House and Household.

HOUSEHOLD HINTS.

Perspiration stains may be removed from the sleeves of white woollen or silk dresses by sponging with warm water into which ammonia has been poured and then with clean water. Press the place before it becomes quite dry.

resting against blotting-paper over the little nutmeg and cinnamon, the whites spot and press a moderately warm flat-iron over it. Repeat the operation until the grease is out.

Tincture of iron is one of the most indispensable of remedies, and is always kept at hand in the well-regulated household. It will drive away an incipient eruption, it will do the same thing for a ringworm, and it is one of the best cures for that distressing ailment—a soft corn. For this it must be used in moderation, or the remedy will serve to aggravate the disea c.

To remove ink stains put lemon juice and salt on the stain and lay in the sun, and sair on the state and sair applying more of the juice and salt as it Bake in mustin pans. dries, until the ink is removed. Or soak in buttermilk or sour milk as soon as possible, which will remove it, but not as readily as the lemon juice and salt

Linen and denim, whether embroidered in white or colors, do not need any starch. They should be ironed when damp, and will then be sufficiently stiff. Wash them in lukewarm suds-never letting the water be really hot-and hang them where they will dry quickly, but not directly in the sun. In this way the color of the stuff and the material used in making will be preserved. Embroideries should always be ironed on the

FASHION AND FANCY.

All waterproof garments have the disadvantage of keeping the moisture in as well as out, and when we remember that the insensible perspiration of the skin amounts to about two pounds per day we can see how rapid must be the accumulation of this moisture when its escape is prevented. If brisk exercise is taken under a waterproof garment the perspiration is increased and the drenching from the inside is often greater than it should have been from the outside moisture.

Even the best ventilated waterproof garments do not obviate this difficulty. If you are obliged to stand or sit out wisely protect yourself by wearing your waterproof. If you are walking, and the use of an umbrella, wear a waterprof, good, large umbrella to keep you dry.

such pretty colors and fashions that many ladies wear them when there is only a hint of rain in the air. In these cases, the "ounce of prevention" is the prelude to the "pound of cure."

kind of woolen goods so woven as to be reasons, preferable.

oly this summer trimmed with yellow Valenciennes lace.

the trimming. The skirt has the ripple effect, and is made over white taffeta, or, if expense must be considered, white moire percaline. It is trimmed with three clusters of Valenciennes frills arranged a few inches apart. Two ruffles of the organdie give to the bodice a yoke effect. These ruffles are edged with Valenciennes lace, and the turn-down collar is also lace-trimmed.

ALL ABOUT BERRIES.

BLACKBERRY SHERBET.

Take three quarts of blackberries, one quart of water, one pint of sugar, and juice of four lemons. Mush fruit and sugar together and let it stand for an hour; then add the water and place on the fire; cook for twenty minutes; remove from the fire; add the lemonjuice. strain, and when cold freeze like ice

BAKED BLACKBERRY PUDDING.

Take one tablespoonful of butter and half a cup of sugar, and stir to a cream; and a half cups of flour, into which two has been sifted; add the beaten whites berries; pour into a buttered pudding dish and bake in a moderate oven threequarters of an hour, and serve with a hot

STEAMED ROLY-POLY PUDDING. Take one pint of flour, one teaspoonful of sugar, one and one-half teaspoonness. Spread berries over the dough, board. leaving a space about an inch at the ends together and lay on a buttered pan Place in a steamer over a kettle of boiling water. Steam two hours. Serve the surgeon in the jolly boat.

with a sauce. Perhaps some would prefer a baked and bake half an hour.

BLACKBERRY JELLY. Take one quart of berry juice and add to it a half box of gelatine; soak half an

CREAT BATTLES are contin-ually going on in the human system. Hood's Sarsaparilla drives out disease and Restores Health.

hour: then add one cup of sugar and stir over the fire until the gelatine is dissolved, which will take but a few moments. Strain into a mould and set away to harden. Serve with whipped cream,

BLUEBERRY CAKE.

Stir one-half cup of butter and one cup A simple way to remove grease-spots from wall-paper, caused by the head resting against the wall, is to hold a resting against the head resting against the wall, is to hold a little nutrue and one-half cups of flour, a little nutrue and one cup hot water, and last stir in one pint of ripe bluberries thickly dredged with flour; use a wooden spoon so as not to break them. Bake in a loaf or card in a

Beat one egg, add to it two tablespoonfuls of sugar; butter the size of an egg, melt and add; then add one cup of milk and one and one-half cups of flour and one and one-half teaspoonfuls of baking powder; add as many berries as you like.

BLUEBERRY PANCAKES.

Blueberry pancaker are excellent. Make a thick batter and stir in as many berries as you wish. To be eaten with powdered sugar.

SPICED GOOSEBERRIES.

For spiced gooseberries use seven pounds of berries to one pint of vinegar, and three and a-half pounds of sugar, two ounces of stick cinnamon, and one ounce of whole cloves. Place in a preservingkettle over a slow fire, and cook from an hour to an hour and a-half.

GOOSEBERRY PUDDING

For gooseberry pudding use one pint wrong side and ironed until perfectly of ripe gooseberries, six slices of stale bread, one cupful of milk, half a cupful of sugar, one tablespoonful of butter, melted. Stew the gooseberries slowly ten minutes, cut the slices of bread to fit the dish, and toast a light brown; dip each piece while hot in milk and spread with the melted butter. Cover the bottom of the dish with the toast, next put on the berries, arranging thus the quantity desired; bake in a hot oven.

THE PROPER WAY TO SIT.

A proper sitting position requires that the spine shall be kept straight, and that the support needed for the upper part of the body shall be felt in the right place, says Caroline Le Row in the Ladies Home Journal. Therefore, sit as far back as possible in the chair, so that the of doors in a heavy rain, then you may lower end of the spine shall be braced wisely protect yourself by wearing your against the back of the seat. If this back is straight the shoulders will also wind is too obstreperous to admit of the rest against it; if not, they will have no point of support, and it will be found that and make the best of it; but in general they do not need it. This position put on a woollen wrap, and trust to a makes no strain upon the ligaments of waterproof wraps are now made in the spine. It allows a proper position of the spine. It allows a proper position of the shoulders, consequently of the chest, consequently of the lungs, stomach, and every other organ of the body. Their nly a hint of rain in the air. In these fortably, as is also the circulation of the Waterproof lined with woollen, and a nd of woolen goods so woven as to be nearly waterproof, are, for obvious hands resting easily upon the lap, percasons, preferable.

Gowns of plain white organdie are feet equilibrium, and consequently perfect rest to the body, is secured. There is no strain upon any part of the body; assault was made. Most of his militia no muscle or organ required to do more he scattered around the top of the hill A fetching French frock designed for than its legitimate amount of work. The a garden party is of white organdie, arms should never be folded; for this with narrow frills of Valenciennes lace as position not only causes a strain upon the spine, and all the other evils already referred to, but, in addition, places the weight of the arms upon the stomach and the diaphragm, thereby increasing the labor of digestion and respiration. Placing the hands behind the back, or folding the hands behind the back, if possible, is a good attitude to take occasionally, giving, as it does, the fullest expansion to the whole upper part of the

YOUTHS' DEPARTMENT.

AN IRISH SEAMAN'S LUCK. Daniel Bryan was an old seaman and

captain of the foretop, who had been turned over from the Blanche into Sir Sidney Smith's ship Le Tigre. During the siege of Acre this hardy veteran made repeated applications to be employed on shore; but as he was an elderly man and rather deaf, his request was not acceded to. At the first storming of the breach by the French, among the multitude of slain fell one of the generals of add one cup of milk; stir them in two that nation. The Turks in triumph struck off the head of this unfortunate heaping spoonfuls of baking powder officer, and after inhumanly mangling has been sifted; add the beaten whites the prey of the dogs. As it lay thus exof three eggs; finally one quart of the body with their sabres, left it naked to posed, a dreadful memento of the horrors of war, when any sailors who had been on shore returned to their ship, inquiries were constantly made respecting the state of the deceased general. Dan frequently asked his messmates why they had not buried him; but the only refuls of baking powder, one-half teaspoon-ful of salt, and rub through a sieve; yourself." Dan swore he would, observful of salt, and rub through a sieve; yourself." Dan swore he would, observmix thoroughly into this two teaspoonfuls of butter and a small cup prisoner by the French, who always gave of milk. Place on your moulding board | their enemics a decent burial, not like and roll out to about one-half inch thick- those Turks, leaving them to rot above

In the morning, having at length obends, roll up the dough rnd press the tained leave to go and see the town, he dressed himself as though on an excursion of pleasure, and went ashore with

The old man procured a pickaxe, a shovel and a rope, and insisted on being berry roll. Place in a bowl one quart of let down, out of a porthole close to the flour, mix well into it two teaspoonfuls of beach. Some of his more juvenile combutter, one tenspoonful of salt, and two tablespoons of baking powder. Add one and a half cups of milk, roll out to about shot yet; as for me, I am old and deaf one-third inch thickness, spread thickly and my loss would be no great matter." with blackberries, sitt over them some | Persisting in his adventure, in the midst sugar, and roll. Place in a greased pan of the firing Dan was slung and lowered down, with his implements of action on his shoulder. His first difficulty, not a trivial one, was to drive away the dogs. The French now levelled their pieces they were on the instant firing at the hero. It was an exciting moment; but an officer, perceiving the friendly intentions of the sailor, was seen to throw himself across the file. Instantly the din of arms, the thunder of the cannon-

prevailed, and the worthy fellow con-He covered it with mould and stones, town and the hostile firing at once re-commenced. — World of Adventures.

A NATION OF ATHLETES.

Because a boy goes to work is no reason why he should never kick a football, pull a fair target for the backwoodsmen; and, an oar, or run or skate, writes Foster Coates in the Ladies' Home Journal. If all these out-door sports were given up, America would soon become a nation of puny pigmies. Our men would be hollow-eyed, yellow-skinned, and flat-chested instead of rosy-cheeked and robust as they are now. Take plenty of walking exercise. Walk to and from school, to the office or shop, and in the evenings, twice or three times a week, go out to lectures or social gathering, or to see some good dramatic performance. Go to bed early. Do not get into the habit of staying up too late. Arise early and you will find that the hours you give to work or study will be of incalculable benefit to you. When you work, devote every thought to what you have in hand. When you study, fasten your mind upon the subject before you. When you play, let no hought of business or study disturb you.

BATTLE OF KING'S MOUNTAIN.

Two or three days later word was brought to Ferguson that the Backwater men had come over the mountains; that the Indian fighters of the frontier. leaving unguarded their homes on the western waters, had crossed by wooded and precipitous defiles to the help of the beaten men of the plains. Ferguson at once fell back, sending out messengers for help. When he came to King's Mountain—a wooded, hog-back hill on the border line between North and South Carolina—he camped on its top, deeming that there he was safe; for he supposed that before the backwoodsmen could come near enough to attack him, help would reach him. But the backwoods leaders felt as keenly as he the need of histe, and choosing out their picked men-the best warriors of the force and the best mounted and armed—they made a long forced march to assail Ferguson before help could come to him. All night long they rode the dim forest trails and splashed across the fords of the rushing rivers. All the next day—the 6th of October-they rode too, until in midafternoon they came in sight of King's Mountain.

The little armies were about equal in numbers. Ferguson's regulars were armed with the bayonet, and so were some of his Tory militia, whereas the Americans had not a bayonet among them; but they were picked men, confident in their skill with the rifle, and they were so sure of victory that their aim was not only to defeat the British. but to capture their whole force! backwoods colonels, counselling together as they rode at the head of the column, decided to surround the mountain and assail it on all sides. Accordingly, the bands of frontiersmen split one from the other and soon encircled the craggy hill where Ferguson's forces were encamped. They left their horses in the rear and immediately began the battle, swarming forward on foot, their commanders leading the attack.

The march had been so quick and the attack so sudden that Ferguson barely had time to marshal his men before the to fire down at the Americans as they came up; while, drawing up his regulars and a few picked militia, he charged in person, with the bayonet, first down one side of the mountain and then down the other. Sevier, Shelby, Campbell and the other colonels of the frontiersmen led each his force of riflemen straight toward the summit. Each body in turn, when charged by the regulars, was forced to give way, for they had no bayonets where-

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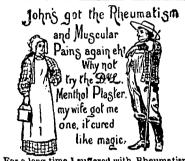
St. Catherine Street.

ade died away; a dead, solemn silence with to meet their foes, but the backwoodsmen retreated only so long as the signed the corpse to its parent earth. charge lasted, and the minute it stopped they stopped too, and came back ever placing a large stone at its head and closer to the ridge, and ever with a deadanother at its feet. He was then, with lier fire. Ferguson, blowing a silver his pickaxe and shovel, hoisted into the whistle as a signal to his men, led these charges, sword in hand, on horseback At last, just as he was once again rallying his men, the riflemen of Sevier and Shelby crowned the top of the ridge. The gallant British commander became as for the last time he led his men against them, seven bullets entered his body and he fell dead. With his fall resistance ceased. The regulars and the Tories huddled together in a confused mass, while the exultant Americans rused forward. A flag of truce was hoisted, and all the British who were not dead surrendered .- "Hero ales from American History," by Theodore Loosevelt, in July St. Nicholas.

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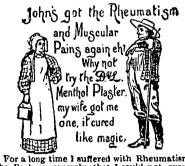
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