HOUSEHOLD.

RECEIPTS FOR SOME TOOTHSOME DISHES ALINTS FOR HOUSE-

Spanish Cream-Put half a box of gelatine to soak in a glass of cold waler and let it stand for half an hour heat one pint and a half of sweet mik and when it comes to the boiling point pour in the gelatine, stirring all the time until it is thoroughly dissolved. Beat the yelks of three eggs and one cup of sugar and pour slowly into the milk and let it scald until it begins to curdle. Then add the whites of the three eggs beaten to a stiff f oth, stirthem in as quickly as possible; add the flavoring now also, vanilla preferred; pour into the mold immediately. This is a very pleasing and delicate dish for tea. Another and simpler dish is made by taking fresh sweet cream and beating it to a stift froth; add pulverized sugar and any flavoring extract you prefer. When served in colored claret glasses it makes a pretty addition to any meal.

Scotch Buns, -Anything that helps to give variety to the tea-table is quite a boon to most housekeepers. To one pint of yeast add one quart of lukewarm water, one teacupful of lard and butter mixed, two cups of brown sugar, one pound of English currents, one pound of raisins. Do not chop the raisins, but cut them in two pieces. Beat six eggs very light, mix the but ter and sugar together; then put in the eggs and the fruit; put in allspice, cloves and nutmeg according to your taste; then stir in the yeast and water, and flour enough to make a dough that can be easily molded in loaves. This quantity will make three loav-

es. Put in long, narrow tins to risc When very light, which will be in from four to five nouss, pierce with a silver fork and bake in a moderate oven for over an hour.

Boston Baked Beans-A quart of whitebeans, covered with two quarts of lukewarm water, in a tin pan. should be placed on the back of the range early in the morning, say at 8 o'clock. At noon, if the heat has been sufficient, they will have a shriveled appearance and be slightly soft to the touch. Now have ready an earthen beam pot, which comes for the purpose, with a pound of salt polk, uncooked at the bottom, wich is to le covered with beans. Add pepperne salt-and about one tablespoon ful of New Orleans molasses to give a fine color, then fill up with water and set in a moderate oven to bake slowly six hours, occasionally adding water if necessary,

To Polish your, Piano saturate a piece of ciranos skin on weet oil and apply fai. hfully to every part Then with a dry skin rub well, renewing the pieces as they become greased with oil. It will require one hour or even longer, of constant rubbing to give it the gloss desired. For your walnut furniture take three parts of linseed oil to one part of spirits of turpentine. Put on with a woollen cloth. The polish not only covers the disfigured parts but restores the wood to its original color and leaves a lustre upon the surface. Crude petroleum is very good for cleaning any kind of hard wood, and is the cheapest furniture polish possible.

Steamed Fruit Pudding-Take two cups of suet chopped fine, two of boiling hot coffee, two of brown sugar, one half pound of raisins chopped fine, one half pound of currents and one quarter of a pound of citron, five cups of flour. one teaspoonful of salt : pour into a bag and steam three hours; do not lift the cover from the steamer during that time. Then serve hot with sauce: Two tablespoonsful of flour, three-quarters of a cup of sugar, one tohlespoonful of butter, one pint of hot water, boil altogether, add lemon or vanilla flavoring.

Almond Calf.-One cup of butter, one cup and a half of sugar, three eggs, half a cup of milk, three teaspoonfuls of baking powder, about two cupfuls of flour; flavor with a little almond extract; blanch one pound of almonds, lay aside enough to cover the top of the cake when they are cut in halves, chop the rest and put them into the cake. After the cake is in tin lay the split ones over the top of the cake. They will rise and brown

RUFFIN FOGG.

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My shop is still on urt Street where I will be pleased to have my friends and patrons call to see me. ting ladies and childrens hair promptly responded to Ruffin Forz the leading barber

POISONINTHEASHES

What the Mt. Lebanon Shahers Found-Incident in the History of a Quiet Community.

The Mount Lebanon (New York) Shakers are a quiet community, secluded from the fret and worry of the outside world, They are widely known, however, for their strict honor and probity in business.

The Shakers believe that nature has a remedy for every disease. A few have been foundthe rest are as yet anknown. Many were discovered by socident. Others came to light as the result of patient experiment and research.

Nervous Dyspepsia is a com-paratively new disease, growing out of the conditions of modern life. It is a joint affection of the digestive organs and of the nervous system. These two were formerly treated as separate adments, and it was left for the clear-sighted Shakers to prove that the basis of this terrible and often fatal complication lies shiefy in the disord ered and depraved functions of digustion and nutrition. They reasoned thus :- "If we can intrees the stomach to do the work and stimulate the excelive organs to drive out of the body the poisonous waste matters which remain after the liferiving clements of the food have been absorbed, we shall have conquered Nerveus Dyspopula and Nervous Exhaust ion. And they were right Knowing the mialible power of Shaker Extract Seigel's Syrup) in less complicated though similar diseases, they resolved to test it fully in this. To leave no ground for doubt they prescribed the remedy in hundreds of enses which had been pronounced incorable with perfect success in every instance where their directions as to living and diet were scrupulously followed. Nervous Dyspepsia and Exhaustion is a peculiarly American disease. To a greater or less extent half the people of this country suffer from it both sexes and all ages. In mo country in the world are there so many insane asylums filled to prefferring, all resulting from this alarming disease. Its leading symptoms are these: Prognent or continual headof the brain; bad breath; namsooms eructations; the rising of sour and pungent fluids to the throat; a sense of eppress ion and faintness at the pit of the stomach; flatulence; wakefulness and loss of sleep; disgust with food even when weak from the need of it; sticky or slimy matter on the teeth or in the mouth, especially on rising in the morning; furred and coated tongue; dull eyes; cold hands and feet; constipation;

bodings and fears. All this terrible group Shaker Extract Seignl's tava powerful direct yet the functions of digestion and assimilation. Those elements of the food that build up and strengthen the system are sent waste matters (the ashes of life's tre) which unremoved, poison Having qualified as administrator of the estate of Macklin Young deceased all persons having claims against said estate are hereby notified to present them to me are hereby notified to present them to me on or before the 3rd day of June 1888 or this no tice will be plead in bar of the continuance of the persons indebted to past patronage, and beg a continuance of the persons indebted to past patronage, and beg a continuance of the persons indebted to past patronage, and beg a continuance of the persons indebted to past patronage, and beg a continuance of the persons indebted to past patronage, and beg a continuance of the persons indebted to past patronage, and beg a continuance of the persons indebted to past patronage, and beg a continuance of the persons having claims against said estate are hereby notified to present them to me are hereby notified to pre prostrated nerves are quieted, toned and fed by the purified blood. As the result, health, with its enjoyments, blessings and power, returns to the suf-ferer who had, perhaps, abandoned all hope of ever seeing another well day.

day or rough skin; mability to

ax the mind on any labor call-

mg for continuous attention;

and appressive and sad fore-

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Lockport, N. Y.: Hon. William Penn Nixon, Editor Inter-Ocean, Chicago, Ill.; Judge H. P. Vrooman,
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For Pease it is the natural manure, as might be supposed; 600 pounds per sere, with Kainit, on sandy land. For all Fruit Trees, Grapes, etc.-Hor ticulturists know the necessity of lime, phosphate and potash for all trees and vines, and they have found Lime Phosphate to supply them cheaply, in quality, just the thing thho seed. Ap ly to THE NORTH CAROLINA PHOSPHATE RALEIGH, N. C.

NOTICE.

their recovery. All persons indebted to the said estate will please make immedi-

N. Y. GULLEY, Adm'r of Macklin Young dec'd May 27, 1887.

MUTHUE. Having qualified as executrix of the last will and testament of James Weathers disceased all persons holding claims against the said estate is notified to present the same to me on or before 3rd day of June 1888 or this notice will be plead in bar, of their recovery. All persons indebted to the said James Weathers deceased will please settle at once.,

Mary Weathers Executrix o

James Weathers deceased N. Y. Gulley Atty. May 27th, 1887.

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&c., &c. Thanking you most heartily for past patronage and promising our earnost endeavors to merit a continuance ol same. We are with best wishes KING. JUNES & O.

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