gust 21st, 1890.

pers.

n elegant dinner sprinkle with salt Mash the yelks of nalf a cup of cream, ly, one grated nutrolled in flour and

istard. Stew five

R. Many house. t to prepare as well , and the country n her share of work in the cool of the ed for tea or lunch. be enjoyed by the a salad should not as winter salads. hing cold left from xing salad dressing. pepper and vinegar of oil used may be the family, though espoonfuls of oil to lisliked, as it is by or perfectly sweet ituted. Of course. hould be crisp and

p the tongue and f's head into small of vinegar and oil Cut up two boiled and a small white atre of a salad-bowl around. Mix two ressing with a little

e a large head of nd put in a saladcold chicken, put ain or mayonnaise with hard-boiled or slices of boiled lad will keep a day lunch or tea.

ne pound of boiled hin, narrow strips, dressing. Mince sh salt and pepper.

y two crisp heads rt, put them in a . Cut up half a the lettuce, chop put over, pour in a with hard-boiled

wo sweetbreads in ten miuutes. When tre of a salad-bowl, s around, pour a

pound of breakfast pieces, fry a light e fire and add half bacon grease; have a laid on a bed of he bacon dressing

nedium-sized beets ut these in slices, leaves, pour over rnish with sliced

-Scald two ripe d put them on ice, nd slice thin one l-bowl, lay over the onion, sprinkle on dressing.

Children's Department.

"Little Pillow."

O. Lord Thou knowest."—Jere miah xv. 15-This little text has been a comfort to many a sorrowful child as well as to older persons. Things are not always bright with the little ones, and they do not always get as much sympathy as they want, because their troubles are not exactly the same sort as those of grown up people. Has there been something of this sort to-day, dear little one? Have you felt troubled and down hearted, and you could not explain it to any one, and so no one could comfort you, because no one understood? Take this little pillow to rest your tired and troubled little heart upon to-night: "Thou knowest." Thou, LORD JESUS, kind Shepherd of the weary or wandering little lambs, Thou knowest all about it. Thou hast heard the words that made me feel so bad; Thou hast seen just what happened that troubled me; Thou knowest what I could not explain; "Thou understandest my thought;" Thou hast been looking down into my heart all the time, and there is nothing hid from Thee. Thou knowest all the truth about it, and Thou knowest all that I cannot put into words at all.

It is not comfort already just to know that He knows it? And is it not enough to know that He knows? Why, you know that He can do anything; so, surely, He can make things come right for you—really right, not perhaps what you fancy would be nicest and most right. And that you know that He careth—that is, goes on caring for you; so, if He knows about your trouble He cares about it too. And He not only cares, but loves, so that He would not have let this trouble touch His dear child, when He knew about it all the time, but that He wanted it to be a little messenger to call you to Him to be comforted, and to show you that He is your best friend, and to teach you the sweetness of saying, "Thou knowest."

> "Jesus is our Shepherd, Wiping every tear; Folded in His bosom, What have we to fear?

"Only let us follow Whither He doth lead— To the thirsty desert Or the dewy mead." -Frances Ridley Havergal.





iver Oil and **HYPOPHOSPHITES** o์ Lime and Soda

Scott's Emulsion is a perfect is a wonderful Flesh Producer. It is the Best Remedy for CONSUMPTION, Scrofula, Bronchitis, Wasting Diseases, Chronic Coughs and Colds.

PALATABLE AS MILK. Scott's Emulsion is only put up in salmon color rapper. Avoid all imitations or substitutions. Sold by all Druggists at 50c. and \$1.00. SCOTT & BOWNE, Belleville.

HE ADIES' HOME Has a circulation of nearly half a million copies each issue. We want to place it in the hands of a million families,

As an inducement to you to send for copies, we offer for 30 days from the date of this paper (this advertisement appears but once) to mail to any address A Copy of each of the Last Two Issues

On Receipt of only 10 Cents

IN SILVER OR STAMPS

(Regular Price on the News-stands, 10c. per Copy.)

Also our handsomely Illustrated Premium Catalogue, showing over a thousand articles which can be obtained free of cost, or for part work and a small part of money. Also including "Hints for Artistic Needlework," by Mrs. A. R. Ramsey—handsomely illustrated; and "Designs for Needlework, from the Kensington Art School," by Jane S. Clarke, of London.

TALL of the above mailed for 10 cents if ordered at once. This offer positively withdrawn 30 days from date of this paper.

THE last two issues of the JOURNAL contain some specially strong features, including "My First Sermon," by Dr. T. De Witt Talmage; an interesting article on "Promiscuous Bathing;" Gaities of Newport; "A Country Courtship,"—a full-page, handsomely-illustrated poem.

Illustrated stories and articles in these issues by Mrs. A. D. T. Whitney, Rose Terry Cooke,

Mrs. Henry Ward Beecher, Frances E. Willard, Mrs. Mary J. Holmes, Louise Chandler Moulton,

Kate Upson Clark, Maud Howe,

Mrs. Lyman Abbott, Julian Hawthorne, Mrs. Frank Leslie.

Jenny June,

CURTIS PUBLISHING COMPANY, PHILADELPHIA, PA.

The People's Annual Holiday CANADA'S GREAT

AND AGRICULTURAL **EXPOSITION**

TORONTO,

Sept. 8th to 20th - - 1890 - -

The best and largest Exhibition in the Dominion of Canada and attended annually by over

250,000 VISITORS THE GREATEST ENTERTAINMENT OF THE YEAR

\$50,000 FOR PRIZES

and educational, instructive and enjoyable SPECIAL FEATURES.

The Newest and Best Attractions attainable. Grand International Dog Show, etc.

Brighter and Greater Than Ever

The Best time to Visit the Metropolis of

Cheap Excursions and low rates on all Railways, etc.

Entries positively close August 16th For all information, drop a post card to J. J. WITHROW, H. J. HILL, ${\bf President.} \qquad {\bf Manager, Toront_O}$

CONSUMPTION

Harriet Prescott Spofford,

TO THE EDITOR:-Please inform your readers that I have a positive remedy for the above named disease. By its timely use thousands of hopeless cases have been permanently cured. I shall be glad to send two bottles of my remedy FREE to any of your readers who have consumption if they will send me their Express and Post Office Address. Respectfully, T. A. SLOCUM, M.C., 186 West Adelaide St., TORONTO, ONTARIO.

Three Naughty Puppies.

というととととととととととととととととととととととととととととととととと

Three puppies, one day, To their ma did say, "Do, please, give us leave To wander away.' "The day is so fine," Said their ma, "You may, But, my children dear, You must not go near The pool in the field, So deep and so clear.' Then off went the three, As gay as could be, And came to the pool So glassy and cool. And when they looked in, What, think you, saw they? Three other puppies! Let's join them at play." They jumped from the brink, And in they all fell, But drowned they were not, I'm happy to tell. And when they got home, All dripping and cold, Oh! didn't their mother Both grumble and scold!

Pretty Story from Fatherland.

The Germans have a story which the home-loving people love to repeat. A father, when his daughter became a bride, gave her a golden casket with the injunction not to pass it into other hands, for it held a charm which, in her keeping, would be of inestimable, her keeping, would be of inestimable, after using two bottles of Burdock Blood value to her as the mistress of a house. Bitters I am well." MISS MABEL LIND-Not only was she to have the entire say, Sawyerville, Que.

care of it, but she was to take it every morning to the cellar, the kitchen, the dining-room, the library, the bed-room, and to remain with it in each place for five minutes, looking carefully about. After the lapse of three years the father was to send the key that the secret talisman might be revealed. The key was sent. The casket was opened. It was found to contain on old parchment, on which were written these words: "The eyes of the mistress are worth one hundred pair of servants' hands." The wise father knew that a practice of inspection followed faithfully for three years would become a habit and be self-perpetuated—that the golden casket and the hidden charm would have accomplished their mission.

IT SAVED HIS LIFE .- GENTLEMEN,-I can recommend Dr. Fowler's Extract of Wild Strawberry, for it saved my life when I was about six months old. We have used it in our family when required ever since, and it never fails to cure all summer complaints. I am now fourteen years of age. Francis Walsh, Dalkeith,

FOUR YEARS IN SAWYERVILLE.-" For four years I had pimples and sores breaking out on my hands and face caused by bad blood. Medicine from the doctor was tried without avail, but