CARED FOR.

"I only know I cannot drift
Beyond His love and care."
—JOHN G. WHITTIER.

I know not where my path may lie
Across life's trackless deep;
I trust my way to One on high,
Who promises to keep;
Where'er it be He taketh me,
'Neath clouded skies or fair,
Full well "I know I cannot drift
Beyond His love and care."

The dark'ning clouds, the rising wave,
For me can have no dread;
My Father's presence makes me brave,
While by His wisdom led;
He's close at hand, at my command,
Attentive to my prayer;
Full well "I know I cannot drift
Beyond His love and care."

I know not when the stormy sea
My fragile bark may toss;
I know not what in store may be,
Of suffering—or loss;
Whate'er befall, I shall through all
His constant goodness share;
Full well "I know I cannot drift
Beyond His love and care."
—*R. M. Gifford, in N. Y. Observer.*

THE HOME.

Simplicity in the Home.

Let there be more simplicity in the home. Let women, in the first place, set themselves against an accumulation of decorative work. Then let them simplify, as far as is possible with good taste, the furnishings and the routine of work.

I have in mind a lady who, with a family of three or four children and with no servant, writes or studies two hours each day, and sometimes longer. "How do you find time?" her friends ask her; and, despite her declaration that it is through simplification of the details of housework, they still look incredulous as if there were some miracle about it. A woman is hired to do the washing. Sweeping and cooking are the next chief consumers of time. She has abolished the former. All the floors have stained borders with carpet squares in the centre. Once a week the washer-woman wipes the carpets of those rooms in common use, with a large cloth wrung out in cold water. The pailful of water used for this purpose testifies to the advantage to the lungs in no more having to inhale dust—to say nothing about the saving of time in not having to remove furniture as in the case with the usual sweeping. The dusting of borders is easily accomplished each day with two yards of cheese-cloth fastened to a handle of proper length. The day's dusting of furniture, where carpets are kept clean in this way, is a very simple matter. The less-used rooms require the treatment only once in two weeks. Of course there must be occasional use of dust-pan and small straw-broom for crumbs, etc.; but this wiping over of the carpets keeps them much cleaner day by day than sweeping.

Having thus disposed of floors, how can cooking be simplified? My friend laughingly says that it was reading about the poet Shelley's subsistence upon bread, mainly, that first suggested to her that her cooking was too elaborate. If upon his vegetable diet he could produce his beautiful poems, would her writing suffer if she had only two courses at dinner?

The regimen of her family (varied at times, of course), stands about like this:

Breakfast—White and Graham bread, cold meat, coffee, fruit.

Dinner—Meat, potatoes, one other vegetable, fruit, or a very simple baked pudding.

Tea—Bread of both kinds, fruit, cocoa.

She says that the preparation of the meals gives her very little trouble, in fact, it is a relaxation from thought to get these simple, yet nutritious articles, ready for the table.

The rest of the housekeeping has its set hours, and is also simplified. Her furniture is plain, but made attractive by the presence of pictures and books, muslin draperies, and the few articles of needle-work her busy hands have found time for accomplishing. No one who enters her home can fail to appreciate the attractiveness that lies in its atmosphere of culture and content.

When I contrast the real value of this simple living, with the luxury of appearance found in many homes where the mother is a slave to care and vanity, where her worried expression says continually, "I have no time for the higher things of life," I am constrained to repeat a third time, let there be more simplicity in the home. Let the necessary work be abridged, as it easily may be, so that leisure may be gained—but not for things of show or mere beauty—but let that valuable time be given to the best things of life, the knowledge and culture that shall not only enrich women themselves, but the family and society that encircles them.—*Good Housekeeping.*

An Old-Fashioned Girl.

"I have been watching an 'old-fashioned girl' for quite a long while," says a writer in the Fitchburg *Sentinel*, "and I want to tell you something about her.

"Her dresses, etc., were made in modern style; but, bless you, she is so old-fashioned that she arose in the morning when her mother did, helped set the table neatly, and cooked one or two dishes daintily her own self.

"She had 'graduated,' yet she did not think because of that fact that the kitchen was not good enough for her. Oh, no. She was so much behind the times that she actually washed the dishes, made her bed, dusted, and then began preparation for the pudding for dinner. Now, wasn't she absurd, when she (following the accustomed rut) should have been lying on the sofa, with the latest novel in her hand, and her pug dog beside her? When her little brother came in crying because his kite was broken, instead of calling him a 'horrid boy,' as it is the 'fashion' to do in some homes, she helped with her own hands to mend it. How could she be in such a small business?

"After dinner had been cleared away, she produced a small work basket, and proceeded to mend the family stockings. Shocking! After her task was completed, she accompanied her mother on a shopping expedition; and, although she met many fine-looking gentlemen, she did not flirt with any of them, for don't you know, she was so antiquated she would have been shocked at the idea. As if it was not elevating to the intellect to be on the watch for some masculine person to fascinate!

"The girl of whom I am telling you was pretty looking, with a bright fresh color in her face, brought on by plenty of exercise in the open air and in the kitchen. But I cannot begin to tell you half this queer girl did; for, you know, she was so old-fashioned that she did whatever good deed came into her heart to do, and her heart was such an antique affair that only pure, noble thoughts entered it. Her home was made bright and sunny by her presence, and yet she was not so perfect that she 'died young.' Oh, no. She lives to-day, a girl who has 'no secrets' from her mother."

— A movement has been started in England by Lady Haberton to put an end, if possible, to the present custom of wearing excessive mourning apparel. She claims that the conventional costume of a well-bred widow possesses every known quality of un-hygienic, non-æsthetic and costly dress. A simple band around a man's hat announces the fact of changed circumstances in his life, and secures him from the idle questions which form a strong reason, among women, for enveloping themselves in yards of crape. Physicians strongly oppose these mourning habiliments. The black dyes used in the fabrics are often poisonous, injuring the skin and spoiling the complexion. In addition, the moral influence of gloomy garments re-acts upon the physical system, depressing its powers and lowering its vitality. There is no law except custom which binds women in this matter, and it rests with them to cast off the self-imposed restraint.

THE FARM.

— Quick fattening is the secret of making good and tender and profitable beef.

— Keep the pigs growing, fat them early. Small pork brings better prices than large pork.

— RAISE YOUR OWN PLANTS. — Mr. Crawford, a well known Ohio nurseryman and horticulturist, advises that all who raise small fruits for market should, as a rule, raise their own plants. He says that they will then know that they are true to name. They can be set at the most favorable time, and the owner can see that they receive no drying or heating while out of ground, and no vacancies need occur. This applies to those who plant largely of the standard sorts.

— HENS IN THE GARDEN.—A recent writer (whom some may call "fresh") says that it is supposed that the hen is an obstacle to successful gardening, but that this applies only to the early period of the season. A hen should not be permitted to scratch up the seeds, but after the seeds have germinated and the vegetables are well under way she will do that little scratching, and can do excellent service in destroying insects. There are times when the hen should be kept out of the garden, but there are times also when she will keep busy killing insects without doing any damage to growing crops.

— OATMEAL FOR CHICKS.—As there are several kinds of oatmeal it is not out of place to describe the kinds used for chicks. First comes the ordinary ground oats, which is really corn and oats ground together. This is cooked or scalded, according to the age of the chicks. It may be sifted, and the coarser parts fed to adult fowls, or it may be fed entire. Granulated oatmeal, sometimes known as pin-head oatmeal, or "oaten grits," is coarsely-ground oats, sifted free from chaff, and is almost entirely oats. The rolled oats is sold by all grocers, being oats that have undergone a manufacturing process, cooked, and so prepared that it comes in the shape of flakes. It is very light, and is used by housekeepers for the production of "instantaneous oatmeal gruel," and is the best food known for very young chicks.

TEMPERANCE.

Saved by Kindness.

We will call him Jim, for I do not remember his name. He had lost all respectability, and was a common gutter drunkard. His family had disowned him, and would not recognize him when they met him. Occasionally he would get a job at the stables where Dr. Davis kept his horse. One morning the doctor laid his hand on Jim's shoulder and said:

"Jim, I wish you would give up the drink."

There was something very like a quiver of the man's lips as he answered:

"If I thought you cared I would; but there is a great gulf between you and me."

"Have I made any gulf, Jim? Think a moment before you answer."

"No, you haven't."

"If you had been a millionaire, could I have treated you more like a gentleman?"

"No, you couldn't."

"I do care, Jim."

"Say it again, won't you?"

"I do care, Jim," with a tender little emphasis on the "Jim."

"Dr. Davis, I'll never touch another drop of liquor as long as I live. Here's my hand on it."

This was fifteen years ago; and Jim is to-day the respectable and respected Mr. ——. Saved by a kind word! Will you make an effort this week to win some one by kindness.—*Christian Advocate.*

Five Minutes More to Live.

A young man stood before a large audience in the most fearful position a human being could be placed—on the scaffold. The noose had been adjusted around his neck. In a few moments more he would be in eternity. The sheriff took out his watch, and said, "If you have anything to say, speak now; as you have but five minutes more to live." What awful words for a young man to hear, in full health and vigor?

Shall I tell you his message to the youth about him? He burst into tears, and said, with sobbing, "I have to die! I had only one little brother. He had beautiful eyes and flaxen hair. How I loved him! I got drunk—the first time. I found my little brother gathering strawberries. I got angry with him, without cause, and killed him by a blow from a rake. I knew nothing about it until I awoke the next day and found myself guarded. Whisky had done it! It has ruined me! I have only one more word to say to the young people before I go to stand in the presence of my Judge. Never, *never*, NEVER, touch anything that can intoxicate!"

Think what one indulgence in drink may do.

This youth was not an habitual drunkard. Shun the deadly cup which steals away your senses before you are aware of it; for you cannot know the dreadful deeds you may commit while under its influence.

The Saloon.

I once heard that great and most earnest and eloquent minister of the gospel, Dr. Kirk of Boston, call the liquor saloons of Paris, "The gilded portices of hell." And what else are they? But they are not in Paris only, but everywhere in large cities and small, in Europe and America, on every continent, and almost every island of the seas. Many of them are gaily and most expensively decorated. Music is there, and paintings, and drawings, and whatever is enchanting and fascinating to the eye, as well as adapted to cultivate the ruinous taste for intoxicating drink. They are nothing less than gilded gateways to perdition. And all this expense is paid, and repaid to their owners in very large part by the young men of the country. Those in early life thoughtlessly, lavishly pay for their own ruin. Their money goes and their ruin comes. Their health and happiness and lives are at stake, but they toss away care and gleefully fasten upon themselves the habits that prove chains of grinding slavery and death at last. Such are multitudes—multitudes of our young men.—*Rev. R. S. Goodman.*

— The drink bill of New Zealand fell last year £104,662, owing to trade depression and the spread of temperance views.

— An advocate of beer drinking, in the *Western Druggist*, complains of the poisonous adulterations of this beverage, now so common, and mentions as one of the most dangerous, picrotoxin, a powerful poison often used because of the great difficulty attending its detection. The writer states that a dose of from five to ten grains will kill a dog, while a tincture of the berries applied to a child's scalp had been known to cause death.

Do Doctors Prolong Life?

AN EMINENT PHYSICIAN PRESENTS FACTS AND FIGURES ON THE SUBJECT.

At a recent meeting of one of our medical societies a paper on "Longevity" was read. This possessed great intrinsic interest, and, at the same time, was gratifying as showing how much medical and sanitary science has done to prolong life, and how much better in every way are the conditions of to-day than of those "good old times," for the return of which sentimentalists vainly sigh.

The doctor ascribed the great and progressive changes for the better to advanced medical knowledge, better drainage and diet, greater cleanliness, vaccination, and the use of anesthetics and Paine's Celery Compound. He thinks that Paine's Celery Compound alone has added two years to the average life of civilized man in Canada and the United States, where it has been used in large quantities.

Men and women whose digestion had given out, whose brain had grown befogged, tongue coated, and head aching, have found in this wonderful discovery a medicine which completely restored them to health, and removed in a most remarkable manner the results of their overwork. Now their sleep is restful and refreshing; they have a good appetite; digestion is no longer unpleasant; muscles have grown strong, head aches and back aches are banished, and happiness has taken the place of the melancholy and gloomy spirits which formerly made life one prolonged burden.

There is not a city or village in the Dominion which does not number among its inhabitants those who have proved for themselves the great value of Paine's Celery Compound in restoring lost energy and invigorating the weakened vital powers of both old and young. It is a positive and yet harmless cure for all nervous diseases, and is prescribed freely by the medical profession.

— "I don't want no rubbish, no fine sentiments, if you please," said the widow, who was asked what kind of an epitaph she desired for her late husband's tombstone. "Let it be short and simple, something like this: 'William Johnson, aged seventy-five years. The good die young.'"

The Horse—noblest of the brute creation—when suffering from a cut, abresion, or sore, derives as much benefit as his master in a like predicament, from the healing, soothing action of *Dr. Thomas' Eclectric Oil.* Lameness, swelling of the neck, stiffness of the joints, throat and lungs, are relieved by it.

—Pater—"Well, Dr. Raptail, I like your school very much; and I think I'll put my boy here. But tell me, what sort of boys do you turn out?" Doctor—"The bad ones."

Mr. Henry Graham, Wingham, writes us: "For fifteen years I have suffered with indigestion, and during that time I could get nothing to give me relief, although I tried a great many different kinds of medicine recommended for that complaint. I now feel like a new man, and this wonderful change has been accomplished by the use of four bottles of Northrop & Lyman's Vegetable Discovery. To me it has been a valuable medicine."

Mamma—"Don't let me speak to you again, Tommy." Tommy—"You bet I wouldn't if I knew how to stop you."

An Old Man's Advice.

Mr. Alex. Moore, Mechanics Settlement, New Brunswick, says: I am going on 75 years of age and had very little hopes of getting anything to relieve my catarrh. Seeing Nasal Balm advertised, I sent to you for a package. It has done me a great deal of good. I enclose you $2 for a further supply, part of which I intend giving to an afflicted friend. I advise all sufferers from catarrh to use Nasal Balm.

You can make a large sum of money at work for us in your own locality. During the past five years, those who have that work have received over Five Millions of dollars for their services—more than a barrel of money. We want a few more workers at once. The work is easy, pleasant, adapted to both young and old of either sex. You can work all the time or in spare time only. Any one can do the work after studying our directions for a day or two. This is the chance of a lifetime for those who apply at once. Any one who does not see this $100 per month. Great workers, under the most favorable conditions, earn $20 a day and upwards. Not one of people in the world are making so much money, without capital, as those at work for us. Whatever you have done, or whatever you may do, you should look into the royal chance. You will find that you can easily make all that we claim, and more. If you write to us before we secure all the workers we need, we will lay all before you FREE. Reader write before you rest, and then if you can look out to go to work, or if we cannot employ you, no harm is done. Every one of our workers making money. True & Co., Box 440, Augusta, Maine.

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It requires no milk in preparation, and is very effective in the prevention of

CHOLERA INFANTUM.

Ziemssen's Cyclopædia of the Practice of Medicine, Vol. VII., says: "IN CASES OF CHOLERA INFANTUM NESTLE'S MILK FOOD IS ALONE TO BE RECOMMENDED. Because the gastro-intestinal disorders to which infants are so subject are provided for by presenting only the nourishing properties of cow's milk in a digestible form. Cow's milk produces a coagulated mass of curd and cheese, which the immature gastric juice is utterly UNABLE TO DISPOSE OF."

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C. GATES, SONS, & CO.—Gents: Last summer I had a bad attack of rheumatism in the hip, caused by cold and exposure. I used a bottle of your Syrup and one of your Acadian Liniment, and it cured me, so that I have not had a return of it since, though often exposed at sea. At another time I used your Vegetable Plaster for a bad kink in the back with the best success.—Yours very truly,

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LIFE of MAN BITTERS IS THE BEST.

LOWER ECONOMY, Sept. 4th, 1889.

C. GATES, SON & CO.—Dear Sirs: I was troubled for a long time with a very bad feeling, like a craving, at my stomach, and had no appetite. Used Beef, Iron and Wine, but it made it worse. Got a bottle of your

Life of Man Bitters,

and it helped me at once. I can recommend it to any one similarly troubled.—Very truly,

MCKINLAY CORBITT.

The Most Successful Remedy ever discovered, as it is certain in its effects and does not blister. Read proof below.

KENDALL'S SPAVIN CURE.

OFFICE OF CHARLES A. SNYDER, BREEDER OF CLEVELAND BAY AND TROTTING BRED HORSES, ELMWOOD, ILL., Nov. 25, 1888.

DR. B. J. KENDALL CO.

Dear Sirs: I have always purchased your Kendall's Spavin Cure by the half dozen bottles. I would like prices in larger quantity. I think it is one of the best liniments on earth. I have used it on my stables for three years.

Yours truly, CHAS. A. SNYDER.

KENDALL'S SPAVIN CURE.

BROOKLYN, N. Y., November 5, 1888.

DR. B. J. KENDALL CO.

Dear Sirs: I desire to give you testimonial of my good opinion of your Kendall's Spavin Cure. I have used it for Lameness, Stiff Joints, and Spavins, and I have found it a sure cure, I cordially recommend it to all horsemen.

Yours truly, A. H. GILBERT, Manager Troy Laundry Stables.

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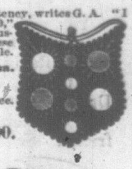

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