

If you want to lighten your wife's labour, see that the inside of the house is frequently painted. A fresh coat of paint in a room will do more towards making it clean and tidy than all the scrubbing and cleaning that a woman's hands can give it.

THE CVNIC.—The Cynic is one who never sees a good quality in a man, and never fails to see a bad one. He is the human owl, vigilant in darkness and blind to light, mousing for vermin, and never seeing noble game. The Cynic puts all human actions into only two classes—*openly* bad, and *secretly* bad. All virtue and generosity and disinterestedness are merely the *appearance* of good, but selfish at the bottom. He holds that no man does a good thing except for profit. The effect of his conversation upon your feelings is to chill and sear them; to send you away sore and morose. His criticisms and innuendoes fall indiscriminately upon every lovely thing, like frost upon flowers.—*H. W. Beecher.*

THE NEED OF FAT FOODS .- The idea that fat is necessarily unwholesome is a mischievous one. The proper nourishment of the body requires a certain proportion of fat. The only objection we urge against fats as food, is the manner in which they are taken. In the form of rich cakes, pastry, fried foods, melted fats, as used with salads, butter on hot bread or potatoes and the like, fats are difficult of digestion, and often interfere with the digestion of other foods. Animal fats are, at least in a free state, much less digestible than vegetable fats. Cooking renders most elements of the food more digestible; or, rather, cooking is a sort of partial digestion of most food elements. Fats, are, however, an exception to this rule. Cooking greatly increases the indigestibility of fats, which, at the best, are hard to digest in a free state. The most acceptable form in which free state. The most acceptable form in which fats can be introduced into the body is in cream, in grains like corn or oatmeal, in such nuts as almonds and chestnuts, and in the legumes, as peas, beans, and lentils.

SUCCESSFUL GUESTS .--- Do we often enough stop to think what it means to be a successful guest? We hear any amount of talk about the charming hostess, but how much the guest may have to do with the success of an evening's entertainment, or in making a stay pleasant and easy for the hostess when visiting for some length of time seems never to be considered. We may either be such a charming addition to the household that we will be positively missed, and our return desired upon our departure, or we may be a source of martyrdom and anguish to our entertainers during a stay, which, however short, will seem almost endless to them, by never seeming pleased by any arrangement on the part of the host or hostess, or by insinuating that the society at home is more agreeable, and, when entertained, wearing a bold air; we have known persons, presuming to the title of lady, who have made their absence a thing to be desired, or put a damper on the spirits of \bar{a} company, making the day of her departure the most welcome one to the poor, tired hostess. On the other hand, by assisting in the little household cares, requiring no constant round of entertainment, coming into a family as a member of it, one can be a blessing sometimes, and a neverfailing welcome will be always ready for us should we choose to return. I have been at small gatherings where the guests absolutely refused to be entertained while the hostess, perhaps, was noted for her entertaining qualities. If each one will feel his or her obligations to the hostess and company, and, if only by being a good listener, and seeming pleased, if one possesses no particular, talent one may contribute to the success of the evening's enjoyment and make it easy for the hostess. This may seem uncalled for, but unfortunately it is not, as many too commonly observe.

AUSTRALIA.

PROGRESS, PEOPLE AND POLITICS. PART II.

Unlike Canada, as at present constituted, Australia is divided into a number of separate colonies, each with its complete paraphernalia of government: a Governor appointed by the Imperial Executive, a Legislative Assembly, and, in some cases, a Legislative Council. The mother colony is New South Wales, and from her branched off South Australia in 1836, Victoria in 1851 and Queensland in 1859. Western Australia was settled directly from England, and is still partially a crown colony. New South Wales enjoys great facilities for trade and shipping, and the people have not been slow to use their many The chief exports of the country are advantages. wool and metals, wine and tobacco, while all the fruits of Europe are successfully grown, eighteen million dozen of oranges alone having been gathered in 1883. It is famous for its pastoral capabilities and its enormous wealth in sheep and horned cattle. Market-gardens, orchards and luxuriant flower-gardens abound on every side, while gold-fields are said to extend, with but short intervals, throughout the colony, their approximate extent being 70,000 square miles. During the 27 years ending 1883 there were received at the Sydney Mint for coinage upwards of 13,000,000 ounces of gold, valued at \$260,000,000.

The colony of Victoria-named, of course, after Her Majesty the Queen, was originally the Port Phillip district of New South Wales and was first settled in 1834, Melbourne being founded two years later. The year 1851 was not only the date of Victoria's separation from New South Wales and the commencement of her since unequalled career of prosperity, but was perhaps the most important epoch in the record of the material progress of Australia. At that date gold was discovered and adventurers flocked from all parts of the world to the new Eldorado. The price of every commodity was raised, and a tremendous impetus given to agriculture and trade as well as to mining. Victoria became widely known as a great producing country and people continued to be attracted to its shores long after the first excitement and gold fever had subsided. The construction of roads and railways was stimulated; a great expansion in shipping and maritime trade took place, while the entire colony progressed by leaps and bounds. The mineral wealth of Victoria is difficult to realize. Two-thirds of its area are said to be occupied by gold-bearing rocks, and the total value of the gold raised from 1851 to 1884 was \$1,060,000,000. The smallest in area of the Australian group, having only 87,000 square miles of territory, while New South Wales has 310,000 square miles, Victoria's progress has indeed been marvellous. Less than half a century ago it was a barren waste, its coast line washed by the waters of the Southern Ocean, unpeopled, unknown, and practically an undiscovered wilderness. Now it has become the richest and most progressive colony of the Southern Seas. Many now living have witnessed its development through all the stages of growth, up to the proud position which it holds to-day, as a country of advanced civilization, marked out by destiny to be the home of a great nation. South Australia occupies the central portion of the continent running north and south, having on the right hand New South Wales, Queensland and Victoria, and on the left hand Western Australia. The first settlement was made in 1836. The industries of the country are as yet in their infancy and its vast natural resources almost untouched. Its area is very large, being 900,000 square miles, or 29 times the size of Scotland. Although its progress has been slow as compared with that of other colonies, still it can be truly said to have achieved wonders, and the energy, patience and sagacity of its pioneers have had a substantial reward. Cities and towns have sprung up; harbours been constructed; 1,300 miles of railway put in operation, and thousands of miles of macadamized roads established. The continent has been spanned with the electric wire, orchards and vineyards planted, and millions of sheep raised. Free institutions are in force, and prosperity upon the whole has blessed the labours of the settlers. The great staple mineral is copper, and to it South Australia is as much indebted as Victoria has been to its mines of gold.

Queensland was first settled by a batch of the most desperate criminals of New South Wales in The discovery, fortunately, of the fine 1824. pasturage of the Darling Downs in 1828 brought a better class of settlers to the infant colony; This district in the southern part of Queensland has been called the garden of the country, from the fertility of the soil and its suitability for agriculture. There are many other districts, however, containing millions of acres of equally good soil and enjoying a similar climate which have not as yet been in any way developed for lack of population. Gold was discovered in this part of the continent later than in the other colonies, but has proved as rich in quality as any, the value of the yield to 1883 being \$70,000,000. Coal exists in practically unlimited quantities and must become in the future a great export. Immigration has been freely encouraged in Queensland, $\pounds 5,000,$ ooo sterling having been spent in the last four years in giving free and assisted passages from the United Kingdom.

Western Australia is the largest of the continental colonies, having an area of nearly one million square miles. It was first settled by a detachment of convicts in 1829, and has made but slow progress, being in fact the Cinderella of the Over its vast expanse of ter-Australian family. Over its vast expanse of ter ritory are scattered only 32,000 settlers. The best description of the position of this vast dependency will perhaps be found in the following words used by Sir Frederick Napier Broome, Governor of the colony, in a paper read some time ago before the Royal Colonial Institute : "I believe that Western Australia's day is at hand and that it will before long become a favourite resort of considerable numbers of our people who are crowded out at home, and who desire to strive for better fortunes in England-beyond-the-Sea. I believe that in the course of 20 or 30 years thousands of emigrants will land in that colony, earning their bread easily from the moment they set foot on its shores, large proportion of them achieving an independent position in due time."

This brief review of the rise and progress of the Australian colonies in the past will, perhaps, prepare us for a consideration of their present position as a people, and will, I think, warrant them, in our mind, the use of their proud motto, "Advance, Australia!"

J. CASTELL HOPKINS.

Toronto, March 13.

THE HOUSEKEEPER.

Use newspapers to polish glassware. Corned beef and tongue are the best meat for a hash.

It is best not to keep canaries in painted cages —they are apt to pick off and eat the paint.

Milk, sweet or sour, will sometimes work woⁿ ders in removing stains from coloured goods.

It is said that white silk lace can be cleaned by washing in benzine. It is best to do this work out-of-doors, away from fires and lights.

When cooking Saratoga potatoes prepare enough for two or three meals. They are just as nice at the second or third breakfast as at the first, provided they have been kept in a dry place.

ORANGE MARMALADE.—I doz. sweet oranges, 12 doz. bitter oranges, 3 lemons. Cut the oranges in halves, take out the pulp and seeds, put the peels into a pan of water and boil till soft; change the water once. Take them out and remove the white part and cut the yellow rind into fine stripes. In the meanwhile put $\frac{1}{2}$ to I pint of the water the peels were boiled in, in the mazling kettle with the sugar (I lb. to I $\frac{1}{2}$ lb.) over the fire till the syrup is formed, then put in the peel and boil 25 minutes. Equal to best Scotch marmalade.