HIS PROFESSION.

My boy and I rode in the train
One morning bright and clear.
"When I'm a grown-up man," said he,
"I'll be an engineer."
But soon the dust flew in his eyes,
And heavy grew his head,
"I wouldn't be an engineer
For all the world," he said.

My boy was at a seaport town,
And saw the rolling sea.
"Mamma," he said, one evening,
"A sailor I shall be!"
We took him to a yacht race—
He had to go to bed!
"I wouldn't be a sailor now,
For all the world!" he said.

We read him stirring stories
Of soldiers and their fame.
"I'll go and fight," cried Freddie,
"And put them all to shame!"
We told him of a soldier's life;
He shook his little head.
"I wouldn't be a soldier now,
For all the world," he said.

And thus to each profession
He first said "yes," then "no."
"To make a choice is hard," he said,
"At least, *I* find it so."
"But what, then, will you be?" I asked,
"When you are grown-up, Fred?"
"I really think I'll only be
A gentleman," he said.

—*Dr. M. McLeod, in March St. Nicholas.*

THE HOME.

Save the Boys.

Women who have sons to rear, and dread the demoralizing influences of bad associates, ought to understand the nature of young manhood. It is excessively restless. It is disturbed by vain ambition, by thirst for action, by longings for excitement, by irrepressible desires to touch life in manifold ways. If you, mothers, rear your sons so that your homes are associated with the repression of natural instincts, you will be sure to throw them in the society that in any measure can supply the end of their hearts. They go to the public house at first for the animated and hilarious companionship they find there, which they find does so much to repress the disturbing restlessness in their breasts.

See to it, then, that their homes compete with public places in their attractiveness. Open your blinds by day and light bright fires by night. Illumine your rooms. Hang pictures on the walls. Put books and newspapers on your tables. Have music and entertaining games. Banish demons of dulness and apathy that have so long ruled in your household, and bring in mirth and good cheer. Invent occupations for your sons. Stimulate their ambitions in worthy directions. While you make home their delight, fill them with higher purposes than mere pleasure. Whether they shall pass happy boyhood and enter upon manhood with refined tastes and noble ambitions depends on you.—*The Ram's Horn.*

Breathing Exercise.

Whatever will increase the breathing capacity will improve the health, and the following exercise, if done properly, in the fresh air, and with the clothing loosely worn so as to enable you to breathe deeply, is one of the best known to increase the interior size of the lung room.

Hold head up, shoulders back, and chest out; inflate the lungs slowly through the nose until they are brimful; hold until you have counted ten, without opening your lips; exhale quickly till your lungs are as nearly empty of the bad air as it is possible to get them.

Repeat same exercise, trying to hold the lungs full while counting twenty. Try it again, and see if you can hold your breath half a minute. Finish up with three or four deep, long-drawn inspirations.

One of the best times for taking this exercise is when you are going to and from your work or studies. Hold your breath while walking ten steps, then twenty, etc. The advantage of being in the open air and sunshine is that the air is fresher than is generally found indoors.

Take this medicine three times a day, either before or after meals. If taken after, it will be found to greatly help digestion. If this exercise should make you dizzy at first, take it in smaller doses, until your blood can stand the stimulation of its purifier.

The daily practice of this out-door breathing exercise has been known to increase the size of the chest two inches in one month.—*R. J. Roberts.*

How to Cure a Headache.

In case of the ordinary nervous headache from which women suffer so much, says an authority, remove the dress waist, knot the hair high up on the head out of the way, and, while leaning over the basin, place a sponge soaked in hot water, as hot as it can be borne, on the back of the neck. Repeat this many times, also applying the sponge behind the ears, and, if the assertion of the writer is not a mistaken one, in many cases the strained muscles and nerves that caused so much misery will be felt to relax and smooth themselves out deliciously, and very frequently the pain promptly vanishes in consequence. Every woman knows the aching face and head may be brought on from a hard day's shopping, or from the long rounds of calls and afternoon teas. She regards with intense dissatisfaction the heavy lines drawn around her eyes and mouth by the long strain on the facial muscles, and when she must carry that worn countenance to some dinner party or evening's amusement it robs her of all the pleasure to be had in it. Cosmetics are not the cure, or bromides, or the many nerve sedatives to be had at the drug shop. Here, again, the sponge and hot water are advised by the writer quoted, bathing the face in water as hot as can possibly be borne; apply the sponge over and over again to the temples, throat, and behind the ears, where most of the nerves and muscles of the head centre, and then bathe the face in water running cold from the faucet. Color and smoothness of outline come back to the face, an astonishing freshness and comfort is the result, and if a nap of ten minutes can follow, every trace of fatigue will vanish.—*Selected.*

Minard's Liniment for Rheumatism.

Woman's Hair.

Young girls of the present day completely destroy their hair by crimping it with irons, and twisting it up tightly with thick, hard hair-pins. This treatment may make the hair look pretty for the time being, but no thought is given to the ultimate result, and the appearance it will present a few years hence. The hair should be well brushed every night and morning with a moderately hard brush—brushes made with short, unbleached bristles are the best—and on retiring to rest the hair should be drawn back lightly over the ears, plaited in one long plait, and allowed to hang down the back; it should not be fastened up with hair-pins, nor should any cap or covering be worn on the head. This method makes the hair bright and glossy without the aid of oils or pomades, which are best avoided.

The fewer hair pins and ties used in dressing the hair the better; and twisted hair pins are injurious. It is not well to continue the same style of dressing the hair for too long a period, as that is apt to make it thin in some places; a little change is a relief to the head, and otherwise advisable. Cutting the hair occasionally is necessary, and should not be neglected.—*Herald of Health.*

Hints for the Housewife.

To mend small holes in plastering use one part plaster of Paris and three parts fine sand. Mix with cold water and apply with a case-knife.

SPONGE CAKE.—Two eggs, a scant cup of sugar, one teaspoon of baking powder, one cup of flour, two dessert spoons of water. Bake in two layers.

ALMOND CAKE.—One cup of sugar, one-half cup of sweet milk, one-half cup of butter, one and one-half cups of flour, whites of three eggs, two teaspoons of baking powder, one half pound of almonds, blanched and chopped; bake in layers or loaf, if baked in loaf stir almonds into cake; if in layers put them in icing and spread between layers.

ORANGE CAKE.—Two cups of sugar, same of flour, one scant cup of butter, five eggs, beaten separately, three teaspoons of baking powder; bake in five layers. *Icing.*—Whites of two eggs beaten stiff, one and one-half pounds of powdered sugar, two oranges, juice and pulp, juice of one lemon; spread this between the layers, add more sugar if not stiff enough.

CREAM PUFFS.—Melt one-half cup of butter in one cup of hot water, and while boiling beat in one cup of flour, then take off the stove and cool, when cool stir in three eggs, one at a time, without beating. Drop on dripping pan and bake. *Filling.*—One half pint of milk, one egg, three tablespoons of sugar, one heaping tablespoon of cornstarch; cook like custard, flavor with vanilla. Make opening in side of puff and fill with cream.

COCOANUT CANDY.—Equal quantities of white sugar and grated cocoanut; add enough milk of the cacoanut to moisten the sugar and then put it on the fire to boil, stirring almost constantly. When the candy begins to return to sugar, stir in the cocoanut as quickly as possible, and in a minute or two spread it on dishes to cool, marking it off in squares, to cut after it hardens sufficiently. It may be colored pink by the addition of a little poke-berry jelly.

BREAKFAST STEW OF BEEF.—Cut thin slices of cold roast beef, and lay them in a tin saucepan set in a pot of boiling water. Cover them with a gravy made of three tablespoonsful of melted butter, one of walnut catsup, a teaspoonful of vinegar, a little salt and pepper, a spoonful of currant jelly, a teaspoonful of made mustard and some warm water. Cover tightly and steam for half an hour, keeping the water in the outer vessel on a hard boil. If the meat is underdone this is particularly nice.

CREAM CAKES.—Put one-half pint of water and one cup of butter into a farina kettle; when butter and water is boiling hot add by degrees two cups of flour, stirring briskly. When flour is all added stir five minutes, set aside till almost cold, then beat into it five eggs, one at a time; add soda size of a pea, dissolved in cold water the last thing. Butter the pan you are to bake them in and have it hot. Drop the mixture, a spoonful at a time, into the hot pan, leaving room for them to rise without touching each other. Bake fifteen or twenty minutes in a quick oven. Don't move them while baking, be careful not to scorch them. When baked make an opening in one side and fill with custard or whipped cream.

ALMOND MILK SOUP.—Half pound of rice, one tablespoonful sugar, five pints milk, half teaspoonful salt, half pound almonds. Wash the rice, put it in a farina boiler with one quart of milk. Let it cook slowly until every grain is tender and swelled to double the original size. While the rice is cooking shell and blanch the almonds, chop them very, very fine, then pound them in a mortar, adding a few drops at a time about one-half gill of milk. If you do not add the milk they will become oily. If the quantity given does not seem sufficient add more. Have as smooth a paste as possible after they are pounded, then put in another farina boiler with the remaining quantity of milk. Let them simmer thirty minutes. When the rice is done turn it into the soup tureen, then pour over it the almonds and milk, season with salt only and serve. Sufficient for twelve persons.—*Table Talk.*

HALIBUT, WITH FINE HERBS.—Prepare two thick slices of halibut, each weighing one and one-half pounds. Trim off the skin carefully without breaking the flesh. Put one ounce of butter in a good-sized baking-pan, melt it, and when hot put in the slices of halibut, dust them with salt, sprinkle with the juice of one lemon, then half a teaspoonful of pepper and a gill of water. Put them into a quick oven and bake about thirty-five minutes, or until a golden brown. While the fish is baking put two ounces of butter in a saucepan; when melted two tablespoonfuls of flour, mix and add gradually one pint of boiling water, stir over the fire until thick and smooth. Take from the fire and add another two ounces of butter. Dish the fish, add the liquor from the pan to the sauce, and a tablespoonful of finely-chopped onion, one half teaspoonful of thyme, and a tablespoonful of chopped mushrooms or a teaspoonful of dried mushrooms. Pour this over the fish and serve.—*Table Talk.*

GOOD SOUP WITHOUT MEAT.—A Frenchman's recipe for good soup without meat is the following: Put butter the size of a pigeon's egg into the saucepan. When very hot, add two or three large onions sliced thin; stir and cook until they are red. Add one-half teacup of flour, stirring until it is red, and taking care that it does not burn. Now pour in about one pint of boiling water, stir well, season with salt and pepper and let it boil one minute. Then pour the whole into the soup kettle and set at the back of the stove till just before time to serve, when add one and one-half pints or more of boiling milk, and two or three boiled and mashed potatoes. Before putting in the potatoes, mix them up smooth and thin with a little of the soup. Stir all well together, and simmer a few minutes. Put bits of toasted bread in the soup tureen, pour in the soup and serve very hot.

THE FARM.

Points in Farm Practice.

"You are not drawing out your manure now." "No sir," I says, "it would take considerable to hire me to drive over my fields now. In fact I do not want to go on them at all in the spring. Although the land is well drained and looks quite dry and settled, it is porous and moist, and an animal could not step foot on it without hurting it for potatoes." "Some of your neighbors are ploughing." "Yes; let them. I will wait till it is much drier." "When will you get out your manure?" "Right after harvest, when the ground is dry and hard, and we will do almost no harm. We will put it on the young clover, then, where we have taken the wheat off."

"Won't it rake up in your hay the next year?" "Come and see." (We walked through the clover, just starting, where manure was put on last July.) "Can you see anything that you think will rake up?" "No, there is just a slight mulch of manure and the clippings from your clover last fall, lying between the plants. (Getting down and examining closely.) A rake will not catch it. It is too rotten. So you composted and rotted your manure before you put it on?" "No sir, not a bit of it. We put on with the spreader fifteen load per acre of just such strawy and fresh manure as you saw under the yard roof."

A young man said at one institute last winter that he did not see how strawy manure could rot, as he always found the wheat stubble unrotted in the first crop of grass he cut. Certainly; but that was standing. Let him cut it, soon after harvest, so that it will lie right on the ground, and if there is a heavy growth of clover so as to shade it he will not be troubled with its raking up. Neither will he with any of the clippings of clover and weeds, if they are cut off while young and tender, nor with the most strawy manure, if carefully spread with a machine.—*Practical Farmer.*

Spent Hotbed Celery.

A correspondent of *The Canadian Live Stock and Farm Journal* draws attention to a novel way of raising celery for summer or autumn use, which he has practised year after year, and so successfully as to be able to win with its product the first prize over many competitors at the Toronto Fair:

"The ordinary use of hotbeds is to bring forward such vegetable and flower plants as cannot be grown in early spring in open ground. After young plants raised in this way have been removed (say, in the latter part of May), a good way to utilize these spent hotbeds is to grow celery in them. Suppose, as is generally the case, that the frame of the hotbed is of boards, 12 inches wide. Inside of this (covering the manure) put good friable earth to the depth of three or four inches. On this plant the celery plants, about 6 inches apart each way. A frame 12 feet long, and 6 feet wide will accommodate from 250 to nearly 300 plants. Planted thus closely, no earthening is required. When the plants attain sufficient size the dense foliage excludes the light from the stems, and the process of blanching is made complete.

All the care required is to add to the height of the frame when the plants grow above it, and after the plants become large, to give plenty of water. In dry weather a bed of the size mentioned will require several (perhaps 10 or 12) gallons daily. Any one with common sense, however, will soon determine the quantity required, but it is necessary to give this word of warning, as neglect in this respect is the common cause of failure. Heavy watering, on the other hand, is injurious while the plants are small. Celery can be grown in this way with stems or leaf stalks as large as rhubarb, and, if desired, over two feet in length. The White Plume variety so grown is most beautifully pure and white. When celery is being used from a bed, boards or some material should be placed so as to exclude light from the part made vacant, as strong light on the tender stalks injures them."

The writer explains that the above method is not adopted for production of celery for winter store, the resulting crop being too tender for good keeping, and he suggests further as follows:

"For winter use it is best grown on the usual plan; that is, in trenches, or on the level, and blanched by earthing up. Celery blanched by earthing is almost sure to rust if the earth used be close and heavy. For the small amount required by an ordinary household, it is better to haul peat, or light muck, or light soil, for banking, if the natural soil be not suitable. Celery for winter should not be planted very early, nor should it be fully blanched when stored away."

Out of the Ordinary.

— Every stray dog should see a little smoke, hear a bang, and the next thing to take place should be the appearance of the farmer with a spade to conduct the funeral ceremonies.—*N. Y. Witness.*

— One thing may be put right down as certain—bulls, however kind and docile they may appear, are treacherous creatures and should only be handled with a safety-ring and stout staff. They cannot be trusted to be led by a rope.—*The Mirror.*

— It is an undeniable fact that soothing syrups have killed thousands of children and ruined the constitutions of thousands more. Those who have lived, instead of growing up healthy men and women have been ill and delicate.—*English Farm and Home.*

— About a quart of cream will make about a pound of butter. Cream is a great delicacy in the estimation of many people, and in some localities there would be a good demand for it if offered for sale in an attractive way, especially in the berry season.—*Hartford Times.*

— If we women would put by our dimes and nickels spent at the candy counter, put the amount into light garden tools and use them daily, our usual white pasty complexions and general debility would give place to ruddy cheeks and strong arms and backs.—*American Garden.*

— Of all miserable human beings we have known, they were most wretched who had retired from useful employment to enjoy themselves. Why, the slave at his enforced labor, or the hungry toiler for bread, were supremely happy in comparison. Be ever engaged in useful work if you would be happy. This is the great secret.—*Arthur's Magazine.*

— How can a farmer expect to prosper when paying for tobacco in ten years money enough, it put on interest ten years, to buy another farm? Were his wife the offender, how plain the matter would seem to him. He could see if she wore shabby clothes, that the money saved would enable her to be as neatly dressed as other women.—*Farmer and Homes.*

— Not until a few weeks ago did I learn how to cook eggs so as to be healthful, so that the white will be thickened like starch, but not be hard and leathery, and at the same time the yolk will be set also. Put fresh eggs into a cup or kettle of cold water, and let it stand on the stove till they come to a boil; then remove immediately. If the stove was not too hot or too cold you will find them cooked very nicely.—*Root's Gleanings.*

— Blessings on the open fire that blazes cheerily on the hearth in cold mornings and evenings, and lends comfort to the household the livelong day when the atmosphere is shivery, as on this 5th of May. Blessings on the grate wherein a glowing bed of coals burns for hours, emitting radiance and warmth. And blessings on the housewife who does not too early take down her stoves.—*Christian Intelligencer.*

— Despise not parental anxiety. The time will come when you will have neither father nor mother, and you will go around the place where they used to watch you, and find them gone from the house, and gone from the field, and gone from the neighborhood. Cry as loud for forgiveness as you may over the mound in the churchyard, they will not answer. Then you would give the world if you had never thrust a pang through their dear old hearts. There is no balm powerful enough to heal the heart of one who brought parents to a sorrowful grave.—*N. Y. Observer.*

TEMPERANCE.

To Cure the Taste for Liquor.

A correspondent of the New York *Sun* in answer to the question, "Can any one give me a cure for drunkenness?" says:

"Indulgence in spirits after awhile—which is longer or shorter according to the constitution of the person—produces irritation, inflammation and fever of the stomach, hence the craving for drink; and the greater the fever the greater the craving. As spirits act also on the nervous system and on the brain the nervous system becomes impaired and the brain weakened. Who can deny that a person ailing in these several ways is laboring under a serious disease? He has then no will power to exercise, because the seat of the will is in the nervous centres, and when these are impaired or destroyed so is also the will power.

"Here is the cure: Let the person have within his reach a small vial of the best kind of tincture of Peruvian bark, and when the craving for liquor comes on him let him take a teaspoonful of the tincture every two hours. In a few days the taste for liquor is destroyed, and destroyed while indulging in it, for tincture of Peruvian bark is spirits into which has been drawn all the substance of Peruvian bark. It is to be found in every drug store, but it should be of the very best.

"Peruvian bark is a tonic. It is also the best, if not the only cure known for fever. It is from Peruvian bark that quinine is extracted, and, moreover, it is anti-periodic. It is by these three agencies that it destroys the craving for liquor. Anyone wishing to be cured of that ailment can be in the way I have described, but there are few drunkards, indeed, who wish to be cured."

How to Love God.

A woman once said to her pastor: "I do love God very much, but want to love more. How can I?"

"You must become better acquainted with Him," was the reply. "We love those who are worthy of our love in proportion as we become acquainted with them."

"How can I get better acquainted?" she asked.

"Study the Bible more," he said. "God speaks to you, reveals Himself to you in the Bible. Read in the New Testament the life of Jesus, and imagine you had been with Him, as John and Peter and Mary were.

"And pray more. Tell Him all your joys and troubles and needs. He will answer you, and every answer will draw you closer and closer to Him.

"Then try to please Him in everything you do and say. We always love those whom we try to please. Love makes us wish to please the Lord, and love rewards us when we have done it."

The woman followed these rules, simple as they were, and her love to God grew and spread all through her heart.—*Word and Work.*

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