

GOD'S APPOINTMENTS.

This thing on which thy heart was set,
This thing that cannot be,
This weary, disappointing day that
dawns, my friend, for thee—
Be comforted; God knoweth best, the
God whose name is Love,
Whose tender care is evermore our pass-
ing lives above.
He sends thee disappointments! Well,
then, take this from His hand!
Shall God's appointments seem less good
than what thyself had planned?

'Twas in thy mind to go abroad. He bids
thee stay at home!
O happy home! thrice happy if to it thy
guest he come.
'Twas in thy mind thy friend to see. The
Lord says, "Nay, not yet."
Be content; the meeting-time thy Lord
will not forget.
'Twas in thy mind to work for Him. His
will is, "Child, sit still!"
And surely 'tis thy blessedness to mind
thy Master's will, when He commands!
Accept thy disappointment, friend, thy
gift from God's own hand.
Shall God's appointments seem less good
than what thyself had planned?

'So, day by day, and step by step, sustain
thy failing strength;
Indeed, go on, from strength to strength,
through all the journey's length.
God bids thee tarry now and then—
bear the weak complaint;
God's leisure brings the weary rest, and
cordial gives the faint.
God bids thee labor, and the place is
thick with thorns and briar;
But He will share the hardest task, until
He calls thee higher.
So take each disappointment, friend, 'tis
at thy Lord's command!
Shall God's appointments seem less good
than what thyself had planned?
—Margaret E. Sangster.

THE HOME.

Hints for the Housewife.

It is not generally known that in-
cleaned with newspapers will shine bet-
ter than when cleaned with flannel.
A pleasant household deodorizer is
made by pouring spirits of lavender
over lumps of bicarbonate of ammonia.
SALT is now pronounced to be beyond
all other things the best exterminator
of moths. Women in hospitals and large
storage rooms have tried all remedies,
only to come back to common salt.

The simplest way to make icing is to
take a small quantity of finely-sifted
sugar—say half a pound—and add to it
just enough cold water to wet it. When
your cakes are quite cold pour on some
of this icing, and set them in a cold place
where there is sufficient current of air to
dry the icing. It ought to be quite
white and firm when set.

To CLIRIFY MOLLASSES.—Heat over the
fire, pour in one pint of sweet milk to
each gallon of molasses. The impurities
will rise in scum, which must be taken
off before broken by boiling.

EGG WITH TEA, COFFEE, COCOA, OR MILK.—
Break the egg into a teacup, beat with
a fork till well mixed; pour in the tea,
coffee, cocoa, or milk, gradually stirring
all the time. This is very nourishing,
and good in cases of exhaustion from
overwork or strain.

A GOOD WAY TO COOK LIVER.—A good
way to cook liver is to fry it in butter,
with an onion sliced in small pieces scat-
tered over it. Cook slowly; when done,
add a lump of butter and a little flour;
stir well, and turn over the liver. Serve
with Saratoga potatoes.

DICED TURNIPS.—Pare, slice, cut in
dice an inch square, boil until done in as
little water as possible; to one quart of
turnips add one cupful of sugar, with
a pinch of salt. When boiled as
dry as possible add half a teacup of
cream and a beaten egg. Serve hot.

VERY GOOD CHARLOTTE.—One fourth of
a box of gelatine dissolved in cold water,
and set on the back of the stove, one
cupful of cream, three fourths of a tea-
cupful of sugar, vanilla to taste. Strain
in the gelatine, then whip with egg
beater. Put into dish lined with sponge
cake and set on the ice.

CINNAMON ROLLS.—One pint of sweet
milk, one cup of melted butter, one tea-
spoon of salt, one half cup of yeast, two
quarts of flour; let stand overnight; in
the morning mix with a batter made of
one and a half pints of milk, two eggs
well beaten and one-half pound of sifted
flour. Raise with a half teacupful of
good yeast, and bake on a griddle.
Butter before sending to table.

LEMON CHEESECAKE.—Ingredients:
Two lemons, half a cup of cold water,
one pound of soft sugar, six ounces of
fresh butter, six eggs. Pare the lemons
very thin, put the rind in the water. In
a saucepan put the sugar, butter, eggs
well beaten, the water in which the rind
has been soaked, and the juice of the
lemons. Keep this mixture well stirred
until it becomes as thick as ordinary
honey. Pour it into a jar, and it will
keep good for several weeks. Line dishes
or patty pans with good puff-paste, bake,
and afterwards put in the cheesecake.
It should not be browned in the oven,
but should be a nice bright yellow color.

Health Hints.

WALKING AS AN EXERCISE.—Professor
Sargent, of Harvard College, delivered a
lecture recently at the Union hall, upon
the subject of walking. He referred to
the numerous adverse criticisms which
his ideas in this connection, as presented
in his lecture of last winter, had called
forth. As an illustration of the nature
of the criticisms he read an article, which
maintained that moderate walking, in-
stead of being the poorest, was the best
possible method of exercise. In answer
to this, Dr. Sargent suggested that the
very common error of drawing general
inferences from his own particular case.
For a person troubled with indigestion,
nervous diseases, and particular kinds of
heart troubles, the exercise obtained
from a number of moderate walks, taken
at intervals during the day, is the best
thing that can be found. Rapid walk-
ing, or any other violent exercise, serves

rather to aggravate than to cure troubles
of nature. But for a man in the enjoy-
ment of good health, these saunters are
wholly useless. What he needs is a
sharp, brisk walk, which will start the
circulation of the blood and bring all the
muscles of the body into play. Walks
of this kind are very beneficial, and
highly recommended. The most rapid
walker is he who walks from the thighs
rather than from the knees.—Boston
Transcript.

THE FARM.

Sunshine for Safety.

The sun is the light and life of this
part of the universe. It shines for all
the poor and the weak, as well as for
the rich and the strong; the fourfooted
beasts, the birds, the creeping things;
the whole vegetable kingdom. Whoever
and whatever have not full allowance of
light and solar heat lack quality and sub-
stance, vigor and vitality. It is the
sanitary agency. Invalids should take
frequent sunbaths, and so should babes
and little children. This matter was
brought forcibly to my mind one
clear, cold, breezy December day by
seeing a brood of little chickens leave
their coop and huddle into a south side
corner which shielded them from the
wind, which was northerly, as it general-
ly is in cold weather, and which concen-
trated the sun's rays sufficiently to
warm the chickens, while water froze
in the shade. The cow, too, and her last
year's calf were placidly ruminating on
the south side of the barn, while the
hens were happy on the sunny side of a
high, tight board fence. There was
health, comfort and saving of food in the
positions the animals had chosen.

Pro-
ductive sunny days, and rest assured they
will be occupied. In choosing a location,
deciding on the general plan for build-
ings, fences, planting of trees, preserving
or clearing of forests, constant reference
should be had to protection from pre-
vailing winds and the securing of abun-
dant sunshine for man and beast, garden
and fields. Down with the curtains!
Let in the sun; no matter if the carpet
and upholstery fade; bright colors on
the cheeks are better than brilliant hues
on the tapestry. Give the children
sunny playgrounds and scant sunbon-
nets. The vitalizing, life-giving elements
come from the sun; nothing else can
supply them; they egregiously blunder
who do not by every possible device ap-
propriate its proffered bounties.—
Hugh T. Brooks.

Going to have a Garden.

A farmer has recently planned a gar-
den which others might copy with advan-
tage to health, pleasure and profit. He
selected an acre of land as near the resi-
dence as circumstances would allow.
The plot is 8x20 rods. A driveway ex-
tends through the centre the long way.
One side will be devoted to vegetables;
the other to strawberries, raspberries,
blackberries, gooseberries and currants.
There will be selected of the berries for
planting such best varieties as ripen
earliest, latest and between, so that after
the strawberry season begins, the first of
June, there will be berries in season con-
tinuously until October. This will
furnish a supply all through the hot
months, when our diet, for best results
to health, should consist more of these
than it usually does. Neither vegetables
nor trees will be grown on this half of
the garden plot. A driveway is left
through the centre of this also, for con-
venience of manuring, mulching and
removing the old canes and brush.

The vegetable side is to be planted in
long rows, that cultivation may be done
by horse. The lot will be surrounded
by a wooden fence, with a barbed wire
above it. This will restrain farm animals
and thieving boys, both small and
large. Before anything is planted the
plot is to be heavily manured with com-
post, then ploughed and manured
again, and the fine soil by thorough har-
rowing. When the berries become well
established this will be the most profit-
able acre of the farm. Its good influence
on health and pocket will be sensibly
felt. All through the season the team
need not go to town without taking from
this plot something to sell for cash or to
barter for needed articles, thus saving
some wear of purse strings. This person
said a \$50 cow to get the means to
establish this garden. When well under
way, if wisely managed, the net profit
from the venture will be sufficient to
purchase two or three cows annually.—
Galen Wilson.

The farmers are on the wrong track in
depending for relief wholly upon legisla-
tion. Whatever can be done in that way
of general benefit should be done, but
their attention should not be drawn away
from the only practical and certain meth-
ods of self-help. We will give them a
pointer, which they may do well to con-
sider. There are enormously expensive
buildings in process of erection in Chi-
cago. The method of securing the money
for this purpose is this: The owners of
the fee-simple plant only a fair margin
of property as a foundation. Then the
work is bonded—five per cent. bonds
issued, which rest upon the whole prop-
erty for their security. These bonds
are readily taken as cash. They are low-
rate securities, and therefore the rate of
interest is low. But a farmer must pay
eight per cent. and usually a commission
besides. The reason is because the
farmer is dependent upon the uncertain
quantity of the crops, to pay the interest,
and he can not readily turn the property
to pay the principal. But the farmers
can have the very lowest rates of interest,
and loans without commissions, if they
will combine into county syndicates. All
that is necessary to a low rate of interest
is security, convertibility and prompt-
itude. The farmers can offer all these
simply by extending the building syndi-
cate plan of the cities. Let us illustrate.
The farmers, say of Cedar County, Iowa,
need a total of half a million dollars.
Farmer A, who has a quarter section,
needs \$1,500. He will make a trust deed
to the syndicate of eighty acres, leaving
the rest of his farm clear of mortgage.
He will agree to pay seven per cent. to
the syndicate. That gives a margin, at
thirty dollars per acre of \$900 over and
above the level security, making the
bond convertibility and promptness ad-
ded, a gilt-edged, five per cent. loan.
Other farmers come in, and when the
syndicate basis is complete there will be
level security for the half million, with
\$300,000 margin added—and there is a
margin of two per cent. on the interest.

FOR DYSPEPSIA,
Ayer's Sarsaparilla

Is an effective remedy, as numerous testimo-
nials conclusively prove. "For two years
I was a constant sufferer from dyspepsia
and liver complaint. I doctored a long
time and the medicines prescribed, in nearly
every case, only aggravated the disease.
An apothecary advised me to use Ayer's
Sarsaparilla. I did so, and I was cured
at a cost of \$5. Since that time it has
been my family medicine, and sickness has
become a stranger to our household. I
believe it to be the best medicine on earth."
—P. F. McNulty, Hackman, 28 Summer st.,
Lowell, Mass.

FOR DEBILITY,
Ayer's Sarsaparilla

Is a certain cure, when the complaint originates
in impoverished blood. "I was a
great sufferer from a low condition of the
blood and general debility, becoming finally
so reduced that I was unfit for work. Noth-
ing that I did for the complaint helped me
so much as Ayer's Sarsaparilla. A few bottles
which restored me to health and strength.
I take every opportunity to recommend this
medicine in similar cases."—C. E. Vick, 14 E.
Main st., Chillicothe, Ohio.

FOR ERUPTIONS
Ayer's Sarsaparilla

And all disorders originating in impurity of
the blood, such as boils, carbuncles, pimples,
blotches, salt-rheum, scald-head, scrofulous
sores, and the like, take only
Ayer's Sarsaparilla
PREPARED BY
DR. J. C. AYER & CO., Lowell, Mass.
Price 61; six bottles, \$5. Worth 55 a bottle.

No better bonds could be put upon the
market. They will be advertised for
sale, and would soon command a pre-
mium. The two per cent. after paying
expenses, which would be nominal, will
form a fund to insure the prompt pay-
ment of the interest. Farmer A, we
will say, in three years desires to pay off
the principal. When he comes on to settle
he will find his debt to be \$1,410, instead
of \$1,500, because he has paid \$90 of
surplus interest in that time—so that
his loan will have only cost him five per
cent. per annum. This is not a visionary
scheme—it is only extending the five
per cent. city loan to the country. Large
blocks of money can be borrowed for a
much less percentage of interest than
small loans, because it requires less at-
tention in one lump than in many sums,
and the many sums are always coming
in in dribs and drabs, and lying idle till they
can be disbursed, after much delay and
labor. Another effect of this system
will be to put a stop to extortionate in-
dividual loans. The syndicate rate will
rule the market. The borrower will
have the larger part of his farm clear of
mortgage. The lender will have a bond
which he can convert into cash in five
minutes. If our farmer friends will go
over this plan they will see that it is an
old plan that has worked successfully for
many years, and that it is simple and
has in it all the elements of financial
soundness and credit.—Interior.

To obtain new potatoes one to three
weeks sooner, spread the seed tubers in
a light, dry room three or four weeks be-
fore planting; the light causes the
sprouts to grow green and stocky. The
seed is then out and planted, care being
taken not to injure the sprouts. An-
other way is to place out potatoes in
boxes, covered with earth, keep moist,
and they will be ready to plant in a short
time. Greenward ploughed in the fall
is the best for potatoes, as it may be
planted much earlier than in the ground.
Manure the soil before planting will
increase the yield. It is best to draw
and spread the manure in winter, unless
on a steep sidehill; this saves time in
spring, and there is little loss. The
trench system may increase the yield,
but on wet land there is more danger of
rot. If commercial fertilizer is used,
mix well with the soil and place above,
not below, the seed; the rain will dis-
solve and carry it down.

How to Get Better Cows.—Speaking
in defence of Jersey, and especially of
the great gain to be derived from the
care, a prominent dairyman says he
has no doubt that almost any cow of
strong constitution and good form,
yielding thirty quarts a day, may be
sained in two days, by a treatment ad-
dressed to encourage her appetite for
large amounts of condensed food, to
triple the natural yield of butter, and a

large milking breed may by similar train-
ing and breeding for butter, and not for
milk for five or six generations, eventu-
ally become a race of butter yielders.
But these large milkers of poor milk,
undeveloped by further breeding, will
never become profitable butter cows on
ordinary dairy rations.—N. Y. Christian
Advocate.

Pimples, pustules, rash, eczema, all
humors and diseases of the skin, piles,
ulcers, sores and wounds, chapped hands,
roughness of the skin, are quickly healed
and cured by the use of Baird's French
Ointment. Sold by all dealers.

Minard's Liniment cures Burns, &c.

The largest gold coin in circulation
in the world is stated to be the gold
"loaf" of Amann, the French colony in
Eastern Asia. It is a flat, round piece,
worth about 265 sterling. The next in
size to this unwieldy coin is the Japanese
"Goban," which weighs rather more than
two ounces and a half, about equal to ten
English sovereigns.

Mr. R. L. Allan, of Ottawa, writes:
"Having been troubled with weakness of
the lungs and general debility the past
two years, I concluded to give Putnam's
Emulsion a fair trial. I have taken seven
bottles, and find my health much im-
proved; my lungs stronger, my weight
increased twelve pounds."

To THE DEAF.—A person cured of Deaf-
ness and noises in the head of 23 years'
standing by a simple remedy, will send a
description of it free to any person who
applies to NICHOLSON 30 St. John St.,
Montreal.

Minard's Liniment relieves Neuralgia.

BAIRD'S
BALSAM OF
— HOREHOUND

GIVES IMMEDIATE RELIEF. Causes
easy expectoration, relieving CROUP,
ASTHMA, CONGESTION, &c. It allays
Irritation promptly, and is an excellent
Tonic for the Throat. Sold everywhere.

EDUCATIONAL.

We have a new system for
turning poor writers into good
ones—"Rapid Writing." Ord-
inary writing is only draw-
ing. You are going to get real
writing—you will be delighted
with it. Quickly learned, too.
Will give you three short les-
sons by mail free. Enough for
a good taste. Enclose a stamp.
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Business,
Telegraphy,
Short-hand, and
Type-Writing,
WILL RE-OPEN,
AFTER XMAS HOLIDAYS,
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thoroughly taught by mail or per-
sonally at this Institute. SITUATIONS
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GRAPHERS furnished business men. TYPE-
WRITING taught and practiced on all the
standard machines. Short-hand and Type-
writing Superiors. Send for Circulars. Ad-
dress, Short-hand Institute, St. John, N. S.

Parsons' Pills

These pills were a won-
derful discovery. In-
fants may otherwise. The
Pills Dose. Children
take these easily. The
most delicate women
use them. In fact all
ladies can obtain very
great benefit from the
use of Parsons' Pills.
One box sent post-
paid for 25 cents, or five
boxes for \$1 in stamps—
30 PILLS in every box.
We pay duty to Canada.

Make New Rich Blood!

BRIDGE'S for NEURALGIA'S
FOOD AND INVALIDS

If your child is lacking in the elements of perfect childhood, try Bridge's Food. It is the
child of the manufacturer's, endorsed by hundreds, that it is the best food for the growing
child. We believe more children have been successfully reared upon Bridge's Food than
upon all the other foods combined. Try it, mothers, and be convinced of its worth. Send
to WOOLRICH & CO., Palmer, Mass., for valuable pamphlet, entitled "Healthful Hints."
Sent free to any address. Its perusal will save much anxiety.

ASK YOUR MERCHANTS FOR—
Yarmouth Woollen Mills TWEEDS, HOMESPUNS,
FLANNELS, YARNS, &c.
They will give you satisfaction both in appearance and wear being manufactured of
all Pure Wool Stock.

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Sugar Refining Co.
Montreal. (Limited)

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GOLDEN
SYRUP
We are now putting up, expressly
for family use, the finest quality of
PURE SUGAR SYRUP
not adulterated with Corn Syrup,
in 2 lb. cans with moveable top.
For Sale by all Grocers.

Messrs. C. G. RICHARDS & Co.:
Gentlemen,—I take pleasure in giving my
testimony to your well-known MINARD'S
LINIMENT, as I feel that it saved my life.
In the winter of 1887 I was attacked by a
severe pain in my left side, caused by a fall
from a building during the previous summer.
I got relief every time I was bathed with the
MINARD'S LINIMENT, and eventually
cured by the use of only a few bottles. This
liniment has made some wonderful cures.
Suffield, N. B. THOMAS WASSON.

YOUR SUPPORT
IS SOLICITED FOR
WOODILL'S
GERMAN BAKING
POWDER.
IT CONTAINS
NO AMMONIA,
ALUM,
LIME,
Injurious ingredients, of which so many of
the baking powders are now composed.

Proclaim
the Victory

Remember last winter's siege. Re-
call how trying to health
were the frequent changes of the weather. What was it that helped you win
the fight with disease, warded off pneumonia and possibly consumption? Did
you give due credit to SCOTT'S EMULSION of pure Norwegian Cod
Liver Oil and Hypophosphites of Lime and Soda? Did you proclaim the
victory? Have you recommended this wonderful ally of health to your
friends? And what will you do this winter? Use Scott's Emulsion
as a preventive this time. It will fortify the system against Coughs, Colds,
Consumption, Scrofula, General Debility, and all Anæmic and Wasting
Diseases (specially in Children). Palatable as Milk.

SPECIAL.—Scott's Emulsion is non-secret, and is prescribed by the Med-
ical Profession all over the world, because its ingredients are scientifically
combined in such a manner as to greatly increase their remedial value.
CAUTION.—Scott's Emulsion is put up in salmon-colored wrappers.
Be sure and get the genuine. Prepared only by Scott & Bowne,
Manufacturing Chemists, New York, and Belleville. All Druggists.