

Scientific and Useful.

MANITOWA COOKIES.—One cup of sour milk, one cup of powdered sugar, a little salt, one teaspoon of soda; mix as soft as possible, roll thin, sprinkle with sugar, slightly roll out, and bake in a quick oven.

DELICIOUS BREAKFAST DISH.—For any family of six, take three cups of mashed potatoes, one-half of a cup of flour, and half a tea-cup of sweet milk, two well-beaten eggs, and a little salt; mix well together, shape them small and drop into hot lard, or roll them into little balls and fry them in a wire basket in boiling lard.

A GOOD DESSERT.—An inexpensive and good dessert is made of one quart of sweet milk, two-thirds of a cup of uncooked rice, and a little salt. Put this in tea or coffee cups, set them in a steamer over a kettle of boiling water. Let it cook until the rice is almost like jelly. When cold turn it out of the cup. Serve with sugar and cream, or with pudding sauce.

MILK IN PUDDINGS.—Milk is insufficiently used in making simple puddings of such farinaceous foods as rice, tapioca, and sago. Distaste for these is engendered very often, I believe, because the milk is stunted in making them, or poor, skimmed milk is used. Abundance of new milk should be employed, and more milk, or cream, should be added when they are taken. In Scottish households this matter is well understood, and a distinct pudding-plate, like a soup-plate, is used for this course. The dry masses commonly served as milky puddings in England are exactly fitted to create disgust for what should be a most excellent and delicious part of a wholesome dinner for both children and adults.—Popular Science Monthly.

COD CUTLETS WITH TOMATO SAUCE.—Cut some inch thick cutlets from the middle or tail of the fish. Brush them with yolk of egg, and sprinkle them thickly with very fine bread crumbs or cracker powder. Fry them in plenty of boiling lard to a delicate brown. For sauce, stew ripe or canned tomatoes in some good stock, with a little shallot, salt, cayenne, a little lemon peel and whole black pepper with a little powdered ginger. When the tomatoes are quite tender, strain the stock from them, and put a sufficient quantity of it for the sauce required into a fresh saucepan. Press the tomato pulp through a steel wire sieve; mix it with the stock, and when boiling, stir into it sufficient corn starch or arrow-root mixed with cream to give it proper consistency. Add a squeeze of lemon juice; pour it at once into an entree dish, lay the cutlets upon it, just overlapping each other in a line in the centre of the dish, and serve immediately.

EFFECTS OF QUININE ON THE SYSTEM.—When very large doses of bark or quinine are administered, a condition is induced which is known as "cinchonism," or "quinism." The symptoms to which collectively this term is applied are headache, noises in the ears, deafness, flashes of light before the eyes, confusion of sight, giddiness, and sometimes even slight delirium. Usually the headache is dull, heavy, and stupefying, but when a dose of twenty-five or thirty grains has been given it is often agonizing. Fortunately these symptoms are of short duration, and usually all pass off in a few hours. Some people are very susceptible to the action of quinine, and in them a comparatively small dose may produce the above symptoms. These unpleasant effects need not lead to the abandonment of the drug, a reduction in the quantity or in the frequency of administration being all that is requisite.—From the Family Physician for February.

SATISFACTORY RESULTS IN MONTREAL.

Whilst Montreal is a model city in many respects, it is not exactly a quarter section of Paradise, as Capt. Geo. Murphy, Chief of Government Police, can testify. A reporter of a Montreal journal waited upon this gentleman a short time ago, and put to him the following query:

"Chief, do you find the duties irksome and dangerous in your strange calling?" "Irksome," replied Mr. Murphy, "I seldom find them: but that they are attended with danger is very true. There is danger to be faced, of course, from wind, weather and criminals, and the least of these dangers are not those of exposure and bad weather. The heavy, gross atmosphere that gathers over the water is very conducive to rheumatism, and many of my men suffer from that complaint more or less. I believe that our danger from exposure from this time forward is past, as St. Jacobs Oil, if applied in time in cases of rheumatism, has a wonderful way of knocking that malady out of people. It certainly relieved me of a severe pain in my shoulders."

A MARVEL IN JOURNALISM.

THE TORONTO TELEGRAM

ECLIPSES ALL RIVALS—A TORONTO NEWSPAPER THAT HAS TO REFUSE COLUMNS OF ADVERTISEMENTS.

(From the Gulf Herald, 30th March.)

The greatest success in journalism in this country is to be found in the history of the Toronto "Evening Telegram." It is truly a marvel of journalism, and is one of perhaps the most perfectly managed newspaper offices in America. Everything is done by system, and no expense is spared to get news. The sharpest and best paid reporters are employed on its staff, and any item that goes past them is not worth having. The establishment is run on lightning principles, and progress has been made at a rate that makes old newspaper men stare. Last Saturday afternoon I had a chat with J. Ross Robertson, the proprietor—the man who, in the face of untold difficulties, has had to engineer the "Telegram" from small beginnings to be the best paying and most successful paper in Canada. If all reports be true, more money is made in the "Telegram" in one year than in the "Globe" and "Mail" combined. The "Telegram" has attained success simply because Robertson understands what he is about. He started out at the business twenty-three years ago with a little paper, the size of letter-press, called the "College Times," at U. C. College. He struggled along with this sheet; set up the type, printed his paper on a home-made press, ran off labels for the school books of the college boys at ten cents a dozen, left college, published a sporting paper, took hold of the "Grumbler," out of which he made money, hired on the "Globe" as city editor, and left that place to start the "Telegraph," which went up, and with it every cent Robertson had in the world. After a sojourn in England for a few years as agent of the "Globe," he came out to Canada, and, backed up by a true friend—no less a man than Edwin Smith—bought out the old "Advertiser" office from the Camerons, and issued the "Telegram." Almost every one predicted failure; things for a time looked blue; but J. Ross was bound to win, and with another struggle for victory, and by dint of giant push and energy, one eternal drive for the lead, fortune commenced to smile, and to-day the "Telegram" stands at the top of the tree. The circulation on five days runs 15,000 daily, while on Saturday it amounts up to 19,000. Robertson has done everything in an office, from sweeping out the floor to writing a pithy paragraph. He is worrying the Copyright Act at present, and has beaten Mark Twain with a twenty cent edition of "Prince and Pauper," and has also convinced the people of Toronto that they must advertise in the "Telegram." The small type "want" advertisements used to go to the "Globe;" now the "Telegram" takes them all. The "Telegram" boom is the talk of the town. On Saturday last it was a favour to get a displayed advertisement in after nine o'clock, and early in the afternoon all advertisements of all kinds were refused. There were at least thirty persons in the "Telegram" office on Saturday at noon vainly endeavouring to get announcements in the paper—but without avail. The clerks said, "Space all sold," and pointed to the placards in the windows, stating that no more advertisements could be taken. The paper was a double sheet, sixty four columns, and at nine a.m. about ten columns were refused. Today's "Telegram" refers to the crush and says:—It was a sight worth seeing—the crowds as they passed down King street at eleven o'clock, reading the posters on the "Telegram" windows. "No more advertisements can be received for to-day's paper; our space is all sold." Newspaper men as they hurried home were appatized by the announcement, for they knew that there was one live journal in the city whose statement of circulation did not need further verification than the fifty-eight columns of advertising in the noon edition. Some customers were not so well pleased. First one would come in and make his way to the counter with a face radiant with smiles, but the clerk's answer, "Can't put it in to-day, space all sold," was a crusher. One advertiser declared that it was rather hard that when he brought in a sixty-line advertisement he could not get it inserted. He offered double or triple rates, and finally said that it would be a hundred dollars out of his pocket if he did not get it in. After a parley with four clerks and the cashier—all of whom, however, had the stereotyped reply—the advertiser left, declaring that he might as well close shop as be without his advertisement in

the "Telegram." At three o'clock in the afternoon there were over sixty applications for space, all of which were distinctly refused.

WHAT IT MEANS.

As an old typo remarked, "I've worked thirty years in Toronto, but this is the first time I ever knew a daily paper to refuse advertisements."

The following statistics, clipped from the "Telegram," are worth reading:

TWENTY-FOUR MILES OF PAPER.

There were twenty-four miles of paper used in printing Saturday's issue of "The Telegram." The rolls of paper, if paid out on the railway track, would reach from Toronto to Pickering on the Grand Trunk east, or two miles west of Oakville on the Great Western.

SIX SQUARE ACRES OF PAPER.

If the rolls of white paper used in the production of Saturday's "Telegram" were spread out they would cover a field of six square acres, or about from Bay street to Yonge on King and south to Wellington street—18,500 was the circulation on Saturday.

LARGE NUMBER OF ADVERTISEMENTS.

There were 846 advertisements in Saturday's "Telegram," 591 in the "Globe," 161 in the "News," and 531 in the "Mail." The number of advertisements in last Saturday week's "Telegram" was over 900, contained in 46 columns. Last Saturday there were 846 advertisements, contained in 58 columns.

TYPE IN THE "TELEGRAM."

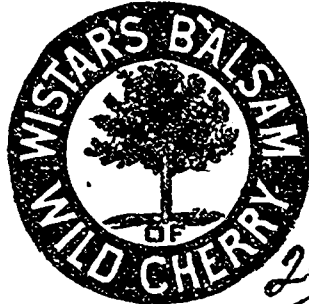
There were 465,920 ems of type used in last Saturday's issue of the "Telegram," or nearly 1,000,000 letters.

A TON OF PAPER.

The white paper used in last Saturday's "Telegram" weighed one ton.

LINES OF ADVERTISING.

There were 16,240 lines, or 1,140 inches, of advertising in Saturday's "Telegram."



ONE OF THE OLDEST AND MOST RELIABLE REMEDIES IN THE WORLD FOR THE CURE OF

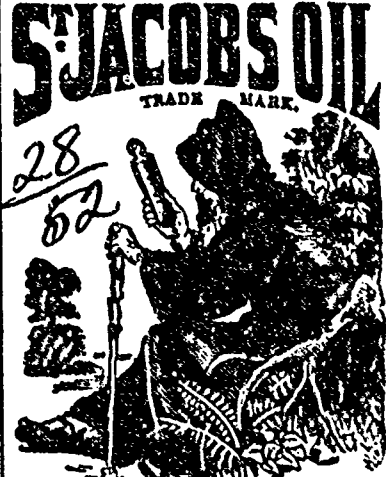
Coughs, Colds, Hoarseness, Sore Throat, Bronchitis, Influenza, Asthma, Whooping Cough, Croup, and

Every affection of the THROAT, LUNGS AND CHEST, including CONSUMPTION.

A WELL-KNOWN PHYSICIAN WRITES: "It does not dry up a cough, and leave the catarrh behind, as is the case with most preparations, but loosens it, cleanses the lungs and allays irritation, thus removing the cause of complaint." DO NOT BE DECEIVED BY ARTICLES BEARING SIMILAR NAMES. Be sure you get DR. WISTAR'S BALM OF WILD CHERRY, with the signature of "I. BUTTS" on the wrapper, 50 Cents and \$1.00 a Bottle. Prepared by SETH W. FOWLE & SONS, Boston, Mass. Sold by druggists and dealers generally.



Leading Numbers: 14, 048, 130, 333, 161. For Sale by all Stationers. THE ESTERBROOK STEEL PEN CO., Works, Camden, N. J. 26 John Street, New York. BEATTY'S ORGANS 27 Mops 3000... Papers free. Address Daniel F. Beatty, New York, N. J.



THE GREAT GERMAN REMEDY FOR RHEUMATISM,

Neuralgia, Sciatica, Lumbago, Backache, Soreness of the Chest, Gout, Quinsy, Sore Throat, Swellings and Sprains, Burns and Scalds, General Bodily Pains, Tooth, Ear and Headache, Frosted Foot and Ears, and all other Pains and Aches.

No Preparation on earth equals St. Jacobs Oil as a safe, sure, simple and cheap External Remedy. A trial entails but the comparatively trifling outlay of 50 Cents, and every one suffering with pain can have cheap and positive proof of its claims. Directions in Eleven Languages. SOLD BY ALL DRUGGISTS AND DEALERS IN MEDICINE. A. VOGELER & CO., Baltimore, Md., U. S. A.



This standard article is compounded with the greatest care. Its effects are as wonderful and satisfactory as ever. It restores gray or faded hair to its youthful color. It removes all eruptions, itching and dandruff and the scalp by its use becomes whole and clean. By its (sic) properties it restores the capillary glands to their normal vigor, preventing baldness and making the hair grow thick and strong. As a dressing nothing has been found so effective or desirable. Dr. A. A. Hayes, State Attorney of Massachusetts, says of it: "I consider it the best preparation for its intended purposes."

BUCKINGHAM'S DYE, This elegant preparation may be relied on to change the color of the beard from gray or any other undesirable shade, to brown or black, at discretion. It is easily applied, being in one preparation, and quickly and effectually produces a permanent color which will neither rub nor wash off. MANUFACTURED BY R. P. HALL & CO., Nashua, N.H. Sold by all Druggists and Dealers in Medicine.

FRENCH'S HOTEL, European Plan, Opposite City Hall, Court House, and New Post Office, NEW YORK. Prices reduced. Rooms, 75 cents and upward. Special arrangements made with excursion parties.

H. STONE'S UNDERTAKER, 239 YONCE ST. NO CONNECTION WITH ANY FIRM.

DIKE'S BEARD CLIPPER, \$20 PER WEEK can be made... Catalogue and terms free. J. S. [Name] & Bros. (Established 1874), Publishers, Whisky, Ont.