l can of salmon, cream, salt and on from the can fash the salmon hen add the salt the eggs well eggs to a stiff e mixture. Fill full of this mix. water, and bake When done ree cups, arrange

t of water in a bay leaf, and a

wound.

n the back part While this is onfuls of butter our ; add this to ck, then strain: hen boiling hot. eggs. Cook a to curdle ; take of lemon-juice. level teaspoon. id it is ready to

weather causes olds, pain in the rtain cure exists pain expeller for hand in case of le giant in cum-

pick over one porcelain-lined ninutes or until them through to press everyide skin. Add ir and bring to

I have given s simple receipt, prepared, being

of the bowels is B. B. B. insures , etc. Miss E writes: " Have onstipation and I improved

six large sweet then remove rough a colanblespoonful of of pepper, and roughly, form then in bread-

pumpkin into se into a porceough water to il tender, abou plander. Take umpkin, add a a quarter of a and aside until d a half of new nace, the same nful of ground ill-beaten egg ined with ligh iree large pies.

ind the adver-Co. The ap pany are sa narket, and are s evidenced by s to their effi Those afflicted es a trial: and by this comrh remedy and rsonally or by et west.

Children's Department.

[January 22nd, 1891.

What Shall I Wish Thee?

FRANCES RIDLEY HAVERGAL.

What shall I wish thee? What can be found Bringing thee sunshine All the year round? Where is the treasure, Lasting and clear, That shall insure thee A happy New Year?

Peace in the Saviour, Rest at His feet, Smile of His countenance, Radiant and sweet; Joy in His presence, Christ ever near, This will insure thee A happy New Year!

Young Man, This is for You.

1. Save a part of your weekly earnings, even if it be no more than a quarter dollar, and put your savings monthly in a savings bank.

2. Buy nothing till you can pay for it, and buy nothing that you do not

A young man who has grit enough to follow these rules will have taken the first step upward to success in business. He may be compelled to wear a coat a year longer, even if it be unfashionable; he may have to live in a smaller house than some of his young never finds any fault," said Mrs. Paracquaintances; his wife may not sparkle with diamonds nor be resplendent in silk and satin, just yet; his children may not be dressed as dolls or popinjays; his table may be plain and wholesome, and the whiz of the beer or champagne may never be heard in his dwelling; he may have to get along without the earliest fruit or vegetables; he may have to abjure the club-room, the theatre and the gambling-hell; and to reverence the Sabbath day and read nstead, but he will be the better off in every way for this self-discipline. Yes, he may do all these without detriment to his manhood, or health or character.

HORSFORD'S **PHOSPHATE**

A preparation of phosphoric acid and the phosphates required for perfect digestion. It promotes digestion without injury, and thereby relieves those diseases arising from a disordered stomach.

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Dr. W. W. Scofield, Dalton, Mass. says:
"It promotes digestion and overcomes

Dr. F. G. McGavock, McGavock, Ark.

"It acts beneficially in obstinate indigestion."

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True, empty headed folk may sneer at him and affect to pity him, but he will find that he has grown strong-hearted of the foolish. He has become an independent man. He never owes anybody, and so he is no man's slave. He has become master of himself, and a master of himself will become a leader among men, and prosperity will crown his every enterprise.

Young man, life's discipline and life's success come from hard work and early self-denial; and hard-earned success is all the sweeter at the time when old years climb up on your shoulders and you need propping up.

How to be Welcome.

The secret of making one's self an agreeable guest, warmly welcomed when one comes and sincerely regretted when one goes, does not always lie in the possession of conversational talents general accomplishments. This little authentic dialogue, which took place between Mr. and Mrs. Parkins the evening after their Aunt Sophronia Greene had ended a week's visit at their house, indicates a surer means of making one's self welcome :-

"How lonesome it is," said Mr. Parkins, " now that the children have gone to bed! I wonder what it really is that makes Aunt Sophronia visits so especially delightful?'

"Why I suppose it's because she

"Are all our other guests accustomed find fault with things which go on about the house?" " No, but—"

"But what? Aunt Sophronia seldom says anything particularly pertinent or entertaining. In fact, she says and does very little."

"That's true; but she is always goodnatured, and yet nobody's visits give us as much pleasure as Aunt Sophronia's. and follow the precepts of the Bible There must be some other and positive reason."

Mrs. Parkins knitted on silently for a few moments, as if in a brown study, and then, dropping her work, exclaimed :-

"William, I know what it is!"

" Well ?"

"Whenever Aunt Sophronia opens her mouth to speak, it is almost always to bring out, either flatly or else in some roundabout way, some good quality of one of the children."

"I guess that is so," said Mr. Parkins, raising his eye-brows as if searching his recollection.

"Anddid you ever hear her so much as refer, in all the times she has been here, to any one of their numerous failings?"

" Never!"

"Then we've found her out." "Yes, we've found her out, but she can't come again any too soon!"

Housekeeping of the Future.

In cities and villages the kitchen and cooking-stove and hired girl are all to be banished from the home. Clothesmaking, soap-making, starch-making, laundry work, coffee-browning, yeastmaking, butter-making-all are gone. Send after them-or rather say organized industry is already taking along with these—the remaining work of cooking and cleaning. This state of things is coming as sure as fate; and when it comes the deliverance will be so great that generations yet unborn shall rise up to bless the workings of this beneficent law.

The city of the future will not build houses in squares, giving to every house an individual kitchen and prison-like and brave enough to stand the laugh back-yard. It will rather build them all around an open square, and the part now disfigured with the kitchen will be given over for a household sittingroom or nursery, opening into a great, green space, where children shall play in safety, and through which the free air of heaven shall blow into the houses surrounding it. In every square will be found a scientifically-constructed building containing a laundry and a great kitchen, supplied with every modern appliance for skilled and scientific cookery, and also for sending into every dining-room any desired quantity or variety of food. The individuality of the home and the home-table will be preserved, and the kitchen smells and waste and "hired girl" will be banished. -Mrs. Helen H. E. Starrett, in Forum.

What We Did.

This is the way we hung them up On merry Christmas eve; And laughed, to think of Santa Claus, In whom we all believe!

This is the way we went to sleep, And shut our eyes so tight, And never, never tried to "peep," That happy, happy night!

This is the way we all woke up, On merry Christmas day; And laughed to see our stockings full, And hung so far away!

This is the way we all stood there, Beneath our Christmas tree, And sung our carols, sweet and glad, Of Christ's Nativity!

JENNIE HARRISON.

DONALD KENNEDY Of Roxbury, Mass., says

My Medical Discovery seldom takes hold of two people alike! Why? Because NO TWO PEOPLE HAVE THE SAME WEAK SPOT. Beginning at the stomach it goes searching through the body for any hidden humor. Nine times out of ten, INWARD HUMOR makes the weak spot. Perhaps it's only a little sediment left on a nerve or in a gland; the Medical Discovery slides it right along, and you find quick happiness from the first bottle. Perhaps it's a big sediment or open sore, well settled somewhere, ready to fight. The Medical Discovery begins the fight, and you think it pretty hard, but soon you thank me for making something that has reached your weak spot. Write me if you want to know more about it.

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When death was hourly expected from Consumption, all remedies having failed and Dr. H. James was experimenting, he accidentally made a preparation of Indian Hemp, which cured his only child, and now gives this recipe free on receipt of two stamps to pay expenses. Hemp also cures night sweats, nausea at the stomach, and will break a fresh cold in twenty-four hours. Address Craddock & Co., 1032 Race street, Philadelphia, Pa., naming this paper.

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