

**BAKED POTATOES.**

Wash them thoroughly, put them into a hot oven, bake them only until they are tender enough to break open easily, and serve as soon as they are done; cover them only with a napkin in sending them to the table, and remember that a baked potato is never so nice if it has been allowed to stand before it is eaten.

POTATOES AND ONIONS.

Peel, slice and fry in tablespoonfuls of drippings half a dozen onions; boil, peel and slice a quart of potatoes, or heat with a little butter some cold sliced ones; season them with salt and pepper, pour the onions over them, and serve them hot. Bacon fried, and served with this dish, is excellent; the bacon drippings serving to fry the onions. Fried ham may be used in the same way.

MEAT AND POTATOES.

Mince beef or mutton, small, with onions, pepper and salt; add a little gravy, put into scallop shells or small cups, making them three parts full, and fill them up with potatoes mashed with a little cream; put a bit of butter on the top and brown them in an oven.

3rd Month.**MARCH, 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 Gt. Lakes.			MOON'S PHASES.
				Sun rises.	Sun sets.	Moon sets.	Sun rises.	Sun sets.	Moon sets.	
60	1	S	Nebraska admitted, 1867.....	6 38	5 47	4 06	6 37	5 49	4 00	Full Moon..... Last quarter..... New Moon..... First quarter..... 6d 1h 48m ev. 13d 11h 5m ev. 20d 4h 1m ev. 28d 4h 32m m.
61	2	S	Wesley died, 1791.....	6 37	5 49	4 52	6 35	5 50	4 45	
62	3	M	Iowa admitted, 1845.....	6 35	5 50	5 32	6 33	5 51	5 27	
63	4	T	Washington re-elected, 1793....	6 33	5 51	6 06	6 32	5 53	6 02	
64	5	W	Boston Massacre, 1770.....	6 31	5 53	rises.	6 30	5 54	rises.	75th MERIDIAN. 6d 1h 48m ev. 13d 11h 5m ev. 20d 4h 1m ev. 28d 4h 32m m.
65	6	F	Massacre Alamo, 1836.....	6 30	5 54	5 43	6 28	5 55	5 45	
66	7	T	St. Th. Aquinas died, 1274.....	6 28	5 55	6 49	6 26	5 57	6 50	
67	8	S	First U. S. Congress, 1789.....	6 26	5 57	7 56	6 25	5 58	7 56	
68	9	S	Am. Vespucci born, 1451.....	6 24	5 58	9 05	6 23	5 59	9 04	90th MERIDIAN. 6d 1h 48m ev. 13d 11h 5m ev. 20d 4h 1m ev. 28d 4h 32m m.
69	10	M	Benjamin West died, 1820.....	6 22	6 00	10 15	6 21	6 0	10 13	
70	11	T	Charles Sumner died, 1874.....	6 20	6 1	11 25	6 19	6 2	11 21	
71	12	W	Bishop Berkeley born, 1634.....	6 18	6 2	morn.	6 18	6 3	morn.	
72	13	T	Crammer burnt, 1556.....	9 16	6 4	0 37	6 16	6 4	0 32	105th MERIDIAN. 6d 1h 48m ev. 13d 11h 5m ev. 20d 4h 1m ev. 28d 4h 32m m.
73	14	F	T. H. Benton born, 1758.....	6 15	6 5	1 48	6 14	6 5	1 42	
74	15	S	Andrew Jackson born, 1767.....	6 13	6 6	2 54	6 12	6 7	2 48	
75	16	S	James Madison born, 1751.....	6 11	6 7	3 51	6 10	6 8	3 45	
76	17	M	Boston evacuated, 1776.....	6 9	6 9	4 41	6 9	6 9	4 36	110th MERIDIAN. 6d 1h 48m ev. 13d 11h 5m ev. 20d 4h 1m ev. 28d 4h 32m m.
77	18	T	Calhoun born, 1782.....	6 7	6 10	5 18	6 7	6 10	5 15	
78	19	W	Dr. Livingstone born, 1782.....	6 5	6 11	sets.	6 5	6 11	sets.	
79	20	T	Sir I. Newton died, 1727.....	6 3	6 13	6 09	6 3	6 13	6 12	
80	21	F	Robert Southey died, 1843.....	6 1	6 14	7 23	6 1	6 14	7 24	115th MERIDIAN. 6d 1h 48m ev. 13d 11h 5m ev. 20d 4h 1m ev. 28d 4h 32m m.
81	22	S	Stamp Act passed, 1765.....	5 59	6 15	8 36	6 0	6 15	8 35	
82	23	S	Battle of Winchester, 1862.....	5 57	6 17	9 47	5 58	6 16	9 45	
83	24	M	Queen Elizabeth died, 1603.....	5 55	6 18	10 56	5 56	6 17	10 52	
84	25	T	Boston Port Bill, 1774.....	5 54	6 19	morn.	5 54	6 18	11 57	120th MERIDIAN. 6d 1h 48m ev. 13d 11h 5m ev. 20d 4h 1m ev. 28d 4h 32m m.
85	26	W	Bank England incorpor'd, 1674....	5 52	6 20	0 02	5 52	6 20	morn.	
86	27	T	Florida discovered 1572.....	5 50	6 22	1 05	5 50	6 21	0 58	
87	28	F	Thomas Morton died, 1838.....	5 48	6 23	2 01	5 49	6 22	1 53	
88	29	S	Swedenborg died, 1772.....	5 46	6 24	2 50	5 47	6 23	2 42	125th MERIDIAN. 6d 1h 48m ev. 13d 11h 5m ev. 20d 4h 1m ev. 28d 4h 32m m.
89	30	S	Alaska acquired, 1867.....	5 44	6 25	3 31	5 45	6 25	3 24	
90	31	M	Allies in Paris, 1814.....	5 42	6 27	4 06	5 43	6 26	4 00	

No sick person should neglect to read this book.