In boiling dumplings or any kind of paste the covering should never be re-moved nor water allowed to cease to boil until the paste is done, when it should be taken off or it becomes sooked and

If you are troubled with wakefulness compose your mind carefully before lyiny down in bed, banish all business thoughts, and count slowly to yourself one hundred. In nine case out of ten you will not reach eighty before conscienceness is lost in slumber.

NITRATE OF SODA FOR STRAWBERRIES. -An old stawberry grower says that wonderful strawberries can be grown on poor, light sandy soil by applying in April 500 pounds of nitrate of soda to

Every kind of vegetable intended to be eaten whole should, when put to boil, be placed at once in boiling water. When however, it is required to produce a pulpy food, as in the making of soup, the vegetables should be put in cold water, and the heat raised to the boiling point. and the heat raised to the boiling point

OAT MEAL BLANC MANGE. - A delicious blanc mange is made by stirring two heaping teaspoonfuls of catmeal into cold water, then stir with a quart of boiling milk, flour and pour into molds to cool, when cream or jelly may be eaten

ICE CREAM.—Two quarts of rich milk: one quart of cream whites of five eggs one and one half pounds of sugar. Whip one and one half pounds of sugar. Whip the quart of cream, also the white of the eggs, add to the eggs three tablespoonfuls of sugar, place in freezer and flavor;

EARLY TOMATOES. -Tomato plants for the kitchen window. Suppose, also, you want some potatoes ahead of your neighof earth behind the kitchen stove, plant-

ng them out as soon as the ground is .v ... rarm enough. l'ser. - Never wear rubbers in dry weather, or any length of time in any weather, but change your shoes and dry the feet, wet by the retained pres-piration. Let your boots and shoes be plenty large, and thus avoid corns and discomfort. Tight boots retard the circul-

ation and promote coldness. Never go to bed with cold feet. RANCID BUTTER MADE SWEET. -To one quart of water add fifty-five drops of the chlorade of lime; then wash thoroughly in this mixture five pounds of rancid butter. It must remain in the mixture two hours. Then wash twice in pure water and once in sweet milk; add salt. The preparation of lime contains nothing

TO KEEP MILK SWEET. - The experimenters continue to announce means, of keeping milk sweet. Among the latest we find the following: (1) spoonful of horse radish in a spoonful in a pan of milk will keep it sweet for several days, in the open air or in the cellar. 2) add to each quart about as much pulverized borax as can be taken up on the oint of a pen-knife or a salt spoonful. TO CLEAN SILKS, SATINS AND RIBBONS. Take of honey quarter of a pound, soft soap quarter of a pound, soft water quar-

ter of a pint, mix thoroughly. Apply it to the material to be cleansed as it lies on the table, and brush it well, more especially in the soiled places, with a nail-brush; rinse it then by dipping it in cold water having provided two or three basins for the purpose, and dipping in each one after the other so as to cleanse t thoroughly; then hang it on a line to drain. As soon as the dripping is ceased, iron it on the wrong side. After this treatment it will not be found to look greasy or become stiff after the

To the Medical Profession, and all whom

Phosphatine, or Nerve Food, a Phosphate Element based upon Scientific Facts, Formulated by Professor Austin, M. D. of Boston, Mass., cures Pulmonary Consumption, Sick Headache, Nervous Attacks, Vertigo and Neuralgia and all wasting diseases of the human Phosphatine is not a Medecine, but a Nutriment, because it contains no Vegetable or Mineral Poisons, Opiates, Narcotics, and no Stimulants, but simp ly the Phosphatic and Gartric Elements found in our daily food. A single bottle is sufficient to convince. All Druggists sell it. \$1.00 per bottle. Lowden & Co., sole agents for the Dominion, 55 Front Street East, Toronto.

The Mail on Manners.

Things have surely come to a pretty pass when the chief organ of the Tories sets itself up as a sort of journalisticite Prof. Fanning, and procees to give instructions in the art of behaving. It declares that "Mr. Blake's manners are getting to be intolerable-even to his own party." This is a very unfortunate state of affairs, and needs looking after at once. What the alleged gentlemen does not know about good manners would make a large sized book. But this does not restrain it from dealing with the subject in the most impertment way. The idea of the Mail setting itself up as an instructor in good manners is ludicrous, doubly so when the object of its instruction is a man like Mr. Blake. But this is a world full of accidents and surprises, and you can never tell to a certainty just what is going to happen. Some day, when nobody is dreaming of such a thing, the Mail may turn over a ne leaf and become a respectable journal. - [Telegram.

Thousands suffer untold miseries from Nervous Weakness, Pain in the back, and other distressing symtoms arising from disordered Kidneys. Burdock Blood Bitters is the Sovereign remedy. Trial bottles 10 cents.

Are you a martyr to headache? Suffer no longer. A remedy is found in Burdeck Blood Bitters. It regulates the Bewels, cleanses the system, allays neryous irritation and restores health and Sample bottle 10 cents.

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compact comprehensibleness, coalescent to use a remedy that had cured one of

Eschew all conglomorations of flatulent garrulity, jejune babblement and The name of this remarkable remedy is

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Let your extemporaneous descautings and unpremeditated expatations have metallicibility and unpremeditated expansions have intelligibility and variations vivacity, Large size \$1. without rhodomontade or thrasonical bombast.

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Shun double ententes, prurient jocosity, ann pestiferous profanity, obscurant daily sending thousands to their graves. or apparent.

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fles their scientific skill, they prescribe Dr. King's New Discovery for Consump-tion, Coughs and Colds, having it disguised in a prescription bottle, with their own directions and name attached. The patient is cured, and they get the credit. Tribune. Trial bottles free at an early start can be grown in a box in Rhynas' drug store. Large size \$1. (2)

DAY May, 2nd, 1881.

Far ( educed. For information, tickets, etc., apply to

GEO. B. JOHNSTON, Special Agent Great Western Railway Goderich, Ont. derich, April, 28, 1882. Goderich, April, 28, 1882.

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Sedulously avoid all polysyllabic profundity, pompous prolixity, psittaceous of strong drink, not so much because his vacuity, ventriquil verbosity and vanilo- appetite demands it, but for the artificial buoyancy it produces-the after effects of which leave him more miserable than A remedy for all this is found in the true friend of temperance,—the best and purest of all medicines,—Electric Bitters. Sold by Geo. Rhynas at 50 cents.

A cough or cold contracted in the month of April if not speedily arrested is liable to stick to one during the whole The Boctor's Secret.

Probably no new development will more surprise the public, than to learn the secret of success of certain leading physicians, when they have a difficult case of throat or lung disease that baffles their scientific skill, they prescribe or the secret of success of the secret of success of certain leading physicians, when they have a difficult case of throat or lung disease that baffles their scientific skill, they prescribe or the secret of success of the secret of success of certain leading physicians, when they have a difficult case of throat or lung disease that baffles their scientific skill, they prescribe or secret of success of the secret of success of certain leading physicians, when they have a difficult case of throat or lung disease that baffles their scientific skill, they prescribe or secret of success of certain leading physicians, when they have a difficult case of throat or lung disease that baffles their scientific skill, they prescribe or secret of success of certain leading physicians, when they have a difficult case of throat or lung disease that baffles their scientific skill, they prescribe or secret of success of certain leading physicians, when they have a difficult case of throat or lung disease that baffles their scientific skill, they prescribe or secret of success of certain leading physicians, when they have a difficult case of throat or lung disease that baffles the secret of success of certain leading physicians, when they have a difficult case of throat or lung disease that baffles the secret of success of certain leading physicians, when they have a difficult case of throat or lung disease that baffles the secret of success of certain leading physicians, when they have a difficult case of throat or lung disease that baffles the secret of success of certain leading physicians. The secret of success of certain leading physicians are secret of success of certain leading physicians are secret of success of certain leading physicians are secret of success of cert

Mr. Thos. Claydon, Shelburne, Ont., writes: "I have been suffering with a writes: "I have been suffering with a lame back for the past thirty years, and tried everything I heard of without success. Not long ago I was persuaded to use St. Jacobs Oil. I purchased a bottle, and, strange to say, before I had used it all, I was perfectly cured. I can confidently recommend it to any one afflicted. No one can speak too highly of its merits." Mr. W. E. Weeckley, also of Shelburne, thus mentions a matter of his experience: "I have been a sufferer with rheumatism for years. I was laid up with a severe attack a short The Great Western Railway will run their excursions to MANITOBA and DAKOTA points during May and June every two weeks, commencing TUES-That I ever experienced. I cheerfully recommend it to every sufferer."

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