HOUSEHOLD.

THE ART OF DRINKING MILK .-M ik should not be taken in copious draughts, like beer or any other fluids which differ from it chemically. If we consider the use of milk in infancy, the physiological ingestion, that is, of food provided for it. each small mouthful is secured by effort, and slowly presented to the gastrics mucous surface for the primal digestive stages. It is thus regularly and gradually reduced to curd and the stomach is not oppressed with a lump of half coagulated milk. The same principle should be regarded in the case of the adult. Milk should be slowly taken in mouthfuls, at short intervals, and thus it is rightly dealt with by the gastric juice. If milk be taken after other food, it is almost sure to burden the stomach, and cause discomfort and prolonged indigestion, and this for the obvious reason that there is not sufficient digestive agency to dispose of it; and the better the quality of the milk, the more severe the discomfort under those couditions.

CURTAINS FOR A BADLY LIGHTED Room .- The following advice is given to a correspondent who wants to know a cheap but effective way of curtaining the narrow and disproportionately high windows of a poorly lighted sitting room: "Cut off from the upper part of the windows enough to make the height of the window proportionate to the width, and fill in the upper part with Japanese lattice-work, which can be bought very cheap at almost any of the Japanese stores. Below have a rather narrow brass pole with the usual brass rings. From this suspend 'Crete' curtains which are trensparent but heavier than the similar grenadine goods called 'Madras." With a light buff or rich cream color window shade as a background for the lattice-work, as it will be if the shades are kept down a foot or two, you will retain more light in the room than you could secure by the use of any other kind of curtains and have an artistic effect, at a small expense."

is a matter of no small importance, use it. Most people brush across the teeth from right to left. This manner of brushing will not remove the accumulations from between them, but tends rather to force the debris into the intersti- thing. ces. The brush should be placed against the teeth at the gums, and rotated toward the masticating surfaces. It will thus act somewhat like a bundle of fine toothpicks. In order to make the work effectual, the brush should be applied, as described, both inside and outside of the teeth. The living, and restored to health by the use of mouth should then be thorougly rinsed with tepid water.

MUFFINS .- For a dozen muffins there will be required a cupful and a half of entire wheat flour, a cupful of milk, one-third of a cupful of cream, one-third of a cupful of water, an egg, a teaspoonful of cream of tartar, half honest and I will show you a people a teaspoonful of salt and two tablespoonfuls of sugar. Mix the dry ingredients and sift them into a bowl. Beat the egg until it is light and add the milk and water to it. Pour this mixture upon the dry ingredients and beat them quickly and vigorously. Pour the batter into buttered muffin pans and bake for twenty-five minutes in a rather quick oven. The batter will be thin and will give a moist muffin, but that is as it should be. LEMON SAUCE .- The juice of a large lemon, one tablespoonful of corn and no more unhappy man than such flour, an ounce of butter, a wineglass-ful of sherry, and a gill of water. Mix ful of sherry, and a gill of water. Mix the corn-flour smoothly with the wat-er; add the sugar, lemon juice and butter. Beat the yolks of three eggs and mix them gradually with the rest. Let it come just within boling point. If it boils it will curdle, and the sauce be spoilt. Pour it over the pudding just before serving. If the plum pudjust before serving. If the plum pud-ding is considered the king of puddings, certainly this pudding has a the other things called good, operate claum to the title of queen. equally as evils to the vicious and un-GUINEA HENS are in market, and young birds prepared in this way are excellent: After plucking and cleansing sprinkle with fine salt. Tie a thin slice of fat salt pork on the breast of each fowl and place it in a baking-pan with a piece of butter the size of a walnut for each bird; bake in a quick oven, basting often. When done place on a with pity, so ought man to lift his eyes warm platter and garnish with water- up to it with respect. cress, Mix lemon juice with gravy; turn the gravy over the bird and watercress and serve. Cranberry, tomato or ravigote sauce may be served with this dish. Currant jelly is also good with it. CHOCOLATE MACAROONS .- Melt three ounces of chocolate without sugar in a tin pan and mix it to a thick paste with one pound pulverized sugar (confectioners' sugar) and the whites of three · eggs. Roll this paste to the thickness of one-quarter of an inch and cut it into small cakes with a paste cutter. Butter a pan slightly and dust it with flour and sugar in equal proportions, ailment. It acts gently, but surely, and put the cakes in the pan. Bake in a hot oven. The oven should not be too hot. CREAM DATES .- Put the white of of an egg into a bowl, and add an equal quantity of cold water. Mix with this enough confectioners' sugar until it is stiff enough to mold. Remove the seeds from the dates with a sharp knife and fill the opening with the cream which is formed in the shape of the seed, only larger of course, so that it fills the cavity: then set away for the cream to dry. The cream may be flavored to taste.

Articles made of rubber often deteriorate rapidly. Mr. Herbert McLeod has determined experimentally that the change is due to the combined influence of light and oxygen, but that neither of these agents can produce any alteration without the aid of the other.

Only twenty-five cents. Red Star Cough Cure. No opiates or poison.

Mr. R. F. Friswell, in a paper read before the Chemical Society, London, says that the results of his personal experlence with toughened glass during a ing order. It is located at Kaiping, not period of eleven months has caused him far from Peking. The coal supply is to regard that substance when formed into laboratory utensils as a complete failure.

A Pretty Little Book.

We have a little book to which the best humorists and comic artists of America have contributed, such as "Bill Nye," "M. Quad," Wade Whipple and Opper, one of the illustrators of Puck. This book which is published

annually by The Charles A. Vogeler Company, of Baltimore, Md., is the St. Jacobs Oil Family Calendar and Book of Health and Humor for the Million for 1886. Besides the original contributions in prose and verse, it contains a calendar for each month in the year, with rising and setting of sun and moon, dates of eclipses and church festivals, and a list of the most important events of the world's history. The book is now be-ing distributed in large cities by carriers; and in small towns and villages, it can be had through druggists. In cases where it cannot be obtained through either of these mediums, it will be sent by the publishers on receipt of a stamp.

Every to-morrow has two handles. We can take hold of it by the handle of anxiety or the handle of faith.

Women, as a rule, are not inventive. They have no desire for new wrinkles, unless using Carboline the New petroleum Hair producer, can be classified How TO BRUSH THE TEETH - This as a new wrinkle; all handsome ladies

> The men whom I am afraid of are the men who believe everything, subscribe to everything and vote for every-

A Remedy for Lung Diseases.

Dr. Robert Newton, late President of the Electric College, of the city of New York, and formerly of Cincinnati, Ohio, used DR-WM. HALL'S BALSAM very extensively in his practice, as many of his patients, now this invaluable medicine, can amply testify. He always said that so good a remedy ought to be prescribed freely by every physician as a sovereign remedy in all cases of lung diseases. It cures Consumption, and has no equal for all pectoral complaints.

Show me a people whose trade is diswhose religion is a sham.

Important.

It is said that fifteen dynamite manufactories now under the control of M. Nobel (the man who introduced nitro-glycerine in its various forms into public use) turn out about 5,000 tons a year. In this country and in Europe it is estimated that the production of explosives containing nitroglycerine is between 7,000 and 8,000 tons a year, and this quantity has the energy of at least 45,000 tons of ordinary gun powder.

From the last report of the British consul at Tientsin it appears that China has but one colliery in complete workconsidered ample, as the coal-bearing stratum is supposed to be about one thousand feet thick, with thirteen seams. A railway six and a half miles in length, the only one in all China, carries the coal from the mine to a canal, where the loads are transferred to barges.

By evaporating skimmed milk in a vacuum Mons. Muller obtains a product which can be, kept for many months in a dry atmosphere, and which he thinks will be of considerable value for making pastry and other kinds of food.

The reputation of a man is like his shadow-gigantic when it precedes him, and pigmy in its proportion when it follows him.



This medicine, combining Iron with pure

It enriches and purifies the blood,

crossed red lines on wrapper. Take no other. Hade only by BROWN CHENICAL CO., BALTIMORE. MD.

omen who have from one to two hose z day, one sawily earn from \$3 to her will act as our Agent for the salo tis valuable for every hourehold

is that is valuable for every household. Ap will please give the mann of due or two par-P NEUSTAEDTER & CO., 83 MERCER STREET, New York



in the middle-aged and the old. For

this there are two remedies-the hot

bottle and lamb's wool socks, either or

are active, we wear stockings and

body, and disposes to sleep. It must

not be supposed that these remedies make one less able to stand cold ; they

are simply to retain the heat of the body

and allow of comfort, and, if followed,

slightly frostbitten, and which subse-

quently suffer from burning, itching

and pricking sensations, should be

much benefit will be derived.

Never fail to tell the truth. If trnthful, you will jet your reward. You will get your punishment is you deceive.

Wrecks of Hamanity,

who have wasted their manly vigor and powers by youthful follies, inducing nervous debility, impaired memory, mental anxiety, despondency, lack of self-confidence and will-power, weak back and kin-dred weaknesses, should address, with 10 cents in stamps, for large illustrated treatise giving unfailing means of ture, World's Dispensary Medical Association, 663 Main Street, Buffalo, N. Y. cure,

Be rigid to yourself and gentle to others.

A Pour, Weak Sister.

A roor, weak sister, who is suffering from ailments peculiar to her sex, dreading to go to a physician, but knowing she needs medicai help, will find, in Dr. Pierce's "Favorite Prescription," a preparation which will give her strength and new life through the restoration of all her organs to their natural and healthy ac-tion. It is the result of many years of tion. It is the result of many years of study and practice by a thoroughly scien-tific physician, who has made these troubles a specialty. To be had of all druggists.

Who would not be honest if they knew its sweets?

To break up colds and fevers, use Dr. Pierce's Extract of Smart-Weed,

Youth is perpetual intoxication ; 'tis the fever of reason.

Dyspepsia Does not get well of itself; it requires careful,

persistent attention and a remedy that will assist nature to throw off the causes and tone up the digestive organs till they perform their duties willingly. Among the agonles experienced by the dyspeptic, are distress before or after eating, loss of appetite, irregularities of the bowels, wind or gas and pain in the stomach, heart-burn, soor stomach, etc., causing mental depression, nervous irritability and sleeplessness. If you are discouraged be of good cheer and try Hood's Sarboth of which may be used. When we consider that during the day, while we Hood's Sarcanarilla

Hood's Sarsaparilla Sold by all druggists. \$1; six for \$5. Made

shoes, does it not seem strange that at night, when the temperature of the air only by C. I. HOOD & CO., Lowell, Mass. 100 Doses One Dollar

INEGAR BITTERS is the great Blood Purifier and Life-giving Principle; a Gentle Purgative and Tonic; a periect Repovator and Invigorator of the system. In Vinegar Bitters there is vitality but

Discuses of the Skin, of whatever name brackets of the SAIM, of whatever hand or nature, are literally due up and carried out of the system in a short time by the use of the Bitters. Vinegar Bitters allays feverishness. It re-fleves, and in time cures Rheumatism, Neuralgia, Gout, and similar painful diseases. and sends a nice glow all through the

Vinegar Bitters cures Constipation and

Vinegar Bitters cures Consupation and prevents Diarrhosa. Never before has a medicine been com-pounded possessing the power of VINEGAR BIT-TERS to heal the sick. Send for either of our valuable reference books for ladies, for farmers, for merchanis, our Medical Treatise on Diseases, or our Catechism on Interpretance and Tobacco, which last should be read by every child and youth is the land. Any two of the above books mailed free op receipt of four cents for registration frees. B H McDonaid Drug Co. 512 Washington St. N.Y.

Frostbitten fingers and toes.-Dr. La-patin, in the "Proceedings of the Cau-R. H. McDonald Drug Co., 572 Washington St., N.Y. casian Medical Society," advises that fingers and tors which have been

CATARRH Ely's Cream Balm



For the cure of all disorders of the Stomach, Liver, For the cure or all disorders of the Sichlach, Liver, Boweis, Kidneys, Biadder, Nervons Diseases, Loss of Appetite, Headache, Costiveness, Indi-gestion, Billonsness, Fever, Inflammation of the Boweis, Piles, and all derangements of the inter-nal viscera. Purely vegetable, containing no mercury, minerals, or deleterious drugs. Frice, 25 cents per box, hold by all druggi ts.

DYSPEPSIA!

DR. RADWAY'S FILLS are a cure for this complaint. They restore strength to the stomach and enable it to perform its functions. The symp-toms of Dyspensia disaspear, and with them the itability of the system to contract diseases. Take the medicine according to directions, and observe what we say in "Faise and True" respecting diet. BY Send a letter stamp to DR. RADWAY & CO., No 32 Warren street, New York, for "Paise and True." Paise and True." . Be sure to get RADWAY'S.

DR. RADWAY'S Sarsaparillian Resolvent,

Builds up the broken-down constitution, purifier the blood, restoring health and vigor. Sold by druggists; \$1 a bottle.

RADWAY'S READY RELIEF. For the relief and cure of all Pains, Congestion a inflammations.

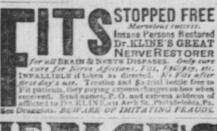
DR. RADWAY A CO., 32 Warren St., N. Y.



You are allowed a free trial of thirty days of the us of Dr. Dye's Celebrated Voltaic Belt with Electric Su pensory Appliances, for the speedy relief and pet manent cure of Nerrous Debility, loss of Yfaility an Manhood, and all kindred troubles. Also for man other diseases. Complete restoration to Health, Vigoo and Manhood guaranteed. No risk is incurred. His trated panublet in acade causily enabled free, by ac trated pamphlet in scaled envelope mailed free, by addressing VOLTAIC BELTCO... Marshall. Mich



a Bel. Ave. Philada., Pa





911

is lower, and when we are inactive, that our feet should have less covering than during the day? The reasonable plan is to have a special pair of socks for night use, put them on when going to bed, and change them when we get vegetable tonics, quickly and completely Cures Dyspepsia, Indigestion, Weak-ness, Impure Blood, Malaria, Chills and Fevers, and Neuralgia. It is an unfailing remedy for Diseases of the Kidney and Liver. It is invaluable for Diseases peculiar to Women, and all who lead sedentary lives. It does not injure the teeth, cause headache.or produce constipation—other Iron medicines do. It exclusion and murifies the blood. up : the result will be better and more serene sleep, consequently we shall be more able to undergo our daily exer-tions. I say at once, to all who suffer from cold feet, get a pair of warm socks for night wear. A good walk for half an hour before retiring warms the feet

A christes the appetite, aids the assimilation of food, relieves Heartburn and Belching, and strengthens the muscles and nerves. For Intermittent Feveres, Lassitude, Lack of Energy, etc., it has no equal.

The genuine has above trade mark and

AGENTS WANTED

MUFFINS.-Dissolve BREAKFAST half a cake of Vienna or compressed yeast in a pint of warm water; then add one pint of milk, the whites of four eggs beaten to a stiff froth and enough sifted flour to form a stiff bat-Let the mixture rise over night, and bake in muffin rings set on the griddle which has been well buttered. No salt is used. If they are not all eaten they may be toasted next day.

THE pretty Parisian idea of arranging fruit upon a bed of blossoms will --swinging perfume from every little doubtless find favor with us. It is to censer it holds up to the air. be hoped that it will be one of the as to overcome the present tendency to high decoration for the table.

THEFLORAL EXCHANGE,

attent or and on the first of the second of There is no more implacable enemy

than he who feels he has wronged you,

Health, beauty, vigor, riches, and all just as they do as benefits to the just.

Catarrh is a very prevalent and exceedingly disagreeable disease ; liable, if neglected, to develop into serious consumption. Hood's Sarsaparilia, acting through the blood, reaches every part of the system, effecting a radical and permanent cure of satarrh. 100 doses \$1.

When God looks down upon poverty

25c. buys a pair of Lyon's Patent Heel Stiffeners, which makes a boot or shoe last twice as long.

When selfishness is on foot its first effort is to make you doubt the character of your friend.

TAKE THE TESTIMONY of seven out of every ten men you meet, and they will all complain of annoyance from "constipation" and its attendant !assitude, headache, flatulence, &c. WALKER's by addressing APPOMATTOX. Box 179, Phila, Pa VINEGAR BITTERS is a specific for this and will regulate the system, cultivate a natural appetite and digestion and insure relief.

A recent earthquake in France affected only the chalk formations at the earth's surface, and was neither heard nor felt by men at work in the coal mines beneath.

FITS: All Fits stopped free. Treatise and \$21 riat bottle of Dr. Kline's Great Nerve Restorer free to Fit cases. Send to Dr. Kline, 931 Arch St., Phila, Pa.

Between the gabble of the fool and the tattle of a man there is but a slight difference.

If afflicted with sore eyes use Dr. Isaac Thompson's Eye Water. Druggists sellit.25c

To write well is to think well, to feel well and to render well ; it is to possess at once intellect, soul and taste.

The best Ankle Boot and Collar Pads are made of zinc and leather. Try them.

A man ought to carry himself in the world as an orange tree would if it could walk up and down in the garden

The Lest cough medicine is Piso's Care for Consumption. Sold everywhere. 250



Send to us for prices, which are the lowest in the market for first-class work.

> FLORAL EXCHANGE, **614 CHESTNUT Street.**

PHILADELPHIA, PA.



Free, Hands, Feet, and all their im-perfections, including Facial Develop-ment. Superfluous Hair, Moles, Warts, Moth, Freekles, Hed Nose, Acne, B'lk Heads, Scars, Fitting & their treatment Dr.John Woodbury, JT N Pavil SL, Alba-ny, N.Y. Est'b'd 1873. Send 12c.for boss.

GEN. GRANT'S MEMOIRS. MITCHELL'S PREFORATED BELLADONNA PLASTERS CUTS all Aches and Palon. Sure Remedy for that colo Spect Descrets the shoulders. Sold by Drazgists everywhere

Blair's Pills, Great English Gout and Oval Box, \$1.00; round, 50 cts. HURSTON'S PEARL TOOTH POWDER

h Perfect and Gums Herlth: No Rope to Cut Off Horses' Manes.

Celebrated 'ECLIPSE' HALTER and BRIDLE Combined, cannot be slipped by any horse. Sample Halter to any part of U.S. free, on receipt of \$1. Sold by all Saddlery. Hardware and Harneas Dealers. Special discount to the Trade. C. LIGHTHOUSE, Rochester, N. Y.

PLAID SHAWL GIVEN AWAY



at first once, and afterward twice a day, with a mixture of dilute nitric acid and peppermint water in equal proportions. After this application has been made for three or four days, the skin becomes darkened and the epidermis is shed, healthy skin appearing under it. The cure is effected in from ten to fourteen days. The author has found this plan very effectual among soldiers, who were unable to wear their boots in consequence of having had frozen feet. They were, in this way, soon rendered capable of returning to duty.

The weight of drops is shown by M. Boymond's investigation to present ome peculiar variations. It is, of course, well known that the weight depends upon the exterior diameter of the tube, the interior diameter having no influence except upon the velocity of flow. It is the nature of the liquid which determines the weight, whatever may be the proportion of dissolved material that it contains. M. Boymond employed a dropper of one-eight of an inch in diameter, and determined the weights by an extremely sensitive balance. The mean of his results gave for 15 grains of distilled water, 20 drops ; alcohol of 90 degrees, 61 drops ; alcohol of 60 degrees, 52 drops; alcoholic tinctures from 60 to 90 degrees, 53 to 61 drops; ethereal tincture, 82 drops; a fatty oil, about 48 drops; a boland, New York. volatile oil, about 50 drops, an aqueous solution, diluted or saturated, 20 drops.

Professor Langley seems to have completely upset the long-cherished idea that the temperature of the moon's surface rises to 200 or 300 degrees F. during the lunar day, and falls about He says: "While we have found abundant evidence of heat from the moon, every method we have tried, or that has been tried by others, for determining the character of this heat appears to us inconclusive, and, without questioning that the moon radiates heat earthward from its soil, we have not yet found any experimental means of discriminating with such certainty between this and the reflected heat that is not open to misinterpretation." Professor Langly's inference is that the temperature of the lunar soil "is at any rate below that of boiling water and in an indefinite degree."

A composition has been invented by an English engineer which is claimed to effectually preserve iron from rust, being also usefully applicable to other materials, such as stone and wood, used in conjunction with metal. This composition consists of 100 parts virgin wax, 125 of Galipol, 200 of Nozwegian pitch, 100 of grease, 100 bitumen of Judea, 235 of gutta percha, 120 of red lead, 20 of white lead, these ingredients being mixed together in the order named in a boiler, the gutta percha being cut up in small pieces or rasped. The mixture is stirred at each addition. and poured into moulds. For iron it is melted and laid on with a brush; for stopping holes it is used as a paste.

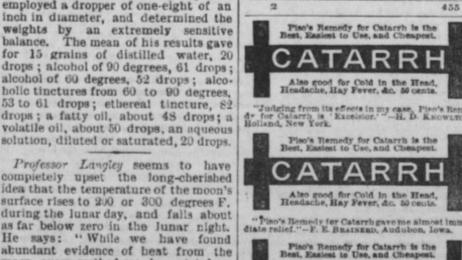
Every one is perfectly satisfied who uses Buckingham's Dye for the Whiskers. The bowels may be regulated, and the stomach strengthened, with Ayer's Pills.

CREAM BANON BANA CURSS OF A COLON HEAD HAVFEVER PERMIT NOT A LIQUID OF SNUFF.

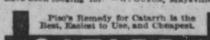
HAY-FEVER bet ouse. Pric 50 cents bet use. Pric 50 cents bie to use. Pric 50 cents by mail or st druggists. ELY BROTHERS, Druggists, Owego, N. Y.

MY BACK BACK Hosts of people of all agree suffer with p-in in the small of the buck commandly cilled "Backache." Ten and apply it directly over ACHESI and apply i directly over Hors combined with urgundy Pitch and Fitraction make this plaster varity better than others for driving out pain and strengthesing the parts. A trial will demonstrate this, Always ready for use. Never fails bets, 5 for \$1.0, HOP PLASTER COMPANY. Proprieters Boston, Mass.

PAY WHEN CURED, Having sufficient Piractions A dress Dr. B. D BARER. Box 104. Buffalo, N. T







CATARRH Also good for Cold in the Head, Headache, Hay Fever, &c. 50 cents. "Piso's Remedy for Catarrh has done me mo good than anything I ever tried."--Miss II. A. STU LET, Cornwall Bridge, Com



Also good for Cold in the Head, Headache, Hay Fever, &c. 50 cents, "Piso's Remedy for Catarrh is producing favorable results,"-GRO. W. WIINAM, Philadelphia, Pa.





ng as Iron, Solid as a B



person are called to the student of nature. If your child is lacking in these elements of verfect child-hood, try Ridge's Foot. It is perfectly safe. More children have been successfully reared upon Ridge's Food than upon all the other foods combined.

DRS. J. N. & J. B. HOBENSACK. THOSE AFFLICTED WITH THE EFFECTS OF SEMINAL WEAKNESS AND MERCURI-ALIZATION should not hesitate to consult J. N. and J. B. HOBENSACK, of 206 North Second street, Philadelphia Hours from s A. M. to 2 P. M., and from 6 to 9 P. M.

Advice free. Read car new book, "The Mystery, etc." Price, 10c. Also treatment by mail.











Through the failur acturer of Cashy we has come into a