

Well-shaped Women.

Here is an interesting extract from an article in the New York Mercury:

Art should always be based on nature, and no art is true which does not take nature for its model. A perfect, symmetrical, wealthy woman, of five feet five inches in height must comply with the following standard: She should be 138 pounds at the least, and could stand up to ten pounds more without injury to health or artistic perfection. The distance between the tips of her two middle fingers when the arms are extended should be exactly the same as the height or ten times the length of her hand, for seven and a half times the length of her foot, or five times the diameter of her chest from one arm pit to the other. The distance from the junction of the thigh to the ground should be the same as from the former point to the top of the head. The knee should be exactly midway from the junction of the thighs to the bottom of the heel.

The distance from the elbow to the tip of the middle finger should be the same as from the elbow to the middle line of the chest. From the top of the head to the chin, with the head poised naturally, should be the same as from the level of the chin to the arm pits, or from the heel to the tip of the large toe. The bust of a woman of the height named should be forty three inches measurement over the arms, and the waist twenty-four.

The upper part of the arm should be from thirteen and a half to fourteen inches and the wrist six inches. The ankle should be six inches, the calf of the leg fourteen and the thigh twenty-five. Any woman of the height mentioned who has these measurements can congratulate herself on having as perfect a form as the Creator ever made. Of course, the proportions vary with the height.

How to Get Rich.

The Boston Herald has been asking some rich men for rules by which they have become rich. Mr. P. T. Bernum says the golden rule is to spend less than one earns. He advises abstinance from tobacco and rum, due care for the health, the selection of a congenial occupation, avoidance of debt, and determination to excel all others engaged in the same occupation. He also says:

Be careful to advertise in some shape or other, because it is evident that if a man has ever so good an article for sale, and nobody knows it, it will bring him no return. The whole philosophy of life is, first show, then reap. This principle applies to all kinds of business, and to nothing more eminently than to advertising. If a man has a really good article, there is no way in which he can reap more advantageously than by "showing" to the public in this way. If a man has goods for sale, and he doesn't advertise them, the chances are that some day the sheriff will do it for him. Politicians ever invested in business. Large stores, gilt signs, flaming advertisements will all prove unavailing if you or your employees treat your patrons abruptly. The more kind and liberal a man is, the more generous will be the patronage bestowed upon him.

Preserve your integrity; it is more precious than diamonds or rubies. The most difficult thing in life is to make money dishonestly. Our prisons are full of men who attempt to follow this course. No man can be dishonest without soon being found out, and when his lack of principle is exposed, nearly all avenues to success are closed against him. Strict honesty not only lies at the foundation of all success in life financially, but in every other respect.

Useful Recipes.

To prevent the hair from falling—Bay rum, five ounces; carbonate of ammonia, one ounce; borax, one ounce; rose-water, one quart. Mix and filter.

Vinegar of cologne.—To one pint of good cologne water add one-half ounce of strong acetic water. This is frequently used in France for nervous headache, etc.

Moth powder.—Lupuline (the flour of lupine), one dram; Scotch snuff, two ounces; camphor gum, one ounce; black pepper, one ounce; cedar sawdust, four ounces. Mix thoroughly and strew among the furs or woollens to be protected.

To remove stains from linen.—To remove wine, fruit or iron stains, wet the spot with a solution of hyposulphite of soda, and scatter some pulverized tartaric acid upon it; then wash out as usual. Strong vinegar can be substituted for the tartaric acid if necessary.

Wash for cleansing silver and britannia ware.—Take one pound of common hard soap, three tablespoonfuls of spirits of turpentine and one-half tumbler of water. Allow the soap to dissolve, then boil ten minutes, and before it cools add six tablespoonfuls of hartshorn. Make a soda of this preparation, and wash the silver with it.

Brilliant stucco "whitewash".—Take clean lumps of well-burnt lime, slake in hot water in a small tub, and cover to keep in the steam. It should then be passed through a fine sieve in a fluid form to obtain the flour of lime. Add one-fourth pound of white or burnt alkali, two pounds of sugar, three pints of rice-flour made into a thin and very well boiled paste, and one pound of glue dissolved over a slow fire. It is said to be more brilliant than plaster of Paris, and will last fifty years. It should be put on with a paint-brush.

About the hardest thing in the world for a woman to procure while engaged in the preserving business, is her temper, when she is obliged to set her preserving kettle off the stove to answer a ring at the door-bell, and find a patent-medicine circular on the front step.

Fun and Fancy.

We have noticed that the men who owe us bills, and will not pay them, are remarkably regular in their visits to the bar-rooms. And what is worse they ask their creditors in.

A class in natural history being asked the difference between a dog and a tree, the head boy answered, "A tree is covered with bark, while a dog seems to be lined with it."

Uncle John—"Why, my girl, you've grown like a cucumber vine. What progress are you making towards matrimony?" Clara—"Well, uncle, I'm on my fifth 'up'."

What is that terrestrial object that is above all human imperfections, and equally protects the wisest, the weakest, the best and worst of mankind? The hair of the head.

A Channel islander, being cordoned with on the stingsness of a man whom he had saved from drowning, replied, "Well, sir, I've no doubt he knows best what he's worth."

Minister—"It is rather odd that the collections are exactly one dollar less than they used to be." Wife—"Nothing odd about it." "We have not lost any of our congregation." "No, but I suppose you remember that Mr. Pious never used to give less than a dollar."

"Of course." "Well, Mr. Pious has been elected a deacon, and he passes the plate now."

"My dear," said a gushing young wife to her practical husband, "what do these wailing sighing October winds remind you of?" "They remind me of the fact," he replied, somewhat sadly, "that I have got to arrange in some way for a winter's stock of coal."

"Darling," he whispered, "did you ever feel a fluttering sensation of the heart—an inward sinking, so to speak?" "Yes, love, she murmured, "why?" "Because if you have, I know how to prevent it." "O, John, tell me how." "Why, just use plenty of pepper when you eat green cucumbers."

Scotch minister, meeting one of his ruling elders very tipsy—"Dear me, Andrew, you're drunk. This is most unseemly in a man of your position and profession, and moreover—" Elder, Joe, clearly—"Hoos, toots, minister, I'm haudin' the Jubilee, ye ken. An 's-shair-I may be p-permitted to get fou wantin' in fifty years."

A shrewish fish-wife, quite sick, called her husband to come and sit by her bedside. "This is a sad world, my dear," said the wife, plaintively. "Very," rejoined the man. "Were it not for leaving you I should love to quit it."

"O, my dear," eagerly responded the fellow, "how you think I could interfere with your happiness. Go by all means."

Who Killed the Prayer-Meeting.

1. The pastor killed it. Although he gave notice from the pulpit on Sunday that there would be a prayer-meeting in the vestry on Wednesday evening, he changed it into a lecture when the evening came. As a lecture it was a great success, as a prayer-meeting it was a lamentable failure. After the learned man had taken twenty minutes himself, every one else felt that whatever else he might say would feel very tame. Young John Eddies wanted to say a word or two, telling how the Lord Jesus had satisfied his hungry soul, and then utter a short prayer for request for other hungry souls, but his poor little word was nowhere. Indeed, he didn't say it. O, the pauses of that meeting! Surely the clock in the corner never ticked so loudly.

2. The deacon killed it. It was the next week. This time the pastor went in with warm heart. He opened the meeting with a short, tender prayer, and then in a brief word told, as a child might tell it, the preciousness of the Lord's presence. And it seemed as if nothing could prevent it from being a helpful, quickening season. Something did prevent it. The grand old deacon was a little tired and sleepy, but he must do something to take up the time. He began away back in the sin of Eden, and did not stop until he reached the year 1887. And then he said, "Let us pray." Was that really "praying," that ten minutes' description of a plan of salvation that followed? Was this what that discouraged man over there in the corner wanted, from the meeting? Alas, the deacon killed it all!

3. The thoughtless member killed it. She is at the meeting, although not always there. Next to her sits a friend who is out of Christ. The thoughtless member whispers during the pastor's prayer, giggles at every mistake, and turns over the leaves of the hymn-book when anybody talks. The people within a radius of ten feet each way are disturbed. The Spirit is grieved, and that too, by one who is professing to seek the glory of God. And that killed the prayer-meeting.

4. The officious member killed it. One of the weaker brothers offered a prayer, and made a mistake in it. Another brother misquoted a text. The pastor never corrected an error during a meeting. He thought the correction more fatal to the spirit of the meeting than the mistake. Not so with the officious brother. He rose and corrected each mistake, and that killed several meetings.

5. The six members who took ten minutes each killed it. It was a fine symposium on the theme, "Christ the Bread of Life," but it was not a prayer-meeting. It overran the hour, and the only prayer was the opening prayer.

6. The faultfinding member killed one precious meeting. His prayer was a real lecture to God, reminding him of the failings and wickedness of the church. When Christ said to his disciples, "Give ye heed to eat," did he mean glad and wormwood, or the Bread of Life? Would not one earnest prayer at home before the meeting have brought as its answer a sweeter spirit?

How many ways there are of killing prayer meetings. How many a church has, this year, lost its Week of Prayer through thoughtless, indifferent, careless members! Do good people ever err by too brief prayers?

Dear reader, don't kill any more prayer meetings.—Congregationalist.

Some Simple Remedies.

For a sore throat, cut slices of fat, boneless bacon, pepper thickly and tie around the throat with a flannel cloth.

When stung by a bee or a wasp, make a paste of common earth and water, put on the place at once and cover with a cloth.

For a cold on the chest, a flannel rag wrung out in boiling water and sprinkled with turpentine, laid on the chest gives the greatest relief.

When a felon first begins to make its appearance, take a lemon, cut off one end, put the finger in, and the longer it is kept there the better.

For a cough, boil one ounce of flaxseed in a pint of water, strain and add a little honey, or ounce of rock candy, and the juice of three lemons; mix and boil well. Drink as hot as possible.

Often after cooking a meal a person will feel tired and have no appetite; for this beat a raw egg until light, stir in a little nutmeg. Drink half an hour before eating.

For a burn or scald, make a paste of common baking soda and water, apply at once and cover with a linen cloth. When the skin is broken, apply the white of an egg with a feather; this gives instant relief as it keeps the air from the flesh.

At the first signs of a ring-round, take a capital of wood ash, put in a pan with a quart of cold water, put the pan on the stove, put your finger in the pan, keep it there until the water begins to boil, or as long as it can be borne. Repeat once or twice if necessary.

Where the Good Citizens Come From.

An exchange has the following: "The country boy or girl is face to face with practical realities. He sees how slowly money is made on the farm; he is taught from youth up the need of economy; he has the nature of saving first explained and then practiced. He is not exposed to the temptation of the saloon or ball-room and he is not so much of a lady's man before he has occasion to use a razor on his downy cheeks. He may be a trifle rude; he may not feel easy in company, but in the long, closely-considered race of life it is the chap that trudges to school barefooted in summer and in stogas in winter, whose mother cuts his hair with the sheep shears, who leads the chap that goes to the city school with the starched shirt front and fancy slippers, and whose head is shaved with a lawn-mower at the barber shop. Such has been our observation, and we think we know what we are talking about."

Pedigreed But Poor.

A starved thoroughbred is of all sheep the most shabby, scruffy, scrawny, unthrifty—sleep on earth—of itself the most abject, pitiful, lonesome, sorrowful, gloomy, dazed, helpless, blind, and its owner looks just like it. The owner of a dock will squirm and wince and apologize and explain in a most pathetic way of the general appearance of starvation and neglect so apparent, and all the time give you a vivid, glowing story of a pedigree as hopeless in profits as are his bare pastures.—[Elmira Husbandman.]

Grammar Unappreciated.

Mrs. Boodle (to salesman in underwear department)—"Have any gauze ladies' vests?"

Salesman (with a ten-dollar smile)—"No, madam, but we have ladies' gauze vests."

"Keep 'em then!" she answered snappishly, as she bolted for the door, and since his discharge the salesman has decided not to try to sell dry goods and educate the human race at the same time.

Not since Dolly Madison charmed people by her cute ways has there been a "Lady of the White House" who has so generally been popular as Mrs. Cleveland is. There has been others who have shown more interest in politics, there have been others who have played more of a "stage queen" character, but hers is the most American personality that has appeared before the public in the same position. She deserves all the admiration she has received, for she has been uniformly courteous, agreeable and attractive to all classes without distinction.—[Philadelphia News.]

Crosley and Hunter, the Methodist evangelists, are about to begin work in Toronto.

A fish-wife arrived in Kingston some time ago. She went to the bellman (a true specimen of a Highlander), to announce the arrival of her fresh herring, which he did as follows: "Notice, there's a fresh herring to be sold at the corner of the old post office. He came with the 1 o'clock train. He belongs to Mrs. Mains. He is a very respectable woman, and he's a very good herring, and twelve for sixpence."

An old gentleman, speaking to a young lady and commenting upon her freshness and good looks, remarked, "Ah, my dear, may you long retain them." You know nothing of the jealousy, the heart-burnings, the contentions, and the rivalries, that beset the pathway of existence. "Don't I though," she interrupted, "I want you to understand that I belong to a church choir."

There is no sadder sight than to see a fond mother who has spent \$5,000 to fit out a freckled-faced girl for the summer resorts during the match-making season, packing her daughter's dresses away in camp, and sprinkling the finery with tears of disappointment.

"Never marry a widower," was the advice of a young matron friend. "But you married one—Why?" "It's bad enough to hear about your husband's mother's cooking, but to have his first wife's biscuits thrown in your face every morning."

A minister forgot to take his sermon with him to church, and his wife, covering the mistake, sent it to him in charge of a small boy who was to receive six-pence for the job. Presently he returned for the money. "You delivered the sermon, did you?" he asked. "I jes' giv it to him; he's a deliverin' of it himself," answered the boy.

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Travelling Guide.

GRAND TRUNK EAST.			
Goderich [Lv.]	Express.	Mixed.	Mixed.
Stratford [Ar.]	8:30 a.m.	12:15 p.m.	3:30 p.m.
Goderich [Lv.]	8:40 a.m.	3:15 p.m.	7:30 p.m.
WEST.			
Stratford [Lv.]	Mixed.	Mixed.	Express.
Goderich [Ar.]	6:30 a.m.	1:15 p.m.	8:45 p.m.
Goderich [Ar.]	10:30 p.m.	3:15 p.m.	3:15 p.m.

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Goderich May 26th, 1886.

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June 17th, 1887. 1103-5m

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