

**Dinner.** Beef prepared as follows: A piece of beef weighing about three pounds, such as would be purchased for salting, placed in a pan with half-a-pint of water, sprinkle it over with a little salt, pepper, or summer savoury if that is liked, or use celery for flavouring, then place it in steamer and cook three hours, or until tender. Remove the meat from the pan, place on platter and keep warm; put pan with broth on top of stove and thicken this broth when boiling with a little flour or corn starch; add seasoning if necessary and a small piece of butter. For vegetables—Mashed potato and squash, turnip or corn, according to season. Dessert: Small white rolls, cut round, warmed and buttered, placed in cake basket, hot roasted tart apples in glass dish, served with cream.

**Supper.**—Graham bread toasted, French tea rolls, rice steamed in milk, baked sweet apples, or fresh berries with cream, baker's graham crackers.

**Wednesday breakfast.**—Corn cake, cream toast, graham bread, cheese, apple sauce, milk, graham mush.

**Dinner.** Beef left day before sliced cold, hot tomato, fresh or canned, mashed potatoes, one other vegetable. Dessert: Rice pudding—one-half cup rice, one half cup raisins, one quart of milk, a little salt; stir two or three times while rice is being swelled, then bake slowly. To be eaten with butter, whipped cream or plain.

**Supper.** White bread, graham rolls, granulated barley (as prepared by the Health Food Company) steamed in milk and moulded in cups, baked apples, berries or stewed fruit, egg crackers.

**Thursday breakfast.** Graham gums, poached eggs, apple sauce, oatmeal, milk.

**Dinner.**—Corn chowder made like fish chowder, using corn only in place of fish, if in season of corn; if not, salt fish soaked in water, brought just to the boiling point, set on back of the stove ten minutes, then remove, flake the fish and put back in spider, adding a pint or more of milk; thicken with flour made smooth in a little cold milk; add pepper. Baked potatoes, sweet or Irish, pea soup. Dessert: Tapioca, steamed in milk, four even tablespoonsfuls to a quart, add little salt; serve with sweet apples and cream.

**Supper.**—Wheat gems warmed (an extra dozen being cooked at breakfast) white bread, butter toast, canned fruit, oatmeal crackers.

**Friday breakfast.**—Corn cake, graham bread, omelette, apple sauce, milk.

**Dinner.**—Fresh fish baked in milk, potatoes, one other vegetable. Dessert: Rice steamed in milk, apple souffle made of sweet or sour apple stewed, strained through a colander and then put in glass dish and frosted with whipped cream or beaten whites of two eggs.

**Supper.**—White bread crumbs heated up in milk brought to boiling, eaten warm with butter; graham rolls, canned fruit, baker's buns, milk.

It will be seen at once that no sugar is used in the food here recommended, except the little necessary in some varieties of canned fruit, and what may be in the baker's buns, no eggs being used in puddings or cake, they can be had for breakfasts. The money expended in most families for tea, coffee, sugar and extracts will more than purchase the raisins, currants, dates, etc., which are much more healthful and nutritious. The graham flour used should be of the entire wheat, either purchased whole or ground for the consumer or else purchased of reliable parties, as much of that sold as graham is cheap flour mixed with bran. No sweetening should be used in the bread.—*Good Cheer.*

One of the best evidences of the hard times is the fact that a footpad tried to rob an editor the other day.

#### UNCLE GABE ON CHURCH MATTERS.

Old Satan lubs to come out to de meetins now a days, An' keeps his bizzness runnin in de slickes kind o ways. He struttifies a feller how to sling a fancy cane. When he's breshin' roun' de yaller gals wid all his might and main.

He puts de fines' teches on a nigger's red cravat, Or shoves a pewter quarter in de circulatin' hat. He hangs aroun' de sisters too, an' greets em wid a smile, An' shows 'em how de white folks put on lots o' Sunday style;

He tells de congregation, in a whisper sweet as honey, To lab de benches painted wid de missionary money, Or to send de gospel 'way out whar de necked Injuns stay, And meet de bill by cuttin' down de parson's 'eerly pay. His voice is loud an' strong enough to make de bushes ring,

An' he sets up in de choir jis' to show 'em how to sing. Den he drops de chune 'way down so low, an' totes it up so high,

Dat 'twould poster all de angel's what's a-listenin' in de sky;

An' he makes de old time music sound so frolicsome an' gay,

Dat 'twill hardly git beyon' de roof—much less de milky way,

For dar's heap o' dese now-fashion songs jes' sing 'em how you please—

Dat 'ill fly orf wid de harrykin, or lodge emungst de trees,

Or git drowned in de thunder-cloud, or tangled in de lum's;

For dey lack de steady wild-geese flop dat lif's de good old hymns

De wakenin' old camp-meeting chunes is jes de things for me,

Dat start up from a nigger's soul like blackbirds from a tree,

Wid a flutter mongst his feelins an' a wetness round de eyes,

Till he almost see de chimneys to de mansions in de skies.

—J. A. Macon, in the Century.

#### IT IS NOT TRUE.

"Why Farming is so Little Liked" is the heading of an article which has been "going the rounds"; but after reading we look in vain for any substantial reasons, because there are none to be offered, why farming is *not* liked. For ourselves we deny the proposition. The fact that three-fifths of the population of the country are engaged in farming puts a stopper on any such nonsense. It proves that no business is *more* liked than the cultivation of the earth, and none yields so sure a living, and provides with more certainty for the wants of old age when our work-days are over. There are lazy people engaged in farming, as in any other calling, who are always ready to try their hand at something else which to them seems to promise as much or more gain with less labour. But we all know, who have paid any attention to these changes, how seldom any one betters his condition. On the contrary, how frequently—in fact, how generally—they fail entirely and disastrously. It is perfect folly, after working at a pursuit a number of years, and becoming well acquainted with it in all its parts, and doing well enough, to abandon it and begin anew some other business of which we know nothing. And we see the result of this folly all around us. The industrious, temperate, careful man, who pursues farming as the vocation of his life, becomes ardently attached to it and never fails to do well by it. We say never, because such a man cannot help but succeed, unless overwhelmed with misfortune; but even in such case it is not often permitted to be ruinous in these days of good will and benevolence.

In a word, there is no business in life that a man engages in for the support of his family that is as sure of accomplishing its object—or that is upon the whole *better liked*—than that of tilling the soil, and there are no people, take them as a whole, who are more respected or held in higher repute by the rest of mankind.

#### THE VALUE OF CIVILITY.

There would be fewer broken friendships, fewer unhappy unions and family quarrels, were it not so much the custom amongst intimate friends and relations to neglect the small cour-

tesies of life, to show less and less mutual deference as they grow more and more familiar. It is the foundation of misery in marriage, and many a serious and life-long estrangement has begun, not from want of affection so much as from lack of that delicate and instinctive appreciation of the feelings of others, which makes a person shrink from saying unpleasant things and finding fault unless absolutely obliged, and in any case avoid wounding the offender's sense of dignity or stirring up within him feelings of opposition and animosity, for, although many persons profess to be above taking offence at honest censure, and even seem to court criticism, yet it must be very carefully administered not to be unpalatable. Even kind and generous actions are often so uncouthly performed as to cause the recipient more pain than pleasure, while a reproof or denial may be so sweetened by courtesy as almost to do away with any sense of mortification or disappointment. True, good breeding is always inclined to form a favourable judgment, and to give others credit for being actuated by worthy motives; it does not wish or seem to know more about people than they themselves desire should be known, but it is always prepared, when necessary, to take an interest in the affairs of others, while self is not suffered to intrude unduly, in a superior, by tone or gesture of his position; in an inferior, it never escapes equality. A show of respect never fails to beget respect. "*Suaviter in modo, fortiter in re,*" should be the motto of all who desire to be either useful or beloved. The stronger an individual, the more impressive is his gentleness; the wiser he is, the more gratifying and complimentary his deference, and in a world where there is so much unavoidable discomfort and unhappiness, it is surely every one's duty to cultivate those gracious manners, under whose magic influence the restless and dissatisfied grow more content with their surroundings, by which the diffident are encouraged, the invalid is roused and interested, the young are inspired with self-respect, the old are kept bright and hopeful; which, in short, beam sunshine everywhere, and increase a thousand fold the aggregate of human happiness.

The farmer's trade is one of worth,  
He's partner with the sky and earth,  
He's partner with the sun and rain,  
And no man loses for his gain,  
And men may rise or men may fall,  
But the farmer he must feed them all.

The farmer dares his mind to speak,  
He has no gift or place to seek,  
To no man living need he bow,  
The man who walks behind the plough  
Is his own master—whatever befall,  
And king or beggar, he feeds us all.

The juice of lemons, eaten, has relieved many cases of rheumatism. Applications of hot and cool wet cloths—alternating them—to the parts affected, frequently give immediate relief—even when the disease is of an inflammatory type. The wet cloths should be well covered with dry flannels while being used, and changed about every five minutes, continuing their use half an hour, or until pain ceases.

Furniture in bedrooms should be as light in construction as is consistent with strength, and made of light wood. Ash furniture, oak, and satin wood are very suitable. Whenever possible, it is much desired on the score of health that furniture should be made in such a manner as to be easily moved. Woollen hangings should never be used in bedrooms, or woollen upholstery of any kind. Chintz or cretonne is what naturally suggests itself as most suitable for drapery, and there is much to be said in its favour, on account of its comparative cheapness and the immense variety of its designs.—*Good Housekeeping.*