

August 26

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the Telegraph

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"The matter which this page contains is carefully selected from various sources; and we guarantee that, to any intelligent farmer or housewife, the contents of this single page from week to week during the year, will be worth several times the subscription price of the paper."

THE HOME.

POINTS IN HOME DRESSMAKING.

In these days of paper patterns it is easy for anyone, who understands sewing, to cut and make a dress, more especially for one whose form is of average proportions; but, if you have a waist pattern that fits perfectly, it is, of course, wiser to use that, even though you follow the purchased pattern in other respects. If you do not have a good waist pattern, and live where you cannot have one cut to fit you, the next best thing is to cut one from some old waist that fits satisfactorily. Rip the seams, being very careful not to stretch the pieces, iron them, place each one on a new cambric, pin it in its place, then run through your sewing machine, and run the pieces through, following the outlines of the old seam, so as to know where to stitch the new lining. This work can be done with a tracing wheel, but the goods will be better together if cut out of place if done on the machine. By cutting a paper pattern at the same time, it may be run through with the lining, saving considerable work.

Now, place linings upon dressgoods, placing them in place very carefully (then baste them with No. 50 thread, taking a long stitch on the lining side, and a short one on the right side. When basted, cut them out. Cut through the centre of each, and then baste them to the top, double together, and baste firmly, being careful to have the small stitches come exactly together. Care must be used in basting not to pull the upper side. Do not hold the work over the finger, but pin it to something, and be sure to fasten the ends well.

Do not turn the front hems, but run a line of basting thread where they are to turn back.

When fitting, put the waist on right side out, bring the two fronts together at the waist line, which you must always trace, pin securely, and examine it critically. Should it stick out at the back of the neck, try taking up a little on the shoulder; if it still sticks out, the back seam must be taken in. A small nearly all the fitting must be done on the shoulder seams, under-arm seams, and the back seam. Never touch the darts, or the curving seams, unless you have used a very ill-fitting pattern. Take off the waist, make the alterations outlined, and try it on again right side out. It is slow work fitting a waist to one's self, but it can be done, as many know from experience. Do not begrudge the work spent in basting and fitting, for it is a case where the end will always justify the means. Never "guess" that it will be all right, and so stitch up the seams; but be very sure, very, very sure, before going to the machine, that everything is just as you want it.

Be sure to cut out the arm's eye until comfortable. If the waist wrinkles across the shoulders in front, see if it does not extend out on the arm a little on the side. This is a fault to be found with the work of many good dressmakers, or nearly all the fitting must be done on the shoulder seams, under-arm seams, and the back seam. Never touch the darts, or the curving seams, unless you have used a very ill-fitting pattern. Take off the waist, make the alterations outlined, and try it on again right side out. It is slow work fitting a waist to one's self, but it can be done, as many know from experience. Do not begrudge the work spent in basting and fitting, for it is a case where the end will always justify the means. Never "guess" that it will be all right, and so stitch up the seams; but be very sure, very, very sure, before going to the machine, that everything is just as you want it.

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If?

If you want to preserve apples, don't cause a break in the skin. The germs of decay thrive rapidly there. So the germs of consumption find good soil for work when the lining of the throat and lungs is bruised, made raw, or injured by colds and coughs. **Scott's Emulsion**, with hypophosphites, will heal inflamed mucus membranes. The time to take it is before serious damage has been done. A 50-cent bottle is enough for an ordinary cold.

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LA-GRIPPE

It is also an excellent application for Swelling, Stiffness, Sprains, Chafes, etc., on Horses.

25 Cents per Bottle

at all Druggists and of General Dealers.

BOILING WATER.

A great many cooks fail to prepare tea, coffee and vegetables properly, because they do not know how to boil water properly. Tea or coffee made in "flask" water that boiled all day in the kettle until nothing is left but the dregs of the mineral matter contained in it is stale and unprofitable. Put the water in a perfectly clean kettle. It is doubtful whether the old-time teakettle is a very desirable utensil. It is difficult to wash, and the water stands in it from one meal to another, and it is seldom emptied. On the contrary, the water should be boiled fresh for use every meal, and it should not boil over ten minutes before it is used for coffee or tea. The water in which vegetables are cooked should always be boiled fresh for the purpose. A clean porcelain-lined saucepan, or one of agate ware, with a cover, is probably the best utensil to cook water in, and the sooner the water is used after it boils the better.

A REMEDY FOR THAT MOST DISTRESSING MALADY.

Rev. J. M. McCleod,

King Church, Vancouver, B. C.—"It is nearly three months since I finished the package of K. D. C. and though I have far more than twenty years suffered from indigestion that one package seems to have wrought a perfect cure. Since taking your remedy I have not had the slightest symptom of a return of my old enemy. If suffering from indigestion I recommend K. D. C. to the numerous family of dyspepsia as the best known remedy for that distressing malady."

B. B. LOCKE,
Pastor Baptist Church,
Boston, April 12th, 1891.

THE FIRST APPLES AND NEWBORN.

There are some luxuries that have not been so common in the past. The freshly ground grits and other ground or crushed grain made from the new ones and wheat of the season had a superior flavor to those of the past. Because we have learned to dry grain until it is so hard and tasteless that even the worms will not touch it, there is no reason why we should continue to use it when we can easily get the fresh, delicious grain of the new crop. No patented food, put up to last, possesses half the deliciousness of this simple grain food, ground when it is in the prime of its ripeness, and milled of their own and ground a small quantity of grit or coarse oatmeal when they need it. A favorite method of cooking this fresh meal is to parch it very much as we brown bread crumbs in the oven, or to boil it in rich milk. It has a delicious pastoral flavor if eaten with an accompaniment of fresh berries. Another method is to make a porridge in exactly the same way; the latter is made of ordinary meal. The fresh ground meal does not require to be cooked long. It should be prepared so that each particle of grain is swollen out by itself and thoroughly tender, but not pasty, as a fine oatmeal is likely to be. Do not get oatmeal while it is cooking, or it is likely to become glutinous and pasty in spite of your best efforts. It is excellent when cooked slowly in a double boiler, though admirable results may be obtained by cooking new oatmeal in plenty of boiling, well salted water for half, or half of an hour, in an iron kettle directly in contact with the fire. The Scotch and Irish peasants still cook their porridge in this way.

WHAT TO TEACH GIRLS.

Give your girls a thorough education, not only in the schools, but in the home; in work as well as in books. Teach them to cook and prepare food for the household, and food which will not give them the dyspepsia and ruin the health of those who eat it. Teach them to sew, to iron, to darn stockings, to wash on buttons, and to cut and make their own dresses, and not have them so tight that they cannot draw a natural breath if it was to save their souls. Teach them good common sense, self-help, and industry, which will make them independent and useful.—Ex.

THE FARM.

GRASS SEEDS BEFORE OR BEHIND THE GRAIN DRILL.

When the grass seeds are sown with the seedier attachment to the grain drill, as every one knows, it is a very convenient way of putting them into the ground. But there is a difference of opinion as to whether the seeds should fall before the grain drill or behind it. On the one hand, some persons argue, however, that when the seeds fall before the drill they are buried too deeply, and others argue that when they fall behind they are not covered deeply enough by the rolling subsequently given to the land. This question should be decided more by the character of the land than in any other way. The fact should be recognized, in sowing grass seeds, that the lighter and more open the land the more deeply may the seeds be buried; and the more stiff and dense the soil, the lighter should they be covered. On the soils of the prairie grass seed may be covered as deeply as three inches without apparent injury, whereas to put them so deep in clay soil would be to entomb them beyond the power of resurrection. On stiff clays, therefore, it would seem the better way to let the seeds fall behind the drill tubes, while on sandy soils and black loams inclining in character to muck it may be the better way to let the seed fall in front of the drill. In any event, the seed should be got in in the earliest possible moment, when the soil is warm and dry and weather follows they are almost sure to perish.—Farming.

If you think you could take a thorough course in bookkeeping or shorthand and typewriting in 3 to 4 months, come here; you are the one I want. Or learn by mail, less free.

SNELL'S BUSINESS COLLEGE,

Truro, N. S.

THE LAWN IN FRONT OF THE FARM HOME.

It was a beautiful lawn. The dwelling was old, and it was also old-fashioned. The paint on it had become dingy, and the signs of wear on the chimneys which had begun to chip a little on the outer surface of the bricks. The old-fashioned veranda had begun to sag a little in the centre. Indeed there was not a home in the old dwelling to attract, and yet no one could pass that way in the summer season without looking admiringly toward the old dwelling. It had a level lawn in front that was mown three or four times a year, which gave it an attractiveness that was simply captivating. Two or three old trees stood in the lawn with their beautiful shade. Otherwise it was bare, and yet it was beautifully attractive. The best keeping that lawn was trifling. The mowing had been done in two or three hours, even though done by hand. And trifling as was the labor involved, there was a beauty possessed by that lawn which exceeded that which surrounded many a home where there had been far greater outlay. It was the beauty of simplicity, the beauty of fitness in a calling where work drives in the bright yet busy summer time. Why cannot every farmer have a neat lawn? Why is it farmers? Tell us why, boys, why is it that you don't make a nice neat lawn in front of the house? Girls, why don't you get the boys to do it?—Farming.

KEEP THE BEST FOR BREEDING.

Local buyers are ever and anon picking up the lambs from the farms near the cities, and it is well that it is so. Were it otherwise the returns from the flock would be less than they are. It is all right when due discretion and forethought are exercised in regard to the selling of the lambs. The buyers have a sharp eye for the best, and when they get their eye on a good ewe lamb they are much prone to try to carry off the prize. If the farmer is going to increase his flocks it is just here that he must take a firm stand. Such lambs under these conditions should never be sold. Fifty cents extra for such a lamb is only a trifle compared with the return in the future if she is kept for a breeder. A decided stand should be taken. The owner should say, "No" every time to such offers, and he should say it emphatically. Only through keeping the best can we effect improvement, and by always keeping the best for breeding uses we can so improve our flocks that they will at once become to us a source of pride and of more substantial profit.—Ex.

A GOOD SAMARITAN.

HAVING FOUND HEALTH HE POINTS THE WAY TO OTHERS.

His Advice Was Acted Upon by Mr. Miles Pettit, of Wellington, Who, as a Result, Now Enjoys in Renewed Health and Strength, From the Pictou Times.

Mr. Miles Pettit, of Wellington, was a recent caller at the Times office. He is an old subscriber to that paper, and has for years been one of the most respected business men of Wellington. He is also possessed of considerable inventive genius, and is the holder of several patents for his own inventions. The Times was aware of Mr. Pettit's serious and long continued illness, and was delighted to see that he had been restored to health. In answer to enquiries as to how this had been brought about, Mr. Pettit promptly and emphatically replied "Dr. Williams' Pink Pills did it." Being further interrogated as to whether he was willing that the facts should be made public, he cheerfully consented to give a statement for that purpose, which in substance is as follows:—He was first attacked in the fall of 1892, after assisting in digging a cellar. The first symptom was lameness in the right hip, which continued



for nearly two years. It then gradually extended to the other leg and to both feet. The sensations were a numbness and pricking which continued to get worse and worse, until he practically lost control of his feet. He could walk but a short distance before his limbs would give out, and he would be obliged to rest. He felt that if he could walk forty rods without resting he was accomplishing a great deal. He had the best of medical attendance and tried many medicines without any beneficial results. He remained in this condition for about two years, when he unexpectedly got relief. One day he was in Pictou and was returning to Wellington by train. Mr. John Soby, of Pictou, was also a passenger on the train. Mr. Soby, it will be remembered, was one of the many who had found relief from Pink Pills, and had given a testimonial that was published extensively. Having been benefited by Dr. Williams' Pink Pills he has ever since been a staunch friend of the medicine, and, noticing Mr. Pettit's condition, he inquired as to what he was suffering from. He was informed, Mr. Soby tapped him on the shoulder and said, "Friend you look a sick man." Mr. Pettit described his case, and Mr. Soby replied, "Take Dr. Williams' Pink Pills. I must have experienced what virtue there is in them and I am satisfied they will cure you." Mr. Pettit has tried so many things and failed to get relief that he was somewhat skeptical, but the advice was so interesting, and given so cordially that he concluded to give Pink Pills a trial. The rest is shortly summed up. He bought the Pink Pills, used them according to the directions which accompany each box, and was cured. He has since then been permanent for it is now fully

Safe, Soothing, Satisfying

It positively cures croup, colds, coughs, colic, sore lungs, kidney troubles, lame back, chaps, chilblains, earache, headache, toothache, cuts, bites, burns, bruises, strains, sprains, stiff joints, sore muscles, stings, cramps and pains. It is the best. It is the oldest. It is the original. It is unlike any other. It is superior to all others. It is the great vital and muscle nerve. It is for internal as much as external use. It is used and fully endorsed by all athletes. It is a soothing, healing, penetrating Anodyne. It is what every mother should have in the house. It is loved by suffering children when dropped on sugar. It is used and recommended by many physicians everywhere. It is the Universal Household Remedy from infancy to old age. It is safe to trust that which has satisfied generation after generation. It is made from the favorite prescription of a good old family physician. It is marvellous how many ailments it will quickly relieve, heal and cure.

The Doctor's Signature and directions are on every bottle. If you can't get it send us. Price 15 cents; six 50-cents. Sold by Druggists. Pamphlet free. I. S. JOHNSON & Co., 22 Custom House St., Boston, Mass., Sole Proprietors.

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Terms:—\$1 per day; \$4 per week; and a special rate to families and to those who wish to make long stays.

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Corner of Granville and Prince Streets. Entrance—25 Granville Street.

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A tablespoonful of turpentine boiled with your white clothes will greatly aid the whitening process.

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