

Scientific and Useful.

"BOSTON" BROWN BREAD.—One pint each of Indian and rye meal; one half-cup of molasses; one and one half pint milk or water; one teaspoonful soda; one teaspoonful salt. Steam three hours, and then place in the oven and bake till well browned.

INFLATION OF THE LUNGS.—Five minutes spent in the open air after dressing, inflating the lungs by inhaling as full a breath as possible, and pounding the breast during the inflation, will greatly enlarge the chest, strengthen the lung power, and effectually ward off consumption.

LEMON SAUCE.—One tablespoonful of corn starch; one tablespoonful of butter; two eggs; two cupfuls of sugar; the grated yellow rind of two lemons, and the juice; stir and beat all well together. Just before serving, add one pint of boiling water; set it on the fire, and let it boil up once.

BUCKWHEAT.—Buckwheat is one of the staple articles of poultry food. It is very fattening, an excellent egg producer, and much relished by poultry. It is not perhaps used so extensively here as in Europe. In England, France, and especially in Germany, it forms not only an important part of poultry food, but is much used for various culinary purposes. The great advantage it has over other cereals is that it thrives luxuriantly even on the poorest land. Those who have not tested its value as a poultry food we advise to give it a trial.—*Southern Poultry Journal*.

WATERING FLOWERS.—In dry weather, when watering is a very important matter, it should be borne in mind that a good soaking once a week or so—a soaking that penetrates thoroughly, the water finding its way to every part of the root of the plant—is most beneficial, but that watering a little every day or so, giving homeopathic doses, is an operation much better left alone, for much more harm than good is likely to result from such a practice, inasmuch as watering in such quantity as to moisten the surface only causes growth of fibres near the top, the slight moisture not being sufficient to nourish them, but, on the contrary, the young, tender growth of fibres being within reach of the burning sun, must result in exhaustion to the plant. Water, therefore, should at all times be administered with a liberal hand, that it may soak and percolate through thoroughly, as a long shower of rain will do, and the growth of roots will be produced and encouraged in their natural position, going deeper and deeper after the nourishment they affect, and will thus be enabled to withstand any occasional neglect.

LIME JUICE VS. ALCOHOL.—There are visible signs of no uncertain kind that alcohol, as a beverage, is not likely in the future to have quite its own way, even in the Metropolis. Coffee-taverns and coffee-tavern companies are being established now at a rapid rate, and as far as we can judge have worked very successfully. But before these places were much thought of—i.e. about two years ago—those who looked about them might have observed in the windows and at the bars of most public-houses, eating-houses, and gin-shops more or less conspicuous advertisements of several varieties of so-called lime-juice beverages. We have at the present moment before us examples of several of this kind, and there is no doubt that, particularly during the warmer months (though these, by the way, are now few and far between), lime-juice and its components constitute among the metropolitan public an exceedingly popular drink. But, if we are correctly informed, the poor man's friend, in the shape of the licensed victualler, deprecates the imbibing of lime-juice in any form whatever. He sells it because the inevitable law of commerce—i.e. of supply and demand—compels him to do so. But he will tell the individual who asks for a glass that it promotes acidity of the stomach, that it deranges the kidneys, congests the liver, corrodes the intestinal canal, and so on, and then the customer is told that he had better keep to the old glass of "bitters," or "gin." Being tolerably certain that the reports as to this sort of gossip are substantially correct, we counsel the public to turn a deaf ear to such elaborate and ignorant nonsense, and to drink their lime-juice whenever and wherever they list. But they may be assured, that as a rule, lime-juice is, particularly during the summer, a far more wholesome drink than any form of alcohol, and that, say, an ounce or two of the pure juice in a tumbler of really cold water, sweetened to taste, is about the pleasantest beverage that can be taken when the thermometer is over 65° or 70° F. We commend this drink to the attention of the coffee-tavern companies, but recommend them to procure the best West India lime-juice as more wholesome than any mixture containing other ingredients.—*Lancet*.



NOW PUBLISHED, THE CONSTITUTION and PROCEDURE OF THE Presbyterian Church IN CANADA.

Published under the Authority of the
General Assembly.

This is the first "Book of Forms and Procedure" that has been compiled since the Union, and is the only authorized

BOOK OF REFERENCE
FOR THE
USE OF MINISTERS AND ELDERS
of the Presbyterian Church in Canada.

Price, Paper Covers, - - - 35 cents.
" Cloth, - - - 50 "
" French Morocco, - - - 75 "

HART & RAWLINSON,
PUBLISHERS,
5 KING ST. WEST,
TORONTO.

ENGLISH PRESBYTER- IAN HYMN BOOKS,

United Presbyterian Hymn Books,
Scottish Hymnals,
Scottish Psalmody,
Bateman's Hymns,
Gall's Evangelistic Hymns.

Mailed free on receipt of price by

JAMES BAIN & SON, Booksellers, &c., Toronto.
Agents in Canada for the Presbyterian Board of Publication.

NOW READY, THE Canadian Conveyancer AND

HANDY BOOK OF PROPERTY LAW.

New and improved Edition, carefully revised and corrected to the present time (the original matter by J. E. ROSE, Esq., Barrister-at-Law), with an entirely new selection of Precedents and a capacious Index.

Price, full-bound, Two Dollars.

Sent free to any part of the Dominion on receipt of price.

J. RORDANS & CO.,
LAW BOOKSELLERS AND STATIONERS,
88 King Street East, Toronto.

NEW BOOKS.

"Religion in England under Queen Anne and the Georges, 1702-1800." By John Stoughton, D.D. 2 vols. \$4 50
"Brownlow North; Records and Recollections." By the Rev. Kenneth Moody-Stuart. 2 00
"The Last Scenes in the Life of our Lord." By the late Rev. D. T. K. Drummond, B.A. 2 25
"South Africa and its Mission Field." By the Rev. J. E. Carlyle, late of Natal. 1 50
"The Superhuman Origin of the Bible inferred from itself." By Henry Rogers. 5th edition. 2 25
"Through Bible Lands; Notes of Travel in Egypt, the Desert, and Palestine." By Philip Schaff, D.D. 1 75
"Saintly Workers; Five Lenten Lectures." By Fred. W. Farrar, D.D. 1 25
"The Bible and Criticism; Four Lectures." By Robert Rainy, D.D. 1 00
"The Inner Life as revealed in the Correspondence of Celebrated Christians." By Rev. T. Erskine. 1 00
"Savonarola, His Life and Times." By Wm. R. Clark, M.A. 1 00
"The House of God the Home of Man." By the Rev. G. E. Jelf, M.A. 1 00
"Christ and the Christian in Temptation." By Octavius Winslow, D.D. 75

Mailed, postpaid, at prices quoted, by

JOHN YOUNG,
U. C. Tract Society,
102 Yonge Street.

February 10th, 1879.

GRANITE MONUMENTS
and Headstones, Red or Grey, unequalled for beauty and durability. Elegant Monuments always on hand.

We do not employ Agents, therefore purchasers will save their commission by ordering direct from
Fred. B. Gullett, Sculptor,
office and works corner of Church and Lombard Sts. Toronto.

JUST PUBLISHED.

44 pp. Price 10 Cents.

DOCTRINES OF THE PLYMOUTH BRETHREN.

By Rev. Professor Crookery, M.A., Magee College, Londonderry.

A comprehensive and very complete exposition in short space of the Errors of Plymouthism.

Mailed to any address, postage prepaid, on receipt of price.

Wherever Plymouthism is trying to get a foot-hold within the bounds of Presbyterian congregations, parties would do well to circulate copies of this pamphlet.

In quantities, \$8 per 100.

C. BLACKETT ROBINSON,
Jordan Street, Toronto. Publisher

SUPPLEMENTED INTERNATIONAL LESSON SCHEME.

Mailed free at 60 cents per 100.

The Supplemented Lesson Scheme is edited by the Rev. T. F. Fotheringham, M.A., and is well adapted for use in Presbyterian Schools. The printing is neatly executed; and the Schemes for 1879 are now ready for delivery.

Orders by mail promptly filled.
C. BLACKETT ROBINSON,
5 Jordan Street, Toronto. Publisher.

JONES & McQUESTEN,
BARRISTERS & ATTORNEYS-AT-LAW,
HAMILTON, ONTARIO.
JNO. W. JONES, LL.B. I. B. McQUESTEN, M.A.

JOHN M. O'LOUGHLIN,
IMPORTER OF
Theological and Standard Books.
Agent for British, American, and Foreign
Newspapers and Magazines,
Winsor & Newton's Artists' Materials,
243 ST. JAMES STREET, MONTREAL.
Orders by mail promptly filled.

ROBINSON & KENT,
(Late Duggan & Robinson.)
BARRISTERS-AT-LAW, ATTORNEYS,
SOLICITORS, CONVEYANCERS, ETC.

OFFICE:—Provincial Assurance Buildings, Court Street, Toronto.

J. G. ROBINSON, M.A. HERBERT A. E. KENT

R. MERRYFIELD,
PRACTICAL BOOT & SHOE MAKER,
THE OLD STAND
190 YONGE STREET.
Order Work a Specialty.

ESTABLISHED 1854.
A. McDONALD,
Renovator and Dyer
Of Gentlemen's Wearing Apparel,
24 ALBERT ST., corner of James, TORONTO.

GRAIG'S CABINET FAC-
TORY,
473 to 483 St. Bonaventure Street, Montreal.
PARLOR, DINING & BEDROOM SUITES
in all modern styles.
CHURCH FURNITURE MADE TO ORDER
Retail Warerooms 463 Notre Dame St., Montreal.

THE PEOPLE'S FAVORITE
THE OLD-ESTABLISHED
Cook's Friend Baking Powder.
PURE, HEALTHY, RELIABLE.
Manufactured only by
W. D. McLAREN,
Retailed Everywhere. 55 & 57 College St.

ONTARIO STEAM DYE
WORKS,
334 Yonge Street, Toronto,
THOMAS SQUIRE, - PROPRIETOR,
is now complete and in full working order. Fitted up with later improved machinery than any in Canada for finishing Silks, Ribbons, Dress Goods &c.
Silks and Ribbons a Specialty.

TORONTO SAFE WORKS.

SECOND-HAND
BANK SAFES
SEVERAL FOR SALE VERY CHEAP.

Various sizes. Suitable for local bankers and dry-goods merchants for silks and laces. To be seen at the Factory, 117 and 119 Front St East, Toronto.

J. & J. TAYLOR.

JAMES THOMSON,
IMPORTER AND DEALER IN
WALLPAPERS & STATIONERY.

Calcuttining, Painting, Glazing, Paper Hang-
ing and Tinting done to order.

Country orders promptly attended to.
64 Yonge St., Toronto. P.O. Address Box 185

GAS FIXTURES.

Ecclesiastical & Architectural Designs
made to order in a superior manner.

Dealers and Manufacturers of all kinds of
Gas Fittings, Brass Railings,
and Metal Ornaments.

D. S. KEITH & CO.,
109 KING ST. WEST, TORONTO.
D. S. KEITH. J. B. FITZSIMONS.

HARDWARE.

Lawn Mowers,
Garden Tools,
Rubber Hose,
Best Qualities,
AT
Aikenhead & Crombie's,
COR. KING & YONGE STREETS.
Toronto, May 6th, 1876.

ALEXANDER & STARK,
STOCK BROKERS,
(Members of the Toronto Stock Exchange.)

LOANS MADE
AND

Existing Mortgages Purchased.

Orders for sale or purchase of
STOCKS, SHARES, &c.,
promptly attended to.
Equity Chambers, Corner Adelaide and
Victoria Streets.

J. J. BORRIE & CO.,
Commission Merchants
AND
GENERAL AGENTS,
MONTREAL.

Associate House in Liverpool, Eng.,

J. H. Borrie & Co.

To Millers and Dealers in
FARM AND DAIRY PRODUCE
we offer special selling advantages.

Agencies and Correspondence respect-
fully solicited.

Samples of our IMPORTED TEAS furnished on application.

MONEY MAKING WAYS OF WALL ST.
A Manual for Investors.
Just out. First copy sent free. Address Living-
ston & Co., Publishers, 56 Broadway, New York.