

Can't Sleep!

Sleeplessness and fearful dreams are the earliest and surest signs of brain exhaustion. In healthy sleep brain force is being stored up to meet the next day's demands. But nowadays the nervous system has been so overtasked that it is unable to control the mind, and at night the worries, troubles, and work are as present as during the day. Hence the brain has no time to recuperate its energies. The proper medical remedies are sedatives, nerve tonics, laxatives, and regulators of the general functions. The effect is obtained. It also contains, in the materia medica for constipation, a brief description of the medicine which tossed in sleeplessness from night to night to awake more tired than ever. People will find vigor and perfect health in the great nerve tonic, **PAINE'S CEREAL COMPOUND**. Price \$1.00. Sold by

WELLS, RICHARDSON & CO., Proprietors,
MONTREAL, P.Q.

DOMESTIC READING.

Ignorance is the mother of all evils. A good character shines by its own light. There is no worse thief than a bad book. Love dies of disgust and is buried by oblivion. A grand safeguard for doing right is to hate all that is wrong. Ill fortune never crushed the man whom good fortune deceived not. Favors of every kind are doubled when they are speedily conferred. True merit is like a river—the deeper it is the less noise it makes. Give what you have. To some one it may be better than you dare to think.—Long-fellow.

Reputation is what men and women think of us; character is what God and the angels know of us.

There are truths which some men despise because they have not examined them, and which they will not examine because they dislike them.

How easy is the thought, in certain moods, of the loveliest, most unselfish devotion. How hard is the doing of the thought in the face of a thousand unlovely difficulties.

If people would fly from moral wrong, sin or evil, as they do from yellow fever, cholera, diphtheria or other such diseases, how salutary and happy would they not be.

THE STANDARD OF LOVELINESS.

SOMETHING ABOUT THE BELLES OF DIFFERENT RACES.

Various, says the London Standard, are the opinions held by a wide diversity of races regarding their beauties, though it is often difficult for people bred under another sky to share their enthusiasm. The Circassian women, who have a sort of conventional reputation for loveliness, are affirmed by those who know them best to be far from worthy of their celebrity. Short legs, glaring red hair, faces so long and narrow that their heads seem to have been squeezed between two boards and flattened, noses out of proportion to the rest of their features, and complexion of a dull lead-like hue, scarcely constitute beauty according to our standard. The Moors and the Tunisian Jews regard corpulence as absolutely essential to beauty, and the inmates of rich men's harems are stuffed with nutritious food, like Strasbourg geese for the market. The Chinese poets sing of deformed feet as "golden lilies," and the rooking of their women in attempting to walk as the "waving of a willow." Other races have equally odd ideas of what they constitute loveliness, for they "improve" their persons by flattening their foreheads, tattooing their skins, cutting off their fingers, filing their teeth or dyeing them black, blue or tartan, painting their bodies, plucking their ears, or pressing their lips, chins or ears, and in a dozen other ways, trying to enhance the poor practice work of nature. A Felahah lady dyes her hands and feet with hennah, stains her teeth alternately blue, yellow and purple, one here and there being left its natural color, pencils her eyelids with sulphur of antimony and dyes her locks with indigo. The Haydan woman inserts a plug of wood or ivory through her lower lip until it presents the hideous appearance of a fleshy shelf over her chin. A Chinese or a Siamese lady cultivates long nails. A Hottentot belle cannot get her nose flat enough, or a Persian beauty hers high enough. On the northwest coast of America no approach is more bitter than for one Indian girl to tell another that "Your mother was too lazy to flatten your head." Tattooing is almost universal among half-civilized or savage races; in New Zealand and the Maori women, before they began to imitate European prejudices, even tattooed their lips, lest they should have the reproach of being red. Some races slit their ears until they hang in loops on their shoulders. Others insert huge rings and other ornaments through the cartilage of their noses. The Louisiana Islanders regard the lid of a sardine box as a particularly neat piece of jewelry; and even European women have not yet ceased to suspend bits of stone and metals through the lobes of their ears. There is, in truth, no possibility of arriving at any standard of beauty.

WRINKLES OF FASHION.

For fancy table brass and onyx in plain designs are in fashion. Flower vases in cut glass of the finest crystal are growing in favor. A massive baccarat inkstand with gold top is the latest desk ornament. A useful picnic set containing articles of tableware is made up of hard skin. Sifted antique brocade are used in combination and also for entire dresses. Among the recently imported novelties in jewelry is a tiny gold watch in fan shape. A new portfolio is covered with lizard skin and lined with pink damask silk. The latest table lamps are of oxidized silver in antique design, and of gold and silver combined. A servicable hand-glass with bronze frame of rustic work, is ornamented with hand painted field flowers. Ladies' mantles are to be of such immense length and enveloping powers that the figure will be practically lost. Coat sleeves are still favored for thick fabric, but they are fuller at the top than formerly, and have elaborate cuffs. For decorating Worcester ware, hand-painted floral designs seem to be selected in preference to landscape scenes. Persian designs are conspicuous in many of the new woollens, appearing as borders, and also small set patterns over the entire fabric.

SMART WEED AND BELLADONNA, combined with the other ingredients used in the best porous plaster, make Carter's S. W. & B. Backache Plaster the best in the market. Price 25 cents.

LOOK AT YOUR GIRL'S LIPS.

LIPS TELL MANY STORIES ABOUT THEIR OWNERS.

Her lips were so near that what else could it do? You'll be angry, I fear, but her lips were so near that I could make it clear or explain it to you. But her lips were so near that what else could it do?

"I judge a man by his eyes, but a woman always by her lips," said Benjamin Franklin, than whom no man ever read people more correctly. Queen Elizabeth once refused to engage a waiting woman who came with every possible recommendation, because, she said, "the woman is a tale bearer. See you not the downward dip of the lips? I will none of her."

Abdallah, the Sheikh of the Persians, who was noted for his wisdom in many things, once gave some advice to his courtiers about choosing a wife. "Let her be a woman whose eyes turn away when you speak to her, and whose nose has no tendency upward, for the first is an owner of deceit, the second of a bad temper; but above all look you to her lips. Choose no woman whose lips droop at the corners for your life will be a perpetual mourning time, nor yet should they curve too much upward, for that denotes frivolity. Beware of the under lip that rolls outward, for that woman hath more desire than conscience. Select for a wife one whose lips are straight—not this, for then she is a shrew, but with just the fullness necessary to perfect symmetry."

I have read a number of these wise sayings regarding the lips of women, and unconsciously I have been myself studying the lips of women I know to see if these things were true, and the result of my study has shown that the mouth has more to do with making or marring the beauty of a face than any other feature, and the wonderful part of it is that it is not the pretty mouth that make the pretty faces, nor vice versa; everything depends on the expression. There is Mrs. Alice J. Shaw, the whistler; she has a mouth "like a flower unblown," straight and sweet, curving upward a very little at the corners, full in the center, red as a rose, and altogether lovely. And when she has those lips all puckered all ready to whistle, oh! yum, yum, it is any wonder that every masculine heart in the audience goes pit a pat.

The great demand for a pleasant, safe and reliable antidote for all affections of the throat and lungs is fully met with in Bickel's Anti-Consumptive Syrup. It is a purely Vegetable Compound, and acts promptly and magically in subduing all coughs, colds, bronchitis, inflammation of the lungs, etc. It is so palatable that a child will not refuse it, and is put at a price that will not exclude the poor from its benefits.

We often talk God that we are sinners, miserable and helpless, but can we bear to be told by others? Are we willing, from any source, to know our sins that we may forsake them?—T. Adams.

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What will the country be? When the ladies vote? Still the land of the living, When the ladies vote? Will they govern every town, Will they crush the poor man down, Sage, philosopher and clown, When the ladies vote? Will they stand up in the cars, When the ladies vote? Will they close up all the bars, When the ladies vote? Will they wait and watch at night, For a husband when he's tight? Not by a something sight, When the ladies vote. Will conductors pull their bells, When the ladies vote, While the fair exchange farewells, When the ladies vote? Will they start their cars and go, As they do just now, you know? No, they will not dare do so, When the ladies vote. Oh! then men won't be so mean, When the ladies vote, And go out the acts between, When the ladies vote, Nor the funny writers say, What they've said for many a day, Of the high hats at the play, When the ladies vote. Oh! we'll all see better days, When the ladies vote; We will walk in wisdom's ways, When the ladies vote, All the kinds of trade will hum, And the happy times will come— The grand millennium, When the ladies vote.

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AVORY BREAKFAST CAKES.

POTATO CAKES.

Put two pounds of boiled potatoes into a basin—any remaining from the previous day will answer the purpose quite as well as fresh cooked ones—and beat them to a perfectly smooth mass; add two ounces of warmed butter, a tea-spoonful of salt, a good seasoning of pepper, two table-spoonfuls of finely chopped onion, one of minced parsley and two well-beaten eggs. Mix the ingredients thoroughly and form the preparation into small round cakes, about three-quarters of an inch thick. Brush these lightly over with beaten egg, sprinkle them thickly with finely grated cheese, and fry in plenty of boiling fat until sufficiently browned. Drain carefully from the fat and serve crisp and dry, tastefully arranged on a napkin.

SAVORY RICE CAKES.

Build a breakfast cupful of the flaccid rice in plenty of milk or white stock. When the liquid is absorbed and the rice swollen out to the full, turn it out into a basin and add to it an ounce of butter, two well beaten eggs, one table-spoonful of finely minced onion, and two table-spoonfuls of grated cheese—a piece which has become too hard and dry for serving plain will do very nicely for this purpose. Mix these well, and season rather highly with salt and pepper, then allow the mixture to get quite cold, thus far the dish can be prepared the previous night. Cut the rice next morning into small square cakes about three inches each way and three-quarters of an inch in thickness. Egg and bread crumbs them in the usual manner, fry them in boiling fat, drain carefully and serve very hot.

FRIED BREAD CAKES.

These are extremely simple, yet those who have never tried them have no idea how exceedingly nice they are, and certainly they form a dainty within the reach of most of us. Cut slices of bread, half an inch thick, from a stale loaf; soak these for half an hour in milk, then sprinkle them thickly with a mixture of minced onion, herb powder, pepper, salt and chopped parsley. Press this firmly into cakes, on both sides, and dry them in boiling fat. Serve them as hot as possible, on a hot dish covered with a napkin, and garnished with parsley. If the bread can conveniently be soaked in good white soup stock, it renders the cakes all the more dainty.

GERMAN MEAT CAKES.

Mix together six ounces of lean, finely chopped beef or mutton, four ounces of bacon, either fried or boiled, four large table-spoonfuls of bread crumbs soaked in milk or stock and squeezed dry, a table-spoonful of finely-minced celery, the same of chopped onion, and salt and pepper to taste. When the ingredients are thoroughly incorporated, form the mixture into a paste with two well beaten eggs; divide this into small portions, make up into cakes, and fry in the usual manner. If liked, a small proportion of well boiled, finely chopped cabbage may be added to the above ingredients. When done enough, drain well, and serve each cake upon a piece of hot fried bread of corresponding size and shape. These make a very pretty dish, with sprigs of parsley inserted here and there.

SAUSAGE MEAT CAKES.

Take a pound of lean pork and half a pound of fat pork, or bacon; chop the meat small, then put it into a mortar and pound it to a paste, adding meantime a pleasant seasoning of powdered sage, parboiled onion finely minced, salt and pepper. Add to the above four ounces of bread crumbs, and moisten the whole with beaten egg. Form the preparation into two large or several small cakes; coat these with egg and bread crumbs, fry a lovely brown and serve hot. If more convenient, cooked meat may be employed in the making of these cakes, and sometimes sour apples, finely chopped, are added to the other ingredients. When cooked meat is used of course the cakes do not require such a long time for frying. If baking is considered any easier than frying, sausage-meat cakes can be cooked quite as daintily in a brisk oven; indeed this method is often preferred, especially when raw meat is used, as it cooks more slowly and thoroughly.

PLAIN SAVORY PANCAKES.

Put six table-spoonfuls of flour into a basin with a tea-spoonful of salt; form this into a batter of the proper consistency—a little thicker than really good cream—with three large fresh eggs, well beaten, and a little milk. Beat the mixture briskly with a wooden spoon until every tiny knot is broken up; then stir in a table-spoonful of minced onion, a tea-spoonful of herb powder and a good dust of pepper. Let the batter stand a few hours—over night, weather permitting—then fry a small tea-cupful at a time, in boiling lard. As the pancakes are finished, roll them up bolster fashion, sprinkle pepper and salt over, and serve as quickly after being cooked as possible.

TOMATO PANCAKES.

Make a batter same as directed above and stir into it, instead of the onion, etc., four ripe tomatoes skinned and beaten to a pulp. Fry and serve in the usual manner; or, if preferred, the pancakes may be fried as in the first recipe, with the onion and the herbs, then when nicely set and turned, a spoonful or two of hot stewed tomatoes may be laid lightly in the center of each pancake; the edges must then be turned over and the whole nicely browned.

STUFFED TOMATO PANCAKES.

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PLAIN SAVORY PANCAKES.

Put six table-spoonfuls of flour into a basin with a tea-spoonful of salt; form this into a batter of the proper consistency—a little thicker than really good cream—with three large fresh eggs, well beaten, and a little milk. Beat the mixture briskly with a wooden spoon until every tiny knot is broken up; then stir in a table-spoonful of minced onion, a tea-spoonful of herb powder and a good dust of pepper. Let the batter stand a few hours—over night, weather permitting—then fry a small tea-cupful at a time, in boiling lard. As the pancakes are finished, roll them up bolster fashion, sprinkle pepper and salt over, and serve as quickly after being cooked as possible.

TOMATO PANCAKES.

Make a batter same as directed above and stir into it, instead of the onion, etc., four ripe tomatoes skinned and beaten to a pulp. Fry and serve in the usual manner; or, if preferred, the pancakes may be fried as in the first recipe, with the onion and the herbs, then when nicely set and turned, a spoonful or two of hot stewed tomatoes may be laid lightly in the center of each pancake; the edges must then be turned over and the whole nicely browned.

WHEN THE LADIES VOTE.

What will the country be? When the ladies vote? Still the land of the living, When the ladies vote? Will they govern every town, Will they crush the poor man down, Sage, philosopher and clown, When the ladies vote? Will they stand up in the cars, When the ladies vote? Will they close up all the bars, When the ladies vote? Will they wait and watch at night, For a husband when he's tight? Not by a something sight, When the ladies vote. Will conductors pull their bells, When the ladies vote, While the fair exchange farewells, When the ladies vote? Will they start their cars and go, As they do just now, you know? No, they will not dare do so, When the ladies vote. Oh! then men won't be so mean, When the ladies vote, And go out the acts between, When the ladies vote, Nor the funny writers say, What they've said for many a day, Of the high hats at the play, When the ladies vote. Oh! we'll all see better days, When the ladies vote; We will walk in wisdom's ways, When