

We've Always Been Provided For.

"Good wife, what are you singing for?
You know we've lost the hay,
And what we'll do with the horses and kye is more
than I can say;
While like as not, with storm and rain, we'll lose
both corn and wheat."
She looked up with a pleasant face, and answered
low and sweet,
"There is a Heart, there is a Hand, we feel but
cannot see—
We've always been provided for, and we shall
always be."

He turned round with a sudden gloom.
She said: "Love, be at rest;
You cut the grass, worked soon and late, you did
your very best.
That was your work; you'd naught else to do with
wind and rain,
And do not doubt but you will reap rich fields of
golden grain;
For there's a Heart and there's a Hand, we feel
but cannot see—
We've always been provided for, and we shall
always be."

"That's like a woman's reasoning—we must be-
cause we must."
She softly said: "I reason not, I only work and
trust;
The harvest may redeem the day—keep heart,
what'er betide,
When one door shuts, I've always seen another
open wide;
There is a Heart, there is a Hand, we feel but can-
not see—
We've always been provided for, and we shall
always be."

He kissed the calm and trustful face, gone was his
restless pain;
She heard him, with a cheerful step, go whistling
down the lane;
And went about her household tasks, full of glad
content,
Singing, to time her busy hands, as to and fro she
went:
"There is a Heart, there is a Hand, we feel but
cannot see—
We've always been provided for, and we shall
always be."

Days come and go—'twas Christmas tide, and the
great fire it burned clear,
The farmer said: "Dear wife, it's been a good and
happy year;
The fruit was gain, the surplus corn, has bought
the hay, you know."
She lifted then a smiling face, and said: "I told
you so!
For there's a Heart, and there's a Hand, we feel
but cannot see—
We've always been provided for, and we shall
always be."

WILDLINESS is a thing which girls cannot afford.
Delicacy is a thing which cannot be lost or found.
No article can restore the grape its bloom. Familiar-
ity without confidence, without regard, is de-
structive to all that makes women exalting and
ennobling. It is the first duty of a woman to be
a lady. Good breeding is good sense. Bad man-
ners in a woman is immorality. Awkwardness
may be ineradicable. Bashfulness is constitutional.
Ignorance of etiquette is the result of circum-
stances. All can be condoned and not banish
men or women from the amenities of their kind.
But self-possessed, unshrinking and aggressive
coarseness of demeanor may be reckoned as a
State's Prison offence, and certainly merits that
mild form of restraint called imprisonment for
life. It is a shame for women to be lectured on
their manners. It is a shame that they need it.
Do not be restrained. Do not have impulses that
need restraint. Do not wish to dance with the
prince unsought; feel differently. Be sure you
confer honor. Carry yourself so lofty that men
will look up to you for reward, not at you in re-
buke. The natural sentiment of man toward
woman is reverence. He loses a large means of
grace when he is obliged to account a being to be
trained in propriety. A man's ideal is not
wounded when a woman fails in worldly wisdom;
but if in grace, in tact, in sentiment, in delicacy,
in kindness, she should be found wanting, he re-
ceives an inward hurt.

Fashion Notes.



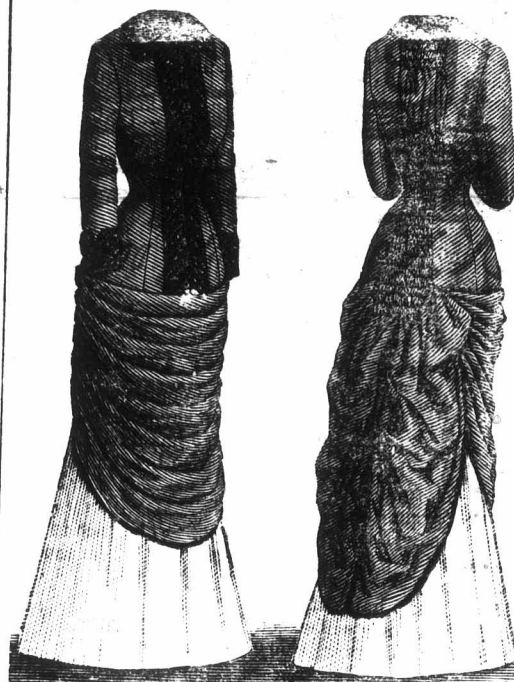
No. 3225—LIONEL SUIT.

A stylish suit, arranged with a double-breasted,
short, saque coat, a single-breasted vest, and
knee-pants cut plain at the top. The size for eight
years requires three yards and a half of goods
twenty-seven inches wide. Patterns in sizes for 8
and 10 years of age. Price, 30 cents each.



No. 25—ALBERTINE COSTUME.

A tight-fitting cuirass bodice, to the bottom of
which is added a deep box-plaiting; forming the
skirt, is the foundation upon which handkerchief
draperies are disposed in this stylish design. A
small capuchin hood and a turn down collar com-
plete the dress. The size for ten years requires
seven yards and three-quarters of goods twenty-
four inches wide. Half a yard of silk will line
the hood. Patterns in sizes for from 8 to 12 years.
Price, 25 cents each.



No. 2550—GEORGETTE POLONAIS.

Adapted to all classes of dress goods. For a
medium size nine yards and a quarter of goods

twenty-four inches wide will be required; one
yard and a quarter of contrasting material will
trim as illustrated. Price, 30 cents each. A. J.
Pell, agent for Mme. Demorest, 345 Notre Dame
St., Montreal, can furnish patterns, etc.

Oatmeal as Food.

Says an Irish paper:—Oatmeal is a food of real
strength and nutrition, having claims to be better
known and more widely used than it is at present.
Of much service as a brain food, it contains phos-
phorus enough to keep a man doing an ordinary
amount of brain work in good health and vigour.
All medical authorities unite in the opinion that
eaten with milk, it is a perfect food, and having
all the requisites for the development of the sys-
tem, it is a pre-eminently useful food for growing
children and the young generally. Oatmeal re-
quires much cooking to effectually burst its starch
cells, but when it is well cooked it will thicken
liquid much more than equal its weight in wheaten
flour. The oats of this country are superior to
those grown on the Continent and in the southern
part of England, but certainly inferior to the
Scotch, where considerable pains are taken to cul-
tivate them, and it is needless to point out that
the Scotch are an example of a strong and
thoroughly robust nation, which result is justly
set down as being derived from the plentiful use
of oatmeal. Dr. Guthrie has asserted that his
countrymen have the largest heads of any nation
in the world—not even the English having such
large heads—which he attributes to the universal
use of oatmeal, as universal it is, being found alike
on the tables of the rich and the tables of the poor
in the morning the porridge and in the evening
the traditional cake. The two principal ways of
cooking porridge and cake (bannock), which I will
describe, and also some other modes of cooking to
afford an agreeable variety of dishes. First, then,
we will commence with a receipt for porridge:—
To three pints of boiling water add a level tea-
spoonful of salt and a pint of coarse meal, stirring
until the meal is diffused through the water—about
eight or ten minutes. Cover it closely then, and
place it where it will simmer for an hour; avoid
stirring during the whole of that time. Serve hot
and with as little messing as possible, accompanied
with milk, maple syrup or sugar, and cream. To
make oatmeal cakes, place in a bowl a quart of
meal, add to it as much cold water as will form it
into a soft dough, cover it with a cloth fifteen
minutes to allow it to swell, then dust the paste-
board with meal, turn out the dough and give it a
vigorous kneading. Cover it with the cloth a few
minutes, and proceed at once to roll it out to an
eighth of an inch in thickness; cut it into five
pieces cook them on a griddle, then finishing them
by toasting them in front of the fire.—[Cultivator.]

To Clean Poultry.

BY MRS. HENRY WARD BEECHER.

Many complain of a very peculiar and offensive
taste in some parts of poultry, particularly in
turkeys, geese and ducks. They cannot under-
stand why this should be so, when other parts are
perfectly sweet and palatable. It is always the
lower part of the body of the fowl—the back, side
bones, &c.; and unless the bird is on the verge of
decay, from having been kept too long, and quite
unfit for use, it is usually the inside of these pieces,
objectionable. We find no difficulty in discover-
ing both the cause and the remedy, at least to our
that come in contact with the entrails, that are
own entire satisfaction.

Many cooks object to washing poultry at all
after cleaning them, but claim that wiping them
with a dry cloth is quite sufficient. We cannot
think this idea is neat or advisable, and are sure
we could detect this unpleasant flavor in any bird
that has not been carefully washed. We should
earnestly advise giving them a thorough washing
in good cold water, but by no means allow them
to remain in the water a moment longer than is
necessary to perfectly cleansing of all the parts.
Drain immediately, hanging them up by the
neck a few minutes; wipe again, and put a clean
piece of charcoal inside, and hang in a cool, dry
place.

A stiff whist broom or straw brush is better to
remove the dust and dirt from a horse's legs than a
currycomb. Many horses with thin skin are ex-
ceedingly nervous, which often degenerates into
viciousness.