



MILK PORRIDGE.

Mix two tablespoonfuls of flour with a half cupful of cold milk ; place a cupful and a half of milk over the fire in a saucepan rinsed with cold water, but not wiped ; stir in the flour and the milk, a saltspoonful of salt, and, if desired, sugar and nutmeg to suit the palate of the patient ; stir the porridge constantly until it begins to boil, then let it boil for one minute, and serve it.

BEEF JUICE.

Slice juicy lean beef from the round, an inch thick ; broil it quickly over a very hot fire, but without burning, until it is brown on both sides ; lay it in a hot soup plate, cut it through in all parts with a very sharp knife, and set another hot plate on it, with the bottom against the meat ; then grasp both plates firmly and press them together, squeezing the juice from the meat ; let it run into another dish, or upon a slice of delicate toast, and serve it at once.

CABBAGE AND ONIONS.

Peel and slice four onions, fry them brown in a saucepan with two tablespoonfuls of drippings from salt pork or bacon ; meantime slice a small, white cabbage, put it with the browned onions, season with a teaspoonful of salt and a quarter of saltspoonful of pepper ; cover the saucepan tight, and cook its contents until the cabbage is tender.

4th Month.

APRIL, 1890.

30 Days.

Day Year.	Day Month.	Day Week.	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and regions of St. Lawrence & Ottawa Rivers.			For Toronto and province of Ontario lying on & between the Gt. Lakes.			MOON'S PHASES.
				Sun rises.	Sun sets.	Moon sets.	Sun rises.	Sun sets.	Moon sets.	
91	1	T	Bismark born, 1815.....	h. m. 5 40	h. m. 6 28	h. m. 4 37	h. m. 5 42	h. m. 6 27	h. m. 4 32	Full Moon.....
92	2	W	Jefferson born, 1743.....	5 38	6 29	5 04	5 40	6 28	5 00	Last quarter.....
93	3	T	Washington Irving born, 1783..	5 37	6 31	rises.	5 38	6 29	rises.	New Moon.....
94	4	F	Good Friday.....	5 35	6 32	5 43	5 36	6 30	5 43	First quarter.....
95	5	S	Danton executed, 1794.....	5 33	6 33	6 52	5 34	6 31	6 51	
96	6	S	Battle of Shiloh, 1862.....	5 31	6 34	8 03	5 33	6 33	8 01	
97	7	M	Canning born, 1780.....	5 29	6 36	9 16	5 31	6 34	9 13	
98	8	T	Ohio first settled, 1780.....	5 27	6 37	10 29	5 2	6 35	10 25	
99	9	W	Lee surrendered, 1865.....	5 25	6 38	11 41	5 28	6 36	11 35	
100	10	T	U. S. Bank incorporated, 1816..	5 24	6 40	morn.	5 26	6 37	morn.	
101	11	F	Madoc Massacre, 1873.....	5 22	6 41	0 49	5 24	6 39	0 41	
102	12	S	Henry Clay born, 1777.....	5 20	6 42	1 48	5 22	6 40	1 41	
103	13	S	Fort Sumpter captured, 1861.....	5 18	6 44	2 38	5 21	6 41	2 32	
104	14	M	Lincoln assassinated, 1865.....	5 16	6 45	3 19	5 19	6 42	3 14	
105	15	T	J. L. Motley born, 1814.....	5 14	6 46	3 42	5 17	6 44	3 49	
106	16	W	Battle of Culloden, 1746.....	5 13	6 48	4 20	5 16	6 45	4 18	
107	17	T	Ben. Franklin died, 1790.....	5 11	6 49	sets.	5 14	6 46	sets.	
108	18	F	Battle Cer. Gordo, 1843.....	5 9	6 50	6 15	5 12	6 47	6 15	
109	19	S	Battle Lexington, 1775.....	5 8	6 51	7 27	5 11	6 48	7 25	
110	20	S	Napoleon III. born, 1808.....	5 6	6 53	8 37	5 9	6 50	8 33	
111	21	M	Battle San Jacinto, 1836.....	5 4	6 54	9 45	5 7	6 51	9 40	
112	22	T	Battle of Camden, 1781.....	5 2	6 55	10 50	5 6	6 52	10 44	
113	23	W	Shakespeare died, 1616.....	5 1	6 57	11 51	5 4	6 53	11 44	
114	24	T	First newspaper in U. S., 1704..	4 59	6 58	morn.	5 2	6 54	morn.	
115	25	F	Virginia seceded, 1861.....	4 57	6 59	0 45	5 1	6 55	0 37	
116	26	S	W. Booth shot, 1865.....	4 56	7 00	1 30	4 59	6 57	1 23	
117	27	T	Gibbon died, 1727.....	4 54	7 2	2 06	4 58	6 58	2 00	
118	28	M	President Munroe born, 1758...	4 53	7 3	2 38	4 56	6 59	2 33	
119	29	T	Louisiana ceded, 1803.....	4 51	7 4	3 06	4 55	7 00	3 03	
120	30	W	Battle of Fontenoy 1725.....	4 50	7 5	3 30	4 54	7 01	3 28	

Mother Seigel's Operating Pills break up a sudden cold.