

Scientific and Useful.

POTATO PUDDING.—One pound potatoes boiled and well mashed, one-quarter pound of butter stirred in while warm, two ounces of sugar, the rind of half a lemon chopped fine with the juice, a teaspoonful of milk; butter the tin, put in the mixture, and bake in a moderate oven for half an hour; two eggs may be added.

DESSERT.—An inexpensive and good dessert is made of one quart of sweet milk, two-thirds of a cup of uncooked rice, and a little salt. Put this in tea or coffee cups, set them in the steamer over a kettle of boiling water. Let it cook until the rice is almost like jelly. When cold turn it out of the cup. Serve with sugar and cream or with pudding sauce.

WHITE JELLY.—Buy Swinborne's isinglass gelatin. Soak half of a three-pint packet with two pints of new milk for twenty minutes or so; then simmer up in it for a minute a couple of laurel leaves, or a little lemon rind, also lump sugar to taste, adding a drop or two of an essence whose flavour you desire. Take off the fire and stir till well dissolved, then pour into your mould through muslin. Serve when cold with chocolate creams round.

FISH FOR SUPPER.—When one has fish left from dinner it can be prepared in an appetizing way, and it is a matter of economy to do this. Take out all the bones and cut the fish in very small bits; add a third as much mashed potato as you have fish, or even a little less will do. Moisten it with some melted butter. If you choose to add some sprigs of parsley, do so. Make in fat cakes and fry till brown in a little butter, or make some light crust, line small tins with it and fill them with the hot mixture of fish and potato. Bake till the crust is done.

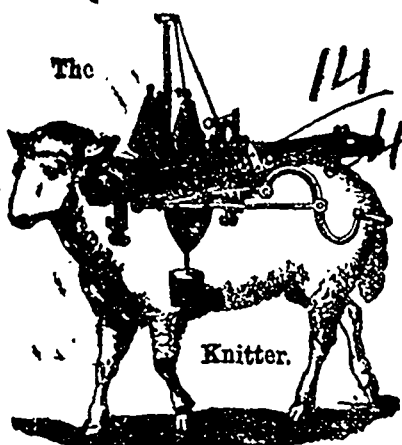
PUT YOUR SHOULDERS BACK.—Much of the proverbial slenderness and physical frailty of our girls as compared with those of other countries, has been charged to intellectual habits and overwork in study. It is unquestionably true that they need out-door life, and more education in development. Many American girls, through inattention to the way of carrying themselves, unconsciously contract the habit of bringing the shoulders forward, and stooping. This position not only detracts greatly from their appearance, but it is also very pernicious in point of health.

EGGS FOR BREAKFAST.—An appetizing way to serve eggs for breakfast is to scallop them. Boil them hard, chop them not too fine. Line a pudding dish with a layer of bread crumbs, then a layer of cold boiled ham, or bits of fried ham chopped fine, then a layer of eggs, and so on until the dish is full. Moisten with cream and a little butter, season with pepper and salt, set in a hot oven for ten minutes or longer. When thoroughly heated take out and send to the table in the dish, or on slices of buttered toast. Pour a little boiling water over the toast after it is buttered.

BROWN STEW.—Take three pounds of good round of beef, cut in small squares, brown them in a stew-pan in two tablespoonfuls of butter; add two tablespoonfuls of flour, sifting it gradually in and stirring till the flour is brown; cut a carrot small, peel half a dozen small onions, and put with the beef; season with a half dozen cloves, as many allspice, half a teaspoonful of black pepper, a pinch of cayenne, a tablespoonful of mixed herbs, thyme, sage, and marjoram; cover with boiling water and let it simmer steadily for three hours; just before serving, a gill of tomato catsup can be added.

WEAR FLANNELS.—The value of flannel next to the skin cannot be overrated. It is invaluable to persons of both sexes and all ages, in all countries, in all climates, at every season of the year, for the sick and well; in brief, I cannot conceive of any circumstances in which flannel next to the skin is not a comfort and a source of health. In the British army and navy they make the wearing of flannel a point of discipline. Even during the hot season the ship doctor makes a daily examination of the men at unexpected hours, to make sure they have not left off their flannels.

MAKING COFFEE.—A cook who has had a wide experience, and who ignores "improved" and "patent" coffee-pots, gives the following recipe: Grind moderately fine a large cup or small bowl of coffee, break into it one egg with shell, mix well, adding enough cold water to wet the grounds; upon this pour one pint of boiling water, let it boil slowly for ten or fifteen minutes, according to the variety of coffee used, and the fineness to which it is ground. Let it stand three minutes to settle, then pour through a wire sieve into a warm coffee-pot; this will be enough for four persons.



Lamb Knitting Machine,

For Family or Manufacturers' use. KNITS SOCK OR STOCKING complete from top to toe without seam, with regular hand-made heel. Also knits CARDIGAN JACKETS, SCARFS, CLOVES, NUBIAS, &c. Sets up its own work, narrows and widens the same, and is the most complete and perfect Knitting Machine made.

J. M. STATTEN Church Street, Toronto, Sole Agent for the Dominion.

WEST END HARDWARE HOUSE,

313 Queen Street West, Toronto.

JOHN L. BIRD,

Builders' and General Hardware, Paints, Oil, Colours, Varnishes, &c. House Furnishings, Plated Ware, Cutlery, Woodware.

EVERYTHING IN THE LINE.

Call and see him.

Choice Farms for Sale.

The undersigned have for sale a large number of improved farms in Ontario on very easy terms. Also several thousand acres of farm lands in Manitoba, near Winnipeg, and Portage la Prairie, from three dollars to fifteen dollars per acre. List of lands will be furnished on application.

BANKS BROTHERS, 60 Church Street, Toronto.

T. C. L. ARMSTRONG, M.A., LL.B.,

BARRISTER, &c. OFFICES, 50 CHURCH STREET, MONEY TO LOAN.



WILL CERTAINLY CURE

Coughs, Colds, Hoarseness, Sore Throat, Bronchitis, Influenza, Asthma, Whooping Cough, Croup, and every Affection of the Throat, Lungs and Chest, including Consumption. Sold by all Druggists.

A. W. HARRISON,

Financial and Real Estate Agent, 30 Adelaide St. East, TORONTO.

Money to Lend at lowest rates of interest. Mortgages bought.

Farms Bought, Sold, Rented or exchanged. Charges Moderate.

I have a large quantity of MANITOBA and UNITED STATES LANDS for sale. As investments or speculations these are worth looking at.

A. W. HARRISON,

30 Adelaide St. East, TORONTO ONT.

J. F. MUIR & CO.,

Manufacturers of

HATS, CAPS,

and

FURS,

51 King St. West, Marshall's Building,

TORONTO.



Cures Dyspepsia, Nervous Affections, General Debility, Fever and Ague, Paralysis, Chronic Diarrhoea, Boils, Dropsy, Humors, Female Complaints, Liver Complaint, Remittent Fever, and all diseases originating in a bad State of the Blood, or accompanied by Debility or a low State of the System.

BOOKS,

PAMPHLETS,

CATALOGUES,

And every description of

PRINTING

Promptly executed at fair prices.

Eight Modern Steam Presses

and a full supply of

NEW TYPE

Orders from a distance will have careful attention; and estimates furnished on application.

C. BLACKETT ROBINSON, 5 Jordan Street, Toronto.

PRESBYTERIAN

Normal Class Teacher,

OR A

PREPARATORY COURSE OF STUDY,

Designed to help the present and future Christian worker in the Church to a deeper grasp of the Word of God, and to aid in preparing them for the important office of Sabbath School Teachers.

BY REV. JOHN McEVEN.

Every Sabbath School Teacher, as well as every intending teacher, should have a copy of this work.

Price 30 cents; in cloth, 50 cents. Mailed to any address free of postage.

C. BLACKETT ROBINSON, 5 Jordan St., Toronto.

JUST PUBLISHED.

Price 10 Cents

DOCTRINES OF THE

PLYMOUTH BROTHERN.

By Rev. Professor Crookery, M.A., Magee College, Londonderry.

A comprehensive and very complete exposition in short space of the Errors of Plymouthism.

Mailed to any address, postage prepaid, on receipt of price.

Wherever Plymouthism is trying to get a foothold within the bounds of Presbyterian congregations, parties would do well to circulate copies of this pamphlet.

In quantities, \$5 per 100.

C. BLACKETT ROBINSON, 5 Jordan Street Toronto.

RECENT PAMPHLETS.

"The Rule of Faith and Private Judgment."

A Lecture delivered at the close of the session of Knox College on 7th April, 1880, by the Rev. Prof. McLaren. 24 pages. Price 10 cents.

"Professor McLaren has done well to attend to the wishes of his friends by giving to the public in a neat and permanent form his exceedingly able lecture. We hope that in this form the lecture will receive, as it certainly deserves, a very wide circulation."—Canada Presbyterian.

"Hindrances and Helps to the Spread of Presbyterianism."

By Rev. D. H. Macfarlan, LL.D. Price 10 cents of 25 per 100.

"It should be read by every Presbyterian in the land."—Bowmanville Statesman.

"Worth a score of pastoral letters."—Rev. David Wishart.

"Doctrines of the Plymouth Brethren."

By Rev. Prof. Crookery, M.A., Magee College, Londonderry. Price 10 cents.

"A comprehensive and very complete exposition in short space of the errors of Plymouthism."—Canada Presbyterian.

"The Perpetuity of the Reign of Christ."

The last sermon preached by the late Rev. Alex. Topp, D.D. Price 10 cents.

"The Catholicity of the Presbyterian Church."

By Rev. Prof. Campbell, M.A. Price 10 cents. "Contains passages of great eloquence, and proves its author to be a master in Ecclesiastical History."—Canada Presbyterian.

"The Inspiration of Scripture."

Lecture by Rev. Prof. McLaren. Price 10 cents. "The more extended circulation which will thus be given to it is not greater than it deserves."—Canada Presbyterian.

Mailed to any address post free, on receipt of price.

C. BLACKETT ROBINSON, 5 Jordan Street, Toronto. Publisher.

THE CATHOLICITY

OF THE

Presbyterian Church,

By Rev. Professor Campbell, M.A., Presbyterian College, Montreal.

It is well reasoned throughout, contains passages of great eloquence, and proves its author to be a master in Ecclesiastical History. It is in the form of a neat little Pamphlet of thirty-two pages, being the first of a series of "Tracts on Presbyterian Topics" which the Publisher intends giving to the world; and we must say that he has made a good beginning.—CANADA PRESBYTERIAN.

Price 10 cents, or \$1 per dozen. Mailed to any address, postage prepaid on receipt of price.

C. BLACKETT ROBINSON, 5 Jordan Street, Toronto. Publisher.

WHAT'S WANTED!

S. S. PAPERS.

S. S. PAPERS.

S. S. PAPERS.

S. S. PAPERS.

S. S. PAPERS.

S. S. PAPERS.

Just what is required in Canadian Sunday Schools. Three different papers. Pronounced by the Press to be superior to anything published in the Dominion.

Golden Hours and Early Dawn, brightly illustrated, under nominal paper, are suited to any School; while the Sabbath School Presbyterian, as its name indicates, is adapted to Presbyterian Schools.

It is claimed for the above publications that they are as cheap as imported papers of the same class, and altogether better suited to young Canadian readers.

SPECIMEN COPIES forwarded to any address free of charge on application.

C. BLACKETT ROBINSON, 5 Jordan Street, Toronto. Publisher.

PERUVIAN SYRUP has cured thousands who were suffering from Dyspepsia, Debility, Liver Complaint, Bilious Humors, Female Complaints, etc. Pamphlet free to any address. Beth W. Fowle & Son, Boston. Sold by dealers generally.