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THE BRIDGE.

I stood on the bridge at midnight,
As the clocks were striking the hour;
And the moon rose o'er the city,
Behind the dark church-tower.
And, like the waters rushing
Among the wooden piers,
A flood of thoughts came over me,
That filled my eyes with tears—
How often, oh! how often,
In the days that had gone by,
I had stood on that bridge at midnight,
And gazed on that wave and sky!
How often, oh! how often,
I had wished that the ebbing tide
Would bear me away on its bosom,
O'er the ocean wild and wide!

For my heart was hot and restless,
And my life was full of care;
And the burden laid upon me
Seemed greater than I could bear;
But now it has fallen from me
It is buried in the sea,
And only the story of others
Throws its shadows over me;
Yet, whenever I cross the river,
On its bridge with wooden piers,
Like the odor of heme from the ocean
Come the thoughts of other years;
And for ever and forever,
As long as the river flows,
As long as the heart has passions,
As long as life has woes,
The moon and its broken reflection,
And its shadows shall appear
As the symbol of love in heaven
And its wavering image here.

—Tennyson.

Breaking the Ice.

We had some offish neighbors once that moved in down the road.
We reckoned they was 'bout the proudest folks we'd ever knowed.
An' when we passed 'em now an' then we held our heads up high,
To make doul sure they couldn't snub us if they was to try.

It really made us nervous, so I jes' reckon up one day,
An' thought I'd go ahead an' throw my manners, anyway.
On Sunday, mid o' turnin' round an' gazin' at the view,
I looked at them an' says, "Howdy?" An' they says, "Howdy do!"

It wasn't the cold an' formal greetin' that you've sometimes heard;
They smiled an' said it hearty, like they meant it, every word.
It's solemn to reflect on what we miss along life's way
By not jes' bein' natural an' good humored day by day.

There's lots o' folks who fling the simple joys of life aside,
Because they dread the shadow of their own unconscious pride.
An' time time out o' ten you'll find the rule works right an' true—
Jes' hill the ennld, "Hello!" an' it'll answer "Howdy do!"

—Farm Life.

The Parting.

Be no word spoken
From heart to heart;
Love's link is broken,
So let us part.

What though our fingers
Yet hardly know,
And your hand lingers
As loath to go,

'Tis no complaining
Our hearts to rend
But silence reigning
Where love hath been.

—THOMAS WALSH in the December Woman's Home Companion.

Bishop Smith to the Young Preachers.

At the W. N. C. Conference at High Point last week Bishop A. Coke Smith spoke thus to preachers who were received into full connection.

In substance Bishp Smith addressed the young men as follows: "I want you to answer the questions I am about to propound to you, if you can do so from your hearts. As I said on yesterday, now is the best time to turn back if you are not satisfied and cannot take these vows from your hearts.

"There is no more important calling than this. Take heed to yourselves. Read the epistle of Paul to Timothy and Titus and see how much he urges these young men take heed to themselves. All of us should read these epistles at least twice a year. Take heed to yourselves. Remember that the man counts much in the preacher. Set forth the truth and emphasize it by the life you live. Never preach a higner standard to your people than you are willing to live yourself.

"It is not necessary for me to emphasise the fact of your being gentlemen. Being ministers gives you the entry to any home. Always be gentlemanly. Remember that you enter these homes not as private citizens, but as representatives of Methodism. Always be neat in your appearance; never be slovenly.

"Think high thoughts for you will live as you think on a high plane you will live on a high plane and if you think on a low plane you will live on a low plane.

"Religion makes you gentlemen. Avoid debt. 'Pay as you go' is a good motto for you to have. Don't pay for discounts in stores because you are ministers and don't hint for people to give you things. You are not beggars, but gentlemen, and don't beg until the necessity is thrust upon you.

"Avoid polite lying. Don't be loose in your language. Don't use the strongest truths on ordinary occasions, because extraordinary occasions will come.

"Don't do pions cursing in the pulpit. Don't use the name of our God flippantly.

Don't be two-sided. If it is necessary for you to take a side on any question take it, and stand there, but if it is not necessary nave nothing to do with it.

"Don't be ambitious for place. Make much of yourself and place will seek you.

"There is no higher and holier calling than you have entered. They say there are rings in the church; but you let rings and combinations alone. Make men of yourselves, and get in league with Jesus Christ, and you will succeed.

"Be much in prayer. Study much. In order to preach you must study, and you can not substitute prayer for study.

"Be rigid in self-examination. Live the example you preach. Don't abuse the church and eat her bread. You know few people are perfect in love, but many are perfect in faultfinding. When you get dissatisfied with the church get out, for this is much better than to abuse her, and at the same time eat her bread."

Court-martial in the navy have grown at an alarming pace. Judge Advocate Lamly's report shows that there were 4,565 summary courts-martial for the year ending June 30, as against 2,582 cases the previous year.

For Betterment of Public School Houses.

Mrs. P. E. Moffit in The Morning Post.

Allow me to present the following paper from the Wake county association for the betterment of public school houses: The association was organized in Raleigh during the session of the teachers' institute held in August, 1902—as a branch of the Central State Association, which was organized at the State Normal and Industrial College on March 20th, 1902.

This great idea was evolved in the mind of Dr. Charles McIver and his pupils, many of whom know from actual experience the needs of our public schools generally.

Quoting from the opening address on the occasion is the following:

"Realizing that under the present conditions and with the present surroundings of the average school house, it is impossible to train the youth of the state properly, and realizing further that unless the women of the state take hold of this very important matter, it will remain neglected, the students of the college have organized themselves and call upon other women of the state to join them in making inhabitable and attractive the houses in which our children spend five days of each school week".

The Central Association at Greensboro held its first public meeting on the evening of April 3, 1902. Governor Aycock, State Superintendent Joyner, Superintendent C. L. Coon of Salisbury, Prof J. M. Smith of Elon College, also Dr. W. S. Long of same college, and others, were present and gave their hearty endorsement, pledging their support to the work. Governor Aycock asked the privilege of becoming the first associate member, followed by others.

Wake county, anxious to join in this movement, organized, as before mentioned, a branch in August, 1902.

The president, Miss Edith Royster, one of the most capable teachers of the county, was elected president. Letters were sent out the following month to every school district in the county explaining the object and requesting that district associations be formed for improving in whatever way seemed most needed their own school house and surroundings, and making the school the social center of the district.

These letters especially called their attention to the fact that in no way could it be better accomplished than by the co-operation of a woman's association with the school committee. Thirteen persons were secured, but of the 88 that were sent out, and out of the thirteen 6 district associations were formed, and at five of these good and encouraging work is being done. The Wake county association has been able to prosecute their work through the contributions from associate members who pay one dollar per year. This enables us to pay postage and hold a reserve fund for a scholarship as follows:

Woman's Association for the Betterment of Public Schools — Wake County Branch.

A Summer School scholarship, valued at about $20, which would include board, tuition, and railway fare, will be awarded to the teacher in Wake County Public Schools who makes the greatest improvement in school house and grounds during the present scholastic year.

Conditions governing the contest:

I. A report of the present condition of the school house, both exterior and interior, and of the grounds, shall be sent by December 31st to the chairman of the committee, whose name appears below.

II. Improvements should be both exterior and interior, useful and ornamental.

III. Any or all of the following improvements will be considered: desks, blackboards, painting within and without, window blinds, maps, globes, etc., pictures, trees, shrubs and flowers, sanitary arrangements, establishment or increase of library.

IV. Any other improvements that the teacher may make will be gladly considered.

V. The report of improvements made during the year must be sent to the chairman of the committee not later than April 25th. The report must be signed by the teacher and approved by the school committee who shall certify that they have examined the report and find it correct.

ADA V. WOMBLE, Chairman,
MARY BAYES SHERWOOD,
W. J. PEELE,
Scholarship Committee.

Raleigh, N. C., Nov. 3, 1903.

The Wake County Association numbers among its members 25 associate members, who have contributed one dollar each; there is no fee for active membership. We want the interest and service of these women outside the pale of a teacher's domain, who have children or sisters or brothers who attend the public school. By united effort much can be done to beautify the surroundings of our Raleigh public schools.

At a meeting of teachers and citizens on November 4th a resolution was passed to divide the city into three divisions, the Centennial to comprise that part of the city south of Hargett and Davie to city limits; Murphy division north of Hargett and east of Halifax and Fayetteville streets; the Wiley division north of Davie and west of Halifax and Fayetteville streets to city limits. The Centennial division includes the Caraleigh School. The Murphy division includes the Pilot Mill school.

Committees were appointed to solicit the interest of the ladies of their respective divisions in forming division clubs for each public school. All those who feel an interest in assisting to embellish the school or grounds to meet and organize and work to a given end.

The Centennial division committee will call a public meeting as soon as they have given sufficient notice to the resident of the south division to warrant it. The matter of planting rows of shade trees on the north east and south of the play ground will be considered, also the erection of a fish pond and fountain in front, facing the capitol. The inside decoration, such as pictures, maps, globes and statuary will be considered. We have excellent school buildings and good equipments but we need other things for our young people. We need beautiful surroundings such as are seen in progressive cities. The eye accustomed to seeing beauty and neatness becomes educated to it. Raleigh on her march of progress must keep in mind the young eye and mind of our prospective citizen.

This action of the Junior Order of American Mechanics is highly commendable and the presentation of a Bible, the most fitting first gift, to the institution, for on this foundation, a great republic and its great institutions must rest to be secure.

As it is their object to instill into the minds of the boys and girls of the land, love for American ideas, shall it not be the endeavors of the woman's association for the betterment of public schools to instill into the minds of mothers and sisters and daughters love for the beautiful and useful? The school comes next to the home in the foundation stones of a great nation. Its management of course should be left with competent teachers, but they should be aided and encouraged in all things pertaining to their office and helped in their efforts to improve in any way their surroundings. Presuming that the school committee of men (for no woman has a voice in these meetings) do their full duty, there is much outside of their prerogative that a woman's club may do, that will not be detrimental to the school or any encroachment on the rights of the school committee.

As the objects of our association are similar to those of the United American Order of Mechanics, it will be a privilege to co-operate with them in their undertaking for the advancement of our youth in education and patriotism and to uphold the public school system.

The co-operation of the ladies of Raleigh is earnestly solicited—to attend a mee ing at this school at a date which will be announced later.

Let us do something to help the teacher, the pupils and the city.

We never more shall pass this way,
So let us sow the way with deeds,
Whose seed shall bloom with May-time meads
And flood our onward path with words
That thrill the day like singing birds.

December on the Farm.

December is the month when nearly all the operations of the farm are arrested. A balance sheet should be made to see whether the work for the year has been profitable or not. Very few farmers keep an account of their receipts and expenditures. This should be done in a systematic manner, and whatever crop shows a loss should either be abandoned the following year or the methods of cultivating the same should be improved. In all such accounts some estimate ought to be taken of the deterioration in soil fertility. The subject of fertilization requires more attention than it has heretofore received from Southern farmers. Many use fertilizing material for the crop to be immediately grown. This is bad policy in the long run, for by this practice the humus in the soil is often reduced to such a point that the ground becomes hard and is incapable of resisting the disastrous droughts that so often prevail in the latter part of the summer. Some green crop, such as clover, cowpeas, vetch or other leguminous plants, should be regularly sown so as to replace the humus that becomes exhausted by cultivation. The saving of stable manure during the month of December is a very important work. This may be hauled out and scattered broadcast over the wheat fields or put up in pens until the advent of spring, when it may be applied to the land intended for corn, cotton or tobacco.—Col. J. B. Killebrew in Southern Farm of Baltimore for December.

Child Accidently Kills Another Child.

Ransom Little, aged 15 years, was killed near Taylorsville about sundown Tuesday of last week by the accidental discharge of a shot gun in the hands of Robert Anderson, about the same age. The load struck young Little in the left eye and tore the entire top of his head off.

How to Cure Colds.

Here are five cures for a cold, says Household; First, bathe the feet in hot water and drink a pint of hot lemonade; then sponge with salt water and remain in a warm room. Second, bathe the face in very hot water every five minutes for an hour. Third, snuff up the nostrils hot salt water every three hours. Fourth, inhale ammonia or menthol. Fifth, take four hours' exercise in the open air. A ten grain dose of quinine will usually break up a cold in the beginning. Anything that will set the blood actively in circulation will do it; but, better than all, if your cold is inveterate or serious consult your family doctor, and at once.

Push.

"Whatsoever thy hand findeth to do, do it with thy might."—Eccl. 9:10.
"Whatsoever ye do, do it heartily."—Col. 3:23.
"Run, that ye may obtain."—1 Col. 9:24.

Push is energy, effort, attempt, earnestness, pressing forward.

Little Abel Barker went for the first time to Sunday school. He wanted to be a good boy but he was slow, lazy, and inclined to shirk; there did not seem to be a bit of push in him. That first Sunday the Superintendent talked about one's best and being one's best, and taught the school our morning glory text, "Whatsoever thy hand findeth to do, do it with thy might."

The little fellow kept saying it over to himself as he went home, thinking that it took in play, and lessons and work. "It is pretty hard," he said, "but I'll do it." And he did. He went to work with a will and did everything with his might. When he left school he went to learn the trade of the blacksmith. He remembered his lesson. He was active and energetic. He gave himself to the Lord Jesus and was as earnest in his religion as in his business.

He was known as the best blacksmith in that part of England.

The London Missionary Society started to build a Missionary ship. One of the Missionaries, who was going out in her, had been Abel's S. S. teacher, and he got them to engage him to make an anchor and chain.

The ship is finished and on her way. A dradful storm comes up. Unless she can be kept from drifting she will be dashed to pieces on a rocky island in the Pacific. An anchor is put out but the chain snaps and again they drift towards the rocks.

"Let go another," says the Captain. It goes and fails like the first.

A third is tried but that breaks. They have but one more, so small it seems useless to try it, when the heavier chain have snapped like a thread. But a Missionary says, "My old scholar, Abel Baker, made it; and I know it is made in the best way that a chain can be made." Away goes Abel Baker's anchor. It is their last hope. If it fails they must perish. Anxiously they watch. It reaches the bottom. It holds. The ship stops drifting. Will it continue to bear the strain? The ship rises and falls. The chain swings backwards and forwards. The anchor holds. The vessel is held till the storm is over. They are saved. The anchor that Abel Baker made "with his might" saved the ship.

Caleb's posh led him to say, "Let us go up at once" and possess the land. Nu. 13:30-33.

Nehemiah, the wall-builder, was a man of puss. Neh. 2:9-20; 4:1-23.

David declared, "I have prepared with all my might for the house of my God." 1 Ch. Ch. 29:2.

The secret of Mr. Moody's success has been summed up in five words,

"He is terribly in earnest."

It is written of Hezekiah, "Every work that he began—he did it with all his heart, and prospered." 1 Ch. 31:21.

A drummer went into an office in Newburg. The burly proprietor said to him, "We don't want any; never buy anything of peddlers," and left the room. A few week later the drummer called again and was met with the words, "I thought I told you I don't buy of peddlers. Now go."

On his next visit to the town the drummer tried again Mr. W—— sat reading his paper with his back to the door. He walked in, laid his box on the table, and said cheerfully "Good morning, Mr. W——." The old man looked up, saw who it was and exclaimed. "Young man, how many times have I got to tell you that we don't buy anything of peddlers?" "Mr. W——, I am not a peddler. I shall call on you every time I come to Newburg until you will hear what I have to say. After that I will never darken your doors."

"Well, that's cool; what have you got?" The model was shown. "Just what I want," said Mr. W——, "I have been looking for that machine for a year." In five minutes he had given his order for three machines amounting to several hundred dollars. Push pays.

Jim Nelson Lynched.

Jim Nelson who was lynched at Jefferson, S. C., on Nov. 21st for attempting to make a criminal assault upon a little daughter of Mr M W Porter of Chesterfield county, S. C. The negro formerly lived in Anson county, N. C. He ran away from there for shooting a negro woman with a gun.

Cheer Up; Look Pleasant.

Did you ever notice how many people you meet on the streets have unattractive faces? Yet sorry, ill health or depression will put only lines around the mouth and between the eyes in no time; so cheer up, look pleasant and train the corners of your mouth to turn upward. Laughing may wrinkle the face, but it will be in a different way, and you know the jingle:

"Laugh and the world laughs with you,
Weep and you weep alone;
For this sad old earth has need of our mirth,
It has sorrow enough of its own."

After the next inauguration, Col. Roosevelt might go to France and lecture on race suicide. The death rate exceeds the brith rate in France and suggestions on the subject would be pertinent.

Education.

There is no better evidence of a growing tendency toward education than to observe so many young men and women from the farm entering secondary schools and universities for the training for some special department on the farm, or to prepare for some of the higher walks of life. Statistics show, too, that a very large per cent. of successful business and professional men and women come from the farm. The United States takes a pride in her country boys and girls, because many of her brilliant statesmen and several of her president share emanated from the farm. It is up to the boys and girls of the farm, then, to get an education; it, alone, can stimulate thrift and mould a higher plane of right living. In speaking of the possibilities for young people Gen. William T. Sherman once said: "I envy the young; I envy them their hopes, their dreams, and their highest aspirations: I envy the beggar in the street, if he be young, for who knows what lies before him?"

The key-note of education to the country young man and young woman not only means a better equipment for successful departments of farm life—it means leadership.

Every boy and girl on the farm should have an academic training which gives to them higher and better ideals in life. Every boy and girl on the farm should be the possessor of a thorough business training. The object of a business training should not materially mean the acquirement of business positions in the cities, but it should be of a twofold feature directly applicable to the interests of the farm—farm, to improve and brighten the home; second, to thoroughly organize and devise a system of accounting and finance for every department of the farm.

To make the home better, more attractive, and nearer to the ideal which is the pride and glory of all Americans, should be the highest aim and ambition of womankind. To heighten the enjoyment of the home life; to preserve it and treasure it as the nearest and dearest place, the most hallowed spot on earth, should be the delight of every country boy and girl. The farmer girl should be the equal or the peer of her brother, the farmer boy, in business knowledge. Education is the mother of progress. Woman, from her exalted sphere, occupies a field peculiarly her own. In her quiet and unostentatious way, she directs and leads the world in its cycles of reform. The education of woman not only prepares her for a broader sphere of usefulness in the world politically and socially, but the domestic circle, in the ideal and the real, has been strengthened.

Few young people realize, until too late, the imperative need of an education. We have not served our purpose in life, we have not served our country with the strongest bond of fidelity, until we have gleaned an intellectual equipment which insures and gives to the possessor a better home, and qualifies him for a more useful service to his fellowman. Education trains for citizenship; it raises the standard of the community morally and intellectually; it stimulates thrift and creates new avenues to wealth; it deepens the American spirit of supremacy in business, social and political life.—Farm Life.

Preferred Death to Arrest.

Mr. Borden Trexler, a white farmer of Franklin township, killed himself yesterday afternoon in the presence of Deputy Sheriff Pat Sloop.

Mr Trexler has for many years been a hard drinker and yesterday morning while in a violent mood threatened to kill his wife. She swore out a warrant against him and Deputy Sloop was sent to arrest him. Mr Sloop found Trexler in a very ugly mood, and followed him into the house, where he showed a determination to evade the clutches of the law. When they reached Trexler's room he drew his gun on the deputy but the latter immediately covered him and commanded him to throw up his hands. Instead of surrendering Trexler placed his pistol barrel to his temple and fired. The bullet entered the brain and Trexler fell, dying instantly.

Mr. Sloop immediately came to Salisbury and notified the coroner of the suicide. No inquest was deemed necessary as Trexler's act was regarded as the insane impulse of a dissipated man.

The deceased was a familiar figure in Salisbury, where he spent much of his time in idleness and debauchery. He married a daughter of the late Tobias Kesler, who at the time of his death was one the wealthiest men in the county, and with his son, Will Trexler, served a term in the penitentiary for the larceny of two barrels of brandy from Mr. Kesler.

Mrs. Trexler expressed no regret to neighbors who called yesterday afternoon to render assistance, over her husband's tragic death.—Salisbury Sun.

Flowers Not to Hang.

John Flowers, the white man of Wilson county convicted and sentenced to death for outraging his own daughter will not be hanged. The Governor has commuted the death penalty to life imprisonment. Many prominent citizens urged it owing to the low mental order of Flowers. Dr Fuller of Goldsboro says he is only slightly removed in mentality from idiocy.

MONTGOMERY NEWS.

From the Examiner.

Messrs Bob Howell and Vick Hurley, who have been at Spencer, N. C., for several months, returned home yesterday.

Mr Frank Hurley who has been in school at Oak Ridge for more than a year has returned to his home near Star. He spent a few hours in town Sunday the guest of

We have been informed that the statement made in last week's Examiner as to the cause of Mr Geo Meanlay's death at Mt Gilead was untrue. He did not commit suicide by taking carbolic acid but died a natural death. We were wrongly informed and gladly make the correction.

Mr R T Hearne who has been managing the mercantile business here for W W Mills for several years, left last Monday for Greensboro, where he accepts a position with Chas H Dorsett's dry goods establishment. Mr Hearne is a nice young man and we all regret very much to have him leave us.

Mr Frank Boggs, who has made his home in Troy for the last several months, left Monday for his old home in Catawba county. He will accompany his brother J S Boggs to Ga. in a few days, where they will operate a cross-arm factory.

So far as we know Mr Martin McAulay of Ouvil has led with large hogs this year. He killed one last Friday which weighed 543 pounds.

Mr Daniel McLeod, a respectable old gentleman living near Biscoe, died last week, and was buried at the family grave yard near the home of Mr Johnson McLeod.

Mr Sam Frazier received a message yesterday informing him that a nephew of his, near Mt Gilead, was very ill of lock-jaw.

Mr D S Pool, former editor of the Examiner and recently editor of Facts and Figures, has taken charge of the Rockingham Anglo-Saxon, and will move his family to that place in a few weeks. Mr Pool is an original thinker who has many admirers in this county, and he will no doubt make a success in his new position. We hope that he will receive the support that he so justly merits.

Then and Now—Democratic and Republican Government.

In a recent letter from Hon. John H. Reagan of Texas to a friend in Georgia and published in the Augusta Chronicle, that distinguished statesman calls attention to Democratic extravagances in such a manner as to merit the thoughtful attention of the people. Judge Reagan not only emphasizes this difference, but its tendencies and these are what should command the attention of every patriotic citizen. Judge Reagan writes:

"I was a member of congress for four years preceding the war between the states, and had some acquaintance then with a Democratic administration of the government. During that time its expenditures amounted to between seventy and eighty millions of dollars a year. Then I was in one of the other branches of congress for sixteen years after the war and was somewhat observant of its policies and expenditures. The cost of its administration is more than a billion dollars a year; more than twelve and one-half times as much as it was then.

"Some increase of the public expenditures would necessarily grow out of the increased territory and business of the country. But there can be no just reason for this extraordinary increase.

"Congress then consulted the constitution for authority to make expenditures; now it consults the policy of the Republican party to determine how much it will appropriate. Then it represented the people; now it represents the Republican party and the monopolies and trusts. Then the people ruled the government; now money, trusts and corporations rule it. Then the jurisdiction of congress was controlled and limited by the constitution; now it is so enlarged and broadened as, in practice, to permit congress to do whatever it pleases.

"No one can any longer pretend that congress respects the limitations prescribed by the constitution. We certainly have not now the government our forefathers made for us. We are constantly by legislation and judicial decisions enlarging the powers of the general government, and abridging the powers of the State governments."

From $80,000,000 of expenditures a year to over one billion for the same length of time is a jump well calculated to stagger any people.

Millions of this latter sum represent fraud, pure and unadulterated.

Is it not time for the people to think of these things and demand a return to the good old Democratic ways of honesty and economy?—Morning Post.

The public roads which Napoleon built for France are among the few evidences which continually remind the people of that country of the greatness and glory of the uncrowned king. We do not think history would adjudge Napoleon althgether selfish in this enterprise. It is true, he wanted good roads over which to transport his armies, and yet we think he was wise enough, and loved his country to the extent that he could see the value of these highways, after the battles should have been fought.—Ex.

DOMESTIC RECEIPTS.

A good Pie—To enough stewed pie-plant for one pie, add the yolks of 2 eggs and 1 cup sugar. Bake with one crust, and beat the whites, add 1 tablespoon sugar, spread over the top and brown the same as for lemon pie.

Abbie's Molasses Cookies—Take 2 cups dark molasses, 1 cup dark sugar, 1 cup shortening, 2 teaspoons saleratus, ½ cup sour milk or water, 1 teaspoon ginger, flour enough to make a stiff dough. Roll ¼ inch thick and bake in quick oven. The ginger may be omitted if not liked.

Sugared Beets—Cut boiled beets in thin slices, season with butter, pepper, salt and sugar, put into a baking dish and set in a very hot oven for a few minutes. To make delicious pickled beets, slice hot beets and pack in a dish with sugar plentifully sprinkled between the layers. When thoroughly cold, pour on a little vinegar.

Creamed Beans—Soak a cup of dried lima beans over night, drain and cook in boiling salted water until soft, but still whole. Drain; add three-fourths of a cup of cream, season with butter, salt and pepper, reheat, and serve.

Beef Loaf—Take one and a half pounds of round steak, two slices of salt pork, one small onion, one egg, half a cup of milk or stock, and three-fourths of a cup of bread crumbs. Run the steak through the meat chopper, or chop it fine, fry the pork crisp, then chop it; mix all the ingredients and bake in a deep, well-buttered pan for three-quarters of an hour. It is done when it leaves the sides of the pan. Nice for a lunch, for sandwich filling, or for tea.

Turnip Crout—Pare the turnips and cut off plenty of the top so there will be no strong taste. They can then be cut in three or four pieces and ground in a sausage grinder, which is the easiest way, or a crout cutter can be used. Salt as you would for cooking. Pack down tightly in a jar and put on a weight; if after a few weeks the water settles and does not cover the crout, a heavier weight must be put on. If the turnips are sweet, the crout will be found as good as and preferred by many, to that made from cabbage. It requires longer cooking than other crout.

To Cook A Young Chicken.—Scalding water is too hot for young chickens. Put in a pint of cold water to a gallon of boiling water. When scalded pick the chicken clean. Put in a can of cold water and wash. When ready to fry put in the pan two spoonfuls of lard and one of butter. When hot have the chicken well drained. Salt and pepper and roll the pieces in flour and brown them well on both sides, being careful not to burn. Cover tightly and place on the back of the stove with a very little water to steam for fifteen minutes. Have ready one pint of cream or milk, in which one spoonful of flour has been mixed. Take out the chicken and put the pan over the fire. Stir the milk and flour and boil. This makes a rich gravy, which may be eaten with the chicken.

PLEASANT LIVING.

Early cultivate the habit of expressing opinions calmly without a show of irritation. Irritability, uncurbed, drags a train of discomforts. The hasty word flies to some heart and inflicts a wound of which some recollection is bound to remain. It may cost you the respect or even the love of a friend, and that is a price no one can afford to pay. You have lost self-control, and you might better lose a well filled purse. You have placed yourself under a physical strain by losing your temper; a strain much more severe than that caused by a hard day's work.

Avoid forcing unsolicited opinions on your friends. Your own opinions are no dearer to you than are theirs to them. Time, with its experiences, alters ideas, but words seldom change the mind of another. Every person has pet theories, most of which explode when put into practice. Are not some of your earliest notions being completely changed, although you are yet only a school girl? Well, your friends will change their minds, too, about many things, but events, not your arguments, will effect the change. So save your breath and your temper for something better than argument.

When your opinion is asked remember that it will be apt to disappoint your friend unless it agrees with her own. Of course, you must not hesitate on this account to give it truthfully, but do not be annoyed if it is considered worthless and cast aside without being acted upon. Just remember that people have been doing this way ever since the world began.

ADVICE FOR MEAT BUYERS.

The inexperienced housekeeper, and even those who think they are too successful to need advice will do well to remember these simple rules. when buying beef, mutton or poultry.

To test beef, press it down with the thumb. If it rises quickly, the meat is good.

Beef should be fine grained, of a bright red color, with streaks of clean, white looking fat.

The meat will be tough unless there is plenty of fat.

Mutton should be dark colored, with the fat a clear white.

Veal should be fat.

Soup meat should have as little fat as possible and come from the round; and also meat intended for beef tea.