

Farm and Garden.

To Cool Butter.—A simple way to cool butter for table use in hot weather without ice by means of a large-sized porous earthen-flower pot and a saucer is described by the Golden Rule: "Half fill the saucer with water, set on it a trivet or light stand, upon this set your butter; over the whole invert the flower-pot, letting the top rim of it rest in and be covered up by the water; then close the hole in the bottom of the flower-pot, and repeat the process several times a day, or whenever it looks dry."

Milk as Medicine.—We published recently an item recording the successful use of milk as food and medicine. The Medical and Surgical Reporter adds to the important evidence by citation of instances where the same simple remedy has effected very remarkable results, especially in Bright's disease. So prominent a physician as Dr. Mitchell of New York is quoted as "quite an enthusiast on the subject," and particulars of treatment are thus given: "The milk used is thoroughly skimmed and entirely freed from butter. To procure the best results it has been advised that the patient shall restrict himself absolutely to milk and continue the treatment for a long time. If it disagrees with the stomach (as it will do in some cases) Dr. Mitchell advises that the patient be put to bed, and the treatment commenced with tablespoonful doses, of which lime water is added, until the stomach tolerates the milk, when from eight to ten pints daily should be taken, and absolutely nothing else."

CLEANING.—Coffee grounds for fowls are recommended by the Poultry Yard. An English writer remarks that the men who won at Waterloo were raised on milk and oatmeal. A friend is in the habit of keeping beefsteak and mutton chops in warm weather for three or four days (even longer) by stewing thickly with Indian meal, then rolling each piece up and burying in meal. If you sell a day's labor, and perform in the day what you could without extra exertion do in half a day, you have stolen the value of half a day's labor from your employer just as truly as if you had taken the same value in money out of his purse. The most modern way in training roses is to grow them close to the ground, and peg them down, thus making a carpet and covering the surface of the bed. We shall always want our standard roses, but the pegging down system should be tried in every garden, particularly in warm localities. The fly nuisance in stables is said to be greatly abated by sprinkling kerosene over the floor through a hole in the cork of a bottle. A pint is sufficient for a week's use in an ordinary sized stable. Young turkeys should be fed very little of anything. Their natural food consists of bugs and flies which they pick off grass and weeds, and worms from the ground. Eggs boiled hard and chopped fine mixed with curd made from sour milk are the best food for them when young. It is more important to keep them out of the dew and wet than it is to give them any food other than what they obtain for themselves. They should never be allowed to ramble around when the grass is wet.

FOR THE HORSE THAT BITES.—A correspondent of the Globe suggests this rational treatment of the disagreeable and often dangerous horse that bites. "Horses have been successfully cured of the vice by putting a piece of hardwood an inch and a half square in the animal's mouth, about the same length as an ordinary snaffle bit. It may be fastened by a thong of leather passed through two holes in the ends of the wood and secured to the bridle. It must be used in addition to the bit, but in no way to impede the working of the bit. Rarey adopted this plan with a zebra in the zoo, which was a terrible brute at biting. Mr. Rarey succeeded, however, in taming and training him to harness, and drove him through the streets of London. Animals with this vice should be treated kindly in the stable, and not abused with pitch forks, handles, whips, etc. An apple, crust of bread, a piece of best, etc., and a kind pat, but firm, watchful hand and eye, with the use of the above wooden bit, will cure the most inveterate biter. The fact that he cannot shut his mouth or grip anything soon dawns upon him, and then he is soon conquered."

How it Worked at the Murray House. Among the costliest hotels in Ontario, is the Murray House of St. Catharines, kept by Mr. Thos. Scully, where the writer always stops when in that city. Upon a recent trip, the writer was speaking with Mr. Scully concerning his old ailment, weak back, when Mr. S. observed: "I take sincere pleasure in recommending St. Jacobs Oil to all sufferers. I have found it a most excellent remedy myself, and I know of others who have used it with great success. I would not be without St. Jacobs Oil, nor do I believe any sensible man ought. I caught a cold about three years ago, which settled in my back and sorely afflicted me between my shoulders. The pain was almost unendurable at times, especially at impending changes of the weather; and at such times, I used to be incapacitated for attending to my business. I tried electric baths, salt baths, various strengthening plasters and other such means without success. Finally I tried St. Jacobs Oil, the Great German Remedy, and was cured at once and permanently. St. Jacobs Oil is a most excellent remedy and I would not be without it at any price."

Are Lunches Bad?

Alternative activity and rest is a law of nature, for every part of the body except the heart and blood vessels, and for the mind also. This law can not be violated without more or less harmful results, whether they are noticed or not. The human stomach must have periods of rest, or it will weaken or finally fail. It is in one sense the grill that supplies the whole body with nutriment. The mill keeps to work as long as there is anything in it to grind. An ordinary heavy meal requires 4 or 5 hours for being dissolved, and sent out to the system; in weak stomachs more time is needed. Then the stomach wants quiet and rest of at least an hour or two to recuperate itself, during which the other parts of the body and the mind may be active. As a rule, not less than six hours should intervene between meals. A lunch of any kind, even milk itself, if put into the stomach before it has disposed of the previous meal, and rested, is harmful. Lunches between meals nibbling at cake, candy, fruit, at anything that must be digested, keeps the stomach at work, and robs absolutely needed. Even beer and sugared drinks have to be digested. The feeling of faintness, of giddiness, experienced in the hay or harvest field, usually comes from the disturbance of a hearty breakfast or dinner that, by reason of hard work and depressing heat, is still undigested. The lunch quiets it, but partially unfits the stomach for attacking the next meal; the best way is to do without the lunch; stop work when too weary to go further, and rest at least 15 or 20 minutes before taking food; then rest a little more, and gradually push on to one's full measure of strength. Attention to these matters will wonderfully increase the amount of work, mental and physical, which one can accomplish during a year, or series of years.—[American Agriculturist for June.

Thinning the Fruit.

In articles last spring, we gave all that need be said in favor of thinning fruit, and cited so many instances to show the profit of the operation. Those who thin peaches, pears, and apples, soon after the fruit had set, though at the time they thought they were thinning severely, now that it has increased in size, are surprised at the abundance of fruit on their trees. It is rarely that even the experienced remove enough at the first thinning; novices never do, and it is necessary to go over the tree again when the fruit is half grown or more. At this time we can see, what is not manifest when it is small, any imperfection in the form of fruit. Pears, especially those which grow inclusters, will become one-sided by the crowding, and this should be kept in mind at the latter thinning, and the least perfect removed. In this, as well as all other operations on trees, some thought should be put into the work. Those who are intending to compete for premiums at the autumn shows, should not lose sight of the fact that thinning is a direct and legitimate means of producing "the best six" or "best twelve" specimens of pears or other fruit. Those who have an eye to the prizes offered for grapes should prepare for them now, and not let three clusters grow where a single one is better.—[American Agriculturist for July.

From Rev. E. L. Gilman, of Cleveland, Va.

"I have been troubled for several years with a difficulty of the heart and lungs, have applied to several physicians for help, and have tried almost every remedy recommended, without receiving any assistance; but had been growing weaker and weaker, until, hearing of Wier's Balsam of Wild Carraway about a year since, I commenced using it, with immediate relief. It has not only restored my lungs to a sound state, but I am entirely relieved of the difficulty or disease of the heart. I have no hesitation in saying that it is the best lung medicine before the public; and I cheerfully and conscientiously recommend it to all persons suffering from pulmonary complaints." Fifty cents and \$1 a bottle. Sold by dealers generally.

Crooked Officers.

The reason for taking from the Sheriffs and Registrars their ex officio function of returning officers has been disclosed by the developments in Bothwell. It was pointed out at the time that persons removed from active political strife were the proper ones to handle the returns, but the Dominion Government preferred to place the power in the hands of those who are seeking for office, and who are not at all scrupulous as to the means they employ to gain it.—[London Advertiser.

The well-known family medicines of Dr. J. C. Ayer & Co. have been before the public forty years, and time strengthens the favorable impression with which they were at first received. We have been in the habit of using them ourselves, and recommending them to our acquaintances. Ayer's Pills are a perfect regulator of the system; Ayer's Extract of Sarsaparilla is the best known purifier of the blood; Ayer's Cherry Pectoral is a safe and sure remedy in complaints of the throat and lungs; and Ayer's Eucalyptus is an effectual cure in cases of Fever and Ague and other malarial fevers. These medicines are compounded with skill and accurate medical knowledge, and they are in no sense to be classed with the cheap nostrums of the day. The formulas from which they are prepared are not secret; but are furnished to all physicians, and are published for the benefit of all interested.—[St. Johns, P. Q. News.

Counting Out.

The game of counting out was played very successfully when Mr. Hayes was placed in the presidential chair, but the circumstance is rather a warning for politicians to be guided by than an example to follow. It is beginning to look as if the game was being introduced into Canadian politics. If the suspicion be well grounded that a candidate who was at first declared to have fourteen of a majority has been counted out to make a place for his opponent, who is now declared to have a majority of sixteen, the fact will justify what has been said as to Sir John Macdonald taking the ballot boxes out of the hands of the sheriffs and handing them over to partisan returning officers. The Mail makes a very significant remark when it pictures Mr. Blake "eagerly scanning the papers from day to day to see if some more of his friends have not been counted out. If as the Mail intimates, Mr. Mills has been counted out and Mr. Hawkins counted in, it will be a glaring outrage on popular representation and a lasting disgrace to the Conservative party.—[Toronto Telegram N. P.

Chicago to Denver.

THE FIRST AND ONLY THROUGH LINE. Official announcement reaches our office fixing the 2d day of July as the opening date of the Chicago, Burlington and Quincy R. R. THROUGH LINE from Chicago, Peoria or St. Louis to Denver. The trains on the new line will be equipped in the style of comfort and elegance for which the "Burlington Route" is noted. To our many readers who have been anxiously awaiting for the announcement of this date and who intend to turn their steps towards the setting sun, we confidently say, judging the present and future by the past, that they will find on this line all the attention for the minutest details, which have made the name of the C. B. & Q. a household word throughout the Union, and insure to travelers speed, safety and luxury. Have your tickets read via "Burlington Route."

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Have fits or convulsions, grind their teeth, pick their nose, have a bad breath, or a changeable appetite? Are they restless or feverish at night? If so, ask your druggist for Dr. Smith's German Worm Remedy (take no other), it only costs 25 cents. Is simple, safe, and pleasant to take. If there are no worms, it removes the slime and bile that breeds them, tones up the system, and will save many a doctor's bill. A word to the wise, etc. Thousands of testimonials. Sold by Jas. Wilson, Goderich.

TO OUR SUBSCRIBERS.

The address-label on the first page will show each subscriber the state of his account with THE SIGNAL, and (it may be hinted) that this is an appropriate season for making an alteration in the figures. There are other figures in our books, also, which might very appropriately be adjusted before the end of this month. "Owe no man anything," has been wisely enjoined upon all, and this injunction is especially binding upon all who do business with newspaper men. A word to the wise is sufficient, and we will say no more at present, for we detest dunning.

Snatched from the Grave.

Mrs. Helen Pharvis, No. 331 Dayton St. Chicago, Ill., is now in her sixty-eighth year, and states that she has suffered with Consumption for about ten years, was treated by nine physicians, all of whom pronounced her case hopeless. She had given up all hopes of ever recovering. Seven bottles of Dr. King's New Discovery for Consumption completely cured her. Doubting ones, please drop her a postal and satisfy yourselves. Trial bottles free at Rhyms's Drug Store. Large size \$1.00. (1)

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