A REBREW LEGEND.

From an ancient, learned Rabbi confes this legend foul of grace,

And the fame of that far city,

And for long, long years they dwelt there, with Life's geblet brimming o'er; Deep and deeper though they quaffed it, full it sparkled evermore.

THE HOUSEHOLD.

THE HOUSERIOLD.

They We tatch told.

This pertinent question is just now engaging attention, says the London Lancet. There is a snother question which should be answered first—namely: What is cold? The old idea of wein!" is, perlans mearer five thruths at he modern notion of a "celd." The hypothesis would seem the stata cold? is senetimes more than a cold, because it is said. "You do not eate cold unless you are cold." The fact is, there are probably as many diverse occurrences grouped and confounded under the generic title of cold-acting as diseases exerced by that popular term faver, which is made to comprise every state in which the pulse is quickened and the temperature raised. By a parallel process of a reasoning "ock?" ought to be limited to cases in which the pulse is quickened and the temperature raised. By a parallel process of a "casoning "ock?" ought to be limited to cases in which the pulse is quickened and the temperature raised. By a parallel process of a "casoning "ock?" ought to be limited to cases in which the pulse is quickened and the temperature raised. By a parallel process of a scall with the pulse is quickened and the temperature raised. By a parallel process of a scall with the pulse is quickened and the temperature raised. By a parallel process in which a two parallel process in which a two parallel process in which a surface and indiunce some diseased viscus; (2) the cold may so impinge on the superficial nerves that serious disturbance of the system will emass, and a morbid state set up; (3) the surface in which causes the cold may in fact be laden with the propagating "germs" of disease; or (4) the vicinity of the organism as a whole, or of some one or more of its parts, may be so depressed by a sudden abstinction of heat that recovery may be impossible, or a severe and mishicous reaction ensue. The philosophy of prevention is obviously to preserve the natural and healthy action of the attraction of the natural and mature by judicious exposure, and natural stimulation by pure air, a

being discolored and unpleasant looking, hence, in places, like Manchester, supplies with soft water, those yets possible to the color. A soft water however, is a better detergent, and requires loss soap. For a residential town a vater which has over ten degrees of hardness would be best. For manufacturing towns a soft water would be the most advisable, for commercial consideration only.

To Frevent Sleeplesaness.

The following convenient, and to proceed the following convenient, and to proceed the processing it up toward the base of the brain and fascing apply it for the brain and fascing the distribution of the brain and fascing the distribution of the brain and fascing the distribution of the brain and inducing caimer, sweeter sleep than any narcotic. Water water may be used, though most persons will prefer it cold. To those suffering from over excitement of the brain, whether the result of brainwork or objective to the color. A gentleman whose business responsibilities are numerous and heavy told me that he and fallon sets the habit of waking there are also as a supplier of the place of the point of the brain, whether the result of brainwork or objects in a surface of the brain, whether the result of brainwork or objects in a surface of the brain, whether the result of brainwork or objects in a surface of the brain, whether the result of brainwork or objects in a surface of the brain, whether the result of brainwork or objects in the original work of the place of the brain which a surface of the surface of the brain which a surface of the brain which as a surface of the surface of the

and antimable "Doughuet." An influsion can be made of either the green or dry leaves, and a tea or table-posmill used.

Bett 2 ca for Savailds.

Miss Dods, of the Edinburgh school, recommends the following as useful in the treatment of those who are invaids. She seems so well able to take care of the healthy that we have some confidence that her recommendations for those who are not may be of value — Beef taken from the round is best for beef tea, because it is almost free from iat, and it contains more juice than any clier part of the meat. After removing every part of fat, cut the steak into sunday may with the old wood or coal stove, arrows the grain. This breaks the heavest meet in a dry, toned sauce-pan and sweat for five minutes. Sweating is simply heating the meat, not too hot, and stirring it occasionally to prevent its sticking at the end of dive minutes the pan will be found to contain a gravy, or the essence of the meat, which, of itself, its good for very feeble patierts. At this stare pour over the meat its weight in solid water (the gauge being a pint of water to each pound of meat); sir until the water boils, and then simmer for five minutes. Do not add sait, unless the doctor parmits it. In many diseases sait at the same time that the water boils, and then simmer for five minutes. Do not add sait, unless the doctor was slient.

The Leve of Flavores.

Of the many tonching tributes paid flower five minutes, may be a suppressed his hand and said: "Does not of weight in solid said the first that the said said the control of the mean of the part of the many tonching tributes paid flower five minutes, which are also shall be the fractant flowers. So dearly. This hand is the control of the many tonching tributes paid flower five minutes, which are also shall be the fractant flowers sho brought me this many done and the five minutes. The doctor was slient.

The doctor was slient.

The doctor was slient.

The doctor was slient.

The doctor was a last favor. The more than the said of the part is the said

piece of flannel about nine inches square, and secure it by a ligature round the mouth of an ordinary tumbler, so as to leave a cup-shaped depression of flannel within the tumbler to about half its depth. In the flannel cup soft mouth of the inches of ice may be preserved many hours—all the lower if a piece of flannel from four to five inches square be used as a losse cover to the ice cup.

Shang.

Girls should be careful never to sully their lips by the use of slang phrases, for though they may be innocently uttered they are ap

AN ENGLISH CENTENARIAN. The Elemarkable Life of Rev. Canon Bendon.

From the millian popula News)

"How did I ever cure myself of the opium habit?" said a man a little infore than 30 years of age, to a News reporter this morning.

"First, I'l tell you how I got in the way of shirth ed.ug. I don't use opium myself, mind you, but morphine, the active principle of opium. I took it hypodermically, inder the skin; that is, the morphine in solution was injected into my arm. You never had infammatory rhoumatism, perhaps? Well, I have, and when a man has that he'll jump at anything for relief. Five years ago I began the use of morphine by subcutañecous injection. I never uted the little needle-nosed syringe myself, but the soothing fluid was always injected by my physician. At first it was given to me two or three times a week under the skin of my arm, but it was no teat while until the syringe came to be used that often each day, and I bedame a slave to the drag. I was gloomy, despondent, worthless, as the rosy visions that followed its use were accompanied by a languor and listless, as the rosy visions that followed its use were accompanied by a languor and listless, as the rosy visions that followed its use were accompanied by a languor and listless, as the rosy visions that followed its use were accompanied by a languor and listless, as the rosy visions that followed its use were accompanied by a languor and listless, and the strength of the morphine inflamed the flesh wherever itsicision was made.

"Whomen who use morphine hypodermically have the fluid injected under the kneedy vision of the strength of the morphine of the morphine out of my system, and undertake some treatment it flat would cure me of the habit. I was a slave to morphine. I thad completely enervated me and ruined me for everything. Cared of rheumatism, I had acquired in its stead the opium disease, opiophegy, which was infinitely worse. When I left this city to go to Hot Springs, I saffered torribly, resolved not to use the opiate, but as I neared my destination my suffering increased. People on the cars who saw well indicated by his frame. Even when long past 10 his strength of wrist was remarkable.

He was fond of shooting and fishing; the former amusement he kept up till 94, the latter till 88. When inddle-aged he could walk out shooting from norming till night, exposed to say timount of cold and wet, and completely knock up many younger men. He seemed quite impervious to the aliments to which ordinary men are subject. He never knew what a headache or rhoumstism was. His digestion appeared perfect, and he could eat anything with impunity. He not only ate heartly at every meal, but has do fit no eat biscuit, etc., between meals. He was a "moderate drinker"—by no means a total abstainer—and was to the last extremely fond of sweet things. As he grew in the subject of the same to the same.

Up to this date he had taken service in his possible for a single sentence to be uttered entirely free from slane.

Yearfet Recipes.

Prace Care.—Bake three layers of sponge care, out ripe peaches not very thin slices; preparesomesweeteream bywhipping, sweetening and flavoring it; spread the peaches, with the cream poured over, between each layer as also over the top of the cake.

Johnny Care.—To a half a pint of meal add warm water enough for a thin batter, half a teaspoorful of medical butter, half a teaspoorful of medical butter, half a teaspoorful of medical butter, half a teaspoorful of the care of the same and seat. If convenient add an egg. This makes a excellent cake, and to those who have not a full allowance of milk and cream it will prove a great help.

MUTTON PIE WITH TOMATOES.—Cover the bottom of a baking-dish with dry bread crumbs, then alternate layers of thin sliced roast or boiled mutton and sliced tomatoes, with a thin sprinkling of bread crumbs then alternate layers of thin sliced roast or boiled mutton and sliced tomatoes, with a thin sprinkling of bread crumbs be last. Bake three-quarters of an hour.

Tomato Bauce.—Twelve large ripe tomatoes, four ripe or three green peppers, two omons, two tablespoonfuls of sait, two of sugar, one or cinnamon, and three cups of vinegar. Peet tomatoes and onions, chop all fine, and soil one and a half nours. Bottle, and it wilk keep any length of time. One quart of carned tomatoes may be used instead of the ripe ones.

keep any length of time. One quart of cannet domaloes may be used instead of the r pe ones.

SPOKOK UARE.—This is the most perfect of Sponge cakes when properly made. Ingredients: Ten eggs, one pound of puteerized sugar, half a pound of flour, juice of half a large lemon, with the rind grated. After all the ingredients are quite ready—i. e., the flour and sugar sifted, the lemon-peed grated, the half-lemon squeezed and the tims but the flour and lemon the squeezed and the other the yellow and half of the sugar together. Next put the yolks into the whites, and the other the julies and half of the sugar, then the flour and lemon by degrees. The oven heat should be rather moderate at first. Much of the success deponds upon this, as the batter should be evenly heated throughout before it begins to rise. When baked, spread over the cakes a wafer thickness of icing, slightly flavored with vasible. Do not try to make half the quantity of cike.

PRETITED PERCENT (Introduct)

WORLD WIDE ITEMS.

THE MORPHINE MARKET.

Experience of a Victim of the Needle-

Roseville, Onio, and robbed of her long and heavy hair.

—Ironelad gunboats, armed with 100-ton guns, have been condemned by the English and Italian naval authorities.

—When President Eliet vectives the Chinege teacher It Ilarvard, he will quote from Sydney Smith, and address him in Latin, Tu-doese, "thou tea chest."—Philadelphia Bulletin.

Sepulchre.

— Seene in a restaurant—Two ladies seated at a table. First lady to the waiter: "Bring me as ice Cream, please." Second lady: "Ill have an ice too." Waiter brings ice cream and stewed cysters.

—The Methodist pastor at Oconto, Wis., has informed his congregation, officially, that he will not preach so gain until they pay him enough of his past due salary to buy a suit of clothes fit to wear in the pulpit.

—The two prisoners who escaped a few

snait was the offender.

—There is one English youth who feels
certain that he is beloved. He lives in Dorset, and recently testified at an inquest
that he did not dare to rescue a drowing
woman, lest "the young person who was with
him should jump in after him."

him should jump in after him."

—A club has been formed in India somewhat on the plan of the Alpine Club. Its members propose to undertake the ascent of the highest peaks of the Himalaya Mountains, and capecially of the great Dwalsgiri, which is said to rise 28,000 feet above the sea.

—The Edison Company has obtained from the French Government permission to establish telephone communication between the various quarters of Paris, on payment of a monthly subscription a telephone will be installed in one house just as gas or water.

—The touching sentiment, "Our first in Heaven," appeared after an obituary notice in a Philadelphia paper, and the father of the child came into the office raging mad. It was the third death in his family, and he desired to know of the clerk where he supposed the other two had gone to.

—Nearly half a million more of the paper public state for the public state.

hideously, and holding lightly between his teeth a red-hot eigar. At that moment the bells of the neighboring church rung out in notification that the elevation of the host was then taking place within the sacred edifice. Immediately the evil-looking individual, in whom the brickmaker had instinctively recognised the Father of Lies, disappeared with an angray good and the second of the property of the property

brickmaser foll down in a swoon, from which he only recovered to forswear brickmaking on Sunday.

—A New Bodford, Mass., woman was the owner of act which she prized very much, and which, about three weeks ago, gave birth to four kitens. The lady, not wishing to have such a large family of eats, had three of them destroyed, leaving poor Topsy with only one. On finding that her kittens were gone, and all efforts to find them were unavailing. Topsy took her remaining kitten by the back of the neck and dropped it into a tub of water, waited until life was extinct and then jumped into a hogshead of water standing by and drowned herself. This is a cat story.

—There is something refreshing in the plain honest way in which Mayor Waller, of New-London, Conn., speaks to his fellow-citizens about the enforcement of the Sunday law in that city. He says that he happens to be an excentive officer sworn to see to it that the laws are obeyed. He would but for this be no more troubled about violations of the law than any other citizen. Moreover, he doubts the policy of its repeal. Though not a Firitan, he confesses that he thinks it wise to attempt "to secure one days rest for rich and poor, man and beast." He points out that it is not an old law which he desires to enforce, but one reenacted in 1875, while last year an attempt to repeal or modify it failed entirely It is no more than expressive, therefore, of the present will of the people.

—England has been shocked by a blundering execution, and it appears to be settled that Marwood, the hanguan, is an ignoranus, who is permitted to try experiments at the expense of the condemned. At Newgate, on the 25th ult., one James Diley was to be put to death. Marwood arranged for a fall of six feet. The man, after experiencing the horror of such a fall, finally defed only of strangulation. Scientific persons are continued, and the new fangulation which have been introduced. The British press is discussing Mr. Marwood, and with all the more vigor because by an order from the Home Offi

Detroit Free Fress.

"Your folks going to State Fair, Jim in individe a newsboy as he greeted a Post office bootslack yesterday, with a slap on the back." Not unless things change," was the solemn reply.

"Be they all sick?"

"It's all mixed up replied the black, as he sarveyed the flagstones for a cigar-stump. Dad was going to check it in, but he's got a big boil on his chin and he can't play off that he's a Congressman from Ohio, as he meant to. The old lady she wesgoing in with the family on a pass-as the oldest daughter, but she broke her fairs teeth and would pass for 100 years old. Sister Sarah was going in with her beau, but he can't get away from his butcher-shop."

"Well, ain't you going?"

"I was going, I had a hole dug under the fence, and everything all fixed, but when I went up there this morning, I'll be hanged if they han't fastened a drove of mules to the inside of the hole! I guess our family will wait for Fourth of July."

AN EXE ON A SPIEEE.

AN EXE ON A SPREE.

AN EYE ON A SPIEE.

An Allegheny physician, who in his way is a great wag, tells a story of a north side gentleman who for years has suffered from periodical attacks of what, in medical parliance, is known as superorbital neuralgia. Quinine proved of no effect, and the sufferer was almost crazed with pain. A kind-hearted old lady living in the neighborhood of the patient informed him that if he would cut the affected nerve with a pair of seissors or a knife it would give him no further trouble. It so happens that the superorbital nerve is the one which controls the action of the eyelid, and when a man is in liquor this nerve becomes paralyzed, and it is that which gives a drunken person such a comical expression about the eyes. The neuralgin patient no sooner heard what he supposed the welcome news from the old lady, than he repaired to a closet, and with a jack knife parted in twain the offending nerve, and he now greets his friends with his right eye as sober as a Quaker in a quarterly meeting, and the left in a highly intoxicated condition.—Pittaburg (Pa.) Leader.

—At Saratoga—She introduced Mr. Peters

Leader.

—At Saratoga—She introduced Mr. Peters to all of her circle, and when her daughter Kate sweetly lisped, "Mither Peters!" he softly said, "Why don't you call me Pete?" "Oh, not on so short an acquaintance," she blushingly replied. "But," said he, "my name is Peet, not Peters."

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