Practical Talks and Plain Precepts for Farmers.

Edited for the Farmer readers of the MONITOR by an Annapolis Valley Agriculturist

THE PUBLIC SCHOOLS AND THE FARMER.

(By Dr. A. H. McKay, Superintendent of Education in Nova Scotia, in the "Maritime Homestead."

One-third of the population of Nova Scotia is dependent directly upon the agricultural industries. The two classes dependent on mining and fishing number only about one-half of the agriculturists. Those dependent directly on the manufacturing and mechanical industries are less numerous still. The farming class, is therefore, by far the predominant class; and if the public schools should be dominated by the desire of adaptation to any one class on account of the proportion of population represented, they should be adapted more particularly to the requirements of the farm population.

But there is another advantage in favor of this adaptation, for it is being discovered that the elementary course of education most useful for the farmer, is at the same time the best general foundation, not only for the other industrial occupations, but for the learned professions. It would appear possible under these conditions to have a simple, general education course for the province as a whole. The reading, writing and cyphering of the common school grades, which suit the interests of the one class, is exactly the fundamental stage required for the most advanced scholarship of the future university students.

It should be remembered that English pupils have a great deal more work in the eight years of their common school course on account of the excessive irregularity of the spelling of words in our language, and of the lack of a simple system of weights and measures in our arithmetic. As compared with the pupils of such countries as Germany, Italy and Spain, for instance, at least 25 per cent. of the time of study at home and in the school is expended uselessly if not injuriously. That is, two years out of the whole eight years of common school work may justly be considered the tax which we have to pay for our inheritance of a custom of spelling and of an irregular system of weights and measures, the reformation of which would be so expensive to the generation attempting it in our days.

On an average in the schools of Nova Scotia, out of nearly five hours (exactly 294 minutes) a day actually employed in teaching, over two hours (exactly 126 minutes) are absorbed in learning to read, spell and compose; and over one hour (exactly 61 minutes) in cyphering, thus leaving only 107 minutes daily for writing drawing history, geography and the other instructions, such as singing and oral or object lessons. As the time absorbed in writing and elementary accounts has been found to be about 25 minutes, the three R's absorbed last year on an average 212 minutes per bay, leaving 81 minutes each day for all the other work. This is no fixed timetable. Every school arranges the time to suit its own conditions. This is simply the average of the actual time taken in all the schools for these subjects under the free impulse of the various teachers in 1900. It demonstrates the stress laid on the fundamental subjects of language, arithmetic and writing. That this stress does not produce uniformly good results can not be surprising when we consider first, the difficulties peculiar to our language and our weights and measures; and second, the fact that only one-third of our teachers have had any special training for teaching. Nowhere are better results had under similar conditions, however; and the average results are improving year to year, more rapidly in some districts of the province than in others.

Now, thorough instruction in the three R's is as necessary for the farmers' children as for the children of the other classes. It is also as necessary for his children as for others to know something of the geography and history of the country in which they live and which, by means of their votes they must govern. And thirty-seven minutes a day were spent in this work. They have as much need of instruction and inspiration in good morals and manners, in patriotism health and temperance as the children of any other class, and the children of every other class have as much need as they. Thirteen minutes a day on the average have been spent in this work. If it were well done, the minutes were well spent. There is just as good a reason why they should have the opportunity of knowing how to use their voices in singing, as any other class; and six minutes a day were spent in this art.

There is one subject, however, which has been to many a stumbling block. And it has really absorbed on an average seven and a half minutes a day in our schools. In the other half there were no lessons at all. This subject is the so-called "Nature Lessons" which have figured so long on the Nova Scotian course of study, if not in many of the Nova Scotian schools before they became so emphasized in the educational literature of all countries as they are today. The majority of our teachers have been unable to comprehend the object or importance of this small element of the course, just because they had never been properly trained to observe, to reason from observation, or to teach. The growth of such ability will take several years, but it is rapidly growing.

In the first place this subject gives no words to the pupil to take home with him to memorize. There is no cram in it. In the second place, it is play; but a healthy and invigorating foundation of all is the accurate observation of all that can be seen on the way to school and the way home; all that can be seen in the school room, at the home and on the farm, on the hillside and by the stream, on the pasture and by the shore. It, therefore, takes no time from any other study nor from the work on the farm, for it is simply the keeping of the eyes open to observe, and to discover the law which explains. The lesson in the school room is on the observations which the teacher with his fuller experience directs and corrects. And finally he guides them to the generalization of a law and the explanation of the phenomena.

But what have the pupils to observe? By the roadside they see the hillsides and gravel banks cut open, various stones, minerals, earths, and trace their origins in many places. This is geology. They at length discover how the valuable intervals were laid down, and can discover the very minerals from which the fertile loams have been ground by the vast machinery of Nature. They observe the various plants, first the strikingly beautiful or peculiar, then the more common, with equally interesting life romances. They note rich meadow grass as native to one spot, the scant wiry danthonia to another, and the useless moss to a third; and they soon find a reason for it and discover a method of causing the moss to emigrate and the danthonia to surrender to the more useful grass, They soon learn to measure the number of pounds of valuable wood a given tree may produce in a season from what would be otherwise worthless waste; and how, at the same time it ameliorates the conditions of the climate and heightens the beauty of the homestead. Here are the sciences of botany, of forestry and their cohorts.

They study the life history of insects helpful and injurious to the industries of man, the potato beetle which has become an annual tax to the farmer, the flies which destroy millions of dollars worth of crops every year on this continent, And discover how to outflank and capture the enemy by a march on his hidden lager. This is entomology. He observes the action of the rain and atmosphere on the stone on the earth, on plant life; the action of frost; the cause of the winds of the clouds of the drought; and also of methods by which we can marshall these forces of nature on our own side. And so forth, and so forth, looking not into books, but rather in the world around them; into the very pleaces where the great original bookmakers themselves got their knowledge. And in the tamest backwoods sections what can be seen? Why! What! Objects illustrating every science to be found on the most comprehensive university on earth. And this is what shocks the modern form of the learned ignoramus, "Studying the whole circle of sciences in the common school."

But it is also play. And the smart little boy of three years, who can toddle along the road, has already learned the most valuable half of all the natural sciences known. He has mastered the complex physical problem of supporting the centre of gravity, and by a series of partial falls which we call steps, he has learned to move about. How much chemistry he knows too—ask him with sugar or salt. And so on with the whole range of the sciences, even psychology. See how he can read your face and know what is the next thing you are about to do, whether you may be on the teacher's platform or at the dinner table. Really, at three years we have all learned more than we shall ever learn afterwards, and the learning involves the whole circle of the sciences.

It is only the badly educated fool who could suggest that in youth the observation of children should be restrained to one phase or character of the things surrounding us. This would be as wise as directing the landscape artist to study carefully the foliage branches at an angle of thirty-nine and a half degrees, and never bother with anything else. The thirty nine and a half degrees inclined branches are important, but the artist is more interested in the effect than in the minute study of the fragment. So human interests are concerned with the unity around us in their co-relationship, not in a particular line of facts which are the artificial divisions laid down for the preparation of nature, all-round men and women for some special form of labor or some particular line of research.

To put it in another way, although the circle of sciences may be skimmed in common school observation work it is only one art that is being mastered—the art of making our homesteads as comfortable and as beautiful as possible. Every science on earth meets in this one art. And the only rational method of studying the sciences in youth is the art of good home-making in its fullest sense.

The respect in which educational work through all time has failed most, is that of accurate and comprehensive observation and correct indition from the facts. If the school boy attends school for eight or ten years with his mintd in his book, or in the ends of the earth, what has to be done for him, say, in his first year at agricultural college? First, he has to master the elementary sciences which he should have been doing as a matter of amusement for the preceding ten years mixed up with ten years of thinking. He tries to do it all now in two or three years when he has no time to think. Result: the common sense and observant boy at the common schools really understands the world about him better than the college graduate. Second, accurate observaton has become a habit with the observing boy, while dreaming diurnally the same fantastic unreal dream is the habit acquired by the other. Which is the better product? In such a case, the boy who never went to college.

In still other words, "Nature Lessons"—teaching when properly done is the application of common sense to those things which lie immediately around us, and which are in touch with us, and which we can touch. It is, thetefore, specially fitted to be the earliest means of applying the other subjects of our course to the test of use. Our arithmetic enables us to test things quantitatively, our drawing to figure them, our writing to describe them in language. The nature lesson is not only the place for the cultivation of our observing powers, which, if ever developed must be developed from the very beginning of life when habit is formed; but the place for showing the pupil the use of the other subject which is less interesting although of prime importance also.

And lastly, this very training which lies at the foundation of the successful understanding and enjoyment of the farm life, is also the most convenient kind for the development of correct mental habits in all industrial vocations, and in the learned professions. The lawyer, the politician, the poet who knows what is around him most accurately, has that advantage as of the present, must be different over others. The poetry of the future from that of the past; for it must reflect truth as it is apprehended by the popular mind—before it can be appreciated by the people. And, therefore, as the popular conception of things become fuller so must the poetry.

These are some of the thoughts that appear to explain the reason why this subject, on which we spend but seven minutes a day, is so universally compelling the attention of educationists today. It is the beginning of the scientific culture which promises to be more useful to humanity than the simple intoxication of imaginative literature, and eventually more enjoyable for truth is even stranger than fiction. Every farmer should be from the very nature of his occupation, a man of scientific culture, and such a culture is really of a higher order than any unscientific form. It promotes honesty of thought and profession, while it lays that foundation of knowledge which is power in his particular field of labor and pleasure in moments of meditation.

But the production of the teacher who can effectively give this common sense turn to the work of the school room, and lay the foundation of a scientific culture in his youth, which by means of school libraries and other aides may be continued after the farmer leaves the school, is the work of works. Soon we have reason to expect, progress will be made more rapidly than in the past.

The Cause of Dyspeptic Pains.

Improperly digested food usually forms gases that cause a painful distention of the stomach and pressure against the heart. This results in much pain and distress, but Nerviline will relieve the distention, dispel the gas, and cure the dyspeptic pains very quickly. Polson's Nerviline is really a excellent remedy for dyspepsia, indigestion, cramps, summer complaint and all stomach and bowel troubles. No household is complete without Nerviline. Try a 25c. bottle.

—Albumenized milk is a most nourishing drink for an invalid, and in hot weather, taken at intervals of three hours, before breakfast and a six o'clock dinner, would be all the nourishment required by a person in health. Drop the white of one egg in a glass, add two thirds of a cupful of milk, cover, and shake until thoroughly mixed. Strain into another glass and serve.

Minard's Liniment cures Distemper.

FOOD FOR A GROWING CHILD.

A question of vital interest to the majority of mothers today is what food is best calculated to meet the demands of growing childhood, as well as to supply the waste of its tissues. With the fast-growing child its demands for food oft-times seem inconsistent, but in most instances it will be found that its system is really in need of food substance, which can only be gotten by eating an excess of the unnecessary food in order to obtain it.

With active exercise of both mind and body, as with the rollicking boy at school, the demand for proper food is great. In most instances, and leaving it to the children's decision, "proper food," means pastries, etc. ,Instead of these building up and repairing the body, they serve to give more heat and energy to an already worn, tired-out nature. In order to get a clearer conception of the effect of such a diet one has only to observe the stunted growth and pallid faces of the children of the very poor, who are fed on an almost exclusive diet of starch foods. It is cheaper and already prepared by the bakers. Therein lies its merit.

Appetites can become perverted as to the eating of sweet pastries the same as by any other habit. As our inheritance, we are always craving the sweets of life. The bitter are always cast aside.

The virtues of whole wheat bread for the growing child are many. It supplies every need and want of the human body. It not only gives heat and energy, but is a constant retainer of waste tissue; while its mineral constituents convert cartilage into strong healthy bone, and teeth. Sandwiches of this bread, daintily put together with a thin slice of cold meat or a meat preparation, forms a most acceptable lunch, and if these are encased in the waxed paper used by bakers and which can be purchased by them, they will keep moist and fresh for hours.

There are egg sandwiches, cheese sandwiches and others too numerous to mention, but those I have made mention of will be found best to meet the requirements of the child's system and another consideration is the ease in their preparation. Do not forget to use butter liberally as if no sandwich were to be made. A certain portion of fat is absolutely necessary to the body's development as well. Sweet, fresh butter, or cream, is the best form of fat, and a liberal use of these is quite sufficient for the body's needs.

In preparing the school luncheon do not forget to tuck in a bit of the fruit, Sweet fruits contain much nourishment, it is well to remember, dates figs, bananas and grapes containing the most.

Juicy fruits are rich in phosphorus for the blood, and are easily digested as well. The excess of water which they contain forms a distilled drink and as thirst quenchers they prove a success. It is far better to supply the children with fruit for their luncheon than to give them a food that in time works evil effects in the system The limited purse often feels that the fruits are an expensive drain on it, but a little wise reflection will show to the average mind that money invested in fruits is wisely expended.

Nuts form another of nature's foods, and much nourishment is contained in them. Take the walnut, filbert, almond, cocoanut and chestnut for instance. These nuts are rich in nourishment and can be used in a paste form, that is crushed or ground and mixed with a dressing of sweet cream and spread on bread that is to be made into sandwiches. Or the nuts can be cracked and opened and a handful included in the daily lunch. There will be fully as much nourishment in these as in the bread itself.

Both fruits and nuts in their original form—that is, not made into jam or other substances in which adulteration can be practised—are far better.

These cheap jams with which the market is flooded are most injurious in their effect on the human system. They should never be eaten. I for them as well as many of the productions of the delicatessen store, as different forms of pickles, etc. Acids in the system produce disease. Not only does the eating of sour substances produce this, but sweet substances are also converted in the process of digestion into an acid. A thoughtful care in this respect is quite necessary to health. A stalk of celery or a bit ofwater-cress answers far better, and these can be eaten with impunity.

In concluding. I would say that, if a luncheon is daintily made up, it not only appeals to the eye but through the eye to the stomach. There comes a desire to taste, and by this desire the gastric secretions are appealed to and the food is partaken of with genuine relish instead of a forced inclination.

AN OLD LADY'S STORY.

To the Editor of the Monitor:—

Sir,—I was troubled with rheumatism for about eight years, and tried a great many different kinds of medicines without getting relief. Last spring I began to get worse and I could hardly walk. It was then that I tried Dr. Clarke's Wonderful Little Red Pills, and two boxes cured me. I have had no rheumatism since taking them. I am eighty-two years of age, and can walk now quite smartly thanks to this remedy wonder.—(Mrs.) Paul McDonald, Eden Lake, Pictou Co., N. S.

We have yet to know of a single case where these wonderful pills have not been almost entirely successful in affecting a cure, Canada Chemical Co. Peterborough, Ont.

They cured me of rheumatism after I had been given up.—Andrew Closkey, Victoria, B. C.

Ex-Ald. Bailey, St. Johns, writes: I cannot speak too highly of Dr. Clarke's Wonderful Little Red Pills. They worked a miricle in my case and cured me after many years of suffering. I do not think their equal is to be obtained.

Nothing like Dr. Clarke's Little Red Pills for the cure of heart trouble, weakness, and blood diseases. Have used them everywhere with success.—Dr. E. F. Mann, late of H. M. Forces South Africa.

Dr. Clarke's Little Red Pills permanently cured me of headache. I suffered for years and only took two boxes. That is a year since. I have not had a symptom since.—James R.Jackson, Sault Ste. Marie, Ont.

I do not believe there is a medicine to compare with Dr. Clarke's Little Red Pills. They cured me of indigestion and catarrh of the stomach, after nine years' suffering.—H. S. McDonald, G. T. R. shops, Montreal.

Dr. Clarke's Little Red Pills are a certain cure for rheumatism, asthma, paralysis, catarrh, eczema, coughs, backache, indigestion, stomach and liver troubles, female complaints, even when the diseases have been standing for many years. Price 50 cents per box. For sale by local druggists. The Canada Chemical Co., Peterborough, will forfeit $10 for any case that will not be helped by these pills.

Dr. Clarke's Sure Cure for Catarrh, and Dr. Clarke's Sure Cure for Eczema, same price. $10 will be paid for any case they will not cure. Sold by S. N. Weare.

A pipeful of "Amber" Plug Smoking Tobacco will burn 75 minutes. "Test it?"

Save the tags, they are valuable.

—Do not water a plant already wet and in giving a supply to a thirsty plant be sure to give it enough. If your pot does not become dry at all you may be sure it is in a stagnant condition. See that the drainage is made perfect.

BEFORE IT IS TOO LATE.

If you have a gray haired mother
In the old home far away,
Sit down and write the letter
You put off day by day.
Don't wait until her tired steps
Reach Heaven's pearly gate—
But show her that you think of her
Before it is too late.

If you've a tender message
Or a loving word to say,
Don't wait till you forget it,
But whisper it today.
Who knows what bitter memories
May haunt you if you wait—
So make your loved ones happy
Before it is too late.

The tender words unspoken,
The letters never sent,
The long-forgotten messages,
The wealth of love unspent—
For these some hearts are breaking,
For these some loved ones wait;
So show them that you care for them
Before it is too late.

THE IDEAL FARM HOME.

Forty years ago this subject would have meant something quite different from what it does at present. Then a plain frame dwelling with plastered walls and a brick chimney would have seemed a great advance on the double log cabin with its stick and mud chimney at either end, the well sweep in the yard, chickens roosting in the trees or on the rail fences. A pile of logs in the front yard was not deemed out of place in early days, and shade trees, shrubbery and flower beds were exceptional, if not unknown.' The ideal farm house as we now regard it must have many ornamental features, and numerous conveniences that in pioneer days were unthought of. As to the externals our first thought is regarding walks and drives, They should be dry and clean. Mud should not be tracked into the house, and to prevent this, gravel should be freely used, not only to make walks to the barnyards and outhouses, but to build drives from the road in front to the wagon shed in the rear. A shed or covered way ought to extend from a side porch of the house to the drive so the ladies can enter or depart from the carriage dry shod. Cows as well as horses must be shedded as the model farm and the milkers need bring no dirt with them indoors. The stables and sheds will be cleaned two or three times each week and the refuse thrown out to the fields. A row of hothouses, sheds and covered ways will extend from kitchen to barn, so there will be no need to tramp thro' mud and rain at any time. The ideal home is possible only when built on a good well-gravelled road, because the people who dwell in it are sociable and must visit and attend meetings, lectures and concerts. It must have a telephone connecting it with all the neighborhood and the towns and villages near. It must have a daily mail, which it easily can have if the roads are what they ought to be. It must have shade trees, vines, shrubbery and flowers in the blue grass lawn, and a small fruit as well as a vegetable garden, well stocked with the best varieties and well tended, and it should be convenient to the kitchen so as to be most available and useful.

Keep the Cultivator Going.

If there is one practice more than another, that is honored in the breach rather than in the observance, it is that of continual cultivation for root garden, potato and corn crops. We know of farms today where several acres of hoed crops are grown and the owner has just got a horse cultivator for working between the rows of his crops. He either does all the cultivating that is done, with a hand hoe, or else he borrows a cultivator once in a while from a neighbor.

Hand goeing is costly, expensive and somewhat ineffective operation. The work can be done cheaply and better done with power.

To get the best results with turnips, mangels, corn potatoes, etc., No crust should be allowed to form on the soil.

Most of our farmers we fear cultivate only to keep down the weeds and overlook the main value of cultivating viz., that of aerating the soil and conserving its moisture.

When the corn is young put a light harrow through it and you will hoe it much more effectually than if it was done by hand hoeing. Do the same with potatoes; and so good an authority as Mr. F. W. Hodson says put a horse weeder through your turnip patch, going crosswise of the roots and thoroughly stir up and thin the turnips before you give them the regular thinning with the hand hoe.

Whatever other work must be shirked, do not forget one minute shirk this one of the hoed crops. Go over the ground at least twice a week.

—Dr. Icard, a French physician claims to have discovered a certain test for death, the use of which will render premature burial, which many regard with the greatest dread, impossible. He uses a concentrated solution of fluocrin a well known coloring material, and when a small little of this solution is injected under the skin of a living person, in two minutes the skin, and especially the mucous membranes will become much discolored, and these parts will present the appearance of one suffering from an acute attack of jaundice. Moreover the eyes will become a greenish color, and the pupils will almost become invisible. These symptoms will remain for one or possibly two hours and then will gradually disappear. Since fluocrin produces this effect on a living body, it naturally follows, according to Dr. Icard, that any body on which it produces no effect must be dead.

The Penalty of a Fast Life.

Is paid for by an irritable condition of body and mind, by exhausted energy, poor digestion, unstrung nerves and broken sleep. If you must and will live the killing pace, better keep in mind the sustaining powers of Ferrozone, a wonderful tonic and reconstructor. Ferrozone is a blood maker strengthener, a heart and brain invigorator. It creates appetite, insures perfect digestion and undisturbed sleep, restores the vitality and the strength lost by excessive living very quickly. Ferrozone will do you inestimable good, try it. Price 50c. per box or six boxes for $2.50 at druggists, or Polson Co., Kingston, Ont. Dr. Hamilton's pills cure headache.

—The world would be greatly improved if every man and woman were to resolve to devote actual thought to improvement of brain power.

First of all, try to escape from the dull, easy routine of using that superficial upper layer of your brain only.

Don't use slang—slang is the result of brain routine in its lowest form.

Don't adopt commonplace catch phrases—give your brain the beneficial exercise that comes of selecting your own speech.

Don't accept, ready-made, other people's ideas.

Accept statements of fact when they are statements of facts.

Investigate and question for yourself every proposition based on opinion or theory.

You never can tell what your thoughts will do
In bringing you love or hate,
For thoughts are things and their airy wings
Are swift as a carrier dove.
They follow the law of the universe—
Each thing must create its kind—
And they speed o'er the track to bring you back
Whatever went out of your mind.

Stops the Cough and Works off the Cold.

Laxative Bromo-Quinine Tablets cure a cold in one day. No cure, no pay. Price, 25 cents.

Cold Outside, but— Comfortable Inside

No matter what the weather is outside,—mild, below zero, or piercing cold winds—your home will always be snug and cozy with a comfortable, healthful heat, if you have a

"Sunshine" Furnace.

The draughts respond so promptly to our specially constructed "Sunshine" dampers that the fire can be regulated to the exact necessity of the weather—no danger of your house being too warm in mild weather and chilly on cold days.

The "Sunshine" costs less and gives more heat from a minimum amount of coal than any other good furnace.

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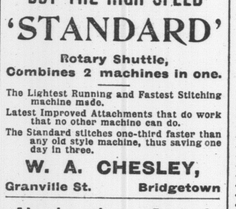

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S. S. "Prince George," 'Prince Arthur,' and 'Boston,'

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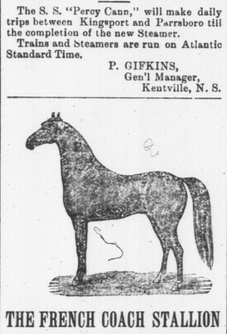

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PEDIGREE: Bred by M. Paisant, of Periers en Auffe, department of Calvados, got by the government stallion Epaphus, dam N. by Le More.

DESCRIPTION: Jet black; weight 1280. Perfect disposition. Fine reader.

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KAULBACH & SCHURMAN, Chartered Accountants.

PALFREY'S CARRIAGE SHOP —AND— REPAIR ROOMS. Corner Queen and Water Sts.

THE subscriber is prepared to furnish the public with all kinds of Carriages and Buggies, Sleighs and Pungs that may be desired.

Best of Stock used in all classes of work.

Painting, Repairing and Varnishing executed in a first-class manner.

ARTHUR PALFREY. Bridgetown, Oct. 22nd, 1890. 27tf

THE BEST Is always the cheapest! That is what you get when you buy your MEAT AND PROVISIONS —FROM— B. M. WILLIAMS He always has THE BEST.

Notice to the Public

As I am an authorized agent of the Herbaroot Medical Company, of Montreal, for the sale of Herbaroot Tablets and Powders, the great family medicine and KING OF BLOOD PURIFIERS, for the cure of Rheumatism, Dyspepsia, Scrofula, Torpidity of the Liver, Jaundice, Sick Headache, Constipation, Pains in the Back, Female Weaknesses, and all impurieties of the blood, I would say to those in poor health that I will send by mail to any address on receipt of price, Herbaroot Tablets.

200 days' treatment, with guarantee,	$1.00
100 " " " "	.50
Herbaroot Powder, per package	.50
Inhaler	.25

Herbaroot Powder cures Catarrh, Sore Throat, stops Headache and relieves Asthma.

T. J. Eagleson, Bridgetown, N. S.

NOTICE

All persons having legal demand against the estate of Samuel M. Witham, late of Clarence deceased, are hereby required to render the same, duly attested within six months from date, and all persons indebted to the estate are hereby requested to make immediate payment to

IDA MAY WITHAM, Administratrix.

Clarence, March 28th, 1902.

WANTED

Good, smart agent to represent us in Nova Scotia for the sale of hardy Fruit and Ornamental stock. Sample case supplied free. Good pay weekly. We offer special inducements to any one who will make a specialty of ornamental business, having over 600 acres in cultivation we are in a position to give best possible satisfaction. Apply now. Pelham Nursery Co., Toronto, Ont.

The Household.

TO MAKE TEA.

The delicate leaf of tea should never touch metal. It should be kept in paper, wood, glass or porcelain cup; fill the latter with boiling water, cover it with a porcelain saucer, and let it stand three minutes.

Then, if you decide to be only an epicure, drink only the upper layer of the golden liquid, throw the rest away rinse the cup and begin drawing novo. Never use sugar. Do not use milk. It ruins the flavor of the tea, and the combination injures the stomach.

Above all things, do not boil tea. The heat drives off the perfume, spoils the flavor, and extracts the tannin, the astringent principle. If the boiling be done in a tin or iron pot, the tannin attacks the metal and makes the liquid black.

Never let the tea stand, except in a tightly closed pot. Standing changes it from a delicious, wholesome beverage into an ill-tasting and bitter liquid. Better make it in small quantities and make it often. In summer, sip the tea boiling hot, with a slice of previously peeled lemon—or, nicer still, of orange without the rind—floating in it.

Beware of green tea! It is the unripe leaf, and bears the same relation to the real article that the green does to the ripe peach. The green tea of commerce derives its color from being cured, or rather killed, on dirty copper pans, from being mixed with weeds and shrubs, from being stained with indigo and chrome yellow, from being colored with verigris, grass juice or chlorophyl.—From Consul Bedroe's Report to the State Department.

HOT WEATHER HINTS.

Every kitchen ought to have a piazza which is cool and shady during the forenoon hours. Do all the work there from the sink or the table. Never aggravate the misery of summer heat by eating in a hot kitchen. Have a dining room if you can't have a parlor, or still better, if yours is an old-fashioned house where the wide hall runs from front door to back, eat there and let every breeze that blows thro' the house make pleasant the meal hour. At sunsetdown, open the windows throw wide the curtains, loop up curtains and welcome the night air. You will sleep well and dream happily. Save your eyesight. Don't use up your eyes in the summertime. More hot weather headaches are due to tired, sun-beaten eyes than to anything else. Rest them a score of times a day. You would be surprised how many bits of work you can do with your eyes shut as well as open. When you rest your body, rest your eyes. Bathe them with hot water, then in cold water, into which a little witch hazel has been poured. Afterward lie flat on your back in a cool darkened room and over your eyes spread a rag wet in hot water and sprinkled with rose-water. You will get up as fresh as a daisy.

THE BABY'S HAIR.

Many mothers are worried because they have found the scurf that collects on the baby's head, hard to remove. At night when the baby is ready for bed, part the hair, and rub vaseline into the scalp, using the tips of the fingers, and rubbing gently but thoroughly all over the parts that are affected. Put on a night cap to save the pillow from being soiled. Wash his head in the morning with warm soft water in which a little borax has been dissolved and use enough of the best toilet soap to cleanse it thoroughly. A soft sponge is nice for this work. Rinse with clear soft water, then comb very gently with a fine comb. Two or three applications, allowing two days to intervene between them, will cleanse the worst encrusted scalp When the head is clean, it may be washed twice a week to keep it so, and the hair will soon become soft and silky.

PEACH SHORTCAKE.

It is not necessary to wait for summer to enjoy this dainty. Canned peaches are exactly as good as the fresh fruit. For the shortcake use one quart of flour, one teaspoonful of salt, one teaspoon of baking powder, two tablespoonfuls of butter and one pint of rich milk. Mix this into a smooth dough just soft enough to handle, divide into equal parts, roll out to the size of an ordinary pie plate and place on buttered tins to bake for twenty minutes. Cover half of the cakes with the peaches, sliced evenly, sprinkle with sugar and cream lay on the top pieces with the crust down and cover them with the fruit, sugar and cream.

HOUSEHOLD RECEIPTS.

Clean a codfish weighing from three to five pounds; sprinkle it with salt and pepper; stuff with a dressing of one cupful of bread crumbs, three tablespoonfuls of melted butter, half a teaspoonful of salt, a little pepper, one cup of oysters that have been rinsed in cold water; fill the cavity in the fish with the dressing; sew it up; skewer it into shape; cut several gashes in it, brush over with lemon juice and lay several pieces of salt pork in the pan; baste often and bake forty-five minutes in a moderate oven; lift to a hot platter; remove the skin.

POTATO PUFF.

Boil some good mealy potatoes until thoroughly done, drain and dry them and mash until there is not a lump in the mass, season generously with salt and butter. To one solid pint of these hot mashed potatoes, add one-half cupful of cream and beat until a beautiful white; then add another half cupful of cream beaten with two eggs, and bake in a deep dish in a very quick oven. The hot oven is essential to get the puff desired.

—There are better methods of cleaning the skin from dust accumulations than soap and water, although they must not be neglected in the morning. Rub them carefully with a clean cloth and good face cream, or sponge it with a mixture of olive oil and alcohol, drying carefully with a harmless cloth. Dusting lightly with a harmless powder will make the look better after his cleansing.

With good health, nourishing food and plenty of out door exercise, a skin, under the aforesaid treatment will be clean, smooth and slightly tinted. Without natural advantages like health, nobody can expect a decent complexion.

Work three quarters of a pound of butter into a pound and a half of flour and half a pound of sugar. Flavor with grated nutmeg, cinnamon or lemon extract, and add three well beaten eggs. Roll all together well into a smooth paste and roll out an eighth of an inch in thickness, Sprinkle crushed loaf sugar over it and cut into rounh cakes with a very small cutter; take out the centre. Lay on baking sheets and bake in a quick oven, without browning, about ten minutes.

—Polished floors require care, there is no denying it. In very particular homes, no rollers are used on the furniture, each part that touches the wood being fitted with a piece of felt, glued on in a manner to make it permanent. Every spot should be wiped up without delay to prevent the stain striking through to the wood.

TO CURE A COLD IN ONE DAY.

Take Laxative Bromo Quinine Tablets. All Druggists refund the money if it fails to cure E. W. Grove's signature is on each box. 25c.

Joker's Corner.

HER LITTLE APPETITE.

She hasn't any appetite, she says,
And so each day when she goes out to lunch
She orders just a trifle, that is all,
A little something she can lightly munch,
A chocolate eclair, a charlotte russe,
A dish of ice cream (strawberry of course),
A piece of lemon pie, some pickles and
A half a pound of choc'late creams perforce
Then wonders when she's put them out of sight,
Why 'tis she hasn't any appetite.

ABSENT MINDED PROFESSORS.

In Ithaca, the seat of Cornell University, the memory of a certain member of the faculty is kept green from year to year by this story of his habit of intense pre-occupation and what came of it.

One day he was walking over a beautiful campus path deeply absorbed in a pamphlet on a mathematical subject which had just been received. He bumped into something, and, without looking up, raised his hat and said, "I humbly beg your pardon."

There was no response. and he raised his eyes to see the campus cow.

The next day another pamphlet—even more preoccupation—a second collision.

"Get out of the way, you darned old cow!" he shouted.

"Sir!" rang the voice in shocked soprano.

The professor gazed into the eyes of the wife of a colleague and faculty enemy.

"But that old professor is not the only absent minded man in the Cornell faculty," said the officer of the college who told the story at the Cornell Club the other night. "There is another. He wanted to demonstrate to one of his classes how to measure the depth of one of the many gorges about Ithaca by dropping a stone and timing its fall, so he borrowed a stop watch from one of the students and selected a stone. Standing on the edge of the bridge, he was ready for the experiment. Then what did he do but drop the watch and hold on to the stone. Nor did he notice his mistake until the watch splashed into the water sixty feet below. He tried to set the stop on the watch and pricked his thumb instead on a sharp corner of the stone."

—It is best to be sincere, as a family in Germantown recently found out. They had been entertaining a distinguished novelist from abroad, who was not altogether acquainted with society's way of saying things it does not mean. The time came for her departure, and, as the host was handing her to her carriage he said very courteously:

"I am very sorry you cannot stay longer."

To which came the unlooked for retort, "Oh, but I can."

There was only one course open. The trunks wers saken down, the carriage sent away, and, to the consternation of her hosts, the lady re-entered the house.

—Mrs. Smith—"I reckon our Jane has got a first-rate husband."

Mrs. Brown—"Well, you ought to be thankful.

Mrs. Smith—"I hope I am, Gusty; of course he isn't much to look at, and he ain't over smart. but there's one thing and that is he's saving. Why, the very first day after the marriage he told Jane she'd better let him take the engagement ring back and get the money returned. He said there was no longer any use for her to wear it now that she was married.

An Englishman footing it through Scotland came upon a tiny loch just proper for fish to inhabit. Patiently he fished for three hours, with no success. At last he accosted a boy, who had stood for ten minutes watching him. "My little lad," said the Englishman, "can you tell me whether there are fish in this?" "If they be ony, they must be vera wee ones, sir," returned the boy, "for there was nae water here until it rained yesterday."

—Proprietor of Hotel—"What made that man leave the dining-room?"

Waiter—"It was this way, sir. He asked for sausage and I told him they were out, but would get him some if he would wait a few minutes. Then I stepped out in the kitchen and accidentally stepped on the dog's tail. He yelped as though he was being killed and—

Proprietor—"All right. I see."

"No, suh," said Mr. Erastus P