do."
midst the slouds, that darker grew
e while
sunnhine, struggling slowly through,
there he has strongth to sunner still,
the one gleen of joy doth all her pain
haw.

—[Harper's Bazaat.

The Boasting Housekeeper

Nourishing Diet for the Sick.

The old saying, "What is one man's meat is another man's poison" is especially true in diet for the sick. A person's craving for any particular food should be carefully considered, as it may indicate some need of the system which only that food can supply; and different diseases require different food, as for instance acids are of great benefit in cases of fevers, diphtheria, quinsy, and all putrid diseases. Melons are good for all diseases of the kidneys. Celery is good for some diseases of kidneys, also nervousness and rheumatism. Raw fruits and berries, perfectly ripe and fresh, are beneficial in cases of constipation. Eggs are very nourishing but do not agree with all. Milk, if it digests well, is well adapted to strengthing the body and if it is sipped while hot is also stimulating.

There are many gruels which are relished by convalescents, such as oatmeal, cornmeal, bran and graham. We will give di

There are many gruels which are relished by convalescents, such as oatmeal, cornmeal, bran and graham. We will give directions taken from Tokology for making.

Bran Greel.—Boil for half an hour one pint of bran of white wheat in three pints of water. Strain through a gravy strainer, and add a little salt. Makes a good drink by thinning and adding lemon juice.

Creek.—This may be prepared in different ways. As a cure for rheumatic twinges, it may be steeped in water, and the water seasoned with salt and pepper, drank eithly warm or cold. It is usually relished in the form of a stew. Cut the celery in inch bits. Place in a small quantity of boiling salted water. Als half an hour's boiling add gick, sweet milk to make it quite juicy. Let this said, and add seasoning to taste.

over scalding water. With a knife and fork, cut and press until all the juice is extracted. Deals off into a dish in which it is to be served. Add a bit of butter.

UNCORED Find.—Break an egg in a cup, beat well, add a heaping teaspoorful of white sugar and rich, awast milk to fill the cup nearly full: Crackers or crumbled bread may be eaten in this. Some relish it better with a flavoring of spice.

Egg Broyn, —Beat one are a state in

The Boasting Housekeeper
Have you ever met her, dear readers? I mean the experienced housekeeper, who has he was a fine of housekeeping as her ffigers ends; who shousekeeping as her ffigers do a thing, can allow the common should be a should be a should be a should be common to the conclusion that a he is a better or more economical way? We've a better or more economical way. We've a better or more economical way. We've a better or more economical way. We've a better or work with a far terrible as "Mre. Bramble" bereelf. They must be first conesins, at least terrible as "Mre. Bramble" bereelf. They must be first conesins, at least of my household affairs, from the making of bread and the washing of the churn even to the tying up of Johanie's mashed toe.

"There rolls are right nice," he said, in a patronizing tone one morning. "But I notice yours does your work with, 1 I notice yours does your work with, 1 I notice yours does your work with, 1 notice yours does your work with, 1 notice yours does you have your work and then, while I wan in wardly wishing that she will go back to the "olone and length up process, which I nover intend to try, but I must listen and away. "yes" every now and then, while I am in wardly wishing that she will go back to the "olone and length up process, which I nover intend to try, but I must listen and away work is finished," I remarked to her one day, but we well we have the process of the control of any work is finished," I remarked to her one day, but you not?" she have the work with a large family can always have a kitchen at the process of the control of the strange sights and sounds which she may have been the control of the strange sights and sounds which she might have read, not a single mention of the strange sights and sounds which she might have read, not a single mention of the st

might have read, not a single mention of the strange sights and sounds which about the strains of the strange sights and sounds which about the strains of the strange of t

Wolves Fought With the Bayonet.

Wolves Fought With the Bayonet.

Last year a pack of man-eating wolves of did so much damage in the Hoshangabad district that Government took special steps for their extermination. Meerut is now suffering from a similar wolf plague. In the early part of June a boy was killed and mangled by wolves, and a woman attacked and badly bitten. Since then another woman swho was leading a kid along a road has been attacked, as well as two men in a cart, and a grass-cutter, all of whom, however, escaped. The wolves, eight in number, seem to have no fear of man, and on June 25 at couple of wolves attacked and bit a grass-cutter slightly, and badly bit his old mother in the arm. The woman has been sent to the hospital, and is still under treatment. The attack was made in the compound of an officer, and in the middle of the British infantry lines. The wolves were not to be frightened off easily, and they returned again and again to the assault. The shouting and noise became so great that the guard turned out with fixed bayonets, and then the brutes made off. They returned the following night, but did no harm. So great is the alarm that native servants refuse to go out alone after dusk. The bodies of ten wolves killed in the district were brought into Meerut on June 27.

The stability of electric locomotives at high speeds is much greater than that of steam locomotives and therefore there is less chance of derailment,

ELECTRICAL NOTES

A device has just been patented intended to be used in signalling along a length of fire hose. Wires are carried in the hose and insulated therefrom so that by making hattery connections a fireman from one end of a line can send signals to the other without leaving his post.

A new socket for incandescent lamps has been brought out which is flexible and will admit of the lamp globe being turned in one direction or another. A spring coil forms one of the connections to the lamp base, and takes the place of the thread on the regular socket. Another novelty about the spring is a sharp point on the end which prevents unauthorized persons from removing the lamp by pressing open the spring and allows only a person carrying a cover for this point to tamper with the socket.

Thirty miles of underground electric railway similar to the City and South London Line has been proposed for Berlin at an estimated expense of \$10,000,000. The plans describe two central power stations, supplying current at 500 volts to forty-eight trains, each with its own locomotive, carrying in all 144 carriages at one time. It is proposed to run these trains at three-minute intervals, a little over half a mile apart, and at a fare of two and a half cents it is estimated that the traffic will be about five persons per car mile.

A new building in Denver, intended to

it is estimated that the traffic will be about five persons per car mile.

A new building in Denver, intended to accommodate twenty light manufacturing concerns, has been wired and equipped throughout for the distribution of power to the different tenants by means of electricity.

The automatic telephone exchange, of which mention was made some time ago, is to feedive it will a rial at I. Ports. Ind., where it is to be put in for six months free of charge and connected to seventy-five instruments.

of charge and connected to seventy-live instruments.

In a recent address before the Chicago
Electric Club it was stated that within a
year there will be in operation in the States
five electric locomotives of from 700 to 1,200 horse-power, and weighing from forcyfive to eighty tons. Such machines will
haul trains of 450 tons at thirty miles per
hour up a grade of twenty-six feet to the
mile, and when operated at a voltage about
double that now used on trolley roads, will
develop high-speed service.

Telephotography is at present interesting
Parisian experimenters and causes the
Figaro to predict that "soon may be seen
in Paris the image of a man smoking in St.
Petersburg."

An electric railway is proposed between

in Paris the image of a man smoking in St. Petersburg."

An electric railway is proposed between Antwerp and Brussels, and a demand for a concession to construct the line is now before the religion Government. The average time occupied in making the journey by rail at present is one hour, and it is expected this could be reduced by the installation of an electric system to twenty-five minutes.

Telephony is making rapid advances in France, and Paris will shortly be in telephonic communication with all the principal towns in that country. There are already systems between Paris, Bordeaux, Lille, Lyons, and Marseilles, and these installations are continually being extended.

Designess of arc lamps are now striving for batter looking brackets and fixtures to be used similarly to the decorative effects noticed on interior incandescent lamp fixtures. The unsightly appearance of arc lights often prohibits their use in interior work and consequently an enterprising manufacturing concern is bringing out new styles of hangers for use on low tension arc lamps, which are intended to suit the popular æsthetic taste on the subject.

who rode high wheels in the days of lor

The Streets of Pekin.

The town is always most animated. At certain hours of the day the streets are as a crowded with foot passenger, riders on horseback, and carriages as those of London or of Paris. There is plenty to interest and amuse the spectator: Tartar carts and Chinese chaises, blue or green sedan thairs, the color varying according to rank and importance of the owner; grooms of the palace in yellow livery, couriers of the Emperor in yellow livery, couriers of the Emperor in yellow and black uniforms, long strings of camels belonging to Mongol caravams, condemned prisoners wearing or carrying their cangues, etc., etc.; and on either side of the carriageway, under shelters or in the open air, musicians and jugglers, mountebanks and necromancers, public scribes, second-hand booksellers, old-clothes-men, furniture brokers, cobblers, and harness-makers, barbers and chiropodists, cooks and pastry-cooks, sellers of fruit and tea merchants; in a word every variety of itinerant dealer, resulting in an infinite variety of bright and picturesque scenes. Or a wed ding procession marches down the street with its band, its lanterns, its banners, its parasols, the attendant servants in gala costumes, and the bride carried beneath a red canopy. Or perhaps a funeral cortege of apparently endless length, with its fluteplayers and gong-beaters, its incease-burners its Euddhist priests chanting litantes, its mourners making grigues and howling, succeeded by a long string of vehicles laden with all the things supposed to be necessary to the defunct in the life beyond the tomb; behind which come the relations and friends of the deceased, clad in white hair-cloth; and, last of all, borne on the shoulders of sixteen, twenty, or thirty hired assistants, the huge catafalque itself loaded with gilded sculpture, and hung with beautifully embroidered blue silk hangings.

The filt of the streets is yet another element of the -picturesque. No description could possibly give an idea of it. Dust two feet deep, or lakes of mud, and a

Photographing Bullets.

Photographing Bullets.

It is no nows that cannon balls and bullets can be photographed as they dart through the air, but Professor C. V. Boys has recently made some experiments in photographing flying bullets that cast new light upon their motion, and their effect upor the air through which they pass.

Professor Boys fires the bullet through a box lined with black cloth, and so arranged that the passing bullet itself completes an electric circuit and causes a flash of light in the box, which, though lasting only one-millienth of a second suffices to imprint a photograph of the bullet on a sensitized plate contained in the box.

Not only are the bullets themselves photographed, but also the atmospheric waves created by their passage. In front of the bullets are seen the waves of condensation, and behind them the waves of rarefaction, and interesting observations have been made on the peculiar forms of these waves.

As each bullet dashes through the box it touches the terminals of two wires in the electric circuit, and the little cloud of dust into which the end of the wires is pulverized also has its image imprinted on the photographic plate.

Professor Boys has experimented with

ed also has its image imprinted on the photo graphic plate.

Professor Boys has experimented with the photographing of charges of small shot fired from shot-guns and the final result of these experiments is waited with much interest, because it promises to throw light upon the manner in which guns of different patterns scatter the shot.

Brigandage in Italy.

Brigandage in Italy.

Cases of brigandage, the Daily News Rome correspondent says, are again becoming rather frequent in Sicily and in the province of Rome, where an absolue stop has never been put to this torm of crime. A few days ago a landed proprietor, name Billotti, was caught by the brigands, who asked for £20,000. The family only sent £2000, and it is now alleged that the outlaws burned their prisoner alive. At Tropina, also in Sicily, eight brigands have captured another proprietor, and no traces can be found of them. At Viterbo, in the Province of Rome, the brigands atopped a mail-coach. They carried off everything of value, but committed no personal violence on the passengers. Of late, and particularly under the Rudini Ministry, the traditional system of brigand catching has fallen into disuse, being deemed immoral, although it was undoubtedly effective. It consisted in causing the chief brigands to be murdered by their own men. Indeed it needs a brigand to catch a brigand, and the police and soldiers are constantly baffled, people who could give information being too much overawed by the revengeful cruelty of the brigands to eventure to do so.

BEAUTIFUL NECHACO VALLEY.

On the 20th of April last, Stanley Smith, a well known land prospector, left the coast for the Nechaco Valley, a country lying northwest of the forks of the Quemelle, and extending about 175 mfles in length with an average width of between 40 and 60 miles. He arrived at Stony Creek on the 15th of May. The usual way of going into that country is by way of Askeroft, taking the Cariboo road to Quesnelle, then crossing over the Fraser, following the old telegraph trail, which runs through the Nechaco Valley at Chincat Lake, as far at the forks of the Skeena. From the Asheroft the trip in occupies about fifteen days.

The valley of the Nechaco River, from where it joins the Fraser for its thall lead the form of this may be referred to as broken country, but all of it mitable for pasturage.

Mr. Smith speaks in the most hopeful terms of the future of this district as a field for settlement and supplies the lack of agricultural lands, about which so much has been written in the past. The Nechaco Valley may be described as a lew, rolling country covered with a rich growth of grasses, vetches, pea vine and other vegetation. The prevailing tree growth is poplar, which is thinly distributed in clumbs here and there, similar to what are known in the Northwest as poplar huffu. On the uplands jack pine grows. The general elevation of the country is between 2, 200 feet and 2,500 feet. The soil is rich black loam with principally a clay sub-cit.

Spring opens about the first of April, and after Mr. Smith's arrival no frost occurred. The summers are warm with cool nights. During June and July of the present year, light showers o courred and no irrigation is required. Winters are cold, the temperature going as low size 20 below zero, but the snowfall is light, and the atmosphere cool and bracing. No high winds occur.

As there have been no settlers as yet, no fruit has been grown and, therefore, nothing is known of the capabilisties of the continuity of the present year, light showers o courred, and no prevention is required. Wi

Young People.

The tug deorge N. Brady, owned by the company of Port the sun of health. Let me add to that another truth equally important, that your health is largely at your own disposal, that you may now suppose, as it depends on contrain conditions. If the boys will read the right kind of books and newspaper articles, treating on health topics, they will learn that the regular use of intoxicants will learn that the regular use of intoxicants will will be considered the cigarette, then to make the "filthy pipe" the regular companion, will prevent the growth to regular manhood, be ading to a misserable life, one of ill-health. They may pepsia, liver complaints, derangements of the bowels and many other similar disease, and in a stead, stunted boy-manhood, leading to a misserable life, one of ill-health. They may be atting, the use of rich, indigestible food, the two words and many other similar disease, and heavy meals at bed-time, so taxing the disease will as certainly follow breathing that if they over-work, or are violent in their games, or are indolent, living more to the ground. Miss callie Gustin was burned to death, and Mr. Vm. Grant that if they over-work, or are violent in their games, or are indolent, living more to the ground. Miss callie Gustin was burned to death, and Mr. Vm. Grant that if they over-work, or are violent in their games, or are indolent, living more to the ground. Miss callie Gustin was burned to death, and Mr. Jane Armstrong received serious injuries.

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NEWS IN BRIEF.

The deaths from cholera in Persis so far number 35,00°.

Thunderstorms have caused in a arable damage to crops in Bulgaria.

The troops of the Sultan of Morecco had an encounter the other day with the Augheras, and after some sharp fighting the rebels fled.

The proportion of marriages in France, which at one time was eight out of every housand of the population, has now fallen

During a thunderstorm in Vienna During a thunderstorm in Vienna, Tuesday evening, the musical exhibition building was five times struck by lightning. The damage was not serious.

Owing to the dangers lurking in water in connection with chelera, the people of Hamburg have taken to bear and wins, lime juice and emonate.

The British her Angelia, from Calcutta for England, was capsized the other day in the Hoogly River. Fitteen of the crew are missing.

Two French generals and one colonel who

crew are missing.

Two French generals and one colonel who forced troops to go through manoeuvres during the intense heat have been placed on the retir of list.

Calle address from Live pool say there is a great demand for American fruit in England.

The Queen left Osborne house last Monday for Balmoral, where Her Majesty will remain three months.

Eighty-five bodies have been recovered from the mine at Bridge End, Wales, the scene of the recons explosion.

Several Welsh tin-plate manufacturers have closed their works. Sixty establishments are now closed, and 10,000 hands are idle.

Dr. Keely, of drink enre fame, is suing the London Lancet for damages for libel. Medical men watch the trial with excited

Medical men watch the trial with excited interest.

Thomas Neil, indicted for the murder of Matilda Clover, was committed for trial for murder and blackmail in landon on Saturday last.

An insane woman confined in the Asylum for Idiots at Orillia jumped from a third storey window in the building on Tuesday, and received injuries from which she died twelve hours afterwards.

Mr. Wilfred Lawing leader of the De

Mr. Wilfred Laurier, leader of the Dominion Opposition, will deliver a lecture in Montreal on Lincoln on October 5th. The lecture is to be purely literary and exempt from politics.

Mr. Ronald McDonald, Lady Catheart's agent, who placed the crofters in Manitoba in 1872, is on his way to Winnipeg, having arrived by the Parisian, to visit the crofter settlements and ascertain what success has attended them in their new homes.

Mrs. Edward McManaman, of Salt Springs, Cumberland, N. S., has given birth to triplets, two boys and a girl. This is the third time in succession that this lady has thus distinguished herself.

is the third time in succession that this lady has thus distinguished herself.

Some 50 cannon balls and a lot of rifle barrels have been taken from the bottom of the Detroit river by the Dominion Government dredge Ontario. They are supposed to have lain there since 1837.

Henry Storms, a patient of the insane asylum at Kingston, belonging to Napanee, strayed from the institution last Wednesday, and on Friday his body was found in the lake in rear of the asylum.

Reports from Alberta, K. W. T., state that the potate bug has reached that district, and there is considerable consternation among the farmers in consequence, who heretofore have been free of this and other vegetable pests. Prince Edward Island also reports the arrival of the Colorado beetle this year.

The tug George N. Brady, owned by the