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Buffalo, N. Y.

grated; juice put through a bag. Boil with sugar (powdered). When syrup is cool, add the pulp and whites of three eggs, beaten. Baked in oven.

Graham Wafers.—One cup Graham flour, 1 cup white flour, salt, $\frac{1}{2}$ cup butter, 1-3 cup sugar, $\frac{1}{2}$ cup cold water. Mix dry materials with butter, add water, roll thin, cut and bake in quick oven.

Raspberry Cream.—One-half ounce of gelatine. Place in bowl and cover with milk; let stand half an hour. Pour over one cup sweetened milk, add to this one pint fresh raspberries, which have been cooked with a little sugar and strained. Stir in a cup of cream. Beat all together till thick, pour into mould and chill.

Carrot Soup.—One-half cup water, 1 carrot. Cook and strain; thicken with arrowroot, season.

Celery Baked.—Cut into small pieces, boil till tender, drain off water. Pour over white sauce, and brown in hot oven.

Onion Soup.—One pint milk, 3 onions, yolks of two eggs, 2 tablespoons each of butter and flour, $\frac{1}{2}$ cup cream, salt and pepper. Cook onions till tender, heat milk, add flour and onions, strain. Add beaten yolks and cream. Boil up quickly, and serve. This is excellent for fatigue.

Oatmeal Jelly.—Three-quarters cup oatmeal, 1 quart cold water, soak over night. Boil down to one pint, strain while hot, season. When cool, mould.

MARION DALLAS.

Tuberculosis.

In a paper read, recently, at Ottawa, by Sir James Grant, the following important points were dwelt upon, and will commend themselves to all who have anything to do with the fight against the white plague: "Most important points," said Sir James, "in the early discovery of lung disease are, separation from children in health, careful inspection from time to time of those who have been exposed to the disease, and most thorough enquiry into the standard of living in the residences of those diagnosed as consumptives." Disinfection of houses and strict examination of the food supply were urged.

"There are to-day," continued the speaker, "two well-established principles: First, that tuberculosis is preventable; and, second, that tuberculosis is curable. The problem of tuberculosis is, strictly speaking, one of prevention, and not one of cure alone. To prevent tuberculosis, we must get at the causes, and how are we to grapple with causes more directly than by the most careful and searching investigation of the manifestation of tuberculosis in school children."

Continuing, the speaker remarked that, with the measures now in operation, it was not surprising that the disease was still spreading, and that the weekly record was still unsatisfactory. The opinion of the recent Paris Tuberculosis Congress favored the idea that the question of healthy dwellings would always dominate the prevention of tuberculosis, and declared strongly in favor of the view that alcohol predisposed to tuberculosis, and aided the disease in the work of destruction.

"It is in vain to say human beings ought to be satisfied with tranquility: they must have action; and they will make it if they cannot find it. Millions are condemned to a stiller doom than mine, and millions are in silent revolt against their lot. Nobody knows how many rebellions, besides political rebellions, ferment in the masses of life which people earth. Women are supposed to be very calm generally. But women feel just as men feel; they need exercise for their faculties, and a field for their efforts as much as their brothers do; they suffer from too rigid a restraint, too absolute a stagnation, precisely as men would suffer. . . . It is thoughtless to condemn them, or laugh at them, if they seek to do more or learn more than custom has pronounced necessary for their sex."—C. Bronte, in "Jane Eyre."

The Lil' Brack Sheep.

(Re-published by request.)

"Po' lil' sheep dat stayed away
Done los' in de win' an' de rain—
And de Shepherd he say, 'O hirelin',
Go fin' my sheep again.'
An' de hirelin' say, 'O Shepherd,
Dat sheep am brack an' bad.'
But de Shepherd he smile, like dat lil' brack sheep
Wuz de onliest lamb he had.

"An' he say, 'O hirelin', hasten,
For de win' an' de rain am col',
An' dat lil' brack sheep am lonesome
Out dere, so far f'm de fol'.
But de hirelin' frown, 'O Shepherd,
Dat sheep am ol' an' grey!'
But the Shepherd he smile, like dat lil' brack sheep
Wuz fair as de break ob day.

"An' he say, 'O hirelin', hasten!
Lo! here is de ninety an' nine;
But dere, way off f'm de sheepfol',
Is dat lil' brack sheep ob mine!
An' de hirelin' frown: 'O Shepherd,
De res' ob de sheep am here!'
But de Shepherd he smile, like dat lil' brack sheep
He hol' it de mostes' dear.

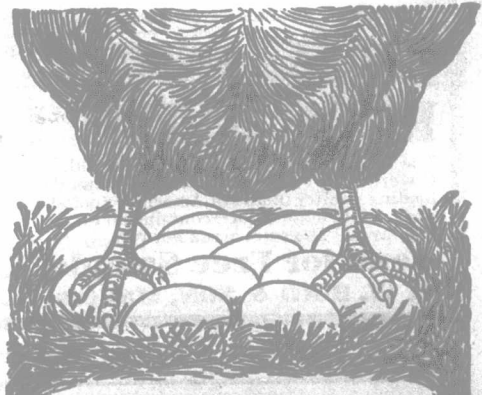
"An' de Shepherd go out in de dark-
ness,
Where de night was col' an' bleak,
An' dat lil' brack sheep He fin's it,
An' lays it agains' his cheek,
An' de hirelin' frown: 'O Shepherd,
Don't bring dat sheep to me!'
But the Shepherd he smile, an' he hol' it close,
An'—dat lil' brack sheep—wuz—me!"

The Plowman.

Clear the brown path to meet his coulter's gleam
Lo! on he comes, behind his smoking team,
With toil's bright dewdrops on his sun-burnt brow,
The lord of earth, the hero of the plow!
First in the field before the reddening sun,
Last in the shadows when the day is done,
Line after line, along the bursting sod,
Marks the broad acres where his feet have trod.
Still where he treads the stubborn clods divide,
The smooth, fresh furrow opens deep and wide;
Matted and dense the tangled turf upheaves,
Mellow and dark the ridgy corn-field cleaves;
Up the steep hillside, where the laboring train
Slants the long track that scores the level plain,
Through the moist valley, clogged with oozing clay,
The patient convoy breaks its destined way;
At every turn the loosening chains resound,
The swinging plowshare circles glistening round,
Till the wide field one billowy waste appears,
And weary hands unbind the panting steers.
—Oliver Wendell Holmes.

"God has given us, in a measure, the power to make our own fate; and when our energies seem to demand a sustenance they cannot get—when our will strains after a path we may not follow—we need neither starve from inanition nor stand still in despair; we have but to seek another nourishment for the mind as strong as the forbidden food it longed to taste—and perhaps purer; and to hew out for the adventurous foot a road as direct and broad as the one Fortune has blocked up against us, if rougher than it."—C. Bronte, in "Jane Eyre."

Speak to Him thou, for He hears, and
Spirit with spirit can meet—
Closer is He than breathing, and nearer
Than hands and feet.
—Alfred, Lord Tennyson.



A Setting Hen

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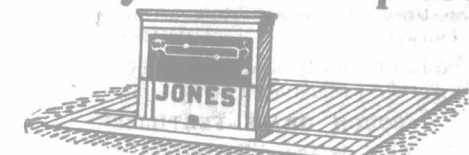
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