. The matter which this page contains is carefully selected from various sources; and we guarantee that, to any intelligent farmer or housewife, the contents of this single page, from week to week during the year, will be worth several times the subscription price of the paper.

FIVE LITTLE BROTHERS.

Five little brothers set out together
To journey the livelong day,
In a curious carriage all made of leather
They hurried away, away!
One big brother, and three quite small,
And one wee fellow, no size at all.

The carriage was dark and none too roomy,
And they could not move about,
The five little brothers grew very gloomy,
And the wee one began to pout,
Till the biggest one whispered, "What do ye say,
Let's leave the carriage and run away!"

So out they scampered, the five together,
And off and away they sped!
When somebody found that carriage of leather
Oh my! how she shook her head.
'Twas her little boy's shoe, as every one knows,
And the five little brothers were five little toes.

—*Ella Wheeler Wilcox, in Independent.*

THE HOME.

Overwork.

One of the most difficult things, and yet one of the most necessary for health and happiness, is to estimate one's power of physical endurance. A great deal of the trouble and misery of the world may be clearly traced to the habit of overwork.

We are all of us mutually dependent one upon the other. A woman with overwrought nerves is hardly a sane creature, and the reflex of her sufferings and irritability is felt in a degree by all her household. It does more harm than she can ever make amends for by overwork. The hasty word, the unjust innuendo, reach far and are not soon forgotten. There are few things in all the world more cruel or far reaching in its effects than injustice to a little child, who can comprehend no excuse for it, yet how often are little children thrust off rudely by overworked mothers, whose pride has compelled them to put many unnecessary puffs and tucks in their dainty little gowns, but who have forgotten all the child's needs of tenderness and spiritual care.

Too many mothers consider their children as simply objects for the display of their own vanity and pride. Little Mary must be kept in pure white clothes all the season through, though neither the father's purse nor the mother's strength is sufficient to provide the numberless changes necessary. Instead of dressing the child in sensible frocks of blue flannel, such as millionaires' children are not ashamed to wear for play dresses, every effort is strained to reach this false ideal of dress which the mother has set up for herself. She sits up into the wee small hours of the night working on dainty gowns in which all the childish impulses for play are stifled forever in dress array. The over-dressed child is always the unhappy child. She is either a pert miss who has learned early to regard over-much the pomps and vanities of life or she is a poor little discontented victim, who has never had a chance for fair childish play, and looks with envy at the ragged little tumbling urchins who make mud pies on the roadside.

The over-dressed boy is even more unhappy than the over-dressed girl. The Little Lord Fauntleroy boys who were seen a few years ago in their velvet suits, though they were picturesque, were a very unhappy set of little gentlemen, and were probably very thankful when the fashions changed and they could wear blue flannel sailor suits and double-kneed trousers, and play marbles ad libitum. "Do you like your suit, Johnnie?" said a visitor to a boy in long blond curls and Fauntleroy dress. "Naw," he replied, "I don't like to be a girl. It's my ma wants me to be a little angel."

How much sacrifice do such poor mothers make on the altar of personal vanity, and how little time and temper must be left to devote to the spiritual training of the child. What a lack there is in such a home of the true spirit of motherhood, of that tender care which the child will remember in after years, and which will help to guide him aright over the pitfalls that beset every path. The boy who looks upon his home as a place for the display of nervous irritation that comes from overwork, where everything is sacrificed to the love of show and no place is left for the angel of rest and peace, will leave it at his first opportunity, and at the same time his training has ill-fitted him to meet the great temptations outside.

French Bread.

The peculiarity of French bread that causes the grain to run in one direction, so that it is in layers, is due to the method of kneading. The coarse yet tender grain of this bread is due to the use of water in kneading instead of flour.

Make a sponge, using five boiled potatoes, a pint of the boiling water in which the potatoes were boiled, three cups of flour, a teaspoonful of salt, a teaspoonful of sugar and a quart of water, in which a small tablespoon of hops has been boiled. Mash the potatoes through a colander, stir the pint of potato water with them, sift in the three cups of flour, beat the batter smooth, add the salt and sugar, and two small yeast cakes, on one and a half dried yeast cakes; finally add the warm hop-water.

Let the sponge stand in a warm place for twelve hours, when it should be very light and foaming. Add to it, when it has risen, half a teaspoonful of soda and ten or eleven cups of sifted flour. No more flour should be added, but the bread should be thoroughly beaten, into a stiff dough, about as stiff as can be stirred. Dip the hands in luke-warm water, and begin kneading, pulling the bread toward you and throwing it back with a smart, snappish motion on to the remainder. After the first three or four strokes, it is said that the bread will not stick to the hands, and that finally large bubbles will be formed in the dough. When this time arrives, set the bread to rise again, and let it rise until it has doubled in volume. Then make the dough into loaves of the size you desire, turning it out on a floured board for the purpose.

Press the rolling pin in the centre of each loaf and then the puffs formed on both sides of it, toward the centre again, pulling the loaf out lengthwise to shape it into the long slender form of the French loaf. Put the loaves in pans, large enough so that the loaves will not touch the sides when they rise. Let them rise for half an hour. Then bake them. This makes a very delicious moist loaf with a great deal of crust, and when the process of kneading with water is once mastered, it is no more trouble than any other bread. It makes especially nice breakfast rolls to serve with coffee.

The Laundry Cupboard.

To determine what agents are best to use in removing ink spots we will number some pieces of cloth and spot them with a well-known writing fluid, letting the spot dry in well, as it is in this condition that the spot is generally discovered.

Ink spot No. 1 we will try with lemon juice and salt—a recipe found frequently in print. Result: The ink is faded, but not removed.

Ink spot No. 2 we will wash will milk—another home recipe. Result: The excess of color is removed, but the black is turned to dark slate and refuses to fade to any lighter shade.

Ink spot No. 3 shall be dipped in a hot solution of oxalic acid, one part of acid to nine parts of water; if rubbed meanwhile with a glass rod or smooth stick the color fades slowly, a yellow stain being left. (At the same time a gall and iron ink is taken out almost instantly by this solution.) Oxalic acid injures the color of some blue and lilac prints, but does not affect a pink.

Ink spot No. 4 we will treat with a ten per cent. solution of muriatic acid, with but slight effect on the ink, and the same effect on the colors of prints that we noticed in oxalic acid.

Ink spot No. 5 receives a bath in a hot solution of tartaric acid—equal parts of acid and water—and the result is better than with oxalic acid, the spot when afterward well washed with water being no longer visible. This acid had no effect on the colors of any of the prints.

This solution applied to an old ink spot that had passed many times through the wash and remained as a drab colored stain removed all but its outline, and this outline was taken out by a solution of chloride of lime.

It Is Well to Remember

That a box in the kitchen, or drawer or shelf in the cupboard will hold paper, also the strings, and they will be found useful many times.

That one use is to slit them open and line the cake tins.

That another use is to cover each jar of canned fruit to keep out the light.

That newspapers should be saved for kitchen use, to wipe the stove off, to polish the teakettle, to wipe the flatirons, doubled to place under a hot kettle or hot dish we wish to place on the table.

That two or three spread on the flour in front of the table, stove, sink on baking day, saves the floor, and they can be burned up when through with, taking the dust with them.

That a handful of iron tacks are good to clean out bottles and fruit cans with; half fill the jars with soapsuds, then add the tacks and shake.

That it is safer to use them than shot, as the latter may leave a poison deposit.

That if one cooks in hot summer weather, one should dress as cool as possible.

That a dress made of five cent challie is surprisingly cool, and will wear longer than one would suppose from the thin nature of the goods.—*Good Housekeeping.*

About Cushing.

An exchange comments severely upon the over-elaborate and too numerous cushions. Among other things the writer says, we think artistic and elaborate are synonomous terms; have too little knowledge and appreciation of color harmony, and think that embroidery, good, bad and indifferent, is ornamental, and it would be well if every householder could read and remember the words. Elegance and simplicity frequently, if not always, go hand in hand. Over-elaboration is vulgar, and above all things cushions too fine for use should be abolished from our homes. Within these few days past some delightful, big, square pillows, covered with figured corduroy, were seen, and it is a thousand pities such things cannot take the place of senseless finery. They are quiet and simple in the extreme. The good color of the cloth is the only decoration. There are neither frills nor ribbons nor puffs, but only handsome, sturdy material, in excellent design without, and the softest of down within.

The Tea Cozy.

No housekeeper's equipment is complete without a tea cozy, and two or more are greatly to be desired. The cozy serves for coffee as well as tea, and will sometimes do more towards making a success of breakfast than even the new-laid eggs or the steaming rolls. Every man feels himself wronged when his coffee or tea is cold, and let all things else be as good as they may, he will declare his morning repast a total failure if it happens that his favorite beverage is cold and insipid. A cozy is a very simple thing to make, and is particularly serviceable when made of velvet or silk in combination for the outside, with India or China Silk for the lining. The shape is sort of half oval, with the usual 19 inches for the base line and 14 inches for the perpendicular. Layers of cotton should be tacked between the lining and outside sufficient to exhaust two ordinary batting bundles.

When the scalp is atrophied, or shiny-bald, no preparation will restore the hair; in all the other cases, Hall's Hair Renewer will start a growth.

THE FARM.

Raising Pumpkins.

The use of pumpkins as a fall and winter food for cattle cannot be too highly recommended. The fact that they are the cheapest of all our winter green foods is not generally known, or at least not acted upon. Coming at a time when pasture is getting very short and before the farmer wants to begin using his roots they bridge the gap between summer pasture or soiling and the winter barn feeding, besides keeping up the flow of milk, which so often falls off about this time. Those who plant them usually drop a few seeds into each hill of corn and let them take their chances. This is wrong, for the pumpkin is a plant that requires a great deal of moisture and sun, and planted in this way it does not get enough of either. It has to share the former with the corn, which also needs a lot of moisture, especially during the growing season, and the sunshine is shut off by the foliage of the corn. Pumpkins should be grown by themselves like other crops.

For a pumpkin patch choose a light soil. A sandy piece of bottom land is just the thing—the richer the better. However, a comparatively poor soil will do. After ploughing and harrowing lay it off in check rows ten feet each way. At each check dig a small hole and put in one or two forkfulls of manure. The pumpkin, like corn, is a coarse feeder, and the manure need not be thoroughly rotten. Cover up the manure with three or four inches of earth, making a perceptible "hill." Sow four or five seeds in each hill as soon as danger of frost is over, which is usually about the first of May. When in second or third leaf thin to two plants in a hill, and if the ground is rich they may with advantage be again thinned to one when danger from the striped bug is over, which is about the time the plants begin to run. Cultivate them alternate ways every few weeks till they begin to run, which will be about two months after sowing. Gather the pumpkins as soon as the first light frost has killed the leaves, and store them in a cool place where the frost will not reach them. A good plan is to put them on a barn floor or other place, where they can be sorted as they are fed, using those first that are beginning to rot. In this way they may be kept until the first or middle of January, where the thermometer does not fall more than fifteen or twenty degrees below the freezing point. Besides being excellent food for cattle, hogs are fond of them. They are sometimes used for keeping hogs in health while being fattened. Sheep also soon learn to eat them with relish.—*Country Gentleman.*

Gathering Butter.

Oftentimes both the farmer's wife and professional dairymen experience considerable trouble in gathering the butter into a solid mass, even after it appears in the churn in small granules and floats about in the buttermilk. The usual plan is to manipulate with the dash until the butter can be removed from the churn in a more or less compact form. Thus treated, it too often presents a greasy appearance, and by the time the usual washing and the proper quantity of salt is well worked in, the granules are mostly broken, and the result is that the output is marketed at a low price. Very much of this trouble can be avoided by a simple process, easily understood, and within the reach of all. As soon as the butter appears and the process of gathering is about to take place, then, for an eight-pound churning pour gradually over the floating butter in the churn two gallons of cold water, in in which a teacup of fine salt has just been dissolved. Let it stand for a moment, then manipulate, with the dash as in the usual manner in completing the churning, and the chances are the butter will be well gathered but in unbroken granules. The reason is that the water containing the salt increases the density or specific gravity of the buttermilk, causing the granules to rise to the surface. It also hardens them, removing a certain substance or coating from their surface, allowing them to readily unite under pressure such as is obtained by the use of the dash or revolving churn. Butter gathered by this process is much firmer, better granulated and consequently better flavored. The only objection to be offered is the addition of salt to the buttermilk; but for feeding purposes, if added to the swill or house slops, no ill effects to the swine are ever observed. When fed to hogs at clover pasture, the action of salt removes all danger from bloat by simply increasing their desire for drink.—*American Agriculturist.*

Rats in a Cellar.

Cellars should be built always with a view to safety from vermin. Once these get a foothold in the walls or under the floor it is almost impossible to dislodge them, and if they are poisoned the dead carcasses are as bad as the live animals. So that the construction of the cellar is worth thinking of. The floor should be made of concrete, over a layer of broken stones, well rammed down. Rats cannot burrow under such a floor and gain entrance in that way. Then the walls should be built up of stone laid in mortar, and all the crevices should be filled with small chips to make the wall tight. The foundation of the wall should be made at least six inches wider than the wall outside, as the rats will try to make their way along the wall, and never make the offset outward to get under it. The beams of the floor above the cellar should be bedded in the wall, and the wall built close around the ends of them. This also insures soundness in the beams and prevents rotting, as there is nothing better for the preservation of the timber than lime. It has been recommended that the holes made by the rats be smeared with tar, which is offensive to them, or to place some concentrated lye on the bottom of the burrows, by which the rats' feet are burned. This so disgusts them that they leave the premises. But there will always be trouble unless the walls are built at the first in the way mentioned.—*Germantown Telegraph.*

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Used Opium for Paint.

A rancher on Vashon island, Washington, has his house painted more expensively than any other house in the State. Last fall he found a box which contained about 200 pounds of what he thought was a fine quality of fireproof paint, floating in the sound. The paint was packed in small tin cans, and bore a foreign label, and as it had cost him nothing, he thought he would paint his house with it. The house is now painted inside and out, and, in doing so, the greater portion of the paint was consumed. The rancher has discovered, much to his sorrow, that instead of fireproof paint, he has his house covered with about $3000 worth of smuggled opium, which was thrown overboard by smugglers.—*Oregonian.*

United States Prohibition.

So much is written and said about Prohibition in the United States that the following facts in regard to the extent of Prohibition territory at the present time may be of interest to Canadian readers. The New York *Voice* has recently been giving some statistics, and we take them as the basis of our present information.

At present Prohibition is in force in six States and in the territory of Alaska. The States are: 1. Maine, where it has now been almost continuously in force for over forty years. There are no indications of appeal so far as public opinion is concerned.

2. Vermont, where the law has been many years on the statute book, though in some sections of the State the enforcement has never been vigorous. All recent attempts at repeal have failed, the people seemingly preferring a poorly-observed Prohibition law to one giving legal sanction to the liquor traffic.

3. New Hampshire, where the law stands, regarding age, enforcement and results, very much the same as Vermont. Both these States are remarkably temperate, very little liquor being consumed and very few cases of drunkenness ever being observed, especially among the native born inhabitants of the country.

4. Kansas, where the law has now been a number of years in existence, and where it seems to be enforced better than anywhere else in the United States. As a matter of fact it is better enforced than many other laws on the statute book of that country.

5 and 6. North and South Dakota. These are separate States with separate Legislatures and laws, but both of them have had Prohibition laws almost from the outset of their separate existence as Independent States. In both cases the law was demanded by large popular majorities, at separate votes.

7. Iowa may also be be fairly classed as a Prohibition State, though the recent amendments passed indicate a partial back-down. As the case stands now Prohibition is the law everywhere, unless the majority of the electors in any county specially vote otherwise; then a "mulct tax" is imposed which, if paid, entitles the seller to protection against prosecutions for selling. It is probable that Prohibition will still continue in full force in three-fourths of the State.

8. The large territory of Alaska is also under Prohibition, according to law, as our Canadian Northwest was for years, but, like many other laws, it is not very well observed in many parts. There is a good deal of lawlessness of all kinds in Alaska yet.

The *Voice* says that the total territory, including all the above enumerated, now under Prohibition, is 948,250 square miles, or twenty-six per cent. of the entire domain of the United States. The total population of this Prohibition territory aggregates over 6,000,000, or one-fourth greater than all the population of the Dominion of Canada, making up nearly one tenth of the entire population of the country.

Then, in a large number of the other States, local option laws are in force and have been for years, and in many of these, in the Southern States especially, in the largest amount of territory, the liquor traffic is prohibited. It will be seen by the above facts that Prohibition laws are being kept in existence and in enforcement to a very considerable extent in our neighboring great republic.—*Citizen and Home Guard.*

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A WOMAN'S SUFFERINGS.

HOW A HALDIMAND COUNTY LADY REGAINED HEALTH

She Suffered Excruciating Pains from Sciatica—For Four Months was Forced to Use Crutches—Relief was Obtained After Many Remedies Failed.

From the Selkirk Item.

There have been rumors of late in Selkirk of what was termed a miraculous cure from a long illness of a lady living in Rainham township, a few miles from town. So much talk did the case give rise to that the Item determined to investigate the matter with a view to publishing the facts.

Mrs. Jacob Fry is the wife of a well known farmer, and it was she who was said to have been so wonderfully helped. When the reporter called upon her Mrs. Fry consented to give the facts of the case and said—"I was ill for nearly a year and for four months could not move my limb because of sciatica, and was compelled to use crutches to get around. My limb would swell up and I suffered excruciating pains which would run down from the hip to the knee. I suffered so much that my health was generally bad. I tried doctors and patent medicines, but got no help until I began the use of Dr. Williams' Pink Pills. Almost from the outset these helped me and I used six boxes in all, and since that time have been a well woman, having been entirely free from pain, and having no further use for medicine. I am prepared to tell anybody and everybody what this wonderful medicine has done for me, for I feel very grateful for the great good the Pink Pills wrought in my case."

The reporter called on a number of Mrs. Fry's neighbors who corroborated what she said as to her painful and helpless condition before she began the use of Dr. Williams' Pink Pills.

Mr. M. F. Derby, chemist, of the firm of Derby & Derby, Selkirk, was also seen. Mr. Derby said he knew of the case of Mrs. Fry, and that what she said regarding it was worthy of every credence. She had herself told him of the great benefit she had derived from the use of Pink Pills. He further said that they had sold Pink Pills for a number of years and found the sale constantly increasing, which was due beyond a doubt to the great satisfaction the pills gave those using them.

An analysis of their properties show that these pills are an unfailing specific for all troubles arising from an impairment of the nervous system or impoverished blood, such as loss of appetite, depression of spirits, anæmia, chlorosis or green sickness, general muscular weakness, dizziness, loss of memory, locomotor ataxia, paralysis, sciatica, rheumatism, St. Vitus dance, the after effects of la grippe, scrofula, chronic erysipelas, etc. They are also a specific for the troubles peculiar to the female system, correcting irregularities, suppressions and all forms of female weakness, building anew the blood and restoring the glow of health to pale and sallow cheeks. In the case of men they effect a radical cure in all diseases arising from mental worry, overwork or excesses of any nature. These pills are not a purgative medicine. They contain only life-giving properties and nothing that could injure the most delicate system.

Dr. Williams' Pink Pills are sold only in boxes bearing the firm's trade mark and wrapper printed in red ink. Bear in mind that Dr. Williams' Pink Pills are never sold in any other style of package, and any dealer who offers substitutes is trying to defraud you. Ask for Dr. Williams' Pink Pills for Pale People and refuse all imitations and substitutes.

Dr. Williams' Pink Pills may be had of all druggists or direct by mail from Dr. Williams' Medicine Company, Brockville, Ont., or Schenectady, N. Y., at 50 cents a box or six boxes for $2.50.

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