

THE SUNDAY SCHOOL.

DEC. 25, 1883.

DEATH OF SAUL AND JONATHAN.

I SAMUEL XXXI. 1-13.

Gilboa is bleak and bare... The soil is scanty, and the grey... The child shuts its eyes, but the image is there, and is as visible and terrible in the dark and to its closed eyes as if the sun were shining.

The little sufferer tosses all night in constant fear of what it has seen... The child shuts its eyes, but the image is there, and is as visible and terrible in the dark and to its closed eyes as if the sun were shining.

Delicate and Feeble Ladies.

These languid, tiresome sensations, arising from a feeble system, are to be removed by the use of that marvellous remedy, Hop Bitters. Its qualities and effects on your system are relieved at once, while the special cause of periodical pain are permanently removed.

Feels Young Again.

"My mother was afflicted a long time with Neuralgia and a still heavier, inactive condition of the whole system; headache, nervous prostration, and was almost helpless. No physician or medicine did her any good. Three months ago she began to use Hop Bitters with such good effect that she seems and feels young again, although over 70 years old. We think there is no other medicine fit to use in the family."

TEA DRINKING.

The Dean of Bangor, speaking at a meeting held to further the establishment of courses of instruction in practical cookery in the elementary schools, said that if he had his own way there would be much less tea-drinking among people of all classes.

USEFUL HINTS.

A light sprinkling of lime upon potatoes when stored is an excellent preventive of rot.—N. Y. Herald.

Half the people of the world live almost exclusively on rice. It contains 88 per cent. of nutriment, while roast beef contains but 26.

A cup of hot water is a good tonic and stomach cleanser, and a sure cure for constipation. It should be taken in the morning and evening; just after rising and before retiring.

All kinds of roots keep better in cellars if slightly covered with dry earth. This is especially true of turnips which, unless so covered, soon become stringy and nearly worthless.

A tablespoonful of black pepper put into the first water in which gray and buff linens are washed, will keep them from spotting. There is no objection to it, and it softens the water like soda.

Fowls are as fond of a change in their diet as people are. Give chopped onions with a little red pepper sprinkled on, once a week. An occasional feed of sunflower seeds will give a smooth glossy plumage.

According to the Scientific Californian, an instantaneous remedy in cases of poisoning consists of a heaping teaspoonful of salt and the same quantity of ground mustard stirred in a steaming of warm or cold water and swallowed instantly.

The regular use of salt is indispensable to the health of a cow, and consequently to the successful management of the dairy. A certain quantity of salt should be given daily with the food precisely as we take it ourselves.

Partially rotten potatoes are not good for milk cows. They are unwholesome; they impart a disagreeable flavor to the milk and injure its keeping qualities, and also that of the butter made from it. Even cooking will not make them proper food. Better throw them away.

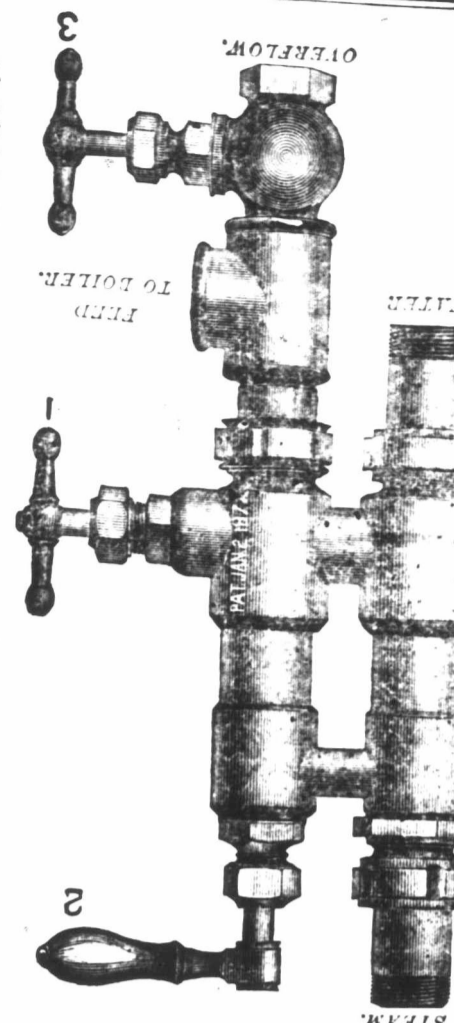
Five cents before breakfast, dinner and supper, you'd hardly miss it, yet it is fifteen cents a day—\$1.05 per week. Enough to buy a small library of books. Invest this as before, and in twenty years you have over \$3,000. Quite enough to buy a good house and lot.

A great many fields especially those that are long and narrow, are always ploughed the same way. An exchange, referring to this practice, suggests that simply changing the direction of working will often make a great increase in productiveness. The furrow is not stopped by the same stones, while new soil is opened to the growth of plant roots.

If the roots of plants must be cut back severely in order to pot them, the tops should be cut away in proportion. Before the plants are taken in, see that they are free from insects. Annuals may be used for the decoration of the greenhouse and window gardens, and are especially useful for cutting. The first sowing may be made now, and later at intervals of a month. Sweet alyssum, candy-tuft, white and crimson, and nigette are among the most popular and useful.—Evening Post.

NEVER FRIGHTEN CHILDREN.

Many children are very sensitive to sights and sounds. They may have strength enough to conceal their emotions when others are present, and they are perhaps ashamed to appear scared when others are only amused, but they carry their impressions into their sleep, and are driven away from their pillows, or when it comes, horrid dreams come also, and



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