

GRAND TRUNK RY. Exhibition Excursions, 1890 From Montreal

TO TORONTO AND RETURN: September 13th and 15th... \$7.00... TO OTTAWA AND RETURN: September 21st... \$2.55...

HOUSE AND HOUSEWIFE.

A HORRID PRACTICE. Next to the woman who wears a low-necked dress, I think I despise the woman who carries a dog. My dear, these women will be the death of me yet.

MR. GLADSTONE'S OPINION. In the course of some remarks made to the Burlington High School children recently, Mr. Gladstone alluded to the type of "Grenadier Women," as follows:

A lady now in London, who was a guest at this delightful gathering, is ely stealing the opinion of Mr. Gladstone on the woman question, which she will publish when she comes back.

THE KITCHEN.

To boil meat put it into boiling water; bring the water quickly to the boil and keep it so for ten minutes; then lower the temperature so that it bubbles or simmers only.

WITH POTATOES.

One half hour before the meat is done lay on top of it peeled potatoes, all of the same size, and serve when done with the meat and gravy.

MEAT PIE.

When the meat is cooked tender, thicken the gravy and pour into a pie or pudding dish. Cover with a common pie crust or one of mashed potatoes, and bake half an hour.

POTATO CRUST.

One cup of mashed potatoes, one egg, two tablespoons butter, one cup milk, salt. Beat together till smooth, then work in enough flour so that you can roll it out.

FLAVORS FOR STEWS.

Stews are variously flavored; onion, salt and pepper are always in place. A little lemon juice added as it is served gives a de-

Holous fever, or even a tablespoonful of vinegar may be used. Any herbs, a piece of carrot, a clove or a bit of garlic may be used for variety. Catnip is also good as flavor.

ADD TO MEAT WHEN TENDER ONE QUART TOMATOES TO TWO POUNDS MEAT. Thicken with flour and stew five minutes.

WASH IT WELL, PUT IN PLENTY OF COLD WATER AND BRING IT SLOWLY TO THE SIMMERING POINT. Cook three or four hours. Turnips or cabbage are most often eaten with corn beef. They should not be boiled with the meat, but in a separate pot.

IF FROM A GOOD ANIMAL, BEEF LIVER IS OFTEN TENDER AS CALF'S LIVER. It is best broiled. Soak an hour in cold water, wipe dry, slice and dip in melted fat. Broil slowly till thoroughly done; then salt and butter.

IF FIRE IS NO OBJECT YOU MAY BOIL A BEEF HEART BUT IT WILL TAKE ALL DAY. Put in cold water, bring it slowly to a simmering point and keep it there. Next day it may be stuffed with well seasoned bread crumbs and baked three-quarters of an hour.

TO SERVE A ROAST BEEF THE SECOND TIME: Heat the gravy, put the roast in it; after trimming it into shape again cover closely and put into a hot oven for ten minutes or less, according to size of piece.

MIX THE CHOPPED MEAT WITH POTATOES, bread crumbs or rice as above, add salt and pepper and make quite moist with water or soup. Put a good piece of butter or beef fat into the spider, and when it is hot put in the hash. Cover and let it steam, then remove the cover and let dry out while a brown crust forms on the bottom.

MAKE NOT QUITE AS MOIST AS FOR HASH; form into little cakes; dust with flour and fry to a nice brown in a little beef dripping on a griddle. Or, egg and bread crumb balls, and fry in boiling fat.

SEASON THE CHOPPED BEEF WELL WITH SALT AND PEPPER, and some other addition as celery salt or nutmeg, or some of the sweet herbs. Mashed with soup or stock, pack in a square, deep tin, and place in the oven for a short time. To be sliced cold or warmed as meat hash, to be served as toast.

WHEN SO GOOD A DISH AS THIS CAN BE MADE OUT OF SOUP MEAT IT IS WORTH A LITTLE TROUBLE. Take two cups of the chopped beef, one tablespoon butter, one tablespoon flour, one egg, half of a lemon or one tablespoon vinegar, a few gratings of nutmeg and half a cup of stock or milk.

THAT PHASE OF INDIGESTION KNOWN AS HEARTBURN may be relieved instantly by drinking a little cold water in which half a teaspoonful of table salt has been dissolved.

THE SIMPLE RULE WHEN PERSON HAS BEEN SWALLOWED IS TO GET IT OUT OF THE STOMACH AS QUICKLY AS POSSIBLE. Mustard and salt are very good emetics, and they are always obtainable. Put a teaspoonful in a glass of water and let the person swallow it immediately.

DR. EDES OF BOSTON, SAYS THAT WHEN A LITTLE WINE MEANS TOO MUCH WINE, the only safe course is total abstinence. Between a little and too much there is a danger line that the moderate drinker frequently approaches without knowledge to himself.

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CONCLUSION, as the result of their investigations, that, in comparing the mortality from consumption, of bachelors, married men and widowers, the last are very much more subject to this disease than either of the other classes. The same statement holds good for all ages, and it is, they say, also true that widows are more liable than single women to die of phthisis.

DR. STAGLEY M. WARD writes in the Therapeutic Gazette that he has found fresh buttermilk very serviceable in relieving vomiting of various forms, even at times the vomiting of pregnancy. The remedy is administered ice cold, in doses of about half a teaspoonful repeated every fifteen or twenty minutes.

IN A CIRCULAR on Precaution against Consumption, published by the State of Board of Health of Pennsylvania, the following advice is given: "The duster, and especially that patent distributor of germs, the feather-duster, should never be used in the room habitually occupied by a consumptive. The floor, woodwork, and furniture should be wiped with a damp cloth.

A FRENCH MILITARY SURGEON has been making researches on wind instruments which had been used by phthisical bandmen, and warns musicians of the importance of cleanliness. He recommends that instruments should be filled with a five-per-cent. solution of carbolic acid, or, in the case of metallo instruments, that they should be dipped into boiling water.

THE LAST OF THE ELEPHANTS. It is estimated that there are fewer than 10,000 wild elephants left in all the countries on the globe, and that five of these will be killed off where one is born.

APPLICATION OF THE TELEPHONE TO DOGS. Most Manchester readers will know Trafford Park, but few, we think, have any idea of the magnificent kennels there. Sir Humphrey de Trafford built these kennels in a very elaborate style, surpassing in their sanitary arrangements any erected elsewhere.

THE WONDERS OF THE TELESCOPE. The progress of astronomy depends on two things—instruments and men who use them. Galileo created the astronomy of observation by constructing his telescopes which he pointed towards the heavens and by letting the world know what he had discovered through it.

ATKINSON—August 6, at her residence, Bloomfield Cottages, S. O. R., Anole, the beloved wife of Thomas H. Atkinson, aged 45 years.

BYRNE—August 10, at Clonmel, Mrs. John Byrne, the beloved and only son of Mrs. Marianne Byrne.

DONNELLY—August 6, at Dublin, Josephine Mary, infant daughter of Maryanne and Jerome Donnelly, aged 11 months.

DILLON—July 31, at the Convent of Our Lady of Mercy, Ballinacree, Sarah Dillon (in religion Sister Mary Catherine), sister to late Rev. Archdeacon Dillon, B. L. S. S. C., and sister to the late Mrs. P. J. Gutzmaiden.

GARFNEY—August 6, at St. Helen's, Malandine, Michael, eldest son of Thomas Garfney, aged 25 years.

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HART—August 12, at Rathkenny, Mrs. Maryanne Hart, sister to Rev. Richard Kelly, P. P., Kildonan, R. I. P.

KELLY—August 11, at Dublin, Elizabeth, widow of Wm. Kelly, and daughter of the late George Watson, J. P., of Garry Kennedy, County Tipperary.

KEANY—At Taberna, Down, County Cavan, of paralysis, John Keany, aged 74 years, father of the Rev. Timothy Keany, C. C., Lower Drumrilly.

MALONE—August 5, at the Meath Hospital, Patrick Malone, formerly of Daudrum, at an advanced age.

NOLAN—August 8, at Dublin, Patrick Nolan, R. I. P.

PURFIELD—August 8, at Balbriggan, Michael Purfield, aged 45 years, after a short illness.

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TROY—August 8, at the residence of George Ross, Blessington, Mary Troy, after a long illness, R. I. P.

greater than all three of these lenses, which will have a diameter of more than a metre. The lens of the Observatory of Mount Hamilton measure 36 inches, or 91 centimetres, of free aperture. Now a lens of 40 inches, or 1 metre diameter, is desired, and is being constructed. The objective is composed, as every one knows, of two lenses, one of flint the other of crown glass, juxtaposed, mutually completing each other by their optic properties, producing as perfect achromatism as is possible.

REMEDIES FOR LIGHT. Crude carbolic acid made into an emulsion with soap, and diluted in proportion of one ounce of acid to a gallon of water, has been highly recommended. Iron chips, filings, old pieces of stove-pipe or refuse iron; the refuse of a blacksmith shop, seem to add to the vigor of a pear tree. Causes the fruit to grow larger, and gives it a beautiful color.

PRECAUTIONS AGAINST CONSUMPTION. In a circular on Precaution against Consumption, published by the State of Board of Health of Pennsylvania, the following advice is given: "The duster, and especially that patent distributor of germs, the feather-duster, should never be used in the room habitually occupied by a consumptive.

THE FARM. NUMBER OF PLANTS PRODUCED FROM ONE OUNCE OF SEED. Asparagus, about 500; broccolo, about 2,000; cabbage, about 2,000; cauliflower, about 2,000; celery, about 3,000; egg plant, about 1,000; endive, about 3,000; kale, about 2,000; leek, about 1,000; lettuce, about 3,000; pepper, about 1,000; tomato, about 2,000; sage, about 1,000; thyme, about 5,000.

PACKING EGGS. It is no uncommon occurrence in cities to see a greaser unpacking eggs, many of which have been broken, some disgusting many others. This is a matter to which those who are sending eggs long distances to market should give the closest attention.

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Irish Marriages and Deaths. MARRIED. COLL-McSWINEY—August 4, at St. Saviour's, Dublin, by the Rev. C. H. Condon, O.P., Mr. Charles Coll, Londonderry, lat. of Australia, to Kate McSwiney, second daughter of John McSwiney, Esq., Rosmore, Co. Dub., Co. Tipperary.

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