, 11s 7d; club, 11s 10d. Corn, 5s 8d. Oats, 6s 2d. Barley, 5s 3d. Peas, 7s. Pork, 60s. Lard, 30s 6d. Bacon, 37s 6d to 38s 6d. Beef, 82s. Tallow, 37s 3d. Cheese, 67s 6d.

Montreal Market.

Montreal, Jan. 3.
Flour—Receipts, 16,000 bbls. Sales—None reported. Market quiet. Wheat—Spring, \$1 40 to \$1 42. Corn, 65c to 70c. Peas, 79c to 80c. Oats, 31c to 32c. Barley, 56c to 60c. Rye, 75c. Flour, \$5 25 to \$6 35. Oatmeal, \$4 05 to \$4 75. Corn meal, \$2 90.

Toronto Market.

Toronto, Jan. 3.
Wheat—Fall, \$1 24 to \$1 29; spring, \$1 26 to \$1 32. Barley—No. 1, 77c to 88c; No. 2, 56c to 67c; No. 3, 50c to 60c. Peas, 66c to 69c. Oats, 35c to 36c. Corn, 58c to 60c. Flour, \$5 20 to \$5 85. Hogs, \$6 10 to \$6 25. Butter, 12c to 20c. Wool, 26c to 27c. Clover seed, \$4 50 to \$4 75. Timothy seed, \$2 00 to \$2 25.

New York Markets.

New York, Jan. 3.—Wheat dull; \$1 47 to \$1 55. Barley, two-rowed State, 74c to 76c; six-rowed, 80c to 85c. Canadian, 97c to \$1 00. Corn, 61c to 62c. Oats, 50c to 52c. Pork, dull; \$12 00. Malt—Receipts to-day, 6,25 bushels. Market steady; \$1 15 to \$1 30, time.

Chicago Markets.

Chicago, Jan. 3.—Wheat, dull; \$1 30. Corn, 30c. Oats, 35c. Rye, 81c. Barley, 9 c. Pork, dull; \$13 30 to \$13 35. Lard, \$7 50 to \$7 55.

The Prize Seeder.

At the Provincial Exhibition at Ottawa, Mr. Mann, of Brockville, exhibited an improved seeder that attracted much attention, and was awarded the first prize and a diploma. The advantages claimed for it are these: That it will sow plaster, salt, superphosphates, and all kinds of field grain and grass seeds, evenly, cheaply and speedily, and in exact quantities per acre, and that in ten minutes it can be attached to or taken from any common horse-rake. Thus any person having a horse-rake can for a very small outlay have the seeder attached. We are highly pleased to hear that a good fertilizer seeder has been brought out. If it acts well for that purpose, when introduced into the western part of Ontario, there will be a good demand for it. Numerous orders were taken for it at Ottawa; the Governor of the State of Maine ordered one. They are now building a large quantity of them for the spring trade. For particulars see advertisement in this issue.