LYONS' HOTEL.

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CONTINENTAL HOTEL,

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BELFAST GINGER ALE, ÆRATED LEMONADE. SPARKLING CHAMPAGNE CIDER, SODA WATER and all kinds of MINERAL WATERS.

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Passengers by Tuesday evening's trains can go on board on arrival without extra charge. THROUGH TICKETS to New York and all points West.

Baggage checked through from all stations. Through Tickets For Sale by all Agents Intercolonial Railway.

CHIPMAN BROTHERS,

General Agents, Halifax.

"I heartily recommend

to all who are suffering from Affections of the THROAT and LUNGS, and I am certain that for WASTING DIS-**EASES** nothing superior to it 'can be obtained."

"I have been suffering from Pulmonary Diseases for the last five years. About two years ago, during in a tie resid of my lines. I was advised by my physician to try Puttarr's Emulsion; I did so whit the most gratifying results. My sufferings were speedily alleviated, my cough diminished, my appetite improved; I added several pounds to my weight in a short time, and began to recover strength. This process continued until tife, which had been a mistry to me, became once more a pleasure. Since then Puttner's Emulsion has been my only Medicine. As one who has fully tested as worth, I heartily recommend it to all who are suffering from affections of the Links and Linkson, and I in certain that for any form of Wastis. Diseases nothing superior can be obtained."

ROBERT R. J. EMMERSON I have been suffering from Pulmonary Diseases

ROBERT R. J. EMMERSON Sackville, N. S., Aug., 1889

Brown Bros. & Co.

Print by steam,
Print from type,
Or from blocks—by t.
Print from type,
Or from blocks—by t.
Print in black,
Print in wh. te
Print in wh. te
Print in colors
Of sombreor bright
We print for merchants
And land agents, too Of sombreor bright

We print for merchants,
And land agents, too

We print for any
Whon a veprinting to do

We print for druggists.
For idealers in wares.

Odd in the print of druggists.
For idealers in wares.

We print for druggists.
For idealers in wares.

We print for druggists.
For idealers in wares.

We print of druggists.
For idealers in wares.

We print of druggists.
For idealers in wares.

We print of druggists.
For idealers in wares.

We print pamphlets,
And bireer books too. A done

...pamphlets,
...dbiggerbooks, too;
...d factthere are few thing
But what we can do.

We print labels,
...Of all rolors in use, sirs,
Especially fit for
The many producers.

We print forms of all sor
With type ever set
Legal, commercial
Or houses'

I ranting

We print by hand,
Print by steam,
Print from type,
Or from blocks—by theream

We print for drapers,
For grocers, for all,
Who wantprinting done,
And withcome or may call.

H renting donequickly,
Bold, ctylish and neat,
W By Hatirax Printing Compay,
At 161 Hollis Street.

IN THE HEART OF THE WOODS.

Such beautiful things in the heart of the woods!
Flowers and ferns, and the soft green moss,
Such love of the birds, in the solitudes,
Where the swift wings glance, and the tree-teps toss;
Spaces of silence, swept with song,
Which nobody hears but the God above;
Spaces where myriad creatures throng,
Summing themselves in his guarding love.

Such safety and peace in the heart of the woods,
Far from the city's dust and din,
Where passion nor hate of man intrudes,
Nor fashion nor folly has entered in.
Deeper than hunter's trail hath gone
Glinners the tarn where the wild deer drink;
And fearless and free comes the gentle fawn
To peep at herself o'er the grassy brink.

Such pledge of love in the heart of the woods, For the Maker of all things keeps the least, And over the tiny flowerets broods, With care that for ages has never ceased. If He care for this, will He not for thee Thee, wherever thou art to Jay? Child of an infinite Father, see; And safe in such gentlest keeping stay.

Margaret E. Songster.

FOR THE ORITIC.

LETTER TO COUSIN CALYL.

Dear Cousin Caryl,—Gousse, the French cook says for frying, the light colored drippings of roast beef, and the fat taken from broth after being clarified, are best. Next to those in value is beef suct chopped fine, and melted down over a slow fire until the pan is visible through the fat. To clarify drippings, put a few slices of raw potatoes at a time in a little of the fat over a slow fire. The impurities collect on the potatoes, and are then easily removed. Repeat until the fat is clear.

To cook green corn so that it is at its best, strip off the outer husks, turn the inner ones carefully back, remove all the silk, put the inner busks.

10 cook green corn so that it is at its best, strip off the outer husks, turn the inner ones carefully back, remove all the silk, put the inner husks in place again about the ear, fasten with a stitch or two of coarse thread, and boil for thirty minutes in well-salted water that is boiling when the corn is put in the pot. Cut the stalks off close to the cob, wrap each ear (stripped of its husks,) in a napkin, and serve.

Fashion's forerunners say velvet, plain and rich, is to be in high favor

soon.

You wish the witches would fly away with the broken bread that accumulates in spite of your efforts? Then you can never have tried any of the delicious modes of using up these inevitable odd bits that 'Beauty" writes about in the London Queen, and she says the difficulty in their house is not how to dispose of spare bread, but to ensure a sufficient supply without waste. Try this:

Soak some stale bread (a good plateful,) in boiling water till soft, but not pappy. Then strain off the water, and replace it by half a pint of cold milk award and to take Add two aggs (the whites and volks bester

milk, sweetened to taste. Add two eggs, (the whites and yolks besten separately, the former till pretty stiff, the latter till quite light,) a grate of lemon peel, and four dozen to six dozen dried cherries or sultanas. I'out into a well-buttered mould, and steam steadily for two and a half hours, and serve with sweet sauce flavored with lemon, colored with a drop or two of saffron or carmine, and sprinkled with dessicated cocoanut.

Boiled bread-crumbs are lighter than freshly grated bread, so put your broken pieces, crumbs made in cutting bread, etc., in the oven until crisp.
Then pound and sift them. They are nice for a variety of puddings, and
are invaluable for fried fish, cutlets, croquettes, and scalloped meat and fish.

Bread fritters you will find a nice dish for breakfast or lunch. Boil half a pint of milk till reduced one half, with a little salt, sugar to taste, a tiny piece of lemon posl, finely shredded, and half a teaspoonful of orange flower water, though this last is not essential. Cut rounds of bread with a cutter half an inch thick, and an inch and a half to two inches in diameter. Soak in the mixture till the bread has absorbed what it will. Drain, flour lightly, and fry in boiling lard.

The secret of frying is in having the lard boiling, and in having enough of it in the dish to float whatever is being cooked. The boiling liquid sense the outside of the food, and the fat does not penetrate it. The mode of cooking, incorrectly called frying, where a pan is merely gressed with fit, is an abomination to a delicate palate. It is wasteful, unwholesome and unpalatable. The substance cooked is so long in the process, it is made tough and leathery. The upper surface cools off while the lower is sizzling and blistering, and when the food is turned, the fat enters the pores of the meat, fish croquettes or whatever—cooled to receive it,—and the result is a

most unhygienic dish to set before a king or a plain citizen.

A level head and a loyal heart are so hampered by a dyspoptic stomacl, it is worth while to count cooking—cooking that is worthy the name, that is—an accomplishment. The average housewife is pretty apt to confound economy with going without. Now, economy means merely thrifty management. Very many recipes vouched for as wholesome, and warranted to give an accomple variety to the table, call oftentions for a little of the to give an agreeable variety to the table, call oftentimes for a little of one thing or another that is not included in the list of the commonest ingredients It is worth while for the housekeeper to provide herself with these—luxuries, if you will call them so. Their first cost is not great, a little of each regoes a long way, and in the long run they are most economical investments. since by their aid commonplace foods are dressed up in inviting forms, and no drop or crumb goes to waste. A good French cook will ask for forty things that an American (meaning every nationality that goes to make up the American, so called) cook does not know the use of, but what with her faculty of making the most of everything, -waste being an unknown term