PICKINGS,

The provident housewife who put up a large store of grapes can, eyen now, change her canned ones into excellent spiced grapes. Turn them from the can into a porcelain kettle or a preserving kettle of any kind; add spices and vinegar to suit your taste ; boil from twenty minutes to half on hour. Cinnamon, allspice, and cloves are the best adapted for flavoring.

Four steps are regarded by Dr. B. W. Richardson as all-important for the advancement of national health, viz The physical purification of the general public, the radical suppression of diseases which arise by communication of the affected with the unaffected the promotion of knowledge and thrift and adequate provision for food and drink among the masses, and lastly the encouragement of unity and organization in sanitary administration.

A Woman With a Mission.

Rev. C. H. Spurgeon says : I have heard that a woman who had "a mission" makes a poor wife or a bad mother; this is very possible and at the same time very lamentable; but the mission I urge is not all of this sort. Dirty rooms, slatternly gowns, and children with unwashed faces are swift witnesses against the succerity of those who keep other vineyards and neglect their own. I have no faith in that woman who talks of grace and glory abroad and uses no soap at home.

For His Boy's Sake.

A Beautiful Incident Connected With the Great War.

What marvelous power lies behind these simple words. "For mother's sake," "For my boy's sake" "For the sake" of some loved one, what noble deeds have been wrought ! what perils and dangers shunned ! The following incident illustrates the potent influence of this phrase :

The office door opened softly, and a stranger in poor, soiled soldier's clothes walked in. The man who sat at the desk was a lawyer, a judge-and he was very busy over the papers of a pending suit. It was in the days of the civil war.

The stranger had born his share of the suffering that was in the land. He had been wounded in battle, and weak and emaciated, he was on his way back to his native state and town.

But the busy judge scarcely raised his eyes to look at him. The poor soldier had taken off his cap, and stood, feeling confusedly in his pockets. "I have-1 did have a letter for you."

The judge took no notice of the tim-

ADVICE TO MOTHERS.

GEO. W. ATHERTON, PRESIDENT,





id, hesitating words. He was very busy, and he was conscious of a feeling of annoyance that a stranger should break in upon his time. The confused, nervous search in the

pockets continued, and the judge grew still more annoyed. He was a human man, but he had responded to many soldier's applications already and he was very busy just now.

The stranger came nearer and reached out a thin hand. A letter, grimy and pocket-worn, lay on the desk, addressed to the judge.

"I have no time to attend to such"but the impatient sentence was checked on the good man's lips. The handwriting on the letter was the handwriting of his son. He opened the letter and read :

"DEAR FATHER .- The bearer of this is a soldier discharged from the hospital. He is going home to die. Assist him in any way you can, for Charlie's

And then Judge A ---- forgot how very busy he was. His heart went out towards the poor, sick soldier, and for "Charlie's sake," his own soldier-boy far away, he loaded him with gifts and acts of kinduess, and lodged him till he could send him on his way rejeicing.

A Wonderful Stomach.

A Man Who Beats Police Officer French of Elmira.

There is a man at Madison, Ind., by the name of O'Donnell, who has a stomach that must be lined with fire-bricks. The endeavor of Walcott of New York to eat quails has revived reminiscences of O'Donnell's exploits, and they are summarized as follows :

In the fall of 1879, on a wager, he ate thirty quails in thirty consecutive days.

At a subsequent date he ate; in thirty consecutive days, double the number of quails-sixty.

On April 5, 1881, he ate twenty-four goose-eggs in 15:20 seconds.

On April 20, 1881, he deyoured two mince pies in an incredibly time. washing them down with eight drops of croton bil.

On July 4, 1881, at a public celebration in the park, in twenty minutes by the watch, he ate a cooked goose, weighing eleven pounds and ten onnces, including the stuffing, and then demand ed his dinner.

In the fall of 1881 he drank a halfpint of castor oil on a wager.

On another occasion, the Scientific American having, as O'Donnell says, stated it to be impossible for a man to eat a dozen oysters in sugar, he tested the matter, and very easily got away with three dozen sugared oysters at one short sitting.

One day last week, on a wager, the loser to pay the bill, he ate five cans of sardines in ten minutes, and asked for more

O'Donnell is a hale, hearty man, of good disposition, unmarried, of Irish parentage, and is about forty years of age. It is fortunate that Mr. O'Don-

