 HOUSE, FARM AND GARDEN.


## Save the Old Peper.

Never throw away old paper. If you have no wish to sell it, use it in the
house. Some housekeepers prefer it to cloth for cleaning many articles of furniture. For instance, a volume written by a lady who prided herself on her experience and tact, says: "After ${ }^{\text {a }}$ stove has been blackened, it can be kept
looking very well for a long time by looking very well far a long time by
rubbing it with paper every morning Rubbing with paper is a much nicer way of keeping the outside of a tea kettle, coflee pot, and tea pot bright and clean than the old way of washing them in
suds. Rubbing with paper If also the suds, Rubbing with paper is also the
best way of polishlug knives, tin ware and spoons; they shine like new silver.
For polishing mirrors, window, lam For polishing mirrors, windows, lamp
chimneys, de., paper is better than dry chimneys, de., paper is better than dry
cloths. Preserves and plekles keep mue eloths. Preserves and plekles keep much better if brown paper instead of cloth
tied over the Jar. Canned fruit is not so apt to mould if a piece of writing paper, cut to fit the can, Is lald directly on the ruit. Paper is much better to put under a carpet than straw. It is warmer thinner, and $m$
walks over it."

Making "Eems."
"What are you reading, aunt Tabi-
"An old book that belonged to your gran'ther-Bread which strengtheneth man's heart." Now, child thls is the
kind of bread to have: the kind that gives strength. A missionary's wife once told me that the Armenian women refuse to eat potatoes, saying "that they did't make strong;" and that these kind of people had a great deal to aay about the food that gave them strength. "Get the magnifying glass and we'll
examine this wheat. I've two parcels. The first one 1 rubbed out with my hands, the second was threshed with a machine. It all grew together, but what a difference there is in it. This that is rubbed out is perfect; ; but the machine-threshed should think that the breaking of the enamel would injure its vitality-it leta the air in. It will grow, but I should think that it would not have the same strength and
been injured.
"To make the bread which strength wheat ; not that which has sprouted but with the life in it. I don't like it killed in grinding elther. I don't imagine that the two women grinding together fast as a steam engine of fifty horse hot. Flour ground at the little ereek mills ran by water-power has more life
in it. "Chemists tell us that a grain of wheat our bodies and in the same proportion. And why shouldn't we eat it then just as our Creator mixed it? When we use only the finest particies, accepting only that which passes through the bolting that our systems requirs. We ingedient bone, and sinew, and brain food that is sifted out. Can this be the reason why
so many brains fail their masters-be. come useless for want of nourishment ) The farmer feeds his pigs on bran and
milk to make bone and fat, his children tine flour and butter. Is not the full developement of a man or woman of more consequence than a pig ?
To be sure, if he looses his teeth he can tuy some, it he looses his teeth he can he can get a wig, but where can he buy brains? and a
"Auntle, Auntie, I thought you were going to teach me how to make the doing it you are preaching" doing it you are preaching. some in a Jiffy. Now, don't have the op of your stove red-hot, to warp it out of shape, but have a fire with a blaze, to the stove to heat, while you gem-pans on up the gems. It takes three sups traham flour, and two and one-haif of water to fill these pans. Mensure ou the flour and pour the water into it, and tir it up quickly dropplng it from the end of a apoon into the pans.
"Shall I grease the pans, Auntie, with of lard ?"
"Yes, of thestove until they are baked on the bottom, I see by the rim around the edge that they are baked enough; now You can tell by experimenting how much flour to use for my gem-pans, 'so as not to have any left. If they are mixed with milk the crust will be mo
tender, or they can be made with butterpereona put In egge, and some a little more fussy put in sugar or molasses." "O Auntiel I forgot to put in any " salt" "I never do in this kind of bread.Nothing but pure unbolted nour and light bread by using a sponge, like we do for fine flour. I sometimes make a loaf by taking a cup of yeast, half-cup of molnsses, mixing it up with sour milh and soda, stirring it up with a spoon
quite stiff, and putting it immediately into the steamer and ateaming for three hours, and then browning in the oven." "O, Auntie! my gems are puffed up, and of such a beautiful brown. They on't look at all like some soggy thing I once saw called gems."
Whey were misnamed, child; they gems.' Now you know how, see that you always give your family good,sweet.
digestible bread. No woman digestible bread. No woman cnn be Christian and glve her family hard
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