

FELLOWS' ALMANAC,

CONTAINING

CALENDAR FOR 1868,

A DESCRIPTION OF

FELLOWS' COMPOUND SYRUP

AND

Fellows' Compound with Cod Liver Oil,

THEIR MEDICAL PROPERTIES AND USES.

WITH REMARKS ON THEIR EFFICACY AS REMEDIAL AGENTS FOR

CONSUMPTION, GENERAL DEBILITY,

AND ALL DISEASES OF THE

NERVOUS SYSTEM,

WHETHER ARISING FROM A SEDENTARY LIFE, UNHEALTHY
OCCUPATION, A TROPICAL CLIMATE, OR ANY OTHER
CAUSE, TOGETHER WITH A COLLECTION OF

Practical Receipts.

BY JAMES I. FELLOWS,

PHARMACEUTICAL CHEMIST,

SAINT JOHN, N. B.

SAINT JOHN, N. B.

J. & A. McMILLAN, PRINTERS.

1867.

EXHIBIT FOR 1868

The object of this Pamphlet, is merely to show the efficacy of
FELLOWS' COMPOUND SYRUP;

and also

FELLOWS' COMPOUND SYRUP AND COD LIVER OIL;

as valuable agents in curing the various diseases hereinafter named.

It is designed to point out to delicate invalids remedies calculated to build up, purify, and strengthen, by their tonic and nutritive properties, while they act as healing agents in diseases of a Scrofulous or Ulcerous character.

And also to designate the proper food, clothing, exercise, habits and climate, to be used and observed by invalids while taking the medicine.

BY JAMES FELLOWS
PHARMACEUTICAL CHEMIST
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MEDICAL PROPERTIES AND USES

FELLOWS' COMPOUND SYRUP

AND

COMPOUND WITH COD LIVER OIL.

THIS DISCOVERY

is the result of a series of Scientific Experiments, based upon the theory that "In order for the successful cure of Wasting Diseases, the nervous system must be vigorous and healthy."

One of the first signs of Consumption is the wasting of the muscular tissues: these are so closely allied to the nerves as to be almost identical. A man may be fat, or corpulent, and not be muscular; but he cannot have sound muscles and be nervous.

Again, in order to insure a speedy return of health, the patient should be free from harrassing doubts as to recovery. Once the nervous system regains its tone and healthy vigour, faith comes to the assistance of nature, and disease vanishes.

The Inventor, acting upon this theory, after months of experiment, during which time he had ample opportunities of trying the effect of his discovery, became convinced that no other preparation known, contained the potent and direct effect on the nervous system as his

COMPOUND SYRUP.

For Scale of Doses, see page 35.

1st Month.

JANUARY.

31 Days.

JANUARY, the first month in our present calendar, was also the first month in the Roman calendar. It was not the first month of the year in Britain till 1752, when the legislature, by an act passed in the preceding year, altered the mode of reckoning time from the Julian to the Gregorian style. At this time it was directed that the legal year, which then commenced in some parts of the country in March, and in others in January, should universally be deemed to begin on the first of January. — January derives its name from Janus. Macrobius expressly says it was dedicated to him because, from its situation, it might be considered to be retrospective to the past, and prospective to the opening year. It consists of thirty-one days, though originally only of thirty days. The Anglo-Saxons called January *Wolf-monath*.

First Quarter, 2d day, 11 hours, 18 minutes, P. M.

Second " 9th " 6 " 9 " " "

Third " 16th " 0 " 20 " " "

New Moon, 24th " 2 " 34 " " "

D.	D.	MEMORANDA.	Sun	Sun	Sun's	Moon	Moon's	High
R.	W.		Rise.	Set.	Dec. S.	R. & S.	Place.	Water.
			H. M.	H. M.	°	H. M.		H. M.
1	W	Circumcision.	7 45	4 25	23	11 13	secrta	3 28
2	Th		7 45	4 24	22 56	morn	thig's	4 13
3	Fri		7 45	4 25	22 51	0 13	thig's	5 5
4	Sat		7 45	4 26	22 45	1 14	thig's	5 58
5	E	2d Sund aft Christmas.	7 45	4 27	22 38	2 18	knees	6 59
6	Mo	Epiphany.	7 44	4 28	22 31	3 26	knees	8 1
7	Tu		7 44	4 30	22 24	4 33	legs	9 4
8	W		7 44	4 31	22 16	5 40	legs	10 4
9	Th		7 44	4 32	22 8	6 48	rises	11 4
10	Fri		7 43	4 33	21 59	7 58	feet	12 56
11	Sat		7 43	4 34	21 50	7 20	feet	av. 48
12	E	1st Sund. aft. Epiphany.	7 42	4 35	21 40	8 31	head	1 40
13	Mo		7 42	4 36	21 31	9 40	head	2 29
14	Tu	St. John and Westmor.	7 41	4 38	21 20	10 40	neck	3 18
15	W	land Circuit, and Nisi	7 41	4 39	21 9	11 51	neck	4 7
16	Th	Paris Sitings in York.	7 40	4 40	20 58	morn	arms	5 0
17	Fri		7 39	4 41	20 47	0 54	arms	5 56
18	Sat		7 38	4 42	20 35	1 53	breast	6 53
19	E	2d Sunday aft. Epiphany	7 37	4 44	20 22	2 52	breast	7 48
20	Mo		7 37	4 45	20 9	3 47	heart	8 43
21	Tu		7 36	4 47	19 56	4 41	heart	9 33
22	W		7 35	4 48	19 43	5 32	belly	10 20
23	Th		7 35	4 49	19 29	6 17	belly	11 4
24	Fri		7 34	4 50	19 15	sets	belly	11 44
25	Sat	Conversion of St. Paul.	7 33	4 52	19 0	5 12	seine	morn
26	E	3d Sunday aft. Epiphany	7 32	4 53	18 45	7 9	reins	0 21
27	Mo		7 31	4 55	18 30	8 7	secrta	1 0
28	Tu	Sunbury Circuit	7 30	4 57	18 14	9 5	secrta	1 38
29	W		7 29	4 58	17 59	10 4	secrta	2 18
30	Th		7 28	4 59	17 42	11 5	knees	3 57
31	Fri		7 27	5 0	17 26	morn	knees	3 40

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who is suffering from *Pulmonary Consumption, General Debility, Asthma, Bronchitis, Cough, Colds, Indigestion, Rickets, Impurity of the Blood, Female Complaints, Non-Retention of Urine, Neuralgia, General Paralysis, or any disease of the Nervous System*, arising from whatever cause, the Inventor deems it imperative to state,—that he has devoted his attention many years to the study of Therapeutics and the successful mode of treating diseases, and that his practical experience has been founded on the observations of the action of medicines on the various forms of disease, by the first physicians in the Old, as well as the New World, for the last twenty years.

From his direct connection during that period with the business of a Pharmaceutical Chemist, he has observed the various conflicting modes of treatment adopted for the relief and cure of Diseases of the Chest,—has seen the many different compounds in practice, with varying success, few of which seemed designed to strike at the root of the disease; in other words, the effects have been treated, while causes were neglected.

Calves' Head Soup.—Take four good calves' heads and feet well cleaned, put in saucepan with cold water, put it on the fire to boil, with pepper, salt, fine herbs; let it boil till the meat come off the bones, put in chopping tray all meat, pick some off lean part to make balls of, the rest chop fine and then have the gravy well strained; put all together in a saucepan and let it boil for a few minutes; make the lean meat into balls, and fry brown in a little good butter, and serve with soup.

Blanc Mange may be made by using at least one pound of isinglass for two quarts of milk or cream, the peel of two lemons, sugar and spice to suit the taste; bring the whole to a boiling heat, strain it, and when nearly cool stir it well to mix the cream that will rise; while cooling pour it in moulds, and when perfectly cold it may be turned out, and will then be ready for use. The moulds should first be wet with cold water, which will prevent it from sticking to them.

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2nd Month.

FEBRUARY.

29 Days.

FEBRUARY, the second month of the year. Its name is derived from *Februa*, to purify or cleanse. The Saxons called it *Sol-month*, because the sun's meridian altitude visibly increases in it.

February was not in the calendar of Romulus. It was added to the year by Numa, who gave it the twelfth place in the calendar. The Decemviri transferred it to the place where it now stands. Numa assigned twenty-eight days to it, in order that the sum of the year might be an uneven number, according to a Pythagorean fancy. In an ordinary year, February has twenty-eight days; in Bissextile, or Leap Year, it has a twenty-ninth day.

First Quarter, 1st day, 1 hour, 32 minutes, P. M.
 Full Moon, 8th " 4 " 51 " A. M.
 Third Quarter, 15th " 4 " 33 " " "
 New Moon, 23rd " 9 " 36 " " "

D.	M.	W.	MEMORANDA.	Sun		Sun's		Moon		Moon's		High Water.
				Rises.	Sets.	Dec.	S.	E. & S.	R. & S.	Place.		
1	Sat			7 26	5 2	17	9	0 7	knees	4	30	
2	E		4th Sunday aft. Epiphany	7 25	5 3	16	51	1 9	knees	5	25	
3	Mo			7 24	5 5	16	34	2 15	knees	6	28	
4	Tu		Hilary Term	7 23	5 7	16	16	3 20	legs	7	37	
5	W			7 21	5 8	15	58	4 23	legs	8	45	
6	Th			7 20	5 9	16	40	5 23	feet	9	48	
7	Fri			7 18	5 11	15	21	rises	feet	10	48	
8	Sat			7 17	5 12	15	2	6 4	head	11	40	
9	E		Septuagesima Sunday.	7 16	5 14	14	43	7 17	head	ev.	28	
10	Mo			7 14	5 15	14	24	8 26	neck	1	16	
11	Tu			7 12	5 17	14	4	9 35	neck	2	4	
12	W			7 11	5 18	13	44	10 40	neck	2	48	
13	Th			7 9	5 20	13	24	11 43	arms	3	35	
14	Fri			7 8	5 21	13	4	morn	arms	4	25	
15	Sat			7 7	5 22	12	44	0 43	breast	5	18	
16	E		Sexagesima Sunday.	7 5	5 24	12	23	1 41	breast	6	18	
17	Mo			7 4	5 25	12	2	2 35	heart	7	14	
18	Tu			7 3	5 27	11	41	3 27	heart	8	11	
19	W			7 2	5 28	11	20	4 13	belly	9	8	
20	Th			7 0	5 30	10	58	4 57	belly	9	51	
21	Fri			6 58	5 31	10	37	5 37	reins	10	36	
22	Sat			6 57	5 32	10	15	6 12	reins	11	17	
23	E		Quinquagesima Sunday.	6 55	5 33	9	53	sets	secrets	11	55	
24	Mo		Saint Matthias.	6 54	5 35	9	31	6 59	secrets	morn.		
25	Tu			6 52	5 36	9	9	7 58	secrets	0	32	
26	W		Ash Wednesday.	6 50	5 38	8	47	8 59	thig's	1	10	
27	Th			6 48	5 40	8	24	10 0	thig's	1	49	
28	Fri			6 46	5 42	8	1	11 1	knees	2	30	
29	Sat			6 42	5 43	7	39	morn	knees	3	14	

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3rd Month. **March** **31 Days**

MARCH, the third month of the year, according to modern computation, contains thirty-one days. The Roman year originally began with March, and was in fact so considered in England before the alteration of the style, the legal year commencing on the 25th of March. Our Anglo-Saxon ancestors called it most commonly *Hyge-monath*, loud or stormy month; and sometimes *Aras* or *Aras-monath*, which some interpret *Aras*, others *Aras* or *Aras*, the rugged or rough month. The name of the month is said to be derived from that of Mars, the God of war. Ray, in his Collection, has this proverb, relating to this month:— "A basket of March dust is worth a king's ransom," thereby expressing the importance of dry or dusty weather, at this particular season of the year, in an agricultural point of view.

First Quarter, 1st day, 0 hours, 5 minutes, A. M.
 Full Moon, 8th " 3 " 38 " P. M.
 Third Quarter, 16th " 10 " 45 " P. M.
 New Moon, 24th " 2 " 15 " A. M.
 First Quarter, 31st " 7 " 41 " A. M.

D.	M. W.	MEMORANDA.	Sun		Sun's	Moon	Moon's	High
			Rises	Sets	Dec. S.	R. & S.	Placo.	
1	D	1st Sunday in Lent.	6 41	5 44	7 16	0 6	knobs	4 4
2	Mo		6 39	5 45	6 53	1 8	knees	5 4
3	Tu	Queen's Circuit.	6 37	5 47	6 30	2 11	legs	6 9
4	W		6 35	5 49	6 7	3 10	legs	7 20
5	Th		6 34	5 50	5 44	4 5	feet	8 29
6	Fri		6 32	5 51	5 20	4 55	feet	9 33
7	Sat		6 30	5 52	4 57	5 39	head	10 29
8	D	2nd Sunday in Lent.	6 29	5 53	4 34	5 55	head	11 21
9	Mo		6 27	5 55	4 10	7 11	head	12 6
10	Tu	Kene Circuit.	6 25	5 56	3 47	8 19	nee	0 49
11	W		6 23	5 57	3 23	9 27	nee	1 34
12	Th		6 21	5 59	3 59	10 29	arms	2 6
13	Fri		6 19	6 0	3 36	11 30	arms	3 6
14	Sat		6 17	6 1	3 12	12 30	breast	3 51
15	D	3rd Sunday in Lent.	6 15	6 3	2 48	0 27	breast	4 43
16	Mo		6 13	6 4	2 25	1 30	heart	5 40
17	Tu	St. Patrick.	6 11	6 5	2 1	2 9	heart	6 37
18	W		6 9	6 6	0 37	3 64	belly	7 25
19	Th		6 8	6 7	5 14	3 35	belly	8 29
20	Fri		6 6	6 9	N 10	4 11	belly	9 18
21	Sat	Day and Night equal.	6 4	6 9	0 34	4 45	reins	10 3
22	D	4th Sunday in Lent.	6 2	6 10	0 57	5 17	reins	10 47
23	Mo		6 0	6 12	1 21	5 47	secrets	11 25
24	Tu		5 58	6 14	1 45	sets	secrets	12 0
25	W	Annunciation.	5 56	6 15	2 8	7 59	this's	0 3
26	Th		5 54	6 16	3 33	8 56	this's	0 42
27	Fri		5 52	6 17	3 55	9 39	this's	1 25
28	Sat		5 50	6 19	3 19	11 3	knees	2 6
29	D	5th Sunday in Lent.	5 48	6 21	3 42	12 3	knees	3 55
30	Mo		5 46	6 22	4 5	0 5	legs	3 45
31	Tu		5 45	6 23	4 28	1 6	legs	4 49

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Fellows' Compound Syrup.

The various kinds of waste or decay that affect the human body, though owing to causes not the same, and attended each with some symptom not common with the rest, agree very much in this, that the basis in all, is nearly the same. It is generally conceded that the majority of diseases originate from faulty digestion, and such being the case, we must in order to cure such diseases first cause the organs of digestion to perform their proper functions. No remedy has before been discovered which has so beneficial an influence on these organs as **FELLOWS' COMPOUND SYRUP.**

GENERAL EFFECTS OF FELLOWS' COMPOUND SYRUP.

IT IS PERFECTLY SAFE, AND ITS TASTE PLEASANT.

The first apparent effect is to increase the appetite. It assists digestion, and causes the food to assimilate properly, thus nourishing the system. It also, by its tonic action on the digestive organs, induces more copious and regular evacuations. Its action on the mucous membrane is such that easy expectoration is produced; not only is the secretion already deposited in the air passages easily voided, but its collection is carried on in a healthy manner, while the formation of tubercle is retarded.

Nothing can be better adapted to help and nourish the constitution, as is shown by the rapidity of the patient under its influence to take on flesh; or more efficacious in all inward wastings, depression of spirits, shaking or trembling of the hands or body, cough, shortness of breath, or consumptive habit. The nerves and muscles become strengthened, and, as a purifier of the blood, it has no equal.

APRIL, the fourth month of the year, consists of thirty days, which was the number said to be assigned to it by Romulus. Numa Pompilius deprived it of one day, which Julius Caesar restored, and which it has ever since retained. In the original Alban or Latin calendar, April held the first station, and then consisted of thirty-six days. Its name is usually considered to have been derived from *aperire*, to open; either from the opening of the buds, or of the bosom of the earth in producing vegetation. The Anglo-Saxons called it *Ooster* or *Easter-monath*. In this month the sun travels through parts of the signs of Aries and Taurus, that is to say, of those parts of the *eclyptic* which astronomers designate by those names. The real motion of the sun among the constellations is through Pisces and Aries.

Full Moon, 7th day, 2 hours, 33 minutes, A. M.
 Third Quarter, 14th " 5 " 51 " " P. M.
 New Moon, 22d " 3 " 36 " " " "
 First Quarter, 29th " 1 " 34 " " " "

D.	D.	MEMORANDA.	Sun.	Sun.	Sun's	Moon	Moon's	High
			Rises.	Sets.	Dec. N.	R. & S.	Place.	Water
			H. M.	H. M.	° ' "	H. M.		H. M.
1	W		5 43	6 24	4 51	1 59	legs	5 56
2	Th		5 41	6 25	5 14	2 49	feet	7 6
3	Fri		5 39	6 26	5 37	3 34	feet	8 14
4	Sat		5 37	6 27	6 0	4 14	head	9 14
5	D	Sunday before Easter.	5 35	6 28	6 23	4 51	head	10 8
6	Mo		5 34	6 30	6 46	rises	neck	10 57
7	Tu		5 32	6 31	7 8	7 6	neck	11 41
8	W		5 30	6 32	7 31	8 11	arms	ev. 22
9	Th		5 29	6 34	7 53	9 14	arms	1 6
10	Fri	Good Friday.	5 27	6 35	8 15	10 15	breast	1 50
11	Sat		5 25	6 36	8 37	11 11	breast	2 34
12	D	Easter.	5 23	6 38	8 59	morn	heart	3 21
13	Mo		5 21	6 40	9 21	0 3	heart	4 9
14	Tu	Easter Term.	5 19	6 41	9 42	0 50	heart	5 3
15	W		5 17	6 43	10 3	1 32	belly	5 58
16	Th		5 15	6 44	10 25	2 10	belly	6 56
17	Fri		5 13	6 45	10 46	2 45	reins	7 48
18	Sat		5 11	6 46	11 7	3 16	reins	8 41
19	D	1st Sunday after Easter.	5 10	6 47	11 27	3 47	secrets	9 26
20	Mo		5 9	6 48	11 48	4 17	secrets	10 12
21	Tu		5 8	6 49	12 8	4 47	secrets	10 56
22	W		5 7	6 50	12 28	sets	thig's	11 36
23	Th		5 5	6 52	12 48	7 47	thig's	morn
24	Fri	St. George's.	5 3	6 53	13 8	8 48	knees	0 18
25	Sat		5 1	6 54	13 27	9 58	knees	1 3
26	D	2nd Sunday aft. Easter.	4 59	6 56	13 46	11 0	knees	1 52
27	Mo		4 58	6 57	14 5	11 57	legs	2 44
28	Tu		4 56	6 58	14 24	morn	legs	3 38
29	W		4 55	6 59	14 43	0 49	feet	4 39
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Fellows' Compound Syrup.

11

CONSUMPTION.—BRONCHITIS.—ASTHMA.

Were Fellows' Compound Syrup useless in all other diseases, the benefit which it undoubtedly yields in Consumption and other diseases of the Respiratory Organs, would vindicate its claim to the attention of every medical practitioner. No class of diseases are more common, none more fatal, or do more to swell the obituary lists. From the statistics of England and America it is fair to estimate one tenth of the entire deaths to be caused by Consumption alone, while other diseases of the lungs and throat would make the per centage much greater. If we reflect further, how utterly futile were the modes of treatment previously applied in this "wide wasting malady," the public will better appreciate the virtue of this remedy. If used perseveringly it subdues the tendency to consumption, and even after the disease has set in, it checks the further formation of tuberculous deposit; and in many confirmed cases it has been of wonderful benefit.

DIRECTIONS.—Commence by taking two teaspoonful of the Compound Syrup and Cod Liver Oil, and increase a teaspoonful every ten days until the amount reaches a tablespoonful, three times daily, before, after, or during meals. The morning dose, however, should be taken after breakfast. If the stomach is very sensitive, use the Compound Syrup alone, in doses commencing with a teaspoonful increased to a dessert spoonful; or if the patient is strong enough, the dose may be increased to a table spoonful. In all cases it should be taken in water, and due attention should be paid to diet, clothing, climate, bathing and exercise. See General Directions, page 19.

The same directions are applicable to bronchitis, laryngitis, asthma, and whooping cough.

5th Month.

31 days.

MAY, the fifth month of our present year, was the second in the old Alban calendar, the third in that of Romulus, and the fifth in the calendar of Numa Pompilius. In the Alban calendar it consisted of twenty-two days; of thirty-one in the calendar of Romulus; and of thirty in that of Numa. Julius Cæsar restored to it the odd day of which Numa had deprived it, and of which it still keeps possession. Its etymology is doubtful. Ovid proposes three derivations; one from *maestas*; another from *maiores*, a term which signified the *patres*, or governing body of the city of Romulus; and the third from *Mæis*. The Roman month was under the protection of Apollo. Our Saxon ancestors, after the Romans, called it *Mæis-monath*, and in their native language, *Tri-milchi*, three-milk month, when cows were milked three times a day.

Full Moon, 6th day, 1 hour, 53 minutes, P. M.
 Third Quarter, 14th " 0 " 31 " "
 New Moon, 22d " 1 " 52 " " A. M.
 First Quarter, 28th " 6 " 58 " " P. M.

D.	D.	MEMORANDA.	Sun	Sun	Sun's	Moon	Moon's	High
			Rises.	Sets.	Dec. N.	R. & S.	Place.	
M.	W.		H. M.	H. M.	°	H. M.		H. M.
1	Fri	St. Philip and St. James.	4 52	7 2	15 19	2 15	head	6 51
2	Sat	Duke Wellingt'n b 1760.	4 51	7 3	15 37	2 52	head	7 54
3	D	3rd Sunday aft. Easter.	4 50	7 4	15 55	3 26	neck	8 52
4	Mo		4 48	7 5	16 12	4 0	neck	9 44
5	Tu		4 47	7 7	16 29	4 32	arms	10 32
6	W		4 46	7 8	16 46	rises	arms.	11 17
7	Th		4 44	7 9	17 2	8 0	breast	11 57
8	Fri		4 43	7 10	17 18	8 59	breast	ev. 40
9	Sat		4 42	7 11	17 34	9 54	breast	1 24
10	D	4th Sunday aft. Easter.	4 40	7 12	17 50	10 44	heart	2 7
11	Mo		4 38	7 14	18 5	11 28	heart	2 51
12	Tu	St. John's Circuit.	4 37	7 15	18 30	morn.	belly	3 37
13	W		4 36	7 16	18 35	0 9	belly	4 26
14	Th		4 35	7 17	18 50	0 44	reins	5 16
15	Fri		4 34	7 18	19 3	1 16	reins	6 10
16	Sat		4 33	7 19	19 17	1 47	acerts	7 4
17	D	5th Sunday aft. Easter.	4 32	7 20	19 31	2 16	acerts	7 56
18	Mo	Landing of loyalists 1783	4 31	7 21	19 44	2 46	acerts	8 48
19	Tu		4 31	7 22	19 56	3 17	thig's	9 37
20	W		4 30	7 23	20 9	3 52	thig's	10 26
21	Th	Ascension.	4 29	7 24	20 21	4 29	knees	11 13
22	Fri		4 28	7 25	20 33	sets	knees	11 56
23	Sat		4 27	7 26	20 44	8 50	knees	morn
24	D	Sunday after Ascension.	4 27	7 27	20 55	9 50	legs	0 48
25	Mo	Queen Victoria born 24th	4 26	7 28	21 6	10 45	legs	1 39
26	Tu	1819	4 25	7 29	21 16	11 33	feet	2 33
27	W		4 24	7 30	21 26	morn	feet	3 27
28	Th		4 23	7 31	21 36	0 17	feet.	4 26
29	Fri		4 22	7 32	21 45	0 35	hand	5 27
30	Sat		4 22	7 33	21 54	1 30	head	6 28
31	D	Whit Sunday.	4 21	7 34	22 2	2 2	neck	7 30

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Fellows' Compound Syrup.

RACHITIS, OR RICKETS.

In every stage of this malady, Fellows' Compound Syrup must supersede every other known remedy. The Syrup may be used either combined with Oil or not, and the dose be regulated according to age. See Scale of Doses.

PARALYSIS, LOCAL OR GENERAL; NEURALGIA, GENERAL DEBILITY, NERVOUSNESS, INDIGESTION, AND DISEASES OF THE NERVOUS SYSTEM.

Striking as is the effect of Fellows' Compound Syrup on Cough, Hoarseness, and Consumption, it is no less manifest in diseases of the Nervous System. The torturing effects of Neuralgia too often baffle the skill of our best physicians, and yet we have never known the Remedy fail, although administered in numerous cases.

Timidity, caused by nervousness, is invariably cured by a few bottles and due attention to proper habits of life.

Indigestion and habitual Costiveness almost always arises from weakness of the nerves and muscles of the stomach. In such cases, Fellows' Compound Syrup has proved itself of the greatest service by inducing healthy peristaltic action of the intestines. The evacuations soon become copious and healthy, without producing the effect of purgative medicine.

Weakness of the Joints and Muscles, Impurity of the Blood, and Inward Discharges may be cured by attention to the regular prescribed doses and due attention to the habits of life.

Almond Cake. Take one pound of sugar, and three-quarters of a pound of flour, well mixed with three-quarters of a pound of almonds, blanched and beat in a mortar, and three-quarters of a pound of butter, well mixed with three-quarters of a pound of flour, well mixed and baked.

6th Month.

JUNE.

30 days.

June, the sixth month of the year, named from the Latin Junius. Ovid makes Juno assert that the name was expressly given in honor of herself. Those who derive the name from Junius Brutus, who began his consulship in this month, forget that, according to tradition, it had received the appellation long before. In the old Latin or Alban calendar, June was the fourth month and consisted of twenty-six days. Romulus is said to have assigned to it a complement of thirty days. Numa, who named it the sixth month, deprived it of one day, which was restored by Julius Cæsar, since which time it has remained undisturbed.

The Anglo-Saxons had several names for the month of June. They called it *ear-monath*, *dry month*; *midsummer-monath*, *midsummer month*; and *cræfta-monath*, the earlier mild month, in contradistinction to July.

Full Moon, 5th day, 7 hours, 11 minutes, A. M.

Third Quarter, 13th " 5 " 29 " " " "

New Moon, 20th " 10 " 1 " " " "

First Quarter, 27th " 1 " 6 " " " "

D.	D.	Memoranda.	Sun Rises.	Sun Sets.	Sun's Dec. N.	Moon R. & S.	Moon's Place.	High Water.
1	Mo		4 20	7 35	23 10	3 34	neck	8 26
2	Tu		4 20	7 36	22 19	3 7	arist	9 17
3	W		4 19	7 37	22 25	3 43	arms	10 6
4	Th		4 19	7 37	22 32		rises	10 54
5	Fri		4 19	7 38	22 38	7 46	breast	11 45
6	Sat		4 18	7 38	22 44	8 37	heart	ev. 1 0
7	D	Trinity Sunday.	4 18	7 39	22 50	9 22	heart	1 00
8	Mo		4 18	7 40	22 55	10 7	belly	1 41
9	Tu	Trinity Term.	4 18	7 41	23 0	10 44	belly	2 23
10	W		4 17	7 41	23 5	11 18	reins	3 5
11	Th		4 17	7 42	23 9	11 50	reins	3 49
12	Fri		4 17	7 42	23 13		morn reins	4 36
13	Sat		4 17	7 43	23 16	0 18	acerts	5 25
14	D	1st Sunday after Trinity.	4 17	7 43	23 19	0 46	acerts	6 19
15	Mo		4 16	7 43	23 21	1 16	thig's	7 14
16	Tu		4 16	7 44	23 23	1 47	thig's	8 0
17	W		4 16	7 44	23 25	2 23	thig's	8 5
18	Th	Waterloo, 1815.	4 17	7 45	23 26	3 3	knees	9 58
19	Fri		4 17	7 45	23 27	3 49	knees	10 55
20	Sat	Acc. of Q. Victoria, 1837.	4 17	7 45	23 27		sets	11 46
21	D	2nd Sunday after Trinity	4 17	7 46	23 27	8 35	legs	morn
22	Mo		4 16	7 46	23 27	9 22	legs	0 36
23	Tu	Nisi Prius Sittings, York.	4 18	7 46	23 26	10 16	feet	1 29
24	W	Midsummer.	4 19	7 46	23 25	10 57	feet	2 21
25	Th		4 19	7 46	23 23	11 32	head	3 13
26	Fri		4 20	7 46	23 21		morn head	4 5
27	Sat		4 20	7 46	23 18	0 6	neck	5 1
28	D	3rd Sunday after Trinity.	4 21	7 46	23 16	0 39	neck	5 59
29	Mo		4 21	7 46	23 12	1 10	arms	6 59
30	Tu		4 22	7 46	23 8	1 45	arms	7 56

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PUBLIC SPEAKERS AND SINGERS

will find this Syrup of inestimable value, as it speedily and effectually allays all irritation and huskiness in the fauces and bronchia, and gives power to the vocal cords, rendering the voice clear and sonorous. A dose to be taken before speaking or singing.

Aphonia, or the Loss of Voice, is usually cured by a few doses, no matter whether arising from severe cold, hysteria, or other nervous derangement. We have known cases cured where only a single dose had been administered. It is, however, advisable to take the remedy for some time, as this disease indicates either severe cold or nervous derangement.

Indian Muffins.—One quart of Indian meal, one quart of wheat flour, eight eggs, two gills of yeast, a little salt, as much warm milk as will make the whole into a thick batter, mix the Indian and wheat flour together, stir in the milk, then the yeast, and lastly the eggs; after they have been well beaten, when the batter is light, grease the griddle and muffin rings, place the rings on the griddle, pour in the batter, bake them brown on both sides and serve hot; if for breakfast, set it to rise the night previous; if for tea, about one o'clock.

Ice Cream.—Take one quart pure cream, three quarters of a pound fine sugar, and four eggs; put them all on the fire and keep stirring till it grows thick; put a spoon in it, lift it up, and if it drops from the spoon it is cooked, but you must not let it boil. Put it into a freezer and flavor with the essence of vanilla, or if it is convenient put a vanilla bean split in the milk or cream and let it boil, then you can freeze it with ice and coarse salt.

Fricassee Chickens.—Take two large young chickens, cut in small pieces, put in cold water for one hour to take all the blood out; then put in saucepan to parboil for half an hour, then take from saucepan, drain well, have ready a quart good fresh cream, two ounces good butter, one ounce of flour, all well mixed together; put in saucepan with the chickens; put on the fire to boil tender; season with pepper and salt; served with toast bread in the bottom of the dish.

Cold Slaw.—Get a fresh cabbage, take off the outside leaves, cut it in half, take a knife and cut it fine, put in a dish, then put on the dressing prepared in the following manner: Beat up three eggs, add to them one gill of good vinegar and one gill of water: when it begins to thicken stir in a piece of butter the size of a hickory nut, a teaspoonful of salt, and a large spoonful of white sugar; when cold pour over it the cabbage and stir it together. Before sending to table sprinkle with black pepper.

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7th Month. **JULY.** 31 Days.

JULY, now the seventh, was originally the fifth month of the year, and was called by the Romans, in regard to its numerical station, *Quintilis*.—Mark Antony altered the name to Julius, the gentile name of Caius Cæsar, the Dictator, who was born in it.—In the old Latin calendar, Quintilis had a complement of thirty-six days. Romulus reduced them to thirty-one; Numa to thirty; but Julius Cæsar restored the day of which Numa had deprived it, which it has ever since retained.—Our Anglo-Saxon ancestors called July *Mead-month*, mead-month, from the meads being then in their bloom; and *calera-litha-month*, the latter mild month, in contradistinction to June, which they considered and named as the "former mild month." On the 3rd of this month the Dog-days are supposed to begin.

Full Moon, 4th day, 3 hours, 55 minutes, P. M.
 Third Quarter, 12th " 7 " 56 " " "
 New Moon, 19th " 5 " 12 " " "
 First Quarter, 26th " 9 " 7 " " A. M.

D.	D.	MEMORANDA.	Sun. Rises.	Sun. Sets.	Sun's Dec. N.	Moon R. & S.	Moon's Place.	High Water.
1	W	Dominion of Canada proclaimed, 1867.	4 23	7 45	23 4	2 21	breast	8 51
2	Th		4 23	7 45	23 0	2 0	breast	9 42
3	Fri		4 24	7 45	22 55	rises	heart	10 29
4	Sat		4 25	7 44	22 49	7 21	heart	11 14
5	Mo	4th Sunday after Trinity.	4 26	7 44	22 44	8 5	belly	11 55
6	Mo		4 26	7 44	22 38	8 44	belly	ev. 36
7	Tu		4 27	7 43	22 31	9 19	belly	1 14
8	W		4 28	7 43	22 24	9 51	reins	1 54
9	Th		4 29	7 42	22 17	10 20	reins	2 33
10	Fri		4 29	7 42	22 9	10 49	secrets	3 14
11	Sat		4 30	7 42	22 1	11 17	secrets	3 56
12	Mo	5th Sunday after Trinity.	4 30	7 42	21 53	11 47	thig's	4 43
13	Mo		4 31	7 41	24 44	morn	thig's	5 34
14	Tu	Kings and Albert Circuit.	4 32	7 40	21 35	0 20	thig's	6 31
15	W		4 33	7 39	21 25	0 55	knees	7 34
16	Th		4 34	7 38	21 15	1 37	knees	8 38
17	Fri		4 35	7 37	21 5	2 26	legs	9 38
18	Sat		4 36	7 36	20 54	3 21	legs	10 36
19	Mo	6th Sunday after Trinity.	4 37	7 35	20 43	sets	legs	11 30
20	Mo		4 38	7 34	20 32	3 5	feet	morn
21	Tu	Westmorland Circuit.	4 39	7 33	20 20	8 51	feet	0 21
22	W		4 40	7 32	20 8	9 31	head	1 13
23	Th		4 41	7 31	19 56	10 6	head	2 5
24	Fri		4 42	7 30	19 43	10 41	head	2 51
25	Sat	St. James.	4 43	7 29	19 30	11 12	neck	3 41
26	Mo	7th Sunday after Trinity.	4 44	7 28	19 17	11 47	neck	4 33
27	Mo		4 45	7 27	19 3	morn	arms	5 29
28	Tu		4 46	7 26	18 49	0 22	arms	6 27
29	W		4 47	7 25	18 35	1 0	breast	7 25
30	Th		4 48	7 24	18 20	1 41	breast	8 24
31	Fri		4 50	7 23	18 6	2 27	heart	9 18

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For Female Irregularities, Leucorrhœa, Female Weakness and Debility, Too long continued Periods, Prolapsus Uteri, Chlorosis, and Anæmia, Fellows' Compound Syrup is the best remedy known.

EFFECTS OF FELLOWS' COMPOUND SYRUP.

In chronic diseases—the result of a radically bad habit of body—the system cannot be made healthy in a day. The removal of the evil will often be gradual as its growth.

As we before stated, the action is first exerted upon the digestive and alimentary organs, and by tonic action the Liver, Lungs and Heart are enabled to perform their respective functions. The Blood becomes pure, the Muscles and Nerves are strengthened, and gradually the whole body becomes rejuvenated.

Mock Turtle Soup.—Take two fresh calf-heads, well cleaned, cut the meat from the bones, boil until tender; let it get cold; cut it in small pieces one-fourth of an inch square; have a good stock made of a good shin of beef, and the stock the calf-heads were boiled in; add salt and spice, a little flour to thicken the stock, one quart of good sherry wine, one pint of brandy, half pint port wine; put all into a saucepan together, and let it become an oil. Serve in a tureen.

To make a good Lobster Sauce.—Take a good lobster of 5 lbs, have it well cooked, take the meat from the shell, put it in a mortar and pound to a smooth paste; add one pound of good fresh butter, half pound of flour, and one quart of good beef tea, and put it on the fire to boil for three minutes; served hot it makes a fine relish.

Oyster Omelette.—Whisk six eggs to a thick froth, then add by degrees a gill of cream, beat them well together, season the eggs with pepper and salt to taste; have ready one dozen fine oysters, cut them in half, pour the eggs in a pan of hot butter, and drop the oysters over it as equally as possible; fry it a light brown; and serve as an omelette. Should never be turned.

Cleaning Carpets.—Sprinkle the carpet with tea-grounds, sweep well with broom, then use soap and cold water to the greasy or dirty spots. This makes old carpets look new. For sweeping marble floors without dust, use damp sawdust. For cleaning mirrors and windows, use water; but no alcohol. For cleaning glass and silverware, use soap with hot water, and rinse with cold water. Wipe off with chamois skin.

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The month of AUGUST was originally called Sextilis, being the sixth month in the Alban or Latin calendar; and this name, as is stated, is retained in the calendar of Romulus, Numa Pompilius, and Julius Cæsar. Since Numa's reform, however, it has held only the 8th place in the series of months. In the Alban calendar, Sextilis consisted of only 28 days; in that of Romulus, of 30; Numa reduced the number to 29; Julius Cæsar restored it to 30; and Augustus Cæsar from whom it derived its new name of August, extended the number of days to 31, which has continued ever since.

Our Saxon ancestors named August the "weed month," as abounding in noxious and useless herbs.—Lammas day, the first of the month, is also called the Gule of August, probably from the Gothic *Hiof* or *Jul*, a wheel indicating that revolution of season which brought the return of harvest.

Full Moon,	3rd day, 7 hours, 8 minutes, A. M.
Third Quarter,	11th " 7 " 44 " " "
New Moon,	18th " 0 " 27 " " "
First Quarter,	24th " 8 " 3 " " P. M.

MEMORANDA.		Sun Rises.	Sun Sets.	Sun's Dec. N.	Moon R. & S.	Moon's Placc.	High Water.
D.	D. W.	H. M.	H. M.	°	H. M.		H. M.
1	Sat	4 51	7 22	17 50	3 17	heart	10 5
2	D	4 52	7 21	17 35	rises	belly	10 52
3	Mo	4 53	7 19	17 19	7 20	belly	11 30
4	Tu	4 54	7 18	17 3	7 54	reins	ev. 10
5	W	4 55	7 16	16 47	8 23	reins	0 47
6	Th	4 56	7 15	16 30	8 53	secr'ts	1 25
7	Fri	4 58	7 13	16 13	9 21	secr'ts	2 3
8	Sat	5 07	11 15	15 56	9 50	secr'ts	2 41
9	D	5 17	10 15	15 39	10 19	thig's	3 22
10	Mo	5 27	8 15	21 10	10 54	thig's	4 6
11	Tu	5 37	7 15	3 11	11 30	knees	4 59
12	W	5 47	6 14	45	morn	knees	5 59
13	Th	5 57	5 14	27	0 14	knees	7 5
14	Fri	5 7	3 14	8	1 5	legs	8 14
15	Sat	5 8	1 13	49	2 4	legs	9 19
16	D	5 10	6 59	13 30	3 10	feet	10 21
17	Mo	5 11	8 57	13 11	sets	feet	11 17
18	Tu	5 13	6 55	12 52	7 22	head	morn
19	W	5 14	6 53	12 32	8 0	head	0 6
20	Th	5 15	6 52	12 12	8 36	head	0 53
21	Fri	5 16	6 50	11 52	9 11	neck	1 40
22	Sat	5 17	6 49	11 32	9 47	neck	2 27
23	D	5 18	6 47	11 12	10 21	arms	3 14
24	Mo	5 19	6 46	10 51	11 0	arms	4 3
25	Tu	5 21	6 44	10 30	11 40	breast	4 57
26	W	5 22	6 42	10 9	morn	breast	5 56
27	Th	5 23	6 40	9 48	0 25	heart	6 57
28	Fri	5 24	6 38	9 27	1 13	heart	7 54
29	Sat	5 25	6 36	9 6	2 4	belly	8 49
30	D	5 26	6 34	8 44	2 58	belly	9 38
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GENERAL DIRECTIONS.

Although the virtues of Fellows' Compound Syrup are such, that no other remedy is often required, yet it is necessary that a proper regard for cleanliness, pure air, sleep, judicious exercise and regimen, should be observed.

First then, the daily cold bath recommends itself in all diseases herein named, where the patient is sufficiently strong to bear it; if not, the tepid or sponge bath may be first used, and the patient will gradually become accustomed to cold water.

Pure air is of great, if not the greatest importance, and should be made available wherever and whenever possible.

Sleep being nature's own restorer—its want is often the companion of nervous and other debilitating diseases—may be induced by exercise in the open air, a sponge bath before retiring, the avoidance of hearty suppers, and the use of a hard bed or mattress. In ex-

Salt Codfish.—How cooked at the Metropolitan Hotel.—Take two pounds salt codfish, put it in a saucepan with two quarts clean cold water; put it over a good clear fire, and let it boil for half an hour, then drain well, and pick it in pieces of an inch size. Have two pounds good potatoes peeled and well boiled, and when cold slice them one-eighth of an inch in thickness, and have six fresh hard-boiled eggs and slice them as the potatoes. (Mind and do not break the slices.) Take a deep China dish, put a layer of fish, and of potatoes and eggs, and so on till you have used all your stock; then add one quart good meat from boiled fowls, chop fine, put in saucepan, with seasoning to suit taste. Served on toast.

Sweetbreads. French style.—Take three dozen sweetbreads, put them into hot water and let them boil ten or twelve minutes; when cold skin but do not break them; take six eggs and beat them well, season well with pepper and salt, roll in bread crumbs, fry them in salt pork to a nice brown. Serve hot with butter and parsley sauce.

Hashed Turkey.—Take the meat from boiled fowls, chop fine, put in saucepan, with seasoning to suit taste. Served on toast.

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SEPTEMBER, the ninth month, as the year is now divided by European nations. It consists of thirty days. Etymologically, the name is improper, being a Latin term formed of *septem*, seven, and the termination *ber*; and the same impropriety belongs to October, November, and December. The Roman year originally commenced in March. The legal year in England was not made to commence on the 1st of January till the alteration of the style in 1752. The Saxons called it *Gerste-month*, or barley-month, *gerste* being the original Saxon name for barley, which was the chief grain cultivated by the Saxons, and commonly harvested in this month. *Gerste* is still the German name for barley, which name seemed to be a corruption of *beer-leagh*, a term which the Saxons applied to the grain from its use in making beer.

Full Moon, 1st day, 11 hours, 13 minutes, P. M.
 Third Quarter, 9th " 5 " 20 " " "
 New Moon, 16th " 8 " 35 " " A. M.
 First Quarter, 23rd " 10 " 38 " " "

D. M.	D. W.	MEMORANDA.	Sun Rises	Sun Sets	Sun's De. N	Moon R. & S.	Moon's Place.	High Water.
1	Tu	Gloucester Circuit.	5 28	6 32	8 0	rises	reins	11 4
2	W		5 29	6 30	7 38	6 56	reins	11 42
3	Th		5 30	6 28	7 16	7 24	sectr's ev.	4 7
4	Fri		5 31	6 26	6 54	7 52	sectr's	0 54
5	Sat		5 32	6 24	6 32	8 22	thig's	1 32
6	13th Sunday aft. Trinity.	5 33	6 22	6 9	8 54	thig's	2 11	
7	Mo	5 34	6 20	5 47	9 30	knees	2 53	
8	Tu	Northumberland Circuit.	5 35	6 19	5 24	10 10	knees	3 40
9	W		5 36	6 17	5 2	10 55	knees	4 35
10	Th		5 38	6 15	4 39	11 50	legs	5 37
11	Fri		5 39	6 13	4 16	morn	legs	6 46
12	Sat		5 40	6 11	3 53	0 51	feet	7 56
13	14th Sunday aft. Trinity.	5 42	6 9	3 30	1 58	feet	9 4	
14	Mo	5 43	6 7	3 7	3 8	feet	10 2	
15	Tu	5 45	6 5	2 44	4 23	head	10 57	
16	W	5 47	6 3	2 21	sets	head	11 45	
17	Th	5 48	6 1	1 57	7 6	neck	morn	
18	Fri	5 49	5 59	1 34	7 41	neck	0 29	
19	Sat	5 50	5 58	1 11	8 18	arms	1 16	
20	15th Sunday aft. Trinity.	5 51	5 56	0 47	8 54	arms	2 1	
21	Mo St. Matthew.	5 52	5 54	0 24	9 35	breast	2 46	
22	Tu Kent Circuit.	5 53	5 52	N 01	10 21	breast	3 34	
23	W Victoria Circuit.	5 55	5 50	S 23	11 7	heart	4 27	
24	Th	5 56	5 48	0 46	11 57	heart	5 23	
25	Fri	5 57	5 46	1 10	morn	heart	6 22	
26	Sat	5 58	5 44	1 33	0 51	belly	7 20	
27	16th Sunday aft. Trinity.	5 59	5 42	1 56	1 45	belly	8 14	
28	Mo	6 0	5 40	2 20	2 43	reins	9 5	
29	Tu Carleton Circuit.	6 1	5 39	2 43	3 40	reins	9 50	
30	W	6 2	5 36	3 7	4 37	sectr's	10 31	

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30 Days.

European name, being the same as the Roman year not made to in 1752. The original of the Saxons, an name for in which the

Fellows' Compound Syrup.

Extreme cases of sleeplessness, the patient should "lie on the right side, place his head comfortably on the pillow so that it exactly occupies the angle a line drawn from the head to the shoulder would form, and then closing the lips, take rather a full inspiration, breathing as much as he possibly can through the nostrils." "Having taken a full inspiration, the lungs are then to be left to their own action; that is, the respiration is neither to be accelerated nor retarded too much; but a very full inspiration must be taken. The attention must now be fixed upon the action in which the patient is engaged. He must depict to himself that he sees the breath passing from his nostrils in a continuous stream, and the very instant he brings his mind to conceive this, apart from all other ideas," he sleeps.

"The instant the mind is brought to the contemplation of a single sensation, that instant the sensorium abdicates the throne, and the hypnotic faculty steps it in oblivion." (Gardner the hypnotist.)

Frying of Oysters.—Take fifty large fresh oysters out of the shell, of fine hommony, wash it well, let it dry them well, have six fresh eggs, soak in cold water for one hour, strain well, beaten together with plenty of pepper and salt, have two pounds of good butter crackers pounded and well sifted, then dip one oyster at a time in the eggs, and roll them in the crackers, and lay them so they will dry, and if you do not have crumbs enough on, you can roll over again. Fried in good butter and fresh lard, half and half: quick fire; a light brown.

Baked Tomatoes.—Wash the tomatoes, take out the seed, make a dressing of crumbs of bread and onions chopped fine; add salt, butter and pepper. Bake and serve hot.

Hommony.—Take two pounds of fine hommony, wash it well, let it dry them well, have six fresh eggs, soak in cold water for one hour, strain well, beaten together with plenty of pepper and salt, have two pounds of good butter crackers pounded and well sifted, then dip one oyster at a time in the eggs, and roll them in the crackers, and lay them so they will dry, and if you do not have crumbs enough on, you can roll over again. Fried in good butter and fresh lard, half and half: quick fire; a light brown.

Baked Apple Pudding.—Pare and quarter four large apples, boil them tender with the rind of a lemon in so little water that when done no water may remain, beat them quite fine in a mortar, add the crumb of a small roll, quarter pound of butter melted, the yolks of five and whites of three eggs, juice of half a lemon, sugar to your taste, beat all well together, and bake in paste.

High Water.
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OCTOBER, in the year of Romulus, was strictly what its name implies, the eighth month. With us it is the tenth. Domitian, who was born in this month, gave it his own name; but it lasted during his life only.—Antonius Pius, in honor of his wife Faustina, called it Faustina; and the flatterers of Commodus assigned to it one of their patron's epithets, "Invictus."

Our Anglo-Saxon ancestors called it *se teotha monath*, the tenth month: they also gave it the name of *Winter-fyllith*, winter-beginning.

Full Moon,	1st day,	3 hours, 14 minutes,	P. M.
Third Quarter,	9th "	1 " 30 "	A. M.
New Moon,	15th "	6 " 17 "	P. M.
First Quarter,	23rd "	4 " 58 "	A. M.
Full Moon,	31st "	6 " 21 "	" "

D.	D.	MEMORANDA.	Sun		Sun's Dec. 8	Moon		Moon's Place.	High Water.	
			Rises	Sets		R. & S.	H. M.		H. M.	
1	Th		6 4 5	34	3 30	rises	secr'ts	11 11		
2	Fri		6 5 5	33	3 53	6 25	thig's	11 48		
3	Sat		6 6 5	31	4 16	6 57	thig's	ev. 24		
4	D	17th Sunday aft. Trinity.	6 7 5	29	4 40	7 30	thig's	1 5		
5	Mo		6 9 5	27	5 3	8 9	knees	1 47		
6	Tu		6 10 5	25	5 26	8 53	knees	2 32		
7	W		6 11 5	23	5 49	9 44	lega	3 22		
8	Th		6 13 5	21	6 12	10 41	lega	4 19		
9	Fri		6 14 5	20	6 34	11 43	legs	5 23		
10	Sat		6 15 5	18	6 57	moon	feet	6 30		
11	D	18th Sunday aft. Trinity.	6 16 5	16	7 20	0 50	feet	7 40		
12	Mo		6 18 5	14	7 42	2 1	head	8 46		
13	Tu	Michaelmas Term.	6 20 5	12	8 5	3 12	head	9 42		
14	W		6 21 5	11	8 27	4 23	neck	10 33		
15	Th		6 22 5	9	8 49	sets	neck	11 22		
16	Fri		6 23 5	8	9 11	6 10	arms	morn		
17	Sat		6 24 5	6	9 33	6 48	arms	0 4		
18	D	19th Sunday aft. Trinity.	6 25 5	4	9 55	7 26	arms	0 38		
19	Mo	Lord-Palmerston d 1865.	6 27 5	2	10 17	8 10	breast	1 34		
20	Tu	St. John Circuit.	6 28 5	0	10 38	8 57	breast	2 21		
21	W		6 30 4	59	11 0	9 48	heart	3 8		
22	Th		6 32 4	57	11 21	10 41	heart	3 56		
23	Fri		6 33 4	55	11 42	11 36	belly	4 49		
24	Sat		6 35 4	54	12 3	morn	belly	5 45		
25	D	20th Sunday aft. Trinity.	6 36 4	52	12 23	0 29	reins	6 40		
26	Mo		6 37 4	51	12 44	1 29	reins	7 34		
27	Tu		6 38 4	49	13 4	2 27	secr'ts	8 25		
28	W	St. Simon and St. Jude.	6 40 4	48	13 24	3 25	secr'ts	9 11		
29	Th		6 41 4	46	13 44	4 25	secr'ts	9 56		
30	Fri		6 43 4	45	14 4	rises	thig's	10 39		
31	Sat	Hallow-Eve.	6 45 4	44	14 23	5 30	thig's	11 21		

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Moon's Place.	High Water.
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Moon's Place.	High Water.
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EXERCISE.—As this is a very important hygienic agent, its consideration deserves more attention than can possibly be bestowed upon it here. The inventor must therefore refer the reader to his medical adviser, who, from his knowledge of the disease, may give proper directions for such as will suit his particular case, stating, however, that in all affections of the lungs and heart, in fevers, acute rheumatism, or inflammatory diseases, muscular exertion is injurious, and the patient should be satisfied with carriage exercise or sailing. Those who suffer from scrofula, indigestion, rickets, sexual debility, lowness of spirits, loss of appetite, nervousness, unattended by affections of the lungs or heart, should avail themselves of horseback exercise. Walking, running, dancing and fencing, leaping and wrestling, are violent if used in excess, and should be indulged in with caution.

In all cases, exercise should be pursued with pleasure, or with an object in view; that is, not mechanically alone. In such cases, it benefits the bodily functions immeasurably.

Chicken Salad.—Take most of well boiled chickens, have it cold, cut it in small pieces, take four times as much lettuce or celery as you do chickens, cut it up fine; mix with the chicken, season with pepper, salt and a little vinegar. Take the yolk of a good fresh egg, a little salt, drop in a few drops of oil, stirring all the time, add the juice of half a lemon; a drop or two at a time, and continue doing so until you have enough to dress your salad by spreading over the top. Dress it with hard-boiled eggs, or parsley, pickles, beets, or anything to suit your fancy. Lobster salad is made in the same way.

Clam Soup.—Wash the shells, put them in a kettle with the water which adheres to them; put the kettle where it will be hot enough to cause a steam from the clams which will open them: to one quart clams put two quarts water, and then proceed as for oyster soup.

Lobster Salad.—Take inside of large lobster, mince fine, take yolk of two eggs boiled hard and mashed fine, with four tablespoonfuls of sweet oil; pepper, salt, vinegar and mustard to taste; mix well; add celery or lettuce to taste; then, when serving, garnish with hard-boiled eggs.

11th Month.

NOVEMBER.

30 Day

NOVEMBER, the 11th month of the Julian year, was the ninth in the year of Romulus, whence it received its name. This name was assigned to it in the Alban calendar. It originally consisted of thirty days, which were continued by Romulus and Numa. Julius Caesar gave it another day, but Augustus reduced it again to thirty, and this number it has ever since retained.

Our Saxon ancestors called November *Blot-month*, blood month, the month of sacrifice, because at this season the heathen Saxons made a provision for winter, and offered in sacrifice many of the animals which were then killed.

Martlemas or Martinmas beef, cured about the festival of Saint Martin, the 11th of this month, was a provision formerly well known, and in some places still known.

Third Quarter, 7th day, 9 hours, 3 minutes, A. M.
 New Moon, 14th " 6 " 11 " " "
 First Quarter, 22nd " 2 " 2 " " "
 Full Moon, 29th " 8 " 16 " " P. M.

D.	D.	MEMORANDA.	Sun Rises.	Sun Sets.	Sun's Dec S.	Moon R. & S.	Moon's Place.	High Water.
M.	W.		H. M.	H. M.	° ' "	H. M.		H. M.
1	D	21st Sunday aft. Trinity.	6 46	4 42	14 42	6 8	knees	11 59
2	M	(1) All Saints.	6 47	4 41	15 1	6 50	knees	ev. 43
3	Tu		6 48	4 39	15 20	7 40	knees	1 30
4	W		6 49	4 38	15 38	8 35	legs	2 20
5	Th		6 51	4 37	15 56	9 36	legs	3 11
6	Fr		6 52	4 35	16 14	10 40	feet	4 7
7	Sa		6 53	4 34	16 32	11 49	feet	5 10
8	D	22d Sunday aft. Trinity.	6 55	4 33	16 49	morn.	head	6 17
9	M	Prince of Wales b 1841.	6 56	4 32	17 6	0 57	head	7 20
10	Tu		6 58	4 30	17 23	2 7	head	8 21
11	W		6 59	4 29	17 40	3 15	neck	9 16
12	Th		7 1	4 28	17 56	4 25	neck	10 8
13	Fr		7 3	4 27	18 12	5 34	arms	10 56
14	Sa		7 4	4 26	18 27	sets.	arms	12 41
15	D	23rd Sunday aft. Trinity.	7 6	4 25	18 42	6 0	breast	morn.
16	M		7 7	4 23	18 57	6 47	breast	0 23
17	Tu	St. John Circuit.	7 8	4 22	19 12	7 37	heart	1 10
18	W		7 9	4 21	19 26	8 29	heart	1 56
19	Th		7 11	4 21	19 40	9 24	belly	2 40
20	Fr		7 13	4 20	19 53	10 21	belly	3 26
21	Sa		7 15	4 19	20 7	11 16	reins	4 13
22	D	24th Sunday aft. Trinity.	7 16	4 18	20 19	morn.	reins	5 2
23	M		7 18	4 17	20 32	6 35	reins	5 54
24	Tu		7 19	4 17	20 44	7 13	secr's	6 40
25	W		7 19	4 16	20 55	8 11	secr's	7 39
26	Th		7 20	4 15	21 7	9 10	thig's	8 29
27	Fr		7 21	4 15	21 17	10 11	thig's	9 18
28	Sa		7 22	4 14	21 26	11 14	knees	10 5
29	D	All Saint Sunday.	7 23	4 14	21 38	rises.	knees	10 54
30	M	St. Andrew	7 24	4 14	21 48	5 32	knees	11 39

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30 Day

REGIMEN AND DIET.—I propose briefly to notice the employment of Food therapeutically: as in Exercise, it deserves more attention than we can devote to it in our limited space.

Chemically considered, Food consists of two important constituents,—the nitrogenized and the non-nitrogenized. The former serves for the formation of blood and living tissues, and contains carbon, hydrogen, oxygen and nitrogen, and some sulphur and phosphorus. The non-nitrogenized furnishes heat and fat to the body, and contains carbon, hydrogen and oxygen; the ultimate purpose it serves is to supply carbon, and sometimes hydrogen also, for the support of respiration, and consequently, animal heat. Both are necessary constituents in the animal economy; but as it is quite possible to starve on some of the non-nitrogenized substances, the consideration of the proper articles of diet should be of paramount importance to most other mat-

Stewed Chicken.—Take two pair of good, young, fat chickens; have them well dressed; cut them in pieces through each joint, as breaking of the bones spoils them, and leaves small pieces of the bone all through them; put them in cold water, and wash them well; then put them in a saucepan with as much water as will cover them; set them on a good fire to boil; have one pound of good clear salt pork cut in strips about a quarter of an inch square; put all in the same pan together, and boil till well done; have some flour and good fresh butter well rubbed together, put in saucepan to boil for five minutes; season with pepper and salt to suit. May add a little fine-cut parsley if you like; serve hot, with stewed or baked potatoes.

Stewed Mushrooms.—Take two off the skins and ends of the stalks, wash clean, put them in a pan with out water except what adheres to them; season with pepper and salt, place them over the fire to cook slowly, add butter, and serve hot.

Wheat Cakes.—Take two quarts sour milk, four eggs, one tea-spoonful of soda, half pound of corn meal and wheat flour, to make a paste the same as above.

Crullers.—Take four pounds of wheat flour, half pound butter, four eggs, one quart milk, one and a half pounds of sugar, a little ground mace or nutmeg, and one ounce carb. soda, Fry them in lard.

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12th Month.

DECEMBER.

31 Days.

DECEMBER.—This month still retains the original name assigned to it in the Alban, and first Roman calendar adopted, according to tradition, by Romulus, in both of which it was the tenth as the name signifies, or last of the year. Our Saxon ancestors called it *mid-winter* month and *yule-month*, from 'a wheel,' emblematical of the sun's revolution or return in his annual course.

December was anciently consecrated to Saturn. In the Alban calendar this month consisted of thirty-five days. Romulus reduced it to thirty; and Numa to twenty-nine days. Julius Cæsar restored the day of which Numa had deprived it; and Augustus added another day, which it still retains.

Third Quarter, 6th day, 4 hours, 50 minutes, P. M.
 New Moon, 13th " 8 " 49 " " "
 First Quarter, 21st " 11 " 44 " " "
 Full Moon, 29th " 9 " 3 " " "

D.	D. M.	W.	MEMORANDA.	Sun		Sun's		Moon		Moon's Place.	High Water.
				Rises	Sets	Dec. S	R. & S.	R. & S.	Place.		
1	Tu			H. M.	H. M.	O'	H. M.	H. M.			H. M.
2	W			7 26	4 14	21 57	6 27	legs			ev. 26
3	Th			7 27	4 14	22 6	7 27	legs			1 17
4	Fri			7 28	4 13	22 14	8 32	legs			2 9
5	Sat			7 29	4 13	22 22	9 41	feet			3 0
6	Sat			7 30	4 13	22 29	10 49	feet			3 55
7	Mo		2nd Sunday in Advent.	7 31	4 13	22 36	11 57	head			4 53
8	Tu			7 32	4 12	22 43	morn	head			5 53
9	W			7 33	4 12	22 49	1 7	neck			6 57
10	Th			7 34	4 12	22 55	2 13	neck			7 54
11	Fri			7 35	4 12	23 0	3 21	arms			8 51
12	Sat			7 36	4 13	23 5	4 27	arms			9 44
13	Sat		3rd Sunday in Advent.	7 37	4 13	23 9	5 32	breast			10 33
14	Mo		Prince Consort d 1861.	7 38	4 13	23 13	sets	breast			11 20
15	Tu			7 39	4 13	23 16	5 16	heart			11 55
16	W			7 40	4 13	23 19	6 18	heart			morn
17	Th			7 40	4 13	23 22	7 12	belly			0 46
18	Fri			7 41	4 13	23 24	8 8	belly			1 29
19	Sat			7 42	4 14	23 25	9 5	belly			2 12
20	Sat			7 42	4 14	23 26	10 2	reins			2 53
21	Mo		3rd Sunday in Advent.	7 43	4 14	23 27	10 59	reins			3 35
22	Tu		Louis Napoleon Emp.	7 43	4 15	23 27	11 58	seer'ts			4 20
23	W		20th, 1848.	7 43	4 15	23 27	morn	seer'ts			5 8
24	Th			7 44	4 16	23 28	0 55	thig's			5 57
25	Fri		Christmas Day.	7 44	4 16	23 25	1 54	thig's			6 52
26	Sat		St. Stephen's.	7 45	4 17	23 23	2 55	thig's			7 44
27	Sat		1st Sunday aft Christmas	7 45	4 18	23 21	3 59	knees			8 42
28	Mo		Innocents Day.	7 45	4 18	23 18	5 3	knees			9 35
29	Tu		St. John's, 27th.	7 45	4 19	23 15	rises	legs			10 29
30	W			7 45	4 20	23 11	5 10	legs			11 20
31	Th			7 45	4 21	23 7	6 16	legs			ev. 11
				7 46	4 22	23 1	7 26	feet			1 3

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31 Days.

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Moon's Place.	High Water.
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rs. In looking over the daily bills of fare at home we find tea, coffee, milk, bread, beef, mutton, veal, butter, potatoes, turnips, carrots, &c. &c. These are all well, and it is not the writer's province to find fault with any when in their places; but as our bread is prepared from bolted wheat, the beef and mutton discarded except at the mid-day meal, pure milk scanty, tea and coffee in excess, potatoes, salt and butter plenty, we know there are grievous wrongs requiring correction.

First, then, make use of unbolted flour. The process of bolting, although it obtains very nice looking flour, deprives it of the nitrogenized substances which produce blood and the living organism, and leaves behind the starch and gluten which are comparatively useless vitalizing agents. Again: the coverings of wheat contain the phosphates which go to constitute bone and muscle, while they materially assist digestion by causing the rapid decomposition of the food. It is in this way the phosphates in the Compound Syrup act, while the tonics it contains tend to give new power and to strengthen the organs of digestion.

Oyster Soup.—To one quart of oysters add one quart of water, pour the water on the oysters and stir them, then with a fork take them out one at a time, so that no small particles of shell may adhere to them; strain the liquor through a sieve, put in a stew-pan over the fire, with two or three blades of mace, and season with red pepper and salt to suit your taste. When this boils put in your oysters, add one teaspoon of flour, rubbed to a paste with one ounce of butter; let them boil again, add half pint cream, and serve hot.

Corn Starch.—Fancy PIES made from.—Line a deep plate with crust, and bake the crust in a quick oven: when done, fill with the custard, strew the top with powdered sugar, and set them again in the oven to bake.

Charlotte Russe.—Take a pint milk, dissolved with three ounces of isinglass, and one pound sugar; add after it is cool, one quart beaten cream and flour; suit your taste, and line out some mould with sponge cake, and put the cream into it, and cool.

An Address was recently delivered at a meeting of Health Officers in London, by Erasmus Wilson, F.R.S., and as it embodies much useful advice, the inventor may be pardoned for making a few extracts:—"Proper food, properly used, produces a sound set of organs, while improper food produces an unsound and a weak organ, and one prone to fall into a state of disease. Now, the chief organs of the body are the brain, the lungs, the heart; therefore, our proposition may be varied thus: While proper food produces a sound brain, sound lungs, and a sound heart, improper food produces an unsound brain, unsound lungs, and unsound heart; or—to substitute function for organ—improper food produces insanity, imbecility, consumption, and in the case of the heart, sudden death. I am desirous of impressing on my hearers my firm conviction that food is, in civilized life, a threefold necessity, and that

Cocoanut Pudding.—Take a large cocoanut add the whites of six eggs, half a pound sugar, six ounces butter, half a wineglass of rose-water, and baked in or out of paste.

Savoy Biscuit.—Take of sugar the weight of fourteen eggs, of flour the weight of six eggs, beat the yollos and whites of twelve eggs, separate; grate in the rind of a lemon; after being in the oven a few minutes grate on some sugar. You may add peach-water, or lemon-juice, or any flavoring extract.

Apple Custard.—Take apples pared, cored, and slightly stewed; sufficient to cover the dish, eight eggs, one quart of milk, spice to your taste, bake it twenty minutes.

Baked Pudding.—Five table-spoonsful of corn starch to one quart of milk, dissolve the starch in part of the milk, heat the remainder of the milk to nearly boiling; having salted it a little, then add the dissolved starch to the milk; boil three minutes, stirring it briskly; allow it to cool, and then thoroughly-mix with it three eggs well beaten, with three table-spoonsful of sugar; flavor to your taste, and bake it half an hour. One of the best puddings ever used.

Spice Snaps.—Take one and a quarter pounds of flour, half pound sugar, half pint molasses, six ounces butter, half ounce ginger, half ounce cloves; mix together; make in small pieces about the size of a marble; grease the pans and bake in cold oven.

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be the standard diet of children, namely, one-third vegetable and two-thirds animal. . . . The diet of children of all ages should be a substantial breakfast with animal food in some shape; a substantial dinner of meat, vegetables and cereal pudding; and a substantial supper, also consisting in part of animal food. I would call this the diet of health,—a diet capable of making a strong body and also a strong mind, and a diet capable of preventing disease."

"Assuming that the amount and richness of the supply of food should be determined by the offices which it has to perform, there is no period of life when more food is required than in childhood and youth. The hard working labourer in a long summer's day scarcely exhausts a greater quantity of nutritious matter than a growing boy of ten or twelve years of age. In the labourer, the consumption is waste; in the growing boy, it is bestowed in the construction of the body, in developing and

Whip Cream.—Flavor a pint cream with lemon, and sugar to your taste; beat to a whisk top and fro; put this on a sieve; let it drain. Serve cool.

Stewed Tomatoes.—Scald the tomatoes with hot water, take off the skins, put them in an earthen vessel, strain off the water and add butter, salt and pepper, to taste.

Almond Blanc Mange.—Take four ounces of almonds, six ounces sugar, boil together with a quart of water, melt in this two ounces of pure isinglass, strain in a small tin mould to stiffen it. When wanted, dip the mould in hot water and turn it out.

Irish Stew.—Take four pounds good breast of fat mutton, cut in small pieces; two large white onions; ten large potatoes, well peeled and sliced; put all in saucepan together, with fine herbs, pepper and salt to suit; a little salt pork is a good addition; half a pound of flour, quarter pound good fresh butter, well rubbed together: let it boil for one hour, and have it well cooked.

Buckwheat Cakes.—Take two quarts of water, blood warm, half pint brewer's yeast, make a thin batter, let them rise as far as they will come, then add three-fourths of a tea-spoonful of carb. soda dissolved in a little water, then fry them as quick as you like.

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one-third volume. The building up the future man. And it is no uncommon thing to find that although the general construction of the body has been fairly performed, there is some one thing of the economy that has fared less well than the rest, and that part not uncommonly the skin; hence the origin of acne, of the ringworms, *et hoc genus omne.*" The inventor would be derelict in his duty were he to omit his disapproval of alcoholic stimulants, except in very rare cases. From actual knowledge, based on observation through life, he has found those who indulged in alcoholic stimulants to be the principal consumers of medicine; and from the fact that alcohol will prevent the decomposition of food, even if taken in very small quantities, it cannot be otherwise than a serious impediment to digestion; and although it may, by its direct action on the lungs, cause the blood to be oxydized during its presence there, the succeeding effects are inflammation and indigestion, so that even in Phthisis the injury far outweighs its good effects.

Cottage Pudding.—One pint bowl flour, one tea cup milk, one egg, half tea cup sugar, one tea spoon soda dissolved in the milk, two tea spoons cream tartar rubbed in the flour. Bake 20 minutes or half an hour. Sauce:

Cream Cake.—One tea cup cream, two tea cups sugar, three well beaten eggs, teaspoon saleratus, dissolved in wineglass of milk, butter size half an egg, flour to make as thick as pound cake; add raisins and spice to taste; wine and brandy if you like.

Gingerbread.—One pound flour, half a pound sugar, the yolks of three eggs, half pound butter; ginger to taste.

A Philadelphia Sponge Cake.—Take ten eggs, one pound sugar, half pound flour, and lemon juice or extract to flavor. Beat the whites to a stiff froth, warm and sift the flour; stir the yolks and sugar together, till light; and add the whites and flour, half at a time, alternately. Stir the whole gently, till bubbles rise to the surface. Bake in a moderate oven.

Fannie's Cake.—Half pound of butter, three-quarters of a pound of sugar, one pound of flour, four eggs, one cup of milk, one teaspoon soda. Cloves, cinnamon, made to taste, with or without fruit, as you choose. Bake in a slow oven.

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CLIMATE.

In all affections of the Respiratory organs too much attention cannot be bestowed on the selection of Climate. On account of the irritating influences of the air-passages of the lungs by Ozone, which is a constituent in the South wind from the ocean, it is desirable to reside at least fifty to one hundred miles from the Atlantic seaboard, and in a temperate climate. Extreme cold is not objectionable, but sudden changes and a damp atmosphere are always injurious. Hence we consider in our own country, the climate of Victoria County, or the interior of New Brunswick, offering inducements for the residence of persons suffering from pulmonary diseases; particularly during the spring, fall, and winter months. The cool, bracing air of the North coast of New Brunswick will be found highly beneficial in summer. In such diseases also, proper

Green Corn Pudding.—Take half a dozen ears of green sweet corn, (good size,) and with a sharp-pointed knife split each row of kernels, and scrape from the ear. Mix with this pulp, two eggs, well beaten, two tablespoons sugar, one of butter, one salt-spoon of salt, half pint sweet cream, (milk may be substituted, with an extra spoonful of butter,) and one dozen crackers, grated or pounded very fine. Mix well together, and bake three hours, if in a pudding dish,—or two in custard cups. Use the corn raw.

Poor Man's Pudding.—Two quarts milk, one cup uncooked rice, half cup sugar, piece butter size of a walnut, two teaspoons salt; spice to taste. Bake three hours, and stir several times during the first hour.

Mince Pies.—Meat finely chopped, five pounds, good apples seven pounds, sugar three pounds, raisins three pounds, currant jelly one pound, butter four ounces, mace or cinnamon one ounce. When this is prepared, make a crust of two-thirds the usual quantity of lard, and one-third of fat salt pork very finely chopped; all of which should be rubbed in the flour and wet with cold water. Bake in a slow oven one hour.

French Rolls.—Mrs Barnes'.—One quart milk, one cup butter, two eggs. Let the dough rise twice in the dish, that is, after it rises once, take it out, knead it over and let it rise again; after this roll it out, cut it out with a tumbler, double together, roll, fashion, and let it rise in the pans half an hour before baking.

CLOTHING

is very important. Woolen garments should always be worn next the body, winter and summer, subject to immediate change in case of dampness from perspiration or otherwise.

FINALLY.

All excesses should be avoided, especially frequent sexual intercourse, overtaking the mind either by study, grief, or anxiety. In fact, the prolific causes of Consumption are such as induce weakness of the vital functions, among which are mental activity, anxiety, grief, excessive venery, insufficient nourishment, rapid growth, child-bearing, residence in filthy localities, &c.

To Clean Brass.—Rub the tarnished or rusted brass, by means of a cloth or sponge, with diluted acid, such as sulphuric, or even with strong vinegar. Afterward wash it with hot water, to remove the acid, and finish with dry whiting.

Ink Stains.—Housewives who are horrified at the sight of ugly ink stains will like to get hold of a receipt for removing them. The moment the ink is spilled, take a little milk and saturate the stain; soak it up with a rag, and apply a little more milk, rubbing it well in. In a few minutes the ink will be completely removed.

To prevent a Felon.—When a soreness is felt immerse the finger in a basin of ashes and cold water, set it on the stove while cold, and stir it continually, without taking it out, till the lye is so hot it cannot be borne any longer. If the soreness is not gone in half an hour, repeat it.

To Extract Grease from Cloth.—The following is infallible: To half a pint of pure alcohol add 10 grains of carbonate of potash, half an ounce oil of bergamot, and one ounce of sulphuric ether; mix, and keep in glass stoppered bottle. Apply with a piece of sponge, soaking the cloth thoroughly when the grease is not recent. The mixture emits a peculiarly fragrant odor, and being a fluid soap, chemically composed, will be found a perfect solvent of oily matter.

Cure for Rheumatism.—Lemon juice is recommended as a certain cure for acute rheumatism. It is given in quantities of a table-spoonful to twice the quantity of cold water, with sugar, every hour. The effect of the lemon juice was almost instantaneous in one case mentioned; in ten days the worst case was cured, and in seven the other was able to go out, and there was a flexibility of the joints of the cured, quite unusual, in recovery after other modes of treating.

Fellows' Compound Syrup.

IMPORTANT.

Should the Invalid have any difficulty in procuring the Compound Syrup in his vicinity, let him not be put off with any other remedy; because this article has not its equal in the diseases for which it is recommended.

The genuine Fellows' Compound Syrup of Hypophosphites is put up in pint bottles, with our name blown on them.

PRICES.

Fellows' Compound Syrup, \$1 50 per bottle; six bottles for \$7 50.

Fellows' Compound Syrup with Cod Liver Oil, \$1 25 per bottle; six bottles for \$6 25.

On the receipt of the price of 6 bottles, Fellows & Co. will forward the Remedy, free of charge, to any address in New Brunswick or Nova Scotia.

PREPARED ONLY BY

FELLOWS & CO.,

Chemists,

SAINT JOHN N B.

WHO ARE THE

SOLE PROPRIETORS & MANUFACTURERS.

Scale of Doses of Fellows' Compound Syrup.

For an adult, commence with one teaspoonful, and increase, in a month, to a tablespoonful.

For a person from 9 to 12, commence with half a teaspoonful, and increase, in a month, to two teaspoonfuls.

For a child, from six months to two years, 15 or 20 drops, and increase to a teaspoonful.

Fellows' Compound Syrup and Cod Liver Oil will be double the above doses. Intermediate ages must be regulated proportionately.

The above applies to all diseases for which the remedy is adapted, and should be preceded by a dose of Compound Cathartic Pills in order to ensure an immediate good result from the Syrup.

All Alcoholic Stimulants must be avoided; also the use in any way of Tobacco and Coffee during the administration of the medicine.

As there are always persons to be found disposed to substitute spurious imitations, or articles bearing a name closely resembling the preparation asked for, in order to obtain a trifle more profit, we have been obliged to change the original names of these Preparations, viz. :—The name of Fellows' Compound Syrup of Hypophosphites has been changed to "Fellows' Compound Syrup." The name of Fellows' Hypophosphites and Cod Liver Oil has been changed to "Fellows' Compound Syrup and Cod Liver Oil."

As these Preparations are entirely different, both in their effects and composition, to all other combinations of Hypophosphites, Physicians will please be careful in ordering to specify the article thus:

Syr: Hypo: Co: Fellows.

Syr: Hypo: C Ol: Morrhu. Fellows.

ESTABLISHED 1848.

FELLOWS & Co.,

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