

LOOK OUT FOR CHILLS.

The season is coming on when we may expect to be caught with a chill and ague in all localities where the causes for it exist. A few hints now may prevent many an ugly case, and save many dollars for nauseous medicines. Cold, damp and decaying vegetation, are the causes of this trouble which we can easiest see and understand. Except in widely scattered and very exceptional cases, fever and ague are known to prevail only in those districts where a large amount of vegetable matter is in a state of decomposition; and this occurs generally in times of drouth. But ague will be caused, and is no doubt often caused, by the decomposition of a very small amount of vegetable matter. In dry seasons, rotting wood and other vegetation, usually harmless because under water, is exposed to the atmosphere, which it poisons, and by the heat and rays of the sun is lifted from the lowlands to the vicinity of your dwellings. Moisture is an essential element in the manufacture of the ague poison; and the exposure of the person in a damp, cold evening, frequently wet with sweat from the labors of the day, in the vicinity of any swamp or stagnant water, is pretty sure to secure to any person the necessary seeds of the disease.

Another frequent, but not often-considered cause of this disease, may be found in damp cellars, often containing decaying cabbages, potatoes or other vegetables. One rotten cabbage will poison a whole family. No rotting wood or decaying vegetables of any kind, or stagnant water, ought to be allowed about the cellar, house or any out-house. Water closets should be far removed from wells, and should be thoroughly deodorized with dry clay, lime or chlorine. Every householder should see to it that the cellar is thoroughly cleaned every spring, and kept clear of all offensive matters. Don't stop with removing the decaying vegetables, but remove the loose dirt, sweepings, and decaying chips or straw. Open the drains in every direction, and let the standing water go free before the hot June suns convert it into the ghost of intermittent fever.

If the farm is in the vicinity of swamps or marshes, select a building spot three hundred feet above the swamp if possible, the higher the better; and get a location where the prevailing winds in summer will drift the malaria poison of the swamp away from you. An interval of green trees between the house and swamp is also some protection against the disease.

In point of clothing, dry, warm flannels, morning and evening, are the indications in this climate; and if the weather is cold, a little fire in the house is a good thing. If attacked with the disease, quit eating meat, and take something to rouse up the liver, followed with the inevitable quinine. Quinine and arsenic is the basis of all the advertised ague cures; but quinine is the safest and most reliable check to the chills. —*Williamette Farmer.*

GOOD ADVICE.

Never go to bed with cold or damp feet. In going into colder air, keep the mouth resolutely closed, that by compelling the air to pass circuitously through the nose and head, it may become well warmed before reaching the lungs, and thus prevent those shocks and sudden colds which frequently end in pleurisy, pneumonia, and other serious forms of disease. Never stand still a moment out of doors, especially at street corners, after having walked even a short distance. Never ride near the open window of a carriage for a single half minute, especially if it has been preceded by a walk; valuable lives have been lost or good health permanently destroyed by so doing. Never wear India-rubber boots in cold dry weather. Those who are easily chilled on going out of doors, should have some cotton-batting attached to the vest or outer garment, so as to protect the space between the shoulder-blades behind, the lungs being attached to the body at that point: a little there

is worth five times the amount over the chest in front.

TURPENTINE IN HEADACHE.

Dr. Warburton Begbie advocates the use of turpentine in the severe headache to which nervous and hysterical women are subject. There is another class of sufferers from headache, composed of both sexes, who may be relieved by the turpentine. I refer to the frontal headache, which is most apt to occur after prolonged mental effort, but may likewise be induced by unduly-sustained physical exertion—what may be styled the headache of a fatigued brain. A cup of very strong tea often relieves this form of headache; but this remedy, with not a few, is perilous, for, bringing relief to pain, it may produce general restlessness and—worst of all—banish sleep. Turpentine, in doses of twenty or thirty minims, given at intervals of an hour or two, will not only remove the headache, but produce, in a wonderful manner, that soothing influence to which reference has already been made. —*Home and Health.*

KEEPING FRUIT IN OUR ROOMS.

We should be chary of keeping ripe fruit in our sitting-rooms, and especially beware of laying it about a sick chamber for any length of time. The complaint which some people make about a faint sensation in the presence of fruit, is not fanciful—they may be really affected by it; for two continental chemists have shown that from the moment of plucking, apples, cherries, currants, and other fruits are subject to incessant transformation. At first, they absorb oxygen, thus robbing the surrounding air of its vital element. Then they evolve carbonic acid, and this in far greater volume than the purer gas is absorbed, so that we have poison given us in the place of pure air, with compound interest. Temperature effects the rate of changes, warmth accelerating it.

HOT BREAD.

One of the most injurious dietetic habits of Americans is that of eating fresh bread, cake and biscuit. The Prussian government compels bakers to keep their bread at least one day before using. If Americans would follow their example, there would be fewer dyspeptics than at present. There is not one dyspeptic German where there is a dozen dyspeptic Americans. This, however, is but one of many causes for this marked difference. The only fresh, hot bread that is wholly unobjectionable, is the unleavened bread, crackers, or gems.

EAT MORE FRUIT.

There can be no doubt that in the summer and fall seasons people who live mainly on fruit and berries and coarse bread can almost insure exemption from sickness, while those who eat heartily of solid meat and vegetables two or three times a day are liable to disease.

Useful Recipes.

SALT-RISEING BREAD—BISCUIT.

Put three teacups of water, as warm as you can bear your finger in, in a two-quart cup or bowl, and three-fourths of a teaspoonful of salt, stir in flour enough to make quite a stiff batter; this for the rising, or emptying, as some call it. Set the bowl closely covered in a kettle, in warm water, as warm as you can bear your finger in, and keep it as near this temperature as possible. Notice the time when you "set" your rising; in three hours stir in two tablespoonfuls of flour, put it back, and in five and one-half hours from time of setting, it will be on the rim one inch of the top of your bowl. It is then light enough, and will make up eight quarts of flour; make a sponge in the centre of your flour with one quart of water of the same temperature as rising, stir the rising into it, cover over with a little dry flour, and put it where it will keep very warm, but not scald; in three quarters of an hour mix this into stiff dough; if water is used, be sure it is very warm, and do not work as much as yeast bread; make the loaves a little larger, and keep it warm for another three-quarters of an hour, it will then be ready to bake. While rising this last time have your oven heating; it needs a hotter

oven than yeast bread. If these rules are followed, you will have bread as white as snow, with a light-brown crust, deliciously sweet and tender.

Buttermilk Biscuit.—For six persons, take three cups of buttermilk, or good sour milk, one and one-half tablespoonfuls of soda, well pulverized, and the teaspoon only level full; three tablespoonfuls of melted lard, and a teaspoonful of salt. Dissolve the soda in the milk, then mix your biscuits quickly, working well, but do not let them stand; bake a bright brown in a quick oven, and you will have biscuit light, flaky, and white as snow. If cream is plenty, for extra nice use three cups of thin sour cream (or one of thick cream and two of sour milk), no lard, and the same quantity of soda. This is good for Graham flour, and the same proportions of milk, lard and soda, with the addition of two eggs, makes corn bread. —*The Household.*

FLIES AND BUTTER.

An experienced housekeeper tells a contemporary that flies may be kept out of a butter plate on the table by a simple and novel expedient—by planting in it a thin slice of bread, cut columnwise, and inserted in a perpendicular position. Whether the bread scares off the flies the lady cannot say; but she declares it certainly keeps them off. The above novel expedient we have found, on trial, to be effective. The flies alight on the column of bread, and cautiously explore the buttery foundation, only to fly away, overcome with suspicion and fear of a dreadful catastrophe, instead of their usual headlong method of plunging into the deceitfully enticing mass, without thought or care.

Two tablespoonfuls of spirits of ammonia in a basin of water, when washing, will prevent the disagreeable perfume arising from excessive perspiration.

COPPERAS is the cheapest and most effectual disinfectant known, and its application is simple and quite safe, with the precaution that it be not kept in a metal vessel unless of lead. For water closets, put one pound of copperas in eight quarts of water, and when thoroughly dissolved, pour it down water closets, sinks, sewers, or any place whence foul smells arise, when the smells will be at once destroyed. Placed under the bed, dissolved in like manner, it will do away with all obnoxious smells.

Youths' Department.

UNCLE TOM'S COLUMN.

Well, children, I've got lots to tell you this month—plenty of fun—and I have to thank the many FARMER'S ADVOCATE children for sending me so many letters.

The first story is about eggs:—A lady entered a store in London a few days ago and complained that half the eggs she bought there lately were rotten. The shopkeeper's excuse was, "I can't help it. This time of the year the hens are sick, and often lay bad eggs."

One of our subscribers being sick was asked by a neighbor if he had taken any remedy. "No," said he, "but I have taken lots of physic."

When is the wind like music? When it whistles. When is it like a baby? When it squalls. When like a fruit tree? When it blows. When like a newspaper? When it puffs.

Emily (little sister). "What a large family the Spinsters must be. I hear in church every Sunday that some of them are going to be married."

Mary (older sister). "Oh you little stupid! Don't you know what spinsters are? Bachelor ladies, of course."

One of our correspondents thus moralizes on seeing a young dog in a butcher's shop:—

Oh the pup, the beautiful pup!
Drinking his milk from a china cup,
Gamboling round so frisky and free,
First gnawing a bone, then biting a flea—
Jumping.

Running
After the bone,
Oh beautiful pup, you will soon be Bologna.

ANSWERS TO PUZZLES IN SEPT. NO.

MISCELLANEOUS ENIGMA.—Do all the good you can and never think of it.

DOUBLE ACROSTIC.—Ottawa city and Ottawa river.

REBUS.—Earn your meat before you eat it.

PUZZLES FOR OCT. NO.

DECAPITATIONS.
Behold a wild animal and leave a verb.

"a kind of fruit and leave part of the human body.

"a river in Ontario and leave a tear.

"what every farmer ought to own and leave part of the human frame.

"a spirit and leave an army.

"an animal and leave an article used in printing.

"the support of life," and leave the way many more should treat the FARMER'S ADVOCATE.

ALPHABETICAL PUZZLE.

Take a certain consonant, add a vowel, and it will become a personal pronoun, add another consonant to change the gender, then 'by adding another vowel you will have a great man, and lastly, by adding three more letters, the word is guessed.

SQUARE WORD.

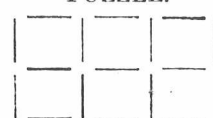
A flower; two of the bovine genus; to dispatch; two extreme points.

NEW DOUBLE ACROSTIC.

1. To go beyond.
2. The joint between the foot and leg.
3. A Jewish doctor.
4. A small animal.
5. A soft, porous substance.

The initials form the name of a town, the final the river on which it is built.

PUZZLE.



Take seventeen pieces of wood (matches with the ends cut off will do) and place them on the table as shown above. The puzzle is to remove five pieces and leave three complete squares.

A GOOD TRICK.—Borrow a shilling from some one in the company, and say to him, "I will wager you sixpence that you cannot say 'That shilling' to three questions I will ask. When he accepts the bet you say, 'What is this coin?' He replies, 'That shilling.' 'Oh, then,' you say, 'you have seen the trick before. If he says 'no,' then he loses his wager. If he says 'That shilling,' you smile and pass on to the third question, 'What will you give me to show you the trick?' If he says 'That shilling,' you thank him and put it in your pocket; if he says anything else he loses the wager.

Thanks to May Armitage for Decapitations, Alphabetical Puzzle and Square Word, for this number, also for correct answers to last month's puzzles. John Gibson, Jr., Markham, sends correct answers, also, a Double Acrostic. S. Wherry, Jr., of Newry, sends an Acrostic, which will be inserted when he sends us the answer. Always send the answer along with the puzzles.

Editorial Notices.

(Continued from p. 152.)

SALES OF DURHAM BULLS.—We would call the attention of our readers who are desirous of procuring Durhams to the sales of the Hon. D. Christie, and of Thompson's and Long's. There will be several young bulls at each, and purchasers would do well not to depend so much on purchasing in the spring, as often we do not know where to direct applicants to at that season. We believe it will pay intending purchasers to attend these sales. See advertisement in this paper.

We have now on our editorial table a bunch of the Lilium Auratum having two large and very beautiful flowers. They are not only the most beautiful flowers we have had in our office this year, but they fill the office with a most pleasing fragrance. This plant deserves a place in every garden. These flowers were presented to us by Messrs. Pontey & Taylor, of St. James' Park Nurseries, near this city.

THE AMERICAN BUILDER, Chicago, Ill. \$3 per annum. A thoroughly practical magazine, and one that should be in the hands of all those who are in any way connected with building, or who intend building themselves. The designs are prepared by skillful architects, and are drawn to scale, so that they may be used to build by. The articles are well written, and are on practical subjects.

FRUIT RECORDER.—We have been in receipt of Mr. Purdy's paper for many years. We consider it the best monthly publication treating on fruits that we have seen. Our readers that are engaged in the fruit raising to any extent will find one dollar well expended by subscribing for the Recorder. For particulars, see advertisement.

We are in receipt of Messrs. Elwanzer and Barrie's Fall Catalogue of Trees, Plants and Bulbs. It is well worth perusal by all who are intending to plant. No doubt Messrs. E. & B. would forward the Catalogue to any of our subscribers applying to Rochester for them.

London Market—Sept. 27.

White Fall Wheat, per bush.	\$1 15 to 1 27
Red Winter Wheat	1 15 to 1 24
Barley	0 55 to 0 60
Pens.	0 55 to 0 62
Oats	0 30 to 0 35

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