

DOMESTIC.

Dr. Page sends an account of experiments made to show that one meal a day is enough for a man. N. S., 28 years old, resolved to adopt the one-meal system, and did so, leaving off meat and all condiments, as salt and pepper, and eating chiefly what was bread and fruit, the bread made from unsifted meal and mixed with water...

As Approved Remedies.—Based upon the theory that the food that contains the largest amount of carbon or heat, is the most effective in cases of influenza, rheumatism, etc. All these evils can be avoided and the cold expelled by walking or in some exercise that will produce a prompt and decided reaction in the system.

The Value of Soap.—The New York Times says there are hundreds of families in comfortable circumstances who never have soap at dinner (which without soap is always a failure), unless it is a sort of ragged and shabby old-fashioned soap.

My own experience goes far to prove the efficiency of the above regimen for either the brain or muscle worker. I am now taking but one meal a day, and my health is better than it has been for years.

For Closets.—Almost all old-fashioned New England housekeepers reserve the little closet under the sink for pots and kettles for no apparent reason.

What I do in the morning, I do in the evening. I eat my breakfast and dinner at the same table, and I eat my supper at the same table.

There are so many ways to utilize stale bread that it seems a wonder so few of us are in daily possession of it. We see it thrown into garbage pails left to rot by many an economical servant.

To Starch Collars and Cuffs.—Take clear starch, scrape into it some hot water, and mix with it a little of the starch from your starch box.

To Stop Nose Bleeding.—Take brown paper and fold it one-quarter of an inch wide and one-half inch long.

For the Treatment of the Head.—To clean scalp, rub with a dry cloth, and wash with water and soap.

To Cleanse the Face.—To clean the face, wash with water and soap, and then with a little of the following mixture.

To Cleanse the Hair.—To clean the hair, wash with water and soap, and then with a little of the following mixture.

A JOYFUL GREETING.

Hello! How are you? I am glad that you are well. I am glad that you are well. I am glad that you are well. I am glad that you are well.

Well, my appearance in these columns, I trust, will be a source of pleasure to many of our readers.

The gloomy, worn man of business, who is unable to meet his obligations, and who is unable to meet his obligations, and who is unable to meet his obligations.

SAVING VEGETABLE SEEDS.—Dr. George Tabor gives the following valuable hints on the selection of seeds.

Dr. GARNETT, in a recent address before the Vermont dairymen, contended that oleomargarine, if clean and pure, is not unwholesome.

The following is a specific for the staphylococcus. To one barrel of water, add one-half barrel of lime.

There are many farmers who have extra good butter and do not know it. They have poor pastures in summer and no shelter and insufficient food.

AN English agriculturist announces, as the result of careful experiment and observation, the conclusion that where corn is drilled from east to west.

TO PROTECT FARM TOOLS.—An excellent preparation for the protection of the iron work of farm implements.

TO CLEANSE THE FACE.—To clean the face, wash with water and soap, and then with a little of the following mixture.

TO CLEANSE THE HAIR.—To clean the hair, wash with water and soap, and then with a little of the following mixture.

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HUMOROUS.

This is the season when hens run mad and will be contented unless they can hide away somewhere and sit day after night on a wooden nest egg or an old door knob.

By contracting a severe cough and cold, I was compelled to give up my work for several days.

“ANNEXED FOR CARRYING A PISTOL, HE?” asked a Magistrate of an officer, referring to a gentleman who had just been arraigned.

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D'BUSS' VEGETABLE SYRUP. A SURE CURE FOR ALL FEMALE WEAKNESSES, including Leucorrhoea, Irritation, and Obstruction of the Uterus.

3 MOS. FREE. A SURE CURE FOR ALL FEMALE WEAKNESSES, including Leucorrhoea, Irritation, and Obstruction of the Uterus.

HOSTELLERS' BITTERS. A SURE CURE FOR ALL FEMALE WEAKNESSES, including Leucorrhoea, Irritation, and Obstruction of the Uterus.

THE SUN Newspaper. A SURE CURE FOR ALL FEMALE WEAKNESSES, including Leucorrhoea, Irritation, and Obstruction of the Uterus.

WANTED. A SURE CURE FOR ALL FEMALE WEAKNESSES, including Leucorrhoea, Irritation, and Obstruction of the Uterus.

YOUNG MEN. A SURE CURE FOR ALL FEMALE WEAKNESSES, including Leucorrhoea, Irritation, and Obstruction of the Uterus.

THE BEST IS CHEAPEST. A SURE CURE FOR ALL FEMALE WEAKNESSES, including Leucorrhoea, Irritation, and Obstruction of the Uterus.

\$150,000 GIVEN AWAY! A SURE CURE FOR ALL FEMALE WEAKNESSES, including Leucorrhoea, Irritation, and Obstruction of the Uterus.