

To forbear is to refrain from doing or saying something which impulse had prompted us to do or say; it is the conquest of wiser second thought over first desires, it is the curbing of anger or indignation; the stern self-discipline that represses the unkind criticism, the uncharitable interpretation, the cutting reply. Thus it implies restraint and force, and is the fruit of active energy, not of passivity or weakness.

SHORT RULES FOR LONG COMFORT AT HOME.

Put self last.
Be prompt at every meal.
Take little annoyances out of the way.
When any good happens to any one, rejoice.
Tell of your own faults rather than those of others.
When others are suffering drop a word of sympathy.
A place for everything and everything in its place.
Hide your own troubles, but watch to help others out of theirs.
Never interrupt any conversation, but wait patiently your turn to speak.
Look for beauty in everything and take a cheerful view of every event.
Carefully clean the mud and snow from your boots before entering the house.
Take hold of the knob and shut every door behind you without slamming it.

If from any cause you feel irritable, try the harder to do little pleasant things.

Do not keep your good manners for company, but be equally polite at home and abroad.

When inclined to give an angry answer, press your lips together and say the alphabet.

When pained by an unkind word or act, ask yourselves, "Have I not done as badly and desired forgiveness?"—*Sparta Planter*.

NINE PHYSICIANS OUTDONE.

It is generally considered a pretty difficult task to outdo a physician, but the following will conclusively prove where nine were completely outdone. Mr. Helen Pharviz, 331 Dayton St., Chicago, Ill., was treated for Consumption by nine physicians, and all pronounced her case incurable. Seven bottles of Dr. King's New Discovery for Consumption completely cured her. Doubting ones, please drop her a postal and convince yourselves.

LET US HELP ONE ANOTHER.

This little sentence should be written on every heart and stamped on every memory. It should be the golden rule practiced not only in every household, but throughout the world. By helping one another we not only remove the thorns from the pathway and anxiety from the mind, but we feel a sense of pleasure in our own hearts, knowing we are doing a duty to a fellow-creature. A helping hand or an encouraging word is no loss to us, yet it is a benefit to others. Who has not felt the power of this little sentence? Who has not needed the encouragement and aid of a kind friend? How soothing, when perplexed with some task that is mysterious and burdensome, to feel a gentle hand on the shoulder and to hear a kind voice whispering, "Don't be discouraged; I see your trouble; let me help you." What strength is inspired! What hope created! What sweet gratitude is felt! and the great difficulty is dissolved as dew beneath the sunshine. Yes, let us help one another by endeavoring to strengthen and encourage

the weak and lift the burden of care from the weary and oppressed, that life may glide smoothly on, and the fount of bitterness yield sweet waters; and he whose willing hand is ever ready to aid us will reward our humble endeavors, and every good deed will be as "bread cast upon the waters."

Mr. PETER VERMETT, Hochelaga, P.Q., writes: "Dr. Thomas' Electric Oil cured me of Rheumatism after I tried many medicines to no purpose. It is a good medicine." Just think of it—you can relieve the twinges of rheumatism, or the most painful attack of neuralgia—you can check a cough, and heal bruised or broken skin, with a bottle of Dr. Thomas' Electric Oil, costing only 25 cents.

AGNOSTICS.

In a recent sermon Mr. Beecher spoke of the agnostics, the know-nothings in philosophy, who say that what they admit as true must be demonstrated. They say there may be a God and a future life, but they don't know, and not to know is as bad as not to believe. "I have no venomous feelings against these men, but an inexpressible sadness for them; they have drifted so that the verities of religion are matters of ignorance to them. Things are true which are not susceptible of material proof. The soul is not measured by the tests of reason. Every man knows the difference between calm reason and being thunderingly mad, but he cannot explain it. The man who gives up all he can't prove, must give up honor, poetry, heroism and much that is best and richest in life. It is all beyond the last analysis of science."

STRENGTH OF MANGANESE BRONZE.

The twin screws of the new English Ironclad Colossus, launched March 21, are of manganese bronze. This metal was adopted in place of gun metal, as first ordered, after a series of comparative tests of the two metals made in the presence of the representative of the Admiralty at the works of the contractors for the engines. In these tests bars of both metals, one inch square, were placed on supports twelve inches apart, and first subjected to a steady pressure applied in the middle of the bars, and afterward to impact by a weight of fifty pounds falling from a height of five feet. With a steady pressure the gun metal bars slipped between the supports or broke with a strain of 28 cwt., while the manganese bronze bars required 54 cwt. to break them. Tested by impact gun metal bars broke with from seven to eight blows, while it took from thirteen to seventeen blows to break the manganese bronze bars. The ultimate bend of the latter was also in both cases more than that of the gun metal, thus showing fully the double strength with superior toughness. The advantages claimed for manganese bronze over gun metal are—first, a considerable saving of actual weight of machinery, and, second, that it enables a thinner and consequently a better blade to be made, offering less resistance to the water and equaling in strength the gun metal blade of greater dimensions.

The Colossus is intended to be the most formidable vessel of the British navy. She is of 9,146 tons burden. Her engines are 6,000 horse power.

JOHN HAYS, Credit P. O., says:—"His shoulder was so lame for nine months that he could not raise his hand to his head, but by the use of Dr. Thomas' Electric Oil the pain and lameness disappeared, and although three months has elapsed, he has not had an attack of it since."

HOUSEHOLD.

BOSTON CAKE.—One pound sugar, 1 pound butter, 1 pound flour, 6 eggs, 1 teaspoonful of soda dissolved in hot water. This is my favorite cake.

FEATHER CAKE.—One half cup butter, 1 cup milk, 2 cups sugar, 3 eggs, 3 cups flour, a little yeast powder.

TRANSPARENT PIE.—Three eggs, 2 tablespoonsful sugar, 1 cup rich cream, three tablespoonsful jelly. Bake with one crust.

CHESS PIE.—Four eggs, 2 cups sugar, 1 cup sweet cream or milk, 3 cup butter, 1 tablespoonful flour. Bake only with one crust.

GREEN TOMATO PIE.—Pare and slice five or six green tomatoes, place in pan covered with crust, and 4 teacup vinegar, 1 cup sugar, small piece of butter. Flavor with allspice, put on top crust and bake in moderately hot oven.

VALUE OF LEMON-JUICE.—A piece of lemon bound upon a corn will cure it in a few days; it should be renewed night and morning. A free use of lemon juice and sugar will always relieve a cough. Most people feel poorly in the spring, but if they would eat a lemon before breakfast every day for a week—with or without sugar, as they like—they would find it better than any medicine.—*Lancet*.

APPLE JELLY.—Slice apples thin, without peeling. Cook in water enough to cover them. When perfectly done, drop through bag, being careful not to squeeze them, if you do, your jelly will not be so clear. When the apples cease to drip, boil juice rapidly twenty minutes. Then measure and to each pint of juice add 1 pint of sugar. Boil rapidly until it jellies, which you can know by cooling a little in a saucer. Apples a little green are best. Plum jelly can be made in same manner, only, to each pint of juice add 1 1/2 pint sugar.

STEWED STEAK.—Piece of rump steak, one inch thick, fry in butter on both sides, add enough hot stock just to cover the steak, a faggot of sweet herbs, pepper and salt to taste, two carrots sliced, and a dozen very small onions. Cover saucepan and let contents simmer very gently for about two hours. Mix a piece of butter and some flour in a saucepan on the fire. Add the best part of the liquor in which the steak has been stewing, put in a little Worcestershire or mushroom sauce, lay the steak on a dish, the carrots and onions around it, and pour sauce over.

Here are three ways to prepare potatoes for breakfast. First, boil some small potatoes in their jackets; the moment they are done take them out of the water; do not allow them to become soft, as they will not keep their shape. Remove the skins, have some lard, very hot, as for fried cakes; drop the potatoes in and fry till brown, turning them gently from side to side. The next way is to heap mashed potatoes on a small mound or oval platter; shape it like a pyramid and perfectly smooth, then cover with a well beaten egg, and set it in the oven to brown. Still another way is to make little cakes of cold mashed potatoes; flour your hands well, and put on as much flour as will stick on the outside of the cakes; scatter the flour on the plate on which you lay them; fry them brown in butter.

IF YOU ARE RUINED

in health by any cause, especially from the use of any of the thousand nostrums that promise so largely, with long fictitious testimonials, have no fear. Resort to HOP BITTERS at once, and in a short time you will have the most robust and blooming health.

FACETIÆ.

Miss Kindlin, of Chicago, recently married a man named Wood. The marriage was headed, "Kindlin-Wood." This is what may be called adding fuel to the flame of love.

At a church festival at Halifax the fried oysters were spoiled, and condemned as unfit for food. The pious benevolent managers by a formal vote, sent them to the Old Ladies' Home without mentioning the source from which they came. Thus another act of charity is registered above.

A gentleman, giving a lecture to some boys, was explaining how no one could live without air. He then said: "You all have heard of a man drowning; how does that happen?" The ready answer was, "Cause he can't swim."

"Yes," said the landlady, in speaking of a deceased lodger—"Yes, we shall miss him; for notwithstanding he had a touch of ferocity, and a temper that kindled with velocity, yet his verbosity, although it inclined to ponderosity, and was never relieved by luminosity, often excited jocosity in spite of his pomposity."

"There is nothing like settling down," said the retired merchant confidentially to his neighbor. "When I gave up business I settled down and found I had a comfortable fortune. If I had settled up I should not have had a cent."

A gentleman was talking about a popular judge to Sergeant Ballantine. "He is a very good fellow, for he never says a word against anyone," observed the gentleman, "It would be surprising if he did" replied the sergeant; "for he never talks of anyone but himself."

COMELY! ATTRACTIVE! WINNING!—These expressive words are often and properly applied to the fair ladies of our favored land, who keep their hair abundant and natural in color and lustre by the timely use of Ayer's Hair Vigor. The Vigor is safe and agreeable; and its effects are lasting, making it the most economical, and at the same time the most beneficial and elegant of toilet preparations.

A Memphis darkey stole a mule not long ago in payment of wages which he could not collect from the owner. Upon being arrested he sent for a lawyer who had saved him from prison once before, when the law was after him for stealing bed-clothes. The lawyer reminded his quondam client that a fee was still due for services in the bed-clothes case, and refused to help him further until that was paid. "Why boss," exclaimed the disconsolate darkey in a last attempt to touch the lawyer's heart, "I stole dat mule specially to sell him and pay you." At last accounts he was still without a legal adviser.

"Do you think, Mary, you could leave father and mother, this pleasant home, with all its ease and comforts, and go to the far west with a young lawyer, who has but little besides his profession to depend upon, and with him search out a new home, where it should be your joint duty to beautify and make delightful like this?" Dropping her head softly on his shoulder she whispered, "I think I could, Archie." "Well," said he, "there's Tom Jones, who's going West, and wants to get a wife. I'll mention it to him."

FROM ROSWELL M. KENNEDY, M. D., MANSVILLE, N. Y.

I do not hesitate to say that the PERUVIAN SYRUP has claims to confidence equal, if not superior to those of any medicine that has ever come to my knowledge. I have used it with great success for Dyspepsia and Epilepsy. Sold by dealers generally.