

HOW LONG TO SLEEP.

This fact is, that as life becomes concentrated and its pursuits more eager, short sleep and early rising become impossible. We take more than our ancestors, because we want more. Six hours sleep may do very well for a mason or bricklayer, or any other man who has no exhaustion but that produced by manual labour; the sooner he takes it after his labor is over the better. But for the man whose labor is mental, the stress of work is on his brain and nervous system, and for him, who is tired in the evening with a day of mental application, neither "early to bed nor early to rise" is wholesome. He keeps letting down to the level of repose. The longer the interval between the active use of the brain and his retirement to bed the better his chance for sleep and refreshment. To him an hour after midnight is probably as good as two hours before.

SHOOT HIGH.

"Is there Schenck around?" asked an excited Israelite as the United States troops passed through Siatka, last week, in pursuit of the fleeing Hunkos.
"Well, my man," said Howard, reining in his horse, "what is it? Speak quick."
"I am a rooin man, Schenck. I have cursed roodkins dey murder my boy Shabob about five miles from here and shoot a dozen pair of pants he was peddle. New pants, so hellup me kracious—right out of my store."
"Sorry for your loss, my man, but haven't time to talk about it now. If we catch up with these demons we'll stop their devilries for good and all."
"Yes, I know, Schenck. I know," eagerly whispered the bereaved ready-made merchant, hanging desperately to the officer's stirrup. "De's all right; but ven you come up mid dose Indians vot got dose new pants on, for kracious sake, Schenck, tole de soldiers to shoot high."

MISCELLANEOUS ITEMS.

SHE NEVER TOLD HER LOVE.—The female gate-keeper on a Western pike has been removed for deadheading her sweetheart.

The London Standard warns intending emigrants against Cyprus. Climate, language, &c., are against them.

The man with a brick in his hat is anxious that everybody else should be similarly blessed; this is why he throws one at the first man he meets.

WOMAN'S RIGHTS.—Brigham Young's wives are going to hold a national convention and nominate a ticket for 1880. This is a new and dangerous complication in the world of politics.

HE TOOK OFF HIS COAT.—An Illinois lawyer who charged a widow \$25 for making out a bill of sale, reduced his bill to \$1 after the widow's brother had taken off his coat.—*Free Press.*

"IS THERE ANYTHING IN THE BOY?"—The farmer who sent his son to the city to become a clerk, now writes and asks the merchant if there is "anything in the boy." "Yes," replied the merchant, "just after he has been to a saloon."

HE KEPT HIS WORD.—A cute Yankee drummer offered to burn out all the flies in a saloon in August. He succeeded. The proprietor proposes to rebuild over the ashes of his former place. How much insurance there was on the buildings and fixtures is not stated.

A soldier who was under Gen. Butler's command in Virginia, but who is now residing in Illinois, says he would gladly walk all the way to Boston if his vote could make the General Governor. He adds: "A man who keeps right on making hosts of friends in spite of such abuse and calumny as have been heaped upon Gen. Butler, can't possibly be the wretch he is pictured."

A CERTIFICATE OF GENTILITY.—The editor of the *New Orleans Democrat* speaks of another quill-driver as the fellow who "yearned for the print of our foot on the seat of his pants to frame as a certificate of gentility." Such resources as those Southern fellows develop for settling disputes by amicable adjustment and compromise have always challenged our profoundest admiration and respect.

The Paris *Union* announces that a venerable ecclesiastic of the diocese of Paris, who had been marked out for assassination by the Commune, is now engaged in founding a "Mission of Pardons." The greater part of those annihilated from Nounea, New Caledonia, now principally in Paris, are in a wretched condition. All their business relations being lost, they find themselves literally outcasts, being deprived even of the prison nourishment. The same clergyman is also co-operating with the Cardinal Archbishop of Paris for the establishment of a mission for "the orphans of the revolt."

The people of Moscow declare that their great bell shall never be pulled down from its glittering steeple, where it reigns over all other church bells in the world. Its weight is 443,772 pounds, while the other famous bells are light in comparison: St. Paul's London, 13,000 pounds; Antwerp, 10,000; Oxford, 17,000; York, 24,000; Montreal, 23,000; Rome, 19,000; Bruges, 25,000; Cologne, 25,000; Erfurt, 30,000; English Houses of Parliament, 31,000; Vienna, 40,000; Novgorod, 50,000; Pekin, 136,000; St. Petersburg, 34,000; Moscow its second, 141,000. The great bell of Moscow is 19 feet high and 64 feet round; its noise is tremendous.

We hear no complaints of grave-robbing from California, which State has a law providing that, under certain restrictions, "any Sheriff, Coroner, keeper of a county poorhouse, public hospital, county jail or State prison, or the Mayor or Board of Supervisors of the city of San Francisco, must surrender the dead bodies of such persons as are required to be buried at the public expense, to any physician or surgeon, to be by him used for the advancement of anatomical science, preference being always given to medical schools by law established in this State, for their use in the instruction of medical students." The California legislators have wisely recognized that it is important to humanity that the needs of science be supplied, morbid superstition and sentiment notwithstanding.

"COULDN'T STAN DE PRESSURE."—A coloured tramp, who was hanging about the depot a day or two since, was observed to disappear about the corner whenever a passenger train drew up, re-appearing only as it departed. It looked suspicious, and a special policeman pounced upon him as he returned from one of these semi-occasional excursions and demanded what he was "up to." "Are you keeping shady from a constable, or don't you want to go till a freight train comes along?" he asked. The wanderer proceeded to elucidate: "Yor see, boss," said he, taking another reef in his trousers waist-band, "I hain't had nuffin to eat worfmesum since las' night; and ebery time dat de cars pull in de boy at de hotel ober dar by de pervilyum—he trots out and heats de goon for dinner, and I tells you, boss, it makes me feel jess like I was goin' to cave in, an' I can't stan de pressure nohow." He let him go.

FARMERS' COLUMN.

RYE.—The remarks relating to wheat apply equally to rye. Where the straw is salable, this is often a more valuable crop than wheat.

COWS may now get a few oats daily as the grass fails. A shelter should be provided in the pasture where they can find shade; it should be in an airy part of the field, free from flies.

GREEN FODDER not required for feeding should be cut and carried for winter use before ripening. A well-worked crop of fodder-corn may very well be followed by fall grain or turnips. No piece of arable ground should be left idle.

SEED.—As much depends on the variety of wheat sown as upon the manner of cultivation. Upon similar soil, and with the same treatment, one variety may yield twice as much as another. Of several new varieties tried by the writer the present season, the Clawson has excelled.

FODDER.—For fall fodder, white turnips may be sown this month. An out stubble plowed and fertilized, may easily produce 600 or 800 bushels per acre, well worth 10 cents a bushel for cows, sheep, or pigs, and which will keep until January in good condition. 300 lbs. per acre of artificial turnip manure, or superphosphate, will aid greatly.

SOUTHERN FODDER CROPS.—In the South, fodder crops may be consumed upon the ground, and the labor of harvesting saved. Turnips may be thus used for sheep, cattle, or pigs. For full pasture, hay, rye, wheat, oats, barley, or millet, may be sown late this month; but as a drouth may render the ground too hard for plowing, this work should be done at the earliest convenience.

PLOWING.—No time should be lost in plowing the land intended for fall crops. A double benefit will accrue in avoiding the risk of a drouth-hardened soil, and at no other time can weeds be so easily killed as now. One or two workings with a cultivator, or harrowing before weeds go to seed, will effect a good fall-fallowing and add fertility to the soil.

EARLY SOWING is preferable, except where there is danger of the Hessian fly; in which case sowing may be deferred until late next month; but of the two evils—the fly or late sowing—it is questionable which is the worst. Many good farmers believe liberal fertilizing, and the consequent vigorous growth, to be the best remedy against the pest. This, however, is a matter in which local circumstances must be well considered.

WINTER OATS are a valuable crop for the South, and as far north as Virginia, but a trial last season convinced the writer that this is not a crop for the North. Not one plant survived from a bushel of seed sown. In the South, the seed is sown next month, but the ground should be fitted as soon as possible. 25 to 3 bushels of seed per acre is required. For winter pasture, and cutting for early spring fodder, this is very valuable.

ARTIFICIAL FERTILIZERS.—Experience gained the past season goes to show that liberal manuring is the most economical. We can see in the past harvest where five dollars worth more fertilizer per acre would have given twice that value of grain. There can be no doubt that artificial manuring must become a part of our settled practice in the future, and making a few careful experiments will give valuable experience as to the use of these fertilizers.

GALLS OF THE SKIN.—Where the skin is chafed or galled by the harness, it should be washed with salt water, and when dry, painted with spirits of turpentine. This will heal the raw spot, and keep off the flies. To prevent galls, scrape and wipe off with a wet cloth the harness where it presses closely upon the skin. Pads are to be avoided. A collar or other part that will admit of a pad under it, fits badly, and is almost certain to produce galls.

PIGS AND POULTRY are omnivorous animals, and their tastes should be consulted. When in confinement, some fresh green food is needed, and a few chopped cabbages, or corn fodder will be greatly relished. Cleanliness in the pens will prevent disease, and keep vermin away. To keep places of this kind clean is much less trouble and labor than to make them clean when they have been neglected. Plenty of whitewash inside will cleanse and sweeten.

HOW TO APPLY WHITENESS.—Make a barrel full of lime-wash by slacking a bushel of fresh lime in a pork barrel, filling up the barrel with water, and stirring until thoroughly well mixed. Strain the wash into a pail as it is needed. With one of the Whitman Fountain Pumps give the walls and ceiling a douche bath of the lime wash, pumping it freely into the corners and crevices. With care, not a splash need come upon the clothes, and the hands may be protected by an old pair of mittens or a pair of old socks.

COWS.—Now that pastures are dry and bare, a provision of green fodder will be found acceptable. When green fodder is given, a regular ration of one ounce of salt daily should be supplied. A cow giving 10 to 12 quarts of milk per day, will consume 80 pounds of green fodder with 4 quarts of grain, every 24 hours. Where green fodder is provided, it may be well to keep the cows in a dark stable during the heat of the day. The past month the writer has found a considerable difference in the yield of milk in favor of this mid-day shade and rest.

HORSES.—A run in a pasture field at night will be very acceptable to the working horses. In close stables the flies greatly disturb them, which they escape in the field. After a day's work, to sponge the coat with clean water, having a dash of carbolic soap in it, will be refreshing and healthful, and will prevent much of the annoyance from flies. Cleanliness will almost entirely avoid the disagreeable horse smell so prevalent in warm weather. The night's pasture should not be counted as part of the feed; the usual feed should be given before they are turned out in the evening.

RECLAIMING WASTE LANDS.—No farmer can now afford to let any of his land lie idle, especially swampy lands, which, when reclaimed, may make the richest part of the farm. The present month is a good time for the work. Drains may be opened, and brush cut now will rarely sprout again. In doing this work, it is best to clear thoroughly as one goes. The portion begun should be grubbed, levelled, plowed, and, if desired, sown to grass before a second plot is touched. By finishing an acre or two, something effective is performed, and there will not be the discouragement and dissatisfaction felt as when a large piece is begun and left unfinished.

DRILLING WHEAT.—It would be an interesting and we believe a profitable experiment to sow at least one acre of wheat in drills, so far apart, that the crop could be cultivated. This may be done by tying each two of the drill spouts together, and thus discharging the seed into one furrow; sowing somewhat less seed. Then the rows will be 12, 14, or 16 inches apart; and the spaces may be cultivated by adapting an ordinary spreading cultivator, or using a wheat hoe, such as has often been described in the *American Agriculturist*. A yield of 60 to 80 bushels per acre has been obtained in this manner.

NATURALISTS' PORTFOLIO.

AN INVASION OF KANGAROOS.—A great invasion of kangaroos recently occurred in various parts of Australia, especially Queensland, the animals being no doubt driven from the interior by the drought and its effects, in search of food. They came in thousands, devouring everything in the shape of herbs or grain, so that the sheep and cattle were often reduced to dry leaves for fodder. The colonists promptly met the attack, in some cases driving the kangaroos into an enclosure and shooting them. In one battle more than 4,000 kangaroos were killed in four days.

PINE-APPLES.—The history of the pine-apple dates back for three or four centuries. Columbus found it on the Island of Guadalupe in 1493. The Javanese cultivated it as early as 1590, and it is supposed that it was first brought to Europe from Java. It appears that this fruit was transplanted from South America to Asia and Africa, for in 1592 it was carried to Bengal and China from that country. It thrives in Brazil, and, according to Humboldt, grows wild in the forest of the Orinoco. They spoil very easily, and sometimes during the voyage the whole cargo of a vessel is spoiled. It is considered a good trip if three-quarters of the cargo is in good condition when the vessel arrives. This depends not only upon the length of the voyage, but also on the bad weather experienced, thunder-showers being particularly destructive to them. It is estimated that 4,200,000 pine apples are brought into the port of New York annually. The business of canning this fruit is becoming quite extensive, and likewise profitable, in that city. Several firms are engaged in its preparation and they put up at least a million pine-apples in cans every year.

RAW OYSTERS AS FOOD.—The oyster is a species of food combining the most precious alimentary qualities. Its meat is soft, firm, and delicate. It has a sufficient flavour to please the taste, but not enough to excite to surfeit. Through a quality peculiar to itself it favours the intestinal and gastric absorption; mixing easily with other food, and assimilating with the juices of the stomach, it aids and favours the digestive functions. There is no alimentary substance, not even exceeding bread, which does not produce indigestion under certain given circumstances, but raw oysters never. This is a homage due to them. They may be eaten to-day, to-morrow, for ever, in profusion; indigestion is not to be feared, and we may be certain that no doctor was ever called in through their fault. Of course we except cooked oysters. Beside their valuable digestive qualities, oysters supply a recipe not to be despised in the liquor they contain. It is produced by the sea-water they have swallowed, but which, having been digested, has lost the peculiar bitterness of salt water. The oyster water is limpid, and slightly saline in taste. Far from being purgative like sea-water, it promotes digestion. It keeps the oysters themselves fresh, prolongs their life for some time, until it is destroyed in our stomachs, or until the oyster has been transformed into a portion of ourselves.

VEGETARIANISM.—Professor Gubler, in his recent researches as to the causes of cerebral degeneration of the arteries, has made the very interesting discovery that a principal cause lies in a vegetable diet, and thus explains the frequency of cerebral arteries among the French rural population at the early age of forty. This is the more important, because it is well understood that "a man is as old as his arteries," and the chalky degeneration of the most fatal kind of premature aging. Further proof he finds in the fact that the Trappists, who live exclusively on vegetable food, very seldom show arterial degeneration. In districts where chalky soils load the drinking-water with earthy salts a vegetable diet acts more rapidly in affecting the arteries than in regions of siliceous formation.

EFFECTS OF SMOKING.—The *British Medical Journal*, is speaking upon the general health of boys under sixteen years of age, says: "A celebrated physician took for his purpose thirty-eight boys, aged from nine to fifteen, and carefully examined them. In twenty-seven of them he discovered injurious traces of the habit. In twenty-two there were various disorders of the circulation and of digestion, palpitation of the heart, and a more or less marked taste for strong drink. In twelve there were frequent bleedings of the nose, ten had disturbed sleep, and twelve had slight ulcerations of the mucous membrane of the mouth, which disappeared on ceasing from the use of tobacco for some days. The doctor treated them all for weakness, but with little effect, until the smoking was discontinued, when health and strength were soon restored."

EFFECT OF ACID VAPOURS ON HEALTH.—Dr. Angus Smith, in his eleventh annual report of proceedings under the Alkali Acts, gives some interesting information on the influence of acid vapours on health. Among other observations, the inspector says it may be taken for granted that, where trees flourish, there also man is uninjured by acids such as are given out by chemical works, the effect on vegetation being more striking than upon human beings. The conclusion is that gases from chemical works are hurtful to the health; nor can they, on the other hand, be said to be curative in certain diseases, as so many suppose. In collating the statistics of a district peculiarly exposed to the fumes from alkali works, Dr. Smith was struck with the following points: 1. That bronchitis was not high. 2. That scarlet fever, which gases might be supposed to disinfect, was very high; while whooping cough, often thought to be benefited by the fumes, was low.

A party of vegetarians who were boarding at a water-cure establishment, while taking a walk in the fields, were attacked by a bull, which chased them furiously out of the field. "That's your gratitude, is it, you great hateful thing!" exclaimed one of the ladies, panting with fright and fatigue. "After this, I'll eat beef three times a day!"

There was a flurry among the whiskey men of Milwaukee in consequence of the sureties of those members of the great whiskey ring who were convicted in 1876 being called upon to pay up and their property being seized by the Government.

A nervous traveller making a stay in San Francisco, after retiring to bed very late one night, was startled by hearing fearful groans in the adjoining apartment. There were evidently two occupants of the room, one of whom was passionately shrieking, "Give me the gold—I must have the money now!" while the other cried "Monster, would you murder me? Help! help! help!" The Baldwin Hotel is supplied with the latest automatic calls, so the traveller rushed hastily to the dial, and turned on the signals for a ton of coals, a policeman, a doctor, a telegraph-boy, and a general fire-alarm. In less than half an hour a squad of officers and the entire fire-brigade were at hand, together with four doctors and a messenger. The men who had so terrified the traveller proved to be the leading man and the heavy villain of the Dashiway Hall Amateur Theatrical Society, and they had been rehearsing a last "sensational" act.

ITEMS FOR THE HOUSEHOLD.

Salt fish are quickest and best freshened by soaking in sour milk.

Cold rain water and soap will remove grease from valuable fabrics.

Ripe tomatoes will remove ink and other stains from white cloth, also from the hands. Fish may as well be scaled if desired before packing down in salt, though in that case do not scale them.

GRAPE OR PLUM JAM.—Stew in a little water, and press the fruit through a colander or coarse sieve, adding a little water to plums to get all the pulp through. Add sugar and kais as other jams.

TO CLEAN IVORY.—If the real ivory handles of the knives should get stained make a paste of sal volatile, prepared chalk, and oil; rub the paste on the ivory with a feather, when dry add more, and having left the whole to become thoroughly dry, rub it off.

COKE BREAD.—One cup of hominy; boil it and stir in some Indian meal; add a teaspoon of milk, one egg, a piece of butter half as large as an egg; then make it as thick as pound cake with Indian meal. Then comes the secret. Bake it quick to light brown color.

TO FRY CHICKENS.—Cut up the chickens, and season them with salt and cayenne pepper; roll them in flour, and fry them in hot lard; when the whole are fried, pour off the lard, and put in 1 lb. of butter, one tea-cupful of cream, a little flour, and some scalded parsley chopped fine for the sauce.

STRAWBERRY JELLY.—Crush the fruit and strain through a coarse linen bag, and to each pint of juice allow one pound of sugar; boil ten minutes, skimming as necessary; pour into jelly glasses and stand the glasses in the sun, as for preserves, for two days.

TOMATO PRESERVES.—Pare and quarter good, ripe tomatoes; place them in a porcelain kettle with a little water, so they will not burn. They require to be cooked until the juice is nearly all out; then add one pound of white sugar to each pound of fruit. Cook slowly half an hour.

TOAST AND WATER.—This is a most wholesome and, if properly made, palatable drink for children and invalids. Toast two or three thin slices of bread thoroughly until they are quite dry and of a red-brown colour, not burnt. Pour boiling water on them, and add a small piece of lemon-peel. When cold, strain off into a jug for use.

SHAKER BREAD.—Take half the flour (unbolted) you intend using and pour on boiling milk (be sure it boils), and have it about the consistency of batter that you would have for making pancakes; let this stand till cool enough to work, then knead in the rest of your flour just sufficiently stiff to mold on a board. One hour in a middling hot oven is sufficient for baking.

SQUASH FRITTERS.—One pint cooked and well-mashed squash, one pint of milk, two eggs and a little salt, make the batter stiff enough to turn on the griddle, and not too thick. The addition of a teaspoonful of baking powder will tend to make them lighter; take on a griddle as pour-cakes. This is a delicious dish. The surplus squash of dinner can thus be economically used for breakfast.

STRAWBERRY JAM.—To six pounds of fruit allow four pounds of sugar; remove the calyxes, crush and put into preserving kettle and cook one-half hour over a moderate fire, stirring constantly; remove from the range and add the sugar; mix the sugar with the fruit, and again boil twenty minutes, stirring as before. To tell when sufficiently cooked, take a teaspoonful out on a plate, and if no juice gathers about it, and it looks dry and sparkling, it has cooked enough.

PRESERVED STRAWBERRIES.—Three-quarters of a pound of fruit and one pint of water to seven pounds of sugar. Put the sugar and water into a porcelain kettle and boil from seven to ten minutes according to thickness; then add the fruit previously washed and drained and boil four minutes; skim out the fruit; turn the syrup into tin pans and set in the sun, protecting from insects, the sunny part of two days; put into glass and screw down; it is not necessary, however, to have them air tight.

TO CLEAN PLATES.—The very best material for cleaning plate that is in constant use is soap and water with a soft cloth. If it is tarnished, a little damp whiting and a small brush will soon remove it; but if it has been lying by, a small quantity of gin or spirits of wine must be added to the whiting and left to dry, and then brushed off. The reason of the superiority of whiting over other plate powders is that it contains nothing metallic, and therefore cannot act upon the silver and wear it away, which is of more importance than to obtain a more brilliant temporary polish.

DRIED FRUIT.—In Germany, especially in the country, most families lay up a store of dried apple slices for winter. The apples are peeled, and bruised or grubby spots being cut away, and then cut into slices and strung on a thread by help of a little needle. This festoon is hung in the sun, in wet weather being suspended from the kitchen ceiling or walls. Mushrooms are treated in the same way, and, if used in hashes, stews, &c., impart a most excellent flavour. Pears may be treated in the same fashion as apples. Bilberries and plums are also dried. These require daily turning.

"POCKET-BOOKS."—To one quart of warm milk add a cup of butter, four tablespoonsful of sugar, and two well beaten eggs; then stir in flour enough to make a moderately stiff sponge; add a cupful of yeast, and let the dough rise; afterward, mix in flour enough to make a soft dough, let it rise again; then dissolve a lump of soda the size of a bean in a spoon of milk, work it in the dough, and roll into sheets half an inch thick; spread with a thin layer of butter, cut into squares, and fold over pocket-book shape; let them stand in the pans to rise a little while before baking.

FIRESIDE READING.

What is it which has a mouth and never speaks, and a bed and never sleeps? A river. Parson: "Better fed than taught, I fancy, boy." Boy: "A bee, I be; cos I feeds myself and you teaches me!"

The St. John River is so high that the greater portion of the marsh hay will be spoiled, and the wheat fields are suffering. Some public men think it unkind in a newspaper to criticise their public acts. They seem to expect that when it rains and they are caught in a shower, it is the duty of the editor to run out and hold an umbrella over them.

A jury in North Carolina, after being charged in the usual way by the judge, retired to their room, when a white juror ventured to ask a coloured associate if he understood the charge of the judge. "Golly!" exclaimed the astonished juror, "he don't charge us nuffin for dat, does he! Why, I thought we as gwine to git pay!"

During the Crimean war, a Turk, while at his noon prayer one day, was kicked and told

to get out of the way by an English soldier. He paid no attention to the insult until his prayers were finished, when he offered to fight the Englishman. Johnny Bull, thinking he had a soft Turk, "squared" himself, but received a most severe thumping, and as he cried, "Hold, enough," you can imagine his consternation when the victorious worshipper exclaimed, "Next time ye insult a Turk, be sure he's not from Kilkenny!"

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