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BEAVERTON, ONTARIO, NOVEMBER, 1894.

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Household.

House Plants.

What the winter house plant likes best, after it is properly established, is pure, reasonably cool air. The sort of atmosphere that human beings ought to breathe is also good for plants. Do not expose them to draughts, but give them clean air.

Potato Salad.—The success of potato salad depends upon the potato being boiled freshly for it. A cold boiled potato does not make such a palatable dish because it does not absorb the dressing.

If You Want to be Loved. Don't find fault. Don't contradict people, even if you're sure you are right.

Don't be inquisitive about the affairs of even your most intimate friend. Don't underrate anything because you don't possess it.

Don't believe that everybody else in the world is happier than you. Don't conclude that you have never had any opportunities in life.

Don't believe all the evil you hear. Don't repeat gossip, even if it does interest a crowd. Don't go untidy on the plea that everybody knows you.

Don't be rude to your inferiors in social position. Don't overdress or underdress. Don't jeer at anybody's religious belief.

Don't try to be anything else but a gentleman, and that means a woman who has consideration for the whole world, and whose life is governed by the golden rule, "Do unto others as you would be done by."

Wear a Tag. Before starting on a journey see that your name is clearly marked on some article of your clothing, as well as with your address in your pocket book.

Baggage for Short Journeys. For short journeys where only a gown, a night dress and a few extras are needed, the nicest piece of baggage in which to pack them is a dress-suit case, and at many of these cases are now bought by women as by men.

Useful Recipes. Graham Gems.—1 pint of graham flour, one egg well beaten, one teaspoonful salt, one teaspoonful baking powder. Mix with sweet milk into a stiff batter and bake quickly in cam pans which have been both greased and heated before the mixture is put into them.

Tomatoes Filled With Mayonnaise of Celery.—Select firm, good sized, ripe tomatoes. Cut a lid from the top, ride scoop out all the seeds and soft pulp with a spoon, being very careful not to break the tomato.

Fruit Salad.—Fruit salad can be one of several kinds. Oranges and bananas are often served with mayonnaise dressing, as are apples, the latter being chopped very fine before dressing. In making an ordinary fruit salad the dressing is made of sugar, water and wine in the following proportions: One-half cup of sugar, two tablespoonfuls of water, one-fourth cup of

IN THE GRASP OF A BEAR.

A Hunter Carried Over a 2,000-Foot Precipice Escapes with His Life. A hunting party has returned from the Sierra Nevada mountains with a thrilling story. The party consisted of five old hunters and they took Indians along with them for the purpose of performing the hard labor.

Potato Salad.—The success of potato salad depends upon the potato being boiled freshly for it. A cold boiled potato does not make such a palatable dish because it does not absorb the dressing.

Brown Bread Roll.—Mix thoroughly one cup of sifted rye meal, one cup of fine granulated wheat or fine Graham flour, half a cup of granulated yellow corn meal, half a cup of bread flour, one teaspoonful of salt, one rounding teaspoonful of baking powder and half a teaspoonful of soda.

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PURELY CANADIAN NEWS.

INTERESTING ITEMS ABOUT OUR OWN COUNTRY. Gathered From Various Points From the Atlantic to the Pacific.

Wellesley village has a vocophone band. Wyoming is trying to reorganize its band. The Brampton foundry has been sold for \$6,000.

Sarnia is raising money to establish a hospital. Fall wheat is showing a heavy top all over the country.

Two Bond Head youngsters eloped one day last week. A 257-pound squash was shown at the last Sault exhibition.

A new church for Indians is being built at Portage la Prairie. Orillia Y. M. C. A. contemplates engaging a salaried secretary.

Some good oil wells have just been struck in Sarnia township. The village of Bridgen has a flourishing Young Men's Society.

A 24-pound turnip was recently dug up on Manitowish Island. Robt. Kelle, of Arkona, has made 16,000 apple barrels this year.

The German Lutherans of the North West will organize a Synod. Grain and fruit thieves are plying their trade around Bond Head.

The tanners of Ontario have decided to advance the price of leather. An effort has just been made to rob Hillborn's mill safe at Berlin.

Martin & Mitchell's elevator at Portage la Prairie was burned last week. Mr. Jas. Brownlie's house, near Eady, was burned one night last week.

Rev. James Marton and family have moved from Fergus to Toronto. The Euphrasia fall show gave a prize to the prettiest girl on the grounds.

Last week 60 sturgeon were caught in lake Erie averaging from 30 to 70 pounds. A Yankee addressed a letter to Orillia thus:—Orillia, Simcoe County, Toronto.

Merrittion young men and boys play ball on Sunday in a ravine near the village. The Protestant Public school in Montreal contains 500 more pupils this year than last.

Large quantities of apples are being shipped to Europe from the London district. About 150,000 bushels of wheat have been delivered in Virren, Manitoba, thus far this season.

A Little Current, Algoma, farmer the other day dug up a potato weighing four pounds. The interests of the C. P. R. and the Canada North-West Lands Departments are to be united.

BOW AND ARROW.

The Alleged Feats of the Ancient Archers—Mahmoud Effendi's Shot. From their perishable nature the bow and arrow shaft have utterly disappeared, but the arrow-head has come down to us by thousands in the river drift and cave deposits which experts place at a hundred thousand years ago.

Neither savage nor modern toxophilite, however, can hope to come up to the record of Mahmoud Effendi, secretary to the Turkish ambassador in England in 1795, who, with a Turkish bow, shot an arrow 482 yards in the presence of three members of the Toxophilite society.

The bow and arrow was at its height at the battle of Flodden in 1513, when the Scots yielded before the shower of shafts which the bowmen poured upon them, but already the knell of the fine old arms had sounded. In 1511 Lord Hubert of Cherbury, in discussing a war with France, speaks of the change of weapons, and when once the "handgunners" and "gunpowder" came into use the craft of bowyer and the valor of bowmen became obsolete.

SARAH BERNHARDT'S KIND ACT. Taking Up a Destitute Countryman and Making Him Independent. Sarah Bernhardt is as kind-hearted as she is capricious, it appears, and as willing often, to use her influence and talents for the benefit of others as herself when rightly appealed to.

One of the persons who has gained everything that makes life worth living through her generosity was a Frenchman in most dire straits. He found himself with a wife and family in the United States and not the wherewithal either to feed or clothe them, nor any prospect of improving his condition.

A hint of his distress reached the great actress, who literally took his case in hand, for the divine Sarah is a very practical and energetic person when she has a mind to bestir herself. The Frenchman proved to be both a scholar and a gentleman. In an instant she mapped out his career, airily appointing him master of languages to the four hundred.

He was at first hopeless and agitated, but she bade him help her prepare a series of readings she had promised to deliver, and after them at her receptions he was introduced and enthusiastically recommended by his generous patroness. She even took him to California on the same mission, and before sailing for France had the pleasure of seeing him prosperous, independent and happy in the very calling to which she had appointed him.

Hood's Cured After Others Failed. Scrofula in the Neck—Bunches All Gone Now. C. I. Hood & Co., Lowell, Mass. "Gentlemen—I feel that I cannot say enough in favor of Hood's Sarsaparilla.

For five years I have been troubled with scrofula in my neck and throat. Several kinds of medicines which I tried did not do me any good, and when I commenced to take Hood's Sarsaparilla I could not believe my eyes when I found that I had not the slightest touch. When I had taken one bottle of this medicine, the soreness had gone, and before I had finished the second the bunches had entirely disappeared." BLANCHI ATWOOD, Sangerville, Maine.

"N. B. If you decide to take Hood's Sarsaparilla do not be induced to buy any other. Hood's Pills cure constipation by restoring the peristaltic action of the alimentary canal.

THE PERFECT MAN. Dr. Topinard, the well-known French anthropologist, has been giving the world his ideal of the perfect man as seen from the several points of view of the naturalist, the socialist, and the physiologist.

According to the naturalist, the perfect man is he who, with the highest sense of his own personality, can best adapt himself to circumstances, and has personal advantages which, in the struggle for existence, assure to him a pre-eminence over his fellows, as well as over other animals and the powers of Nature.

The perfect man, in fact, is he who possesses the soundest mind in the healthiest body, and is best able to estimate the importance of his actions, and make them conduce, as far as possible, to the satisfaction of his necessities, his interest and his pleasure.

From the social point of view, the perfect man, according to Dr. Topinard, is he who is best adapted to the social conditions of life. Again, from a physiological point of view, the perfect man is he whose brain is the sanest, the most philosophic, the most capacious, the most active; who comprehends and retains most, and who can with the best effect draw upon his storehouse of knowledge at a moment's notice.

Approximate. "How many hours a day are ye worried, in now?" "Eight, countin' the loafin' we do," replied Mr. Doan.

Hood's Cured

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