ould be used free

broiled, broiled

sally a steak, salt rned beef hash, ricassee of chick-

n simple, savory

t or cold. Dry, are all good for ed food. When

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represented the one session of par-e of the Reform

There is just

A Chance.

cholera morbus,

E W Sherwood,

erstood.

These are rude

Frankness.

Then earnest and still. While the story is told Our dear, thoughtful boy in church; But our glad surprise

At his thoughtful eyes. Is turned to despair
As he twitches the hair Still, each naughty trick flies Of his mother so dear.

Her michievous boy in church Another trick comes Ves : His finger he drums Or his 'kerchief is spread All over his head-

He's troublesome? Yes! But God made the boys, Vith their fun and their noise. And He surely wants them in church Such children you know.

Long, long years ago, Did not trouble the Lord, Though his disciples were bored: So we'll keep them near Him in Church! A Correct Statement

though salt water is not fit to drink sult is necessary to health and life. Have you ever eaten bread in which no salt has been put? If so, you know it is tasteless. My children would not like to eat meat without salt on it. Salt is saline, dium which compose it. It crystalizes in the form of cubes which dissolve in two and seven-tenth times their weight of water either hot or cold. There are several kinds of salt. Rock salt is dug from breaking.

Summe the water begins to soil. It two that the set of the times to be told them is that this is quart cans are used, boil four hours, in the image of the man who wrote the song of "Home, Sweet Home."

It is because the home is always salticular in the mind, that we urge its sanctification has a summary in the central trips in the control their several kinds of salt. Rock salt is dug from breaking. several kinds of salt. Rock salt is dug from breaking.

from mines in the earth. In Australia Cucumber Pickles.—Make a brine tion by every available means. Nothing there is an immense mine in which is a strong enough to bear the weight of an which adds to its comfort in a material tained from springer and reliefly obegg. Into this put cucumbers fresh sense, or to its adornment in a purely which are also in the water. Sea water tard-seed, 1 oz of ginger, sliced, 1 oz of mace, a small stalk of horse-radish, a Plants contain a small quantity of it, so it is applied to the soil to promote their growth. All the children know that salt in three muslip bags. Boil all together dead of thought and horse-radish, a ction.

There is much truth in the homely aphorism, "All work and no play makes in three muslip bags. Boil all together dead of thought and service of thought and horse-radish, a ction.

There is much truth in the homely aphorism, "All work and no play makes in three muslip bags. Boil all together dead of thought and book to soil. The mologism up the soil. The mologism up the soil. The mologism up the soil to ruin and his park to run into a wilderness. The peasant left the fallow to dig in the mountain side. Rivers ran dry, for the provided with the means of anyming.

separated would make a solid stratum ver the hed of the ocean 140 feet thick. There are many salt lakes in the world, The Caspian Sea is the largest being four times as large as Lake Superior. Great Salt lake in Utah is the largest salt lake in the United States. Now, children, when you use salt, remember what

Summer Travel.

rhoes, dysentery, etc., caused by change of food and water. The sovereign reof food and water. The sovereign to medy and surest safeguard against all them into glass jars and stop them ugus. The proportions of the different ingresuch troubles is Dr Fowler's Extract of Meyer travel with dients in this pickle can be varied to suit

Scene) - Dunbarton Post-office winthe Co-operation Store, and it's a cheap-

man in the house.

Don't Speculate.

Run no risk in buying medicine, but try the great Kidney and Liver regulator, made by Dr. Chase, author of Cure for all diseases of the Liver, Kidneys, Stomach and Bowels. Sold by all druggists.

e distressing paleness so often observed in young girls and women, is due in a great measure to a lack of the red corpuscles in the blood. To remedy this requires a medicino the heart necessary little blood constituents, these necessary little blood constituents, and the best yet discovered is Johnson's and \$1 Tonic Bitters. Price 50 cents, and \$1
per hottle at Goode's drug store, Albion
blook, Goderich. Sole agent, [b]

HOUSEHOLD HINTS.

spoonful of cream tartar; whites of eggs added last. Bake in two long tine, with fillings between and on top.

FILLING. -Three-fourths cup of grat-

A Correct Statement

A Correct Statement

A Correct Statement

This made by Miss Jane Rutherford, of the milk, add the last thing. Bake in two the companionship of the milk, add the last thing. Bake in two the companionship of the milk, add the last thing. Bake in two the milk in the milk in it is in the cellent. This Niazara rallway suspension that it is difficult now to appreciate the general disbelief in the postion that it is difficult now to appreciate the general disbelief in the postion that it is difficult now to appreci cake, which must be covered with banana and sugar; pour the remeainder of the cream over the top and sides, and serve immediately. Use a silver knife to slice the bananas. This recipe makes two pies, as the trusts are thick enough to pies, as the trusts are thick enough to pies, as the day of the pieces, as the trusts are thick enough to pies, as the trusts are thick enough to pies. As well might a sum be ocean hoids in solution an immense quantity of it. How strange it is that

chapel. In our country it is chiefly obtained from springs and wells of water. The most important salt works are near this brine indefinitely. Whenever fresh A single inexpensive but graceful picture Syracuse in the State of New York. pickles are wanted, take out as many as in the living room, a stand of hardy Coarse salt is made by evaporating the are disired from the brine, and let them flowers in a window are not without their oarse salt is made by evaporating the are disired from the brine, and let them water in shallow vats by the heat of the soak in fresh water two days, changing sun. Fine, or table salt is made by boiling the brine in large iron kettles. The best eider vinegar (to fifty cucumboiling the brine in large iron kettles. Sea salt is made from the ocean water. It has a bitter taste from other salts which are also in the water. Sea water which are also in the water. Sea water contains one-thirtieth its weight of salt. seasons food and preserved meat and 10 minutes; then ponr all over the ing earthenware. Animals require salt them into the kettle, with the vinegar has provided salt licks for wild animals. The dumb creatures know where to find these salty places and resort there to lick it up.

It is calculated that a person consumes sixteen pounds of salt every year, or about five ounces a week. Some one has calculated that the salt in the ocean, if separated would make a solid stratum sixteen wild make a solid stratum many vines, the cucumbers of any size salt and solid stratum with present the salt in the ocean, if many vines, the cucumbers of any size salt and flour and horses, and denote the many coaled the many size sheet and flour and horses, and even time, with fresh leaves around. This cards there are various indoor amuse ments to which no reasonable objection can be made. By all means encourage many vines, the cucumbers of any size sheet and flour and horses, and denote the ments to wait any innecent way is suitable. You can the furnish sheds to support the undertiment the suitable and spices, when cold, and covering the bottom, sides, and top closely with cab bage leaves, which improve the color. If they are not green enough at the golden dirt. Woods were cut down to furnish sheds to support the undertiment and spices, when cold, and covering the bottom, sides, and top closely with cab bage leaves, which improve the color. If they are not green enough at the golden dirt. Woods were cut down to furnish sheds to support the undertiment and spices, when cold, and covering the begin this top early, nor—continue it too late. Playing cards are often object with pread and spices, when cold, and covering the buffor any innecent way is suitable. You can to furnish sheds to support the undertiment and spices, when cold, and covering the color. The fields were mottled that the golden dirt. Woods were cut down to furnish sheds to support the undertiment and spices, when call of the salt ways, and almost any innecent way is suitable. You can to furnish sheds to support the undertiment and spices, w fish. It has another use, namely, glaz- pickles. It is not necessary to spald the themselves in suitale ways, and almost the golden dirt. Woods were cut down ing earthenware. Animals require salt cucumbers, yet many do so, putting any innecent way is suitable. You can to furnish sheds to support the under-

they will not become soft. MIXED PICKLES. - Take some very tender string beans, some very small least naturalness in her little old men offions, a cauliflower broken into bits, a red pepper cut fine, a few long green peppers, gherkins, and small green to matoes, scald them in salt and water and is usually subject to dangerous and sudden attacks or bowel complaints, diar. Drain them well, put them into a jar or pan, and turn boiling spiced vinegar over

Soup for a Small Family. -3 lbs of Scene) — Dunbarton Post-office window: Two younsters gazing at a retata; wash the meat well and put to it 3 presentation of a mother caressing an quarts of cold water and three teaspoon-infant. Jamie—Aye, Duncie, that's gie fuls of salt, half one of pepper, one small an' like ma mither an' ma wee baby carrot, ½ a small turnip, onion; each brither. Duncan—His your mither a must weigh 3 ounces after peeling; stick babbie tae? Jamie—Ay, Doctor Mac-lachlan brocht it, an' ma mither paid 'im. tables, and when the meat has slowly Duncan-Aw, bit oor wean's far the boiled two hours, add the vegetables and but cause Mrs Wilson brought it fra cock 3 hours more. By slew boiling is that obtain in the market places. er vin tae, forbye we'll got "daviden" centre of the pot. Skim just as the on't. Jamie agrees that in future all his wee baby brithers will come frae the half a cup of cold water; take off the half a cup of cold water; take off the peculiar symptoms. It is attended by an scum that will now rise rapidly, adding a inflamed condition of the lining memlittle cold water again when it begins to branes of the nostrils, tear-ducts and boil. Skim again after the vegetables are in, and when done, strain. When mucous issecreted, the discharge is accom-It is said that during the lifetime of the average man he will endure about cold, take off the fat; don't shake, the panied with a burning sensation. There soup, but pour through a clasn cloth, all are severe spasms of sneezing, frequent soup, but pour through a clean cloth, all duce your average is to use Burdock but the sediment, which there to make a tonic regulating and cleansing medicine.

The best way to improve woman's lot is to build a house on it and put a good

soup, but pour through a clean cloth, all are severe spasms of snezzing, frequent attacks of headache, watery and inflam-gravy. It must never boil fast, or it ed eyes. Ely's Cream Balm is a remedy that can be depended upon. 50cts, at druggists; by mail, registered, 60cts. Ely Brothers, Druggists, Owego. New low as to waste very little, and this will york. is to build a house on it and put a good be sufficient for two dinners. It may be served clear the first day, and the next thickened with sago, rice, barley, crou-

> Invalib's Gruel.—I tablespoonful of corn meal, 1 pint of sweet milk, 1 pint of water. Mix the flour and meal in a little of the milk, make the remaind.
>
> The property of the milk make the remaind of the milk make the remaind. INVALID'S GRUEL.-I tablespoonful of the milk and the water hot; when cheekie for cho, and sidie by sidie; and boiling stir in the flour and meat, and last o' a', there are followers that stand buil 20 minutes. Salt to taste, and stane-still' sweeten if desired.

sity reveals the virtues.

If called upon to give the most signifi-

ever that we shall never cease to love the

We have known parsimonious men in split, and will keep for several days of not filled.

set upon a wife's devotion or the love of children. There has been erected in the

educational as well as inspirational value.

living in the country, because, having many vines, the cucumbers of any size preferred can be picked each day, washpreferred can be picked each day, washed, and put into the brine. If the best hearty ringing laugh indicates a healthy ed, and put into the brine. If the best hearty ringing laugh indicates a healthy condition. You will never hear it from condition. the pale and sickly offspring of Dame Propriety wholstands ready to check the on earth so near heaven as a little child who has been suffered to retain its simplicity and naturalness. Pet animals are a great delight to the young. The care bestowed upon them is never without its reward, as the oft told tales of in their abuse, and to such, their com-

panionship should be denied. In a word, to the inmaces of whatever age or station, the home should be made the dearest, sweetest place on earth. It is indeed the shield of honor and the sanctuary of love. Think not that any-thing which adds to its enjoyment is wasted. No investment yields such precious returns, since neither the love and gratitude of the young, nor the peace and contentment of the old, are capable of being estimated by the sordid values

An old minister in Perth, in discusthickened with sago, rice, barley, croutons, vermicelli, Italian paste, noodles, etc.

Around each bottle of Dr Chase's Freeman's Worm Powders destroy and Liver Cure is a medical guide and receip

book \$1. Sold by all druggists.

Daring Engineering Feat-Renewing the Ningara Suspension Bridge.
The Niagara Falls railway suspension

Crisers.—One cup of melasses, one and one-half teappoonful of saleratus; amouth all lumps out of this sods, then beat with molasses until all of a foam; new add one-half teappoinful of ginger and one cup of safted flour, beat well together; then one cup of sour milk (buttermilk is better if obtainable) and more flour until it is very hard, roll out as thin as possible and cut, and then bake in a quick oven until brown.

Therefore Chocolate Cake — One cup

Th

and the great overgrown family bible that rested with folded covers in its allotted place. There, too, was the flower garden, with its neatly kept beds of merrigolds, pinks, pansies and bachelor buttons, with here and there a flowering rose bush that defied the, winter anows. We seem to see them now, as we saw them were in a really dangerous condition. The reason for this was that the saddles the was the anower and the cover which the cables pass on the top of the such an awful profit on a glass of soda water. You see, the wear and tear on the glass amounts to something."

A man was selling a horse, and the would-be purchaser, inquiring as to his lesping powers, asked, "Will he take timber?" "He'll jump over your head," was the answer; "I don't know what over which the cables pass on the top of voice and the such an awful profit on a glass of soda water. You see, the wear and tear on the glass amounts to something." them years ago, and to realize more than ever which the cables pass on the top of you call that."

I was the answ. was the answ. the was that not the top of you call that."

Stephenson said to him, "If your bridge succeeds, mine (the Victoria tubular

To Can Corn. - Cut the corn from park of an American city a statue of car, when a companion remarked, "Aw, soluble, granular, sparkling, hard and white We say: "As white as salt. Chem. We might say, as white as salt. Chem. loosely, and set as many cans as will sary tells us that salt is chlordia of sodium. Two elements are the cot and pack in glass cans until no Howard Paine. Other statues have been dweadful cold." "Aw, deah boy, how d'ye catch that would not promise. On being pressed dweadful cold." "Aw, deah fellah, left or his reason, he replied: — "We've my cane in the lower hall tother day, and in sucking the lower hall tother day, and in sucking the ivery handle, so unless ye swear at him." sodium. Two elements embrace or ab er up to the necks of the cans with cold rooting in the bosoms of the young. To sorb each other, and the result is salt, a water, and boil for three hours from the compound unlike the chlordia and so time the water begins to boil. If two that need to be told them is that this is vey's Red Pine Gum his cold would not

I can see a lovely valley where Nature had gathered into her lap all her wealth of scenery and soil; all her rivers of jewels and purple-clad mountains, where the castles of the nobles above and the homesteads of the peasants below and abroad presided over peace and plenty amid eternal Spring.

One day while dizging a ditch a lump

Such too are the harbingers of health, of gold was turned up; Pursuing the the warders of disease and often times search, a mine was revealed. The news espousing the buffoon, mounted the throne, and they received the homage dueto genius.

Dangerous Counterfeits Counterfeits are always dangerous, more so that they always closely IMI-TATE THE ORIGINAL IN APPEARANCE AND NAME. The remarkable success achieved by Nasal Balm as a positive cure for Catarrh and Cold in the Head has irduced unprincipled parties to imitate it The public are cautioned not to be deceived by nostrums imitating Nasal Balm their fidelity and instinct that seems in name and appearance, bearing such akin to reason, amply testify. Only the names as Nasal Cream, Nasal Balsam. akin to reason, amply testify. Only the vicious or naturally cruel would indulge etc. Ask for Nasal Balm and do not take imitation dealers may urge upon For sale by all druggists or post-paid on receipt of price (50c and \$1) by addressing Fulford & Co., Brockville,

A story is is told of a a woman who. having some bodily ailment, called upon his own farm." To do so makes a doctor to have his advice. After exing fairly profitable in bad times. amining her minutely, he gave her a fly plaster, and told her to put it on her chest, On calling next day, the doctor asked if she had applied the plaster to her chest, and felt any the better of it. Hay fever is a type of catarrh having chest in the house, and I just clashed it

Don't allow a colo in the head to slow-Only 25c and sure cure. all druggists. ly

M. L. Sweet, of Grand Rapids, has lumps of quarried rock salt placed in the of each of his Holsteins, method of salting which is recommended The salt costs \$12 per ton in by many. Chicago, and a ton makes seven barrels

No "hardly ever" about it. He had an attack of what people call "biliousness,"and to smile was impossible. Yet a man may "smile and smile, and be a villain still, still he was no villain, but a plain, blunt, hopest man, that needed a FUN AND FANCY.

It is said that at learning to swim

FILLING.—Three-fourths cup of grated chocolate, one cup of white sugar, yolks of three eggs, two tablespoonfuls of sweet milk; mix in a basin, and set in hot water to scald (while cake is baking), stir often, flavor with vanilla, et cool until thick enough to spread good.

CREAM PIE—One and one-half cups powdered sugar, two eggs, piece butter size of a walnut, one cup of sweet milk, two teaspoons cream tartar, one teaspoon saleratus, three cups siffted flour. Cream, butter and sugar; add the eggs and beat thoroughly. Put in the milk except two large spoonfuls, and stir in flour in which you have sifted the cream flour in which you have sifted the cream of the milk, add the last thing. Bake in two

fane swearing among his pupils. Strict watch was kept, and it was not long before three youths were caught in the act. All pled guilty, and were duly punished. Resolved to improve the A slim young man in the height of fashion was violently sneezing in a street car, when a companion remarked, "Aw, complied, but the third held ont and

WORDS OF WISDOM

We learn to live when life has passed

It is easier to be wise for others than to e so for one's self. We like to give in the sunlight and to

Experience is the name men give to thir follies or their sorrow. If we did not flatter ourselves the flattery of others could not hurt us. A man in any etation can do his duty, and doing it can earn his own repast,

Eternity is long enough to make up you twice, listen at once to what it teach-

Do not cast your burdens upon others. If you assume the garb of a fool, are you very sure that you have not a natu-

There is nothing more necessary than to know how to bear the tedious moments

Our enemies come nearer to the truth do ourselves. Retribution stands with uplifted axe,

and culture, rank and rebes of sanctity cannot stay its blow. We would often be ashamed of our best actions if the world saw the motives

which caused them. The nerve that never relaxes, the eve that never blanches, the thought that never wanders, are the harbingers of

victory. Ladies Onl .

The complexion is only rendered unsightly by Pimples, Liver Spots and Yellowness. These it is well known are caused from an inactive Liver and bad Dr Chase's Liver Cure purifies blood. the blood and whole system. cipe Book for toilet recipes, hints and suggestions on how to preserve the complexion. Sold by all druggist.

One of the best suggestions we have should grow his own feeding stuffs on

Bare and thin spots in meadows can be remedied by sowing on grass or clover seed and sprinkling it over with a light coat of fine manure, and if well acratch ed with a fine toothed implement the process will be aided very materially.

To make an excellent rat-trap fill barrel two-thirds full of water, and spread on top of the water a quantity chaff. Take a piece of light board, six inches square, and to the centre of one ly and surely run into Catarrh, when side of it a piece of cooked meat and to you can be cured for 25c. by using Dr. the centre of the other side a piece of Chase's Catarrh Cure. A few applications cure incipient catarrh; 1 to 2 boxes than the meat, and set the board on the cures ordinary catarrh; 2 to 5 boxes is chaff, meat side up, and make a runway guaranteed to cure chronic catarrh. Try so the rats can get to the top of the bar Sold by rel on the outside. This trap is always set, and the rat can never eat the bait.

To the Medical Protession, and all whom it may concen. Phosphatine, or Nerve Food, a Phos phate Element based upon Scientific Facts, Formulated by Professor Austin, M. D. of Boston, Mass., cures Pulmonary Consumption, Sick Headache, Nervous Attacks, Vertigo and Neuralgia vous Attacks, Vertigo and Neuralgia and all wasting diseases of the human system. Phosphatine is not a Medecine, but a Nutriment, because it contains no Vegetable or Mineral Poisons, Opiates Narcotics, and no Stimulants, but simply ly the Phosphatic and Gartric Elements found in our daily food. A single bottle is sufficient to convince. All Druggists sell it. \$1.00 per bottle. Lowen & Co., sole agents for the Dominion, 50 Tront Streat Elsi Toronto. Prosperity unmasks the vices; adver
Liver Cure is a medical guide and receip book containing useful information, over book containing useful information, over 200 receipes, and pronounced by doctors and druggists as worth ten times the core billousness and diseased or torpid cost of the medicine. Medicine and cost of the medicine and druggists.

Liver Cure is a medical guide and receip book containing useful information, over 200 receipes, and pronounced by doctors and druggists as worth ten times the cure billousness and diseased or torpid is sufficient to convince. All Druggists sell it. \$1.00 per bottle. Lower & cost of the medicine and iver, dyspepsis and chronic constipation.

consisted in keeping the head cool, the feet warm, and the bowels open. feet warm, and the bowels open. Had this eminent physician lived in our day. and known the merits of Ayer's Pills as an aperient, he would certainly have recommended them, as so many of his

distinguished successors are doing.

The celebrated Dr. Farnsworth, of Norwich, Conn., recommends Ayer's Pills as the best of all remedies for 'Intermittent Fevers."

Intermittent Fevers."
Dr. I. E. Fowler, of Bridgeport. Conn., says: "Ayer's Pills are highly and universally spoken of by the people about here. I make daily use of the

in my practice." • Dr. Mayhew, of New Bedford, Mass. says: "Having prescribed many tho sands of Ayer's Pills, in my practice, I can unhesitatingly pronounce them the best cathartic in use."

best cathartic in use."

The Massachusetts State Assayer, Dr.
A. A. Hayes, certifies: "I have made a careful analysis of Ayer's Pills. They contain the active principles of well-known drugs, isolated from inert matter, which plan is, chemically speaking, of great importance to their usefulness. It insures activity, certainty, and uniformity of effect. Ayer's Pills contain no metallic or mineral substance, but the virtues of vegetable remedies in skillful combination."

Ayer's Pills, Prepared by Dr. J. C. Ayer & Co., Lowell, Mass. Sold by all Dealers in Medicine.

It not the situation which makes the man, but the man who makes the situa-tion. The slave may be a freeman. The monarch may be a slave. Situations are noble or ignoble, as we may

Certain Cure A cure for Cholera Morbus. A positive cure for this dangerous complaint. and for all acute or chronic forms of bowel complaint incident to summer and fall is found in Dr Fowler's Extract of Wild Strawberry, to be procured from any druggist or medicine dealer.

It is said that the man who runs off with a pair of scales is the man who stole a weigh. But the man who cheated by them was the one lying in weight.

Regulate the Liver and Bowels by the judicious use of National Pills, they are purely vegetable.

A lady asked Garrick why love was always represented as a child? He replied, Because love never reaches the age of

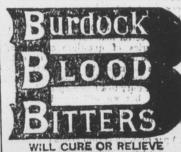
wisdom and experience.' Made on Purpose

We are taught that everything is made to fill some purpose. The reason Bur-dock Blood Bitters has succeeded in being placed in the front rank of modern medicines is that it fills so well the purpose for which it was intended-that c curing diseases of the stomach, liver and

If our whole time was spent in againg ourselves we should find it more wearisome than the hardest days work.

Found at last, what the true public has been looking for these many years and that is a medicine which although but lately introduced, has made for itself a reputation second to none, the medicine is Johnson's Tonic Bitters which in conjunction with Johnson's in the opinions they form of us than we Tonic Liver Pills has performed some most wonderful cures impure or impoverished blood soon becomes purified and enriched. Billiousness, indigestion, sick headache, liver complaint, languor, weakness, etc., soon disappear when treated by these excellent tonic medicines. For Sale by Good, druggist, Albion block, Goderich, sole agent. [d]

> It is alleged that manufactures of lard have used fifty million pounds of cotton seed for adulterating lard during the pact



BILIOUSNESS. INDIGESTION. ERYSIPELAS. HEARTBURN.

WHE STOMACH, DRI NESS OF THE SKIN. And every species of disease arising from disordered LIVER, KIDNEYS, STOMAON, BOWELS OR BLOOD, T. MILBURN & CC. Proprietors, TORGETTE

DIZZINE88,

FLUTTERING

OF THE HEART,

Children Cry for Pitcher's Castoria

When Baby was sick, we gave her Castoria. When she was a Child, she cried for Castoria When she became Miss, she clung to Castoris

When she had Children, she gave them Casto

