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"The matter which this page contains is carefully selected from various sources; and we guarantee that, to any intelligent farmer or housewife, the contents of this single page will work to week during the year, will be worth several times the subscription price of the paper."

THE HOME.
ATTRACTIVE LIVING ROOMS.
The name of "living room" has been given to the main room of the house, which in many houses now takes the place of parlor and sitting-room. Here guests are received, and the family makes this the gathering place around the evening lamp. This room should be the most cheery, most attractive, of all the rooms in the house. The vast number of housekeepers complain that they have not been able to choose their belongings. The method is all they can hope for. The beautiful is beyond the limit of their purses. This is because they confound beauty with luxury. The most luxurious and costly drawing rooms are often the most hideous. The man or woman of taste will turn with relief from such a display of gaudy and vulgar decoration to the simplest room in a seaside cottage, with no other decoration than the natural shells and spoils of the waves, and a woman's net, green gray and pique, with years of use. Cultivated taste is rare, but good, natural taste is not uncommon. Savages usually possess a natural instinct in the proper use of color which is in perfect harmony with the habits of art.
The greatest obstacle the average housewife meets in her desire to have her rooms beautiful is not lack of materials or lack of taste, but the fact that she is unhampered by certain conventional ideas. There must be "rags on the mantel." The rag carpet is "not good enough for the living room because every one now has a tapestry carpet, with gay flowers upon it." Ten chances to one, that the two carpets were laid side by side in the shop, at the same price, and there was no acquired prejudice against the rag carpet. It would be chosen, because it usually is so much more harmonious in color. Of course we can have ugly rag carpets, but it is far more trouble to make an ugly rag carpet than a harmonious one in simple hit-and-miss fashion. It is not the furniture of plain rooms that often gives them a bizarre and startling effect, but the arrangement of color.
One of the principal things to remember in decoration is that simplicity is of the greatest importance. It is far better to have no pictures on the walls than gaudy ones in coarse colors. Colors best better be introduced in draperies, upholstery, in bits of china, and in natural leaves and other objects. Another thing to remember is that two strong colors should never be used in one room, nor should a strong intense color be used with gold. Strong colors must always be used sparingly, to accent legs obtrusive tints and shades. Sage greens and olive-greens look well with maroon, with ivory pinks and white. A living room should certainly be unobtrusive in colors, but cheerful. The colors should be such as will look well under lamplight. It only requires a little care and trouble to accomplish this. A little care in the arrangement of color, or old silk, ribbons, neckties and everything in silk or in-ink and wool that can be had for the purpose, is very useful. It can be used as a "throw" to cover a lounge of gaudy objectionable color, or as a hanging curtain, or as a cover for all colors. It is strong enough for upholstery, or even for floor covering, when the centre of the room is protected by a heavy rug. It costs from 15¢ to 25¢ cents a yard, and is as durable as any patterns as well as colors in decoration. A simple, plain lounge, piled with pillows, is more elegant and looks better than the most elaborate sofa framed in carved or gilded wood. Avoid the high colored chairs and ottomans of the past. Use cotton cloths in the dark, subdued colors of the English art decorators which make the most attractive upholstery and hangings, but they are not especially expensive.—N. Y. Tribune.

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If you want to preserve apples, don't cause a break in the skin. The germs of decay thrive rapidly there. So the germs of consumption find good soil for work when the lining of the throat and lungs is bruised, made raw, or injured by colds and coughs. **Scott's Emulsion**, with hypophosphites, will heal inflamed mucus membranes. The time to take it is before serious damage has been done. A 50-cent bottle is enough for an ordinary cold.
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THE WINTER BATH.
A great many people who are careful enough about the bath in summer become less regular as the cold weather approaches. Mothers often omit the bathing of their children in cold weather, under the mistaken impression that they are in special danger of taking cold on such occasions. Physicians generally agree that the daily bath is a tonic and one that is necessary to an infant of feeble growth. It is more dangerous of taking cold in winter than in summer, because the changes of temperature between the house and the outer air is so much greater. If we could keep our bodies properly dried in winter, as well as properly heated, it is not likely that we would suffer so much from colds. It is because the system is weakened by close, vitiated air that we are unable to resist the shock of the change when we go outdoors. The daily bath is a power to help us resist cold. It is not necessary to perfect cleanliness—a sponge bath answers—but the daily plunge gives health and strength, even to a feeble person, if the bath is of the proper temperature. Only a strong man or woman can take a cold bath daily. Such a bath as an athlete may enjoy in loy-cold water might cost a delicate woman her life. There should be an end to the absurd advice to bathe in cold water to all persons without discrimination, in favor of cold baths. Where a person suffers weakness of the heart or an enfeebled system a cold bath is a dangerous experiment. Such a bath should always be taken in the morning, and followed by vigorous exercise.
The tepid warm bath, taken at night before retiring, is best adapted to the majority of people. It should be at from 90 to 100 degrees Fahrenheit. The best authorities say that five minutes is long enough to remain in the bath. A cupful of rock salt dissolved in a bathtub of water is a wholesome addition. The bath may be perfumed with a bag of lavender down or of dried rose, or by adding a teaspoonful of tincture of benzoin. The proper temperature for an infant's bath is 95 degrees Fahrenheit.—N. Y. Tribune.

FRAMING PICTURES.
Excellent reproductions from famous old masterpieces are so inexpensive that the cost of putting them upon the walls in a parlor or bedroom is not more than the cost of the pictures. Cheap frames in the shops are too often gaudy, and therefore impossible to good taste. It is not difficult to frame pictures at home. The frames of simple mouldings can be ordered from a factory at a low price. Pretty frames of rich moulding of white wood may be purchased in this way as low as 25 cents a frame. Where a wider frame of oak is needed, the village carpenter will often have a piece of stock which he can turn into a frame at a much lower price than the regular dealer in frames would charge. Strong photographs like those after Rembrandt's masterpiece of Jesus Christ's graceful peasant figures are improved by being framed up to the edges of the photograph, without any mat. Delicate etchings require the relief of a white border, and look well in the inch frames of white enameled wood mentioned. Water-colors and frames of water-color should have a mat of rough Whatman paper, such as water-color painters use. The average size of this mat should be three inches. A very large picture would require a somewhat wider mat. The picture will be better if the opening is deeply bevelled but not gilded. Finish the picture with a glass-board pass-part-out around the edge, with a band of heavy but smooth white paper or of white matting, and the picture may be framed outside the mat with the inch moulding of enameled wood.

THE CARE OF IRONS.
There are a great many laundresses who do not take proper care of their irons. The best irons are those with a removable wooden handle, so that no iron-holder is needed. It is very easy to spoil irons by keeping them constantly on the stove. They are temper under such treatment, and will not retain the heat. As soon as the ironing is done, set the irons off the stove, and when they are cold put them away in a dry place. Irons are often injured by being stored where it is damp. It is a good plan to have a small closet especially for the articles required in ironing. The clothes-boiler, which must be kept in a dry place, may be stored with the ironing tools, but the tubs and pails should be kept in a damp place or they will dry out and fall apart. About once in two or three months the irons should be thoroughly washed in a pan of warm water, in which they should be kept for a few days. A piece of brown beeswax tied in a cloth, or a little fine-salt spread out on a paper, is the best thing to remove roughness from the iron when in use. The polished iron is a valuable little tool that should be kept by itself, and used for no other purpose than polishing bosoms and other lines.

YOUR PROSPECTS.
For success are better when you have been trained in "real business." That's the kind of training you get in my school—complete and practical in three months. Employment for all competent students. If you are interested in your own success write me.
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THE FARM.
WHY ROTATION IS DESIRABLE.
Only certain crops can favor the increase of nitrate in the soil. Legumes, like the legumes—the cereals being incapable of so doing. When cereal crops are grown upon a field for many years in succession the crops will decrease every year, because the nitrogen supply is being diminished by the crops grown. This can be easily supplied by the use of fertilizers, however, but the nitrogen is more valuable owing to its cost on the market. There is also a loss of soluble plant food by leaching following of land, and when the ground is bare in winter, as the nitrates formed by the nitrifying organisms in such cases are easily washed out by the heavy rains, but late autumn ploughing, after the activity of the nitrifying organisms has ceased, will prove beneficial to some crops by exposing the soil to the decomposing effects of the frosts of winter. Rotation of crops prevents the drain on the soil of certain plant foods preferred by crops of one kind, and affords opportunities for recuperation by the removal of the exhausting crop and substitution of another which can utilize the abundance of one kind of plant food without making demands on the others. As nitrogen is fertilizing costs only three times as much as phosphoric acid or potash, it is greatly to the advantage of the farmer if he can provide his nitrogen on the farm and be compelled only to buy the cheaper phosphoric acid and crimson clover is now grown almost exclusively for fertilizing purposes. Nitrates should only be employed as temporary fertilizers in order to improve the fertility of the soil to that extent as to make profitable the growing of leguminous crops.—Philadelphia Record.

THE CARE OF HARNESS.
Harness should never be allowed to get greasy and dirty, so as to need scraping and cleaning with sand, using a chamois skin to dry with.
An old but very good recipe for making harness and leather blocking is as follows: Mutton suet, 2 oz.; beeswax 6 oz.; white sugar, 1 lb.; castile soap, 2 oz.; powdered indigo, 1 oz.; When the suet has melted together, and well mixed, add four ounces of turpentine. A good grease for heavy farm harness may be made as follows: Melt three pounds of clean beef tallow, melting slowly and not allowing to get hot; pour slowly into this one pound of neat's foot oil, and stir until the mass is cold. Much depends upon this stirring if done well the mass will become thoroughly amalgamated, rather than the tallow will float. When well oiled hang up to dry. When dry give another coat of oil. When again dry wipe carefully with a dry woolen cloth. This for heavier harness. For carriage harness, finish with a wet sponge and castile soap, using a chamois skin to dry with.
A good but very good recipe for making harness and leather blocking is as follows: Mutton suet, 2 oz.; beeswax 6 oz.; white sugar, 1 lb.; castile soap, 2 oz.; powdered indigo, 1 oz.; When the suet has melted together, and well mixed, add four ounces of turpentine. A good grease for heavy farm harness may be made as follows: Melt three pounds of clean beef tallow, melting slowly and not allowing to get hot; pour slowly into this one pound of neat's foot oil, and stir until the mass is cold. Much depends upon this stirring if done well the mass will become thoroughly amalgamated, rather than the tallow will float. When well oiled hang up to dry. When dry give another coat of oil. When again dry wipe carefully with a dry woolen cloth. This for heavier harness. For carriage harness, finish with a wet sponge and castile soap, using a chamois skin to dry with.

A LESSON FROM THE ANTIPODES.
A great deal has been said and written of late years concerning the development of Danish butter dairying, but we regard the successful progress of the Australian industry as even more remarkable, especially where all its obstacles are considered; in fact, as an object lesson it is probably more deserving of study. Take the colony of Victoria alone, with an agricultural population of only a little more than 50,000, which in 1880 shows an increase in butter exported from practically nothing to some \$6,000,000. (When Canada has done as well in butter and cheese combined, our exports were \$85,000,000 instead of \$15,000,000 worth.) Not only so, but we have no (fined Australian butter actually quoted higher in English market reports than Canadian or American. Originally buttermaking was carried on in Victoria in a most wasteful way, the conditions being such as one would hardly credit here. Then, the British market is five or six weeks distant, and the torrid zone between; their land less fertile, and the Canadian winter fully offset by the drought and heat of Australia. If the dairy revolution effected there does not merit attention, we need hardly look in any direction. They have the advantage of nearly all the year pasture, but all things considered, we ought to land our butter in Britain not only much cheaper but in vastly better condition; that is to say, Canadian butter should sell for more money than Australian, and give the Canadian dairymaster a better net return. Australian dairymaster in countries where good butter was made; then the Government stepped in and helped to complete the work.—Farmer's Advocate.

DUSTING CLOTHS.
The cheapest and best material for dusting cloths is cheesecloth, cut in proper-sized squares and hemmed. These should be a supply of every house-keeper on hand in every household. Hang a small bag in some convenient place in every room in the house, and keep a duster in it. These bags may be decorated with needlework, and ornament the walls where they hang. Put the dusters through the wash as often as they need it, and supply their pores with fresh ones. Do not on any account pick up any old rags convenient to utilize for dusters.

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Reduced to 25 cents a yard.

IN THE SHADOW OF DEATH.
The Condition of Many Young Girls in Canada.
Miss Ferns and Her Sister, Ellen—Given to Hemiplegia—Extreme Weakness, Head Pain, Fatigue and Other Distressing Symptoms—The Means of Cure Readily at Hand.
From the Learning Post.
The attention of the Post has lately been frequently called to a remarkable cure in the case of a young girl living within a few miles of this town, whose life was despaired of, but who was completely cured in a short space of time by the most wonderful of all remedies Dr. Williams' Pink Pills. Since reading in almost every issue of the Post of the cures effected by the use of this medicine, we felt it to be a duty we owed to investigate this case which has so recently been brought to our notice, and we are sure the interested will be read with interest by the thousands of young girls all over Canada, as well as by the parents of such interesting patients. The young lady in question is not anxious for notoriety, but is willing to make her case known in order that others who are similarly afflicted may have all opportunity of being equally benefited. The symptoms in her disease differed in no way from those affecting thousands of young girls about her age. She was suffering from extreme weakness, caused by an impoverished condition of the blood, and her chances of life seemed to grow less every day. The best and brightest faded away as well as others, but when she was a young girl of sixteen years, who should be in the best of health, with cheeks aglow with the rosy flush of youth, and eyes bright and flashing, just the opposite, with sallow cheeks, bloodless lips, listless in every motion, despondent, despairing of life with no expectation or hope of regaining health, and with only one wish left, that of complete rest, physical and mental, we think it one of the saddest sights.

In the quiet little hamlet of Strangfield in Essex County, just such a case was presented to the sorrowing eyes of loving friends a few months ago in the person of Miss Ella Beacom, who frequently said she did not care how soon she died, as she had no charms for her. To our reporter she declared that she had been a burden, and after suffering in this way for months, and after trying all sorts of medicines prescribed by physicians or furnished by friends from some cherished recipe handed down from their grandmothers, but without being benefi-

ted in the least, she was at last persuaded by a neighbor to give Dr. Williams' Pink Pills a fair trial; but she had tried so many remedies without getting relief that she still refused for some weeks. However, after repeated urgings by her parents and friends she began the use of the pills. Before one box was taken she experienced some relief, and after the use of a few more boxes she was restored to perfect health, and there are now young girls who enjoy life more. She says she owes her life and happiness to Dr. Williams' Pink Pills, and is willing that all the world shall know it. Her case attracted much attention and her perfect recovery has created much commiseration. The facts above related are important to parents, as there are many young girls just budding into womanhood whose condition is, to say the least, more critical than their parents imagine. Their complexion is pale and waxy in appearance, troubled with heart palpitation, headaches, shortness of breath on the slightest of exercise, faintness and other distressing symptoms which invariably lead to a premature grave unless prompt steps are taken to bring about a natural condition of health. In this emergency no remedy yet discovered can supply the place of Dr. Williams' Pink Pills which build anew the blood, strengthen the nerves and restore the glow of health to pale and sallow cheeks. They are a certain cure for all troubles peculiar to the female system, young or old. Pink Pills also cure such diseases as rheumatism, neuralgia, partial paralysis, locomotor ataxia, St. Vitus' dance, nervous headache, nervous prostration, the after effects of a grippé, influenza and severe colds, diseases depending on humors in the blood, such as scrofula, chronic erysipelas, etc. In the case of men they effect a radical cure in all cases arising from mental worry, overwork or excesses of any nature.

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