

And every science in its place,
 With this our age to keep its pace.
 Of what the system undergoes,
 All complaints from head to toes.
 Some like to hear of sauce and spice,
 And jams and jellies very nice ;
 Of how to make and how to use,
 And household comforts not abuse.
 Some ask me where to buy their boots,
 And others where to buy their coats,
 Hats, watches, pants and walking-sticks,
 And all such goods as we can fix ;
 Including herbs, and roots and seeds,
 Of garden kinds and common weeds,
 Of crocks and hardware, flour and feed,
 And all things else they often need.
 For information in this book,
 Each month its sixteen pages look ;
 And when you read its pages through,
 The advertisements you may view.
 And smoke Botacca you then will feel
 That day freed from every ill.—V. B. H.

A joke is not a poke, only when it strikes endways.

THREE RULES FOR LIFE.—Always think what you mean before you speak ; always mean what you say when you speak ; do not tell all men what you think.

A GOOD JOKE.—Positive read much, comparative think more, superlative pray most.

A GOOD HINT.—Give not away what you want yourself.

From analyses by experienced chemists it is found that the proportion of nutritious matter in some of the most common aliments is as follows:

Dry Lentiles,	-	94	lbs. nutritious matter in every 100 lbs.		
" Peas,	-	93		"	"
" Beans,	-	89 to '90		"	"
Wheat,	-	85		"	"
Barley,	-	83		"	"
Rye,	-	80		"	"
Rice,	-	80		"	"
Bread,	-	80		"	"
Flesh, (average)	-	35		"	"
Potatoes,	-	25		"	"
Carrot,	-	10		"	"
Greens,	-	6		"	"
Turnips,	-	10		"	"