

gon Always Foremost.

COAST

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Last Days.

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BY ELIZABETH STUART PRELPS.

The long, brown beach lies sleeping in the sun The hot, white noon leans idly to the bay, Cloud upon folded cloud, above my head, Opens the blossom of the perfect day.

There is a color like a living soul Upon the half-revealed but half-veiled sky Glad to sad eyes, reclines the flushed, full tide, Colestial body that shall never die,

My prayers look out like orphans through their My heart cries out, Oh life! Oh life! for

But One scross the water draweth nigh, Too kind and so too dumb to answer me. -Sunday Afternoon.

black, with purple, blue and igreen re-flections. There is a little white on the

sometimes kept caged in Europe and in grass for lining it. this country, but is so rare that as large a sum as one hundred dollars has been

given for a single mino.

It is wonderfully bright and engaging.

It learns to whistle, sing, do amusing tricks, and some persons who have had experience with it, have thought it surpassed even the gray parrot, the king of talking parrots, in its capacity for speaking like a human being. It lives mostly on insects, fruits and berries.

The natives of Sumatra call it Teeong,

'I never saw a mino but once. I en-

said, 'Good-morning!'
"I saw nothing but what seemed to

Open the door and let me out, ter year.
see, said the bird.

... Why, what are you?' I voluntari-

There are curious facts to note about this bird. It is found all over Europe, and in parts of Africa and Asia. Every flock of starlings, no matter what its

edges of their wings, that the flock for stopped too, and began to make such an instant is lost to night.

The flock will also suddenly break up into divisions, then unite again, perform again, and again the bird would just some singular evolution, and then fly onward to a resting-place. A pheasant once flew across the track of a flock of starlings, and was instantly killed by

Starlings make their nests very carelessly out of straw, roots, twigs and dry grass, and in all sorts of places-empty lower-pots, chimneys, deserted rabbitthe holes of trees; and they not only only in talking, but in longevity, living burrows, clefts of rock, old ruins, or

Yet starlings are very fond of their young. In one instance a starling had built its nest in the thatch of a barn, and the building took fire. As the flames approached the nest, the poor parent was in great agony, and flying to its domicile, caught up one bird and carried it to a place of safety, then returned for another, and happily saved all its little ones from the fearful

Starlings have an amusing habit of snatching a beakful of wool off a sheep's back to help about their nest-building. When tamed, the starling learns to speak very distinctly, and is a very entertaining pet. It seems that it was taught to utter words in Shakespeare's time, for the great poet, in Henry IV., makes Hotspur exclaim,—

"He said he would not ransom Mortimer; Forbade my tongue to speak of Mortimer; But I will find him when he lice asleep, And in his ear I'll halloo Mortimer i

Nay, I'll have a starting shall be taught to speak Nothing but Mortimer, and give it him To keep his anger still in motion."

And Laurence Sterne—who lived in the last century, and has a name cele-brated in English literature—in his work called "The Sentimental Jour-ncy," represents a starling in a cage as repeating over and over, in a voice that was at first taken to be a child's,-

"I can't get out, I can't get out H' The magple, cunning as a fox, impudent, gay voracious, and excessively mischievous is another of the parrot's rivals. It is an incorrigible robber, stealing the eggs and the young out of other birds' nests; but as it consumes snails, worms, beetles and various reptiles, it

is thought that perhaps it does good enough in a garden to atone for the harm it perpetrates in the poultry-yard. It is a bold persecuter of animals as well as birds. A gentleman has said that once in Norway his dog was pursued and mobbed by about forty mag-

In captivity the magpis learns to speak words, sometimes succeeding al-most as well as the parrot, and it also

teaches itself queer tricks. There was once a magple that con-ceived a great friendship for a sheep

with long wool.

The bird would torment the other sheep by pecking at their legs, but would nestle in the soft warm wool of its friend as in a great arm-chair, and would also make this long wool a hiding-

place for its pilferings.

Bright and glittering articles especially tempt this bird. Once a magpie

beautiful and variegated, taking in the colors black, white, blue, purple and green. It is a common bird in Englong wings. The bill and feet are yel-low, and there are bright yellow waitles found in this country, although not fish to rub its scales off against the sand

The magpie likes to place its nest near the top of a high tree, but some-times, when it has been kindly treated, it will build in a low bush. In Norway it is protected, and there it often builds its nest under the caves of a church or other building.

It is quite a fond husband and father

in sight, but it seems true of the magpie that "out of sight is out of mind."

Unlike the parrot, that will have but while those of Java call it Beo and one mate in its lifetime, when the mag-Mencho. Bayard Taylor wrote some pie loses its spouse, it consoles itself by

devours almost any species of living

about the yard just in front of one of remain in the position in which they

same game for an hour or two; for A flock of starlings high in the air while I was sitting the relative positions will so suddenly and simultaneously all of the parties did not alter in the least. evident preparations for swallowing the sausage that the drayman rushed at it

> flap a yard or two in advance." Despite the cruelty of the raven in its wild state, when domesticated, it is docile and affectionate, and becomes at-

tached to its master like a dog. It is also a good talker, having a re tentive memory, and repeating, not only words, but sentences, with a voice that sounds like the human voice muffied.

allow bits of grass or straw to hang in captivity to the age of seventy or carelessly down from the nest, as though eighty years, with all its faculties to invite robbers, but when they return bright. It is said that it has been to their homes with food for their little known to reach the age of about one ones, they make a great uproar about years.—Youth's Companion.

> WHERE?-Where shall we find our aristocrats? Twenty years ago this one made candles, that one sold candles and butter, another butchered, a fourth carried on a distillery, another was s contractor on canals, others were merchants and mechanics. They are acquainted with both ends of society, as their children will be after them, though butterflies-and they live about a year. Death brings a division of property, and it brings new financiers. The old gentieman is discharged, the young gentle man takes revenues and begins to travel toward poverty, which he reaches before death, or his children do if he
> does not, so that, in fact, there is a sort
> of moneyed rank; it is not liereditary;
> it is accessible to all. The father grubs and grows rich ; his children strut and use the money. The children in turn inherit pride and go shiftless to pover ty. Next their children, re-invigorated by fresh plebeian blood and by the smell of the clod, come up again. Thus society, like a tree, draws its sap from the

> The bridesmaids of the Princess Louise Margaret had to pay some what dearly for the honor of appearing in this capacity. These young ladies were informed that, in order to insure

Science.

accessibility of dense shade under such

Very likely many readers of the Companion do not know that there are several other birds besides the parrot that can imitate the human voice.

Among these is the mino, a round, plump bird, about as large as a common thrush. It is found in the jungles of the plumage of the magpie is very the islands near that the plumage of the magpie is very the plumage of the magpie is very the first instance to those parts of in the first instance to those parts of in the first instance to those parts of in the first instance to those parts of the first instance to those parts of in the first instance to those parts of the country. the fish which are destitute of scales, fish to rub its scales off against the sand low, and there are bright yellow waitles back of the eyes.

In the East Indies this bird is often kept as a pet, and becomes so affections ate that it will keep near its master when it is not confined in a cage. It is sometimes kept caged in Europe and in grass for lining it.

In the fast Indies this bird is often the Atlantic coast.

It makes a dome-shaped nest, with a and gravel, in doing which great ents a no less destructive this year. There is no longer any disposition to attribute it to town sewage, as experts agree that the influence of all the refuse that goes into the rivers is inadequate to account for

Captain S. R. Franklin, of the United It is quite a fond husband and father States Navy, defends the late Admiral while the objects of its affection are Wilkes from the imputation of insecuracy in his charts of the South Pacific islands. The charge, to which we referred some time ago, was that he had laid down several positions in the Samoan and Fiji groups erroneously. Captain Franklin, however, shows that obtaining another with quite unseemly Captain Franklin, however, shows that haste, never thinking more than two or the maps of the Wilkes expedition are tered the vacant reading-room of a hotel three days of mourning necessary, and sat down, when suddenly a voice and sat down, when suddenly a voice within a few hours after the death of its mate.

In the trial two or more accurately constructed than those of much more accurately constructed than those of much more recent surveys, that they are almost exclusive mate. "I saw nothing but what seemed to be a black bird in a cage, and could not have believed that the perfectly human voice came from it, had it not once more said, in the politest tone, 'Good morning!"

"I walked to the cage and looked at cities, and paint the same active and paint the same active.

"I walked to the cage and looked at cities, and paint the same active.

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"I walked to the cage and looked at cities and paint the cities a "I walked to the cage and looked at cities, and using the same nest year afofficers.

The ext cur in the tertiary formations of the size may-be, -and sometimes the birds to make its escape, but in the most pro- stems, found have been sufficiently

The suggestion is made by Mr. W. F. Kirby, assistant naturalist in the Dubthe disease known as malignant pustule. Among the Russians, the idea is widely prevalent that the malady is conveyed from person to person by flies. Mr. Kirby says there was quite a panie It was supposed that the flies carried the infection from deer, cattle and other animals afflicted with a peculiar disease of the blood. The bite was followed by fatal inflammation in most cases where it produced any effect at all.

The neen is a recently discovered inect, belonging to the same genus as the cochineal, which occurs abundantly in Yucatan and Central America, and which promises to be of considerable commer-cial value. It yields a fatty oil, which is used in painting and medicinally for external applications. From this oil a wax-like substance, useful as a varnish, can be made, and still further treatment produces a cement resembling a solu-tion of India-rubber, which is described as waterproof. The color of the insect is yellowish brown.

A surgeon on one of the Peninsular it will not do to say so out loud. For and Oriental Company's steamships, often you find these toiling worms hatch running from Europe to Bombay, anbutterflies—and they live about a year. cess in the treatment of sea-sickness by nitrate of amyl. The dose was three drops inhaled from a handkerchief or piece of lint. In every case the relief was decided, and on one day of the voyage mentioned he had occasion to administer it in twelve cases. In no instance were any ill effects observable. We believe that the effect of this medicine, however, has not always been found so satisfactory in sea-sickness.

Mr. Gladstone's color theories do not meet with universal acceptance among specialists. In France, Dr. Henry H. Dor has sent a paper to the Lyons Academy of Sciences, in which he asserts that modern poets evince little if any more than Homer to discriminate shades of color, but dwell rather upon luminous intensity. The nicer distinc-tions are confined chiefly to those who have studied natural philosophy. Only such persons see the six or seven colors

Origin of Two Popular Poems.

As a contribution to the discussion Hood's touching lyric, "The Song of concerning intellect in brutes, Mr. J. J. the Shirt," was the work of an evening.

act is one which indicates an intelligent one morning, opened an envelope ineffort to attain a given end. It would closing a poem which the writer said be interesting to know whether the had been rejected by three London habit of thus thatching their backs is journals. He begged the editor to conpracticed by elephants in the wild state. Sign it to the waste-basket if it was not The writer is inclined to think that the thought suitable for Punch, as the

The Old Oaken Bucket" was writ-

"The fresh spring water we used to Draper, who was wanted for complic

the fields on a sultry day."
"Very true," replied Woodworth,
tear-drops glistening in his eyes.
Returning to his printing-office, he
seated himself at his desk and began to write. In half an hour

red of hair, prominent of spectacles; most insignificantly small—one of his escape conviction. A year ago his life's trials. He had a mass of red hair, body was found beneath the shadow of which he wore brushed high off his forehead, to help his height, I fancy; a where it had been concealed after havin Germany four or five years ago, during the summer, by reason of the numerous deaths caused by the bites of numerous deaths caused by the bites of numerous deaths caused by the bites of and still further hidden by the never have been one of the winesses in this have been one of the winesses in t removed spectacles; prominent nose, trial, red she was deterred from coming but weak lewer features. He had a to Brooklyn from Philadelphia, where downcast look, which never varied, save for a rapid momentary glance at long intervals. Small and thin of person, he was the reverse of attractive at

> STRYCHNINE. - In Ceylon and several then of John Wilbur, and whose true districts of India grows a moderate-name is said to be Gilbert Yost, was sized tree, with thick and shining tried once, but the jury disagreed. In sized tree, with thick and shining tried once, but the jury disagreed. In leaves and a short, crooked stem. In Porter's former trial the jury also disthe fruit season it is readily recognized agreed. - Courier Journal. by its rich, orange-colored berries, about as large as golden pippins—the favorite fruit of many birds—within which are the flat, round seeds, not an inch in diameter, ash-gray in color, and covered with very minute silky hairs. in Europe and in America, is neverthe-less a mistaken one. Slavery not only exists, but its evils are very much ag-The Germans fancy that they can discover a resemblance in them to crow's eyes, but the likeness to them is purely imaginary. The tree is the strychne nux vomica, and the seed is the deadly of the demand. The value of the poison nut. The latter was used as a medicine by the Hindoos, and its naslave has depreciated until the preservation of his life and health has be ture and properties were understood by Oriental doctors long before it was known to foreign nations. Dog killer and fish-scale are two of its Arabic export trade of Africa is the product of slave labor. The slave, not so well fed natives of Hindostan often take it for many months continuously, in much the same way as an opium-eater eats as though he were cultivating sugar on a Cuban plantation. It is safe to say opium. They commence with taking the eighth part of a nut a day, and that money and sympathy expended upon the negro slave has in no wise gradually increase their allowance to an entire nut, which would be about twenty grains. If they eat it directly before or after food, no unpleasant effeets are produced; but if they neglect these precautions, spasms result.

The mind is a liquid ether, filled with ideas of different gravity; cares and troubles, though the heavier, are kept uppermost by the stir and current of waking life; but when all is hushed in

Burglar Porter.

An Eccentric King. Porter is one of four burglars who made up the most dangerous and sucmade up the most dangerous and sucnot a king, would be adjudged a lunaamong fashionable young ladies of concerning intellect in brutes, Mr. J. J.

Furniss has sent Nature some facts in regard to tame elephants, which he condition of thousands of working-learned from the Superintendent of the Central Park menagerie. It seems that the elephants in that collection frequently thatch their backs with hisy or grass, when they are outdoors in the hot sunshine, or even when they are outdoors, in summer; but in winter they never try to protect themselves in this way. The act is one which indicates an intelligent effort to attain a given end. It would closing a poem which the writer said effort to attain a given end. It would closing a poem which the writer said evergreens, and ali the different end of the sundant successful gang of thieves ever known in the sundant successful gang of thieves ever known in the closing and successful gang of thieves ever known in the condition of thousands of working-this country. He is a handsome young ladies of late years. But there is no cooking-the condition of thousands of working-this country. He is a handsome young ladies of late years. But there is no cooking-the condition of thousands of working-this country. He is a handsome young with dark curly hair and monsfelled in appearance and gentlemanly in manners, but his conversation is polite and better they not of the condition of thousands of working-this country. He is a handsome young ladies of late years. But there is no cooking-the control of the condition of thousands of working-this country. He is a handsome young ladies of the sense that the condition of thousands of working-this country. He is a handsome young ladies of the sense the condition of thousands of working-this country. He is a handsome young ladies of the condition of thousands of working-this country. He is a handsome young ladies of the condition of thousands of working-this country. He is a handsome young ladies of the condition of the cessful years and suction. The condition of thousands of working-this country. He is a handsome young ladies and monscally in t He lived in a Gothic mansion at 157
Patchen avenue, and the yard of his dwelling was dotted with shrubery and evergreens, and laid out in flower gardens. There was a croquet lawn, where, in the cool of the summer evenwhere, in the cool of the summer evenwhere, in the cool of the summer evensign it to the waste-basket if it was not
thought suitable for Pusch, as the
author was "sick of the sight of it."
The poem was signed Tom Hood, and
was entitled "The Song of the Shirt."

It was submitted to the weekly meeting of the editors and grincipal contributors, several of whom opposed its
publication as unsuitable to the pages
of a comic journal. Mr. Lemon, however, was so firmly impressed with its
beauty, that he published it on December 16, 1843.

"The Song of the Shirt" trebled the
sale of the cathed the
same and croquet. In the
coronation, is said to be a masterpiece
of decorative painting, of a splendor
the mansion was given as William Park,
and richness which defy description.
But the King allows no spectators,
though hidden in an obscure corner of
allowed to be present. One day, allowed to be present. One day a ings, graceful couples were seen play- Rheims, executed for the scene of the enough, but it is frequently so pourly after the author's death the English people erected a monument over his grave. The rich gave guiseas, the laborers and sewing women gave shillings and pence. Sculptured on it is the inscription devised by himself: "He sang 'The Song of the Shirt."

9:40 P. M. the two men came slowly out wore along, and at 4:45 A. M. four men greatly charm him, he sends costly basement, and after sufficient time for a division of plunder, the front door opened and two of the men passed out.

One was middle-aged and had red hair the sufficient time for a division of plunder, the front door opened and two of the men passed out.

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One was middle-aged and had red hair the sufficient time for a division of plunder, the front door opened and two of the men passed out. One was middle-aged and had red hair them a bracelet, breast-pin, ring or and of the most witty conversation and whiskers. The other was young, cross. The most interesting feature of but of good cooking, never. But ten fifty or more years ago by a printer named Samuel Woodworth. He was in the habit of dropping into a noted drinking saloon kept by one Mallory.

One day, after drinking a glass of brandy and water, he smacked his lips and declared that Mallory's brandy was superior to any drink he had ever tasked.

The other was young, cross. The most interesting feature of it all is that the poor, hard worked, almost brutalized Bavarian peasants have to pay for the indulgence of this crazy nonsense.—Detroit Free Press.

Do the Dying Suffer Pain?

Do the Dying Suffer Pain?

Do the Dying Suffer Pain?

People do not like to think of death. superior to any drink he had ever tasted.
"No," said Mallory, "you are mistaken. There was a drink which in both our estimations far surpassed this."
"What was that?" increduously asked Woodworth.

Tounded the Counic mansion, and in closing upon the house through the grounds an officer stumbled upon a man asiep in a summer-house, and the detective coming up recognized him as the escaped prisoner, who, on arrest, proved to be the notorious "Shang" inal act. Observation teaches us that the proved to be the notorious "Shang" in the country of the country of

People do not like to think of death. there is little pain of either kind in dydrink from the old oaken bucket that ity in the great Northampton Bank ing. Experience will come to us all hung in the well, after returning from robbery. The house was entered, and one of these days, but it will come too the officers found Porter undressing late to benefit those who remain. It and about to retire, and his companion, seems to be a kind provision of nature John Irving, a noted burglar, in the that, as we approach the dread event, same condition. The floor was found our terrors diminish, and the coward littered with the fragments of a cash-drawer from some safe, and with pieces of checks that had been destroyed. Parter and Living made a least of the least of the large distribution of the large dist "The old caken backet, the iron-bound bucket, of checks that had been destroyed. pain, Dr. Edward I.

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The rule is that unconsciousness, will be inconsciousness, will be inconsciousness, and their house was interspersed not pain, Dr. Edward I.

The rule is that unconsciousness, but the shrubbery inconsciousness, and their house was interspersed not pain, Dr. Edward I.

The rule is that unconsciousness, but the shrubbery inconsciousness, and their house was interspersed not pain, Dr. Edward I.

The rule is that unconsciousness, but the shrubbery incomplete in the pain, attends the final act. To the imposite incomplete in the pain in with blue-coats, and they concluded to subject of it death is no more painful

ly exclaimed.

"I'm a mino,' answered the amaz
ing creature it can seize.

"A raven has been known to ally itself to a terrier dog as a friend and comrade.

"It was the exact voice of a boy of twelve."

The starling is also a talking bird. It is very handsome, of purplish green color, with some buff and reddish rooler, with some buff and reddish brown, and its natural song is soft and brown, and its natural song is soft and sweet.

The properties of the prisoners and they concluded to subject of it death is no more painful described by Mr. W. H. Holmes, in the Bulletin of the United States Geological and Survey. In the volcanic deposits of this regions slicitied by Mr. W. H. Holmes, in the Bulletin of the United States Geological and Geographical Survey. In the volcanic deposits of this regions slicitied by Mr. W. H. Holmes, in the Bulletin of the United States Geological and Geographical Survey. In the volcanic deposits of this regions slicitied by Mr. W. H. Holmes, in the Bulletin of the United States Geological and Geographical Survey. In the volcanic deposits of this regions slicitied by Mr. W. H. Holmes, in the Bulletin of the United States Geological and Geographical Survey. In the volcanic deposits of this regions slicitied by Mr. W. H. Holmes, in the Bulletin of the United States Geological and Geographical Survey. In the volcanic deposits of this regions slicitied by Mr. W. H. Holmes, in the Bulletin of the United States Geological and Geographical Survey. In the volcanic deposits of this regions slicitied by Mr. W. H. Holmes, in the Bulletin of the United States Geological and while their pedigree was believe them bened than brite. Painlessly we come:

The two would go out hunting in company, killing rabbits, hares and rest to can celested by Mr. W. H. Holmes, in the Bulletin of the United States Geological and while their pedigree was believe described by Mr. W. H. Holmes, in the Bulletin of the United States Geological and wholes to the subject to the safe in the properties gave fictious names in th as his son's friend, he would treat me in found in the house an expensive com- is steadily less and less oxygenated. At the draymen, to whom the stolen dainty grew. They vary from six to ten feet in the Grandisonian fashion, coming him bination lock, made as a model for the same time, the heart acts with corhad evidently belonged.

"The bird would not trouble itself in height or length. The leaves and to make its escape, but in the most proto make its escape, but diameter, and from thirty to sixty feet self down to the little inn to invite me, study. This was afterward identified responding debility, producing a slow, assemble in thousands—seems to be voking manner hopped along just a yard numerous and well-preserved to permit escape with Patrick Bramwell to the under the command of one bird, and or so before its pursuer, and from all the identification of a number of distrait, large of nose, small of figure, eventful life, always planning the jobs what flows there is loaded more and which other men executed, and it is more with carbonic acid gas, a powershowing great intellectual development, believed that the Patchen avenue gang ful ansesthetic, the same as that de kirby, assistant naturalist in the Dub-lin Museum of Science and Art, that the plague in Russia may be a form of the disease known as malignant pustule. Subject to its in-the disease known as malignant pustule. Bramwell was very much like them, al-the disease known as malignant pustule. Bramwell was very much like them, al-the disease known as malignant pustule. sleep creeps over the system; then comes stupor, and then the end.

A Strange Flea.

Once upon a time a troop of fleas were exhibited at Berlin, before the king and queen. The professor was suddenly seen to exhibit signs of con-

come to a stand-still. 'Sire, I perceive that one of my very many years. The red-whiskered man,

who gave first the name of John Doe,

abolition of the foreign slave-trade, an

best performers, the Great Napoleon,

SLAVERY IN APRICA.-The idea that slavery in Africa disappeared with the "If I may venture, sire, to reply tween. Very nice. idea which seems to be prevalent both frankly," returned the personage, suspect the Great Napoleon to have secreted himself about the person of her serene Highness, the Princess

gravated by the fact that for want of a foreign market the supply is in excess The "Highness" thus named feeling anything but " serene" at the thought of affording quarters to such an intruder, made a hasty retreat to her own come a matter of no consequence to his spartments, whence, after a brief re-tirement, she smilingly returned to owner. The increased and growing the royal presence, bringing some ob-ject held delicately between her thumb and finger, which she cautiously made

over to the professor.
"Alas, sire!" exclaimed the latter, after a moment's glance at what he slowly for an hour thought was his discovered treasure, it with boiler rice. this is a wild flea, and not the Great Napoleon !"

And the exhibition was brought to an ignominious conclusion.

ameliorated his condition. On the contrary, the trade which was made contraband and abolished at sea has added to its cruelties the thousand Ingenious is the American rogue. A poultry speculator in Warren county, Penn., buys chickens in the country times greater evils of transportation Human happiness has no perfect security but freedom; freedom none buf twice; virtue none but knowledge; and neither freedom nor virtue has any vigor or immortal hope except in the principles of the Christian faith, and in the sanctions of the Christian religion.

The point of his pencil invariant in a skimmer and put an egg on each plate of toast. Sprinkle a little salt and pepper over, and garnish with paralley if you please.

Remember that much of the skill of roasting poultry in the basi manner depends upon basting faithfully.

Poultry and game are less nutritions, but more digestible the sent more digestible than the sent more digestible to toast. Sprinkle a little as skimmer and put an egg of each plant of toast. Sprinkle a little as skimmer and put an egg of each plant of toast. Sprinkle a little as skimmer and put an egg of each plant of toast. Sprinkle a little as skimmer and put an egg of each plant of toast. Sprinkle a little as skimmer and put an egg of each plant of toast. Sprinkle a little as skimmer and put an egg of each plant of toast. Sprinkle a little as skimmer and put an egg of each plant of toast. Sprinkle a

A Sermon to Girls-On Cooking.

ter of course, ability to keep house well and to do all that good housekeeping includes .- M. E. Sangster.

It is incomplete digestion of the en-tire quantity of food crammed into the stemach during business hours, and when the mind and vital forces are completely swallowed up in the con-tempiation of money-getting, which forms a favorable soil for the propaga-tion of disease! You "rob Peter to pay Paul."

Not freedom from anxiety only, but absolute rest of both body and mis for half an hour, should precede the

purposes if not stunted by improper

A genial, companionable, and even temper, enriched by good humor, and a lively anticipation of the feast, will be the most provocative of those conditions on which digestion depends.

The most proline source of disea now affecting my countrymen, may be

traced to full mid-day dinners. It is not so much the quality of the food you eat as the quantity which invites diseases. Nine-tenths of my fellow-men engarge themselves with with double the amount of food most favorable to longevity. The hermit miser lives more fully in accord with nature's laws than we .- Pretson Sweet,

CHEAM CAKES. -Two cups sugar, onesternation.

"What is the matter, Herr Professor?" inquired His Majesty, on seeing that the performance had suddenly soda, flour to make as stiff as cup cake -three or three and one-haif cups. This receipt makes two loaves. For the cream, two loaves, one pint milk, has got loose and disappeared."

"Let search at once be made for the Great Napoleon," replied the king, good-humoredly. "Ladies and gentlemen, let the Herr Professor have your best help in recapturing the Great Napoleon. In what direction, Herr Professor day you have the remarks the remarks the case in layers (the recains two oranges, two eggs, three despressions of the superscript of the cream, two reasons, the professor day of the recapture of the cream, two reasons, the cream, two reasons, the recapture of the cream, two reasons, the results of the cream, two reasons, the results of the cream, two reasons, the plants, one cup of sugar, two eggs, three despressions of the recapture of the cream, two reasons, the reasons of the reasons of the recapture of the cream, two reasons, the cream, two reasons, the cream, two reasons, the cream, two reasons, there exists and the plants of the cream, two reasons, there exists and the plants of the cream, two reasons, the cream, two reasons, there exists and professors and the plants of the cream, two reasons, the cream, two reasons, the cream, two reasons, there exists and professors and the plants of the cream, two reasons, there exists and professors and the plants of the cream, two reasons, there exists and the plants of the cream, two reasons, there exists and the plants of the cream, two reasons, there exists and the plants of the cream, two reasons, there exists and the plants of the cream, two reasons, there exists and the plants of the cream, two reasons, there exists and the plants of the cream, two reasons, the cream of the cr one cup of sugar, two eggs, three Professor, do you imagine the runaway bake the cake in layers (the receipt makes six), and spread the cream ROULADES OF VEAL OR BEEF. - Cut

a fillet of veal or rump of beef in slices half an inch fhick and four or five inches round; salt and pepper these well on both sides; cut some bacon in slips, two by three inches; chop some parsiey, salt and pepper; add some iemon peel; roll the bacon in this mixture; put a slice of the becon on a piece of meat, roll it together, and the with a string; flour them, have a sauce pan, with some melted butter and some pacon; when very hot put in the rolled pieces, and brown all over; cover them with bouillon or water; add half a sliced onion and some celery, and cook slowly for an hour and a half. Herve

DROPPED Eggs .- Have a saucepan of boiling water, and drop fresh eggs care-fully into the water. Let them sland where they will be hot, but not boil, until the whites set. Toust some thin slices of bread nicely, lay them in a dish, and pour over a gill of rich, hot cream, salted to taste. Take up the eggs with