

10 a 11c.; Ducks. 13 a 14.; Fowls 10 a 11c.; Grouse, per. pair, 62 a 69c.; Quails, per. doz., \$1 50.

The wild birds are never picked, and the grouse that sold highest were birds trapped in Iowa, and carefully killed and handled, and each one wrapped in paper—none the worse that the paper was of old numbers of *The Tribune*—and very snugly packed, with here and there a quail stuck in to fill up, and sent hither by the American Express fast lines.

Sending poultry by express lines is all important, as witness this: A man in Indiana put up a lot of turkeys, just as we have often directed, and sent the package by ordinary freight line. It started on November 25, and was sixteen days—days of damp and not cold weather—on the way. It was sold to a "Washington market poultry doctor," who understands the art of deodorization, at seven cents a pound. Put up in the same way, and sent by express, it would have sold the same day at 13 or 14 cents a pound.

Ladies Department.

THE SEEDS OF CONSUMPTION The terrible mortality caused by bronchitis, pneumonia, and consumption, which together kill—in England and Wales only—a hundred thousand people every year (being one fourth of the entire mortality from more than a hundred other causes in addition to themselves,) should make us think a little seriously of many things, and not less seriously of the freaks of fashion which set climate at defiance. Why do we send children abroad in damp and cold weather with their legs bare, submitted, tender as their are, to risks that even strong adults could not brave with impunity.

Custom has made this appear familiar and trifling but it is not out of place to say, at the beginning of another winter, that the denial to young children of proper skirts to their clothes, and warm coverings to their legs, has sown the seeds of consumption in thousands, and is, of many dangerous things done in obedience to law of fashion, the one that is most thoughtless and cruel.

It is in the child that consumption can most readily be planted—in the child, that when the tendency exists, it can be conquered, if at all. It is to be fought against by protecting the body with sufficient clothing against chill and damp, by securing it plenty of wholesome sleep—not suffocative sleep among feathers and curtains—plenty of free ablution without prejudices on behalf of water iced cold—plenty of cheerful exercise short of meat and bread, wholesome pudding. Those, indeed, are the things wanted by all children.

Many a child pines in health upon a diet stinted with the best intentions. But the truth is, that it is not possible to over feed a child with wholesome eatables. It can be stimulated to excess in the demolishing of sickly dainties; and, with a stomach once fairly depraved, may be made incompetent to say when it has had too little or too much. But a child fed only upon wholesome things knows better than any mamma can tell when it wants more; it can eat a great deal; has not only to maintain life, but to add height and breadth to statue.

Fortify it, then, against variations of climate, by meeting freely the demands of its body; give it full animal vigor to resist unwholesome impressions. Especially let the good housewife, who has a good family to feed, learn to be utterly reckless as to the extent of her milk-score. Somebody has declared a pint of milk to contain as much nourishment, as half a pound of meat. Be this as it may, it is the right food for little ones to thrive upon, and may save much subsequent expenditure for cod-liver oil.—*Household Words.*