APPLE SNOW.—Bake six apples in a slow oven; when done enough take off the skin, beat up the pulp in a basin, add to it the whites of four eggs. Beat them together until the mixture becomes smooth and white, and throw in gradually a little powdered sugar which has been sifted. It must be served im-mediately and beaten to the last mo-ment. Put a little cream beneath it on

Meringues.—Whip the whites of six eggs to a stiff froth, add three drops vanilla, mix in nine ounces pulverized sugar. Lay sheets of paper on a flat board, and on them place tablespoons of the mixture, at convenient distances apart. Bake in a moderate oven, with apart. Base in a moderate over, with the door open, for thirty-five minutes, then shut the door and let them brown slightly. While hot scop out the soft contents and fill with whipped cream (one-half pint cream whipped with three ounces of sugar) and press together, making a ball.

STRING BEANS.—This delicious vegetable is rarely properly cooked. When well prepared it is quite as healthful as well prepared it is quite as healthful as peas. Take the pods as fresh and young as possible, and shred them as finely as a small knife will go through them, cutting them lengthwise, and, as it were, shaving them very thin. Put into salted boiling water and boil two hours. Then drain in a colander, and serve with plenty of sweet butter, and they will be as delicate as peas. If one likes vinegar, a little of it will improve the dish.

Tomato Salad.—Wipe and slice about half a dozen tomatoes, lay them in a salad bowl on a bed of green salad; pour over them the following salad dressing; put in the bottom of a pint bowl the yolk of a raw egg and quarter of a salt-spoonful of salt; stir in, drop for drop, three tablespoonfuls of vinegar or lemon juice, and half a salt-spoonful of dry mustard, stirring until smooth. The appearance of this dish may be varied by serving the tomatoes whole, each one surrounded by two or three small, tender lettuce leaves. The tomatoes should be scalded for a minute by pouring boiling water over them, so that their skins can be easily removed. TOMATO SALAD. - Wipe and slice about

Promoting Milk.

The following from the London Live Stock Jeurnal is a good statement of some practical points suggesting the extent to which milking qualities are dependent on treatment and training:

"A copious flow of milk, sustained through many months, is a quality which has been produced by art in domestication. Wild cattle rarely provide more than enough milk to rear their own offspring, and the flow of it is of comparatively short duration. Small in volume, the milk is rich in quality, but the lacteal organs soon dry off again. This, of course, is in harmony with the requirements of the young animals in a wild state, and is a correlation of the roving life and the haphazard feeding of the dams. More milk than the calf requires under such conditions would be a water of restrictle manner. be a waste of material energy which nature does not encourage. It would, moreover, be an encumbrance to the mother. Wild cattle are neither good milkers nor good fatteners, and in parts of England where calves are allowed to or England where calves are allewed to run with their domesticated dams gen-eration after generation, the breed of such animals is not famous for milk-giving. Like that of the mare and ewe, the milk is smaller in quantity, rich in quality and of short duration. The de-sultory and irregular sucking of a calf or feal or lamb is not conducive to the development, of a large flow of milk development of a large flow of milk, and it distinctly tends to shorten the flow. Hand-milking of a similar char-acter has the same effect. Young people are allowed to learn how to milk on cows who are going dry for calving, not on those who are still in full flow.

not on those who are still in full flow.

New beginners soon dry up a cow's
milk, and bad milkers do the same.

"Heavy milking properties, then, are
attificial, in the sense that they have
been developed under domestication,
and by careful breeding, for a given end;
yet, like many other qualities, which
are little more than mere germs in
acture, they become hereditary by long are little more than mere germs in nature, they become hereditary by long usage. Few sorts of animals, if any, which may go on for sometime, unobserved, until some aggravating circumsorded into what we want; no physical quality is so easily trained and developed as that of giving milk. It is a function which, constantly varying of tiself, can be dwarfed or extended at will. By n.eans of careful training, kind treatment, and intelligent breeding; it can be developed and male heredi, tary; an opposite system keeps it in a ling who occasionally gives way to drink. kind treatment, and intelligent breeding; it can be developed and male heredi, tary; an opposite system keeps it in a state of nature. The habits of a cow, and the food she receives, have a great deal to do with her milking powers; quick and silent hand-milking does the rest. The practice of hand-milking cows has all along tended greatly to the development of the lacteal glands-and this development has become hereditary in our best milking breeds. The ewes of the Larzac breed of sheep, from whose milk the famous Roquefort cheese is made in France, have been hand-milked for generations, so that their milking properties are now considerable and inherited. By repeatedly exciting the teats it is even possible to cause an animal that has neverborne offspring to yield a small quantity of milk, and a cow sometimes remains barren several years after having had a calf, giving a profitable quantity of milk all the while."

"One word more," said the speaker, "and I am done." And the reporter found, when the word was written down, that it contained fifteen hundred sylla-

FOR THE FAIR SEX.

White blouse waists are worn under long, loose jackets for seaside and mountain fatigue costumes.

Bows of mixed ribbons may be styl-ishly secured by a plain or artistic metal

Very pretty stockings are of pale blue spun silk, embroidered with ruby in Arabesque designs.

Ribbon sashes are arranged to com-mence from the side piece of the bodice and are tied in front.

Young girls wear bouquets of flowers on one side of the waist, or light wreathsmingling with the lace round the neck.

A satine dress, with pale buff ground, has Parmese violets scattered over the surface, and is trimmed with buff lace.

Some black dresses are trimmed with black lace bespangled with jet, or bands of black tulle, embroidered in satin stitch.

A new sunshade is of mauve satin, lined with white and trimmed with three rows of deep ecru lace; bouquets of Parmese violets and bows of ribbon are placed over the lace and near the

The first cheviots for fall wear are of light texture in shepherd's checks of heather mixtures, to be combined with cheviots that come with them in inch square plaids in the same colors and mixtures.

Adjustable trains have been found entirely too convenient for the existence of any probability of their going out of fashion, as they are equally suitable to all seasons. The vogue of scarfs, tabliers, and plastrons detachable from the skirt and fastened to it when desired by means of patent hooks or invisible buttons, is nearly as great, as by this means the toilet may be varied almost indefinitely. indefinitely.

Boating for Girls. A writer in Harper's Bazar recommends boating for girls, Indeed, he grows enthusiastic as he recalls the charming grace of a bevy of boating girls of his acquaintance. Hear Lim: On a certain inlaud lake one such crew has been in training for a very and the on a certain mand has one such frew has been in training for a year, and the results are admirable. They have had a "shell" built by one of the best build-ers; they have oars which are a trifle lighter than those of their masculine lighter than those of their masculine competitors; they have secured the services of a professional trainer, and so far no illness or weakness, or neglect of duty, has been reported. They have all grown better looking, finer in figure, more robust in health. The brown of the complexion has been a little trying to one young lady, but her friends do not find it unbecoming. It is like a strain of music to see this fair crew as they move off with the neatest precision. strain of music to see this fair crew as they move off with the neatest precision. Their little cockswain, a fairy-like girl, with the voice of a cornet-a-piston, rules them with a rod of iron, and they obey her with soldier-like promptness, as they do the noble captain. Their dress is neatness itself—a flannel blouse of navy blue belted in loosely, a pair of woolen pantaloons or drawers, with a foot to them (like the tights worn on the stage), India-rubber-soled lawn tennis shoes, and a sailor hat fastened on with an India-rubber strap, dog-skin gloves of a bright yellow, reaching to the elbow—such is the lady crew of this inland lake. inland lake.

Moral Pyæmia.

Moral Pyæmia.

Pyæmia, in medical parlance, signifies blood-poisoning, and is usually occasioned by sloughings consequent upon a wound of some kind. The blood becomes impure, loaded with effete material retained in the system. It is not the extent or size of the wound that determines the dangerous result. The mere fact of a breach of surface, no matter how trivial, may be sufficient to excite the morbid process, the materials for which may have been previously stored up in the system. Three fourths of all the deaths that follow amputations are in consequence of pyæmia.

of all the deaths that follow amputations are in consequence of pysemia.

This suggests the fact of a moral pysemia, or blood-poisoning, which has features so strikingly resembling this disease that they cannot be mistaken. There is a process of moral degeneracy, which may go on for sometime, unobserved, until some aggravating circumstance occurs to develop it. The degeneracy may be rapid, more so than many moralists are willing to admit. When the result. There is not that man hying who occasionally gives way to drink,
but has in him the elements of moral
pyæmia, which, on slight occasion, may
be set racing through the nature of his
overthrow. So of any moral lesion.

Japanese English.

Japanese English.

For the benefit of English visitors to the Grand Exhibition at Osaka, Japan, the authorities are stated to have affixed the following notices in various parts of the building: "Visitors not allowed to touch the articles without permission of watchmen;" "Visitors must recomplace the articles if they have done any damage;" "First entrance for visitors to visit all arranging of articles." The crowning effort seems to have been the following mysterious inscription upon a curious antique canoe: "This boat was diggen on from the ground which it I elongs to S. Sakura's own property when was digging up the river called Itachi-kawa at Numba-mura, 1878. Therefore this is an ancient boat, which had been used before or after thousand years, and perhaps this is ancient Utsubo-Fnne."

Writing With Lemon Juice.

Father John Gerard, of the Socie Father John Gerard, of the Society of Jesus, who was confined and cruelly tortured in the Tower of Loudon at the end of Queen Elizabeth's reign, was in the habit of writing letters in orange or lemon joice to his friends. The manner in which he thus battled the vigilance of his jailors is thus described in detail in his highly-interesting biography, published a few years ago by the Rev. John Morris. Father Gerard says:

says:
"Now, lemon juice has this properthat what is written in it can be re that what is written in it can be read in water quite as well as by fire, and when the paper is diied the writing disappears again till it is steeped afresh, or again held to the fire. But anything written with orange juice is at once washed out by water, and cannot be read at all that way; and if held to the fire, though the characters are thus made to appear, they will not disappear, so that a letter of this sort, once read, can never be delivered to any one as if it had not been read. The party will at once see that it has been read, and will certainly refuse and disown it if it should contain anything dangerous."

One result of Father Gerard's orange-juice correspondence was that, with the aid of zealous friends outside, he effect ed his escape from the Tower in 1597-Norwegian Henesty.

Norwegian Henesty.

Soon after starting we passed the saeter where Jens lives when he is not hunting in the mountains, and, Esau wishing to see what kind of snow shoes they use in this part of the country, Jens ran up to the house and fetched his "skier." To give an idea of the absurd idea of honesty which prevails here we noticed that though Jens had been absent from home for the last two months, and the windows were shut up, yet the door was only latched, and after an inspection of the snow shoes, Jens would not trouble to take them back, but simply left them by the side of the road to wait his return three or four days hence. Another instance illustratdays hence. Another instance illustrat-ing the same simplicity occurred to us ing the same simplicity occurred to us once when traveling in quite a different part of Norway. When changing carioles at a station our baggage was all heaped together on the roadside, and as we wanted to stay there an hour or so for dinner, and this was a main road with a fair amount of traffic, we suggested to the landlord that cur goods had better be brought inside the station. He merely looked up to the sky with a weatherwise eye and replied: "Oh, no; I'm sure it won't rain."—From 'Three in Norway."

Three in Norway."

The Influence of Climate.

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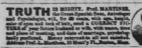
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