

IN ESSENTIALS, UNITY;

IN NON-ESSENTIALS, LIBERTY;

IN ALL THINGS, CHARITY.

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Hoetry.

PRAYER.

"I HAVE PRAYED FOR THEE."

(Luke xxii. 32.)

Faint not, weary pilgrim, Faint not by the way, Listen to your Saviour-What doth Jesus say? "Ever as the day is, So Thy strength shall be; Let not courage fail Thee, I have prayed for Thee."

What though sore temptations Meet you in the way. Fear not, humble Chtistian. Drive your fears away. Look to Calvary ; Hear your dying Saviour Praying still for thee.

Though the raging Tempter, Tries to turn your footstep From the narrow way; If you firm resist him, He will from you flee; Fear not, you will conquer, Jesus prays for thee.

What though friends forsake you, Earthly comforts fail. Cast your care on Jesus, Let not fears prevail. See your loving Saviour Suff'ring on the tree, Sleeding, groaning, dying, Paying still for thee

What thou, h you may meet with Trials in the Lean upon your Savioti, He will be your stay. Onward press with courage, Feeble though you be, Never be disheartened .-"I have prayed for thee."

How these words of comfort Heavenly joy impart! May they be forever Stamped upon my heart Blessed consolation. Naught so sweet can be As the words of Jesus-"I have prayed for thee." -Christian Guardian.

Selections.

HERE AND THERE.

-We may at our peril reconcile never reconcile itself to us.

fruit without the flower, nor good had never paid much attention to makes the cheeks pale, and the shoul- her deplorable infirmity. Where is eth a rest to the people of God. works without faith.

ing miracle of all ages.

Adam put in better dress.

-Godliness is a bright atmosphere of Christian joy to the whole-hearted which our bodies are exposed, on the the gainer, if you give yourself time forming the alliance is at fault. We jealousy, or the desire to please a ca Christian. And if our present por subtle posions floating about in the to gain. tion be so precious, what will it be when we shall grasp "the prize of our heart and the lungs must continually health-in the winter-is by their discretion is inevitable. high calling in Christ Jesus !"

every sinner reaps what he has sown. be ready to echo his wonder that the ment you feel a chill, is usually the wedding gown, which was on the churn, bake, or wash dishes, all day Heaven is the harvest of holiness; "machine" does not sooner go to pie moment of your taking cold. Then, principle of selecting one that would and every day, than live with noth every saint reaps what Christ has ces, or grow justy and dull like a will you understand the necessity of wear well. If in the article of mar- ing to do! The unobtrusive services sown for him, and what, under divine worn out tool. teaching, he has been sowing for himself.

So let us be thankful for every hon church.

-An old clergyman said : "When est grief and my greatest joy; my tables, nutritions and palatable food, irritating. greatest grief that I have done so lit- of which other people partake safely, I would not have you think, howtle for the Lord Jesus, and my great are malicious enemies in ambush ly ever, that you must be always feeling est joy that the Lord Jesus has done ing in wait to distress and annoy your pulses, and trying this or that so much for me."

sincere love to him ! And does this their work comfortably. my reception of his truth, obedience to his commands, and love to his before she goes to her bed. Choco depleted by some imprudent exer some afterward, "have you rested soul, and a Christless soul is a help-

SERMON TO GIRLS.

HEALTH.

BY MARGARET E. SANGSTER.

There used to be a popular impres- diet. selves with the tightest and stiffest of matter of your food. woman sought to obtain.

Now this has all been changed .were. Shoes are thick, broad, and substantial, at once a protection and a delence. The bright eyes, and the every day, were the palate. mantling tints of health and vigor are praised on every hand, and the to the mountain or the sea-side. We have entered into a new dispensation. The gospel of pure air, of exercise, of alternate work and rest, of recreation, and of good food, has been proclaimed throughout the length and breadth of the land. It is uni versally agreed that health is the one precious jewel which crowns life with its best delight, and that she who has lost it should emulate the woman in the parable, who seeking her lost piece of silver, lighted a candle and swept the house diligently until she

found it. Yet I must affirm my belief that their health as they ought to be .- take daily exercise in the open air .- tracting a scheme of matrimony. A accused of incolence and inertia. eurselves to the world, but it will cold might easily be avoided. Many She will not attempt at one and the some hereditary disease, and never longs for a vacation, and dreams of table in the end. The light, howev-tablespoons of whole cloves; four of It is not until we have passed ces, and are needlessly produgal of into society; she will neither be seen quences of his act. He forgets that through the furnace that we are made strength and vitality. It is not till at parties nor at receptions, and she in a physical as well as in a mental Something very like envy steals over tice of many men. Many farms pre-

anatomy or physiology, was telling ders stooping-it is the attempt to the comfort of having a family defec--"He that believeth on the Son how entertaing he had found a trea crowd into one or two years of a tive in mental qualifications? You we would, lead the life which Madame hath everlasting life." John iii. 36. tise on the blended themes. "Why," young girl's life, what ought to be may endow them with the fortune rede Remusat has described as the order, and there is little ears of corn sometimes found in The communication of the life of God said he, "it's as captivating as a ro- distributed over nine or ten. Let no- alized by years of successful industry; dinary one of the Empress Josephine, certainly no cheaper plan of raising or the husks of larger ears, small sized to men is the greatest of all miracles, mance. My daughter laughs to see body call this the foolishness of prea- but from the fatal taint we speak of, She never opened a book, she never opened a book of the never opened a book the essence and aim of all, the stand me poring over it as if I were read- ching. If girls and their mothers it is out of your power to bequeath to wrote a letter, she never did any neeing a book of travels. Really, though could be persuaded to take affairs in them brains or common sense. - That which is born of flesh is I never knew how wonderful a thing an easier, more leisurely way, it would flesh," John iii, 6. Heat water to the human body is. The amazing be better for many a one who premathe highest degree, you cannot make part is, that considering everything, turely fades. Spread things out more Indisputably they cannot, and the dressing to listen with amiability and wine of it; it is water still. So let the machine does not wear out soon and don't attempt to cram all the lan fact should be borne in mind in the matter of courtship. Let not the in- whom she sweetly forgot the next it does."

air, on the amount of work which the Another way in which girls imperil circumstances, but the penalty of in- less and desultory life of a woman -Hell is the harvest of iniquity; personally take about it all, we must enough. Bear in mind that the mo he chose his wife as she chose her Who would not rather sew, cook.

him. With a stomach which can no experiment, whenever you have a

forms of pastry, allure her palate, and pends, is enjoyed by those who live rather dismally; but it has been my

remember when the pale face, the much abused organ bears with great School Times. languid air, and the slow step of semi- patience the strain that is put upon invalidism were considered by many it for awhile, but sooner or later it repeople to he far more graceful and bels, and ceases to perform its func-

the blood which feeds the brain, to It cannot be called cherishing. It keep fresh and bright the beauty demonstrates no affection; neither Corsets have been unqualifiedly which belongs to youth. But we does manificence in pin money. condemned, or so modified in form should eat to live, not live to eat, and A check on a bank is not equivaand purpose that they are essentially different from what they formerly different from what they formerly

late creams, candid fruits, and various tion. Health, on which so much de- your bones?" "Yes" replied Jane less soul,

she takes them as daringly as though simple lives, obeying God and their jawbones!" Without due precaution they possessed no power to burt her consciences. It tints the peasant's risks like this may have to be en--that too, when she had already eat-dumpled cheek, while it flies from countered in the matrimonial lottery. en sufficiently of other articles of that of the princes, and yet the latter Ordinarily marriage inspires to exhas more favorable conditions for ertion, and thus brings its own specision that fragility was beautiful. I The stomach, that hard-working, keeping it than the former .- Sunday al reward. In the choice of assist-

MARRIED LIFE. movement, and the eager animation days of pain and depression, of resorts ness in married life is neglect on the ces the pleasure of seeing his of full health. Twenty-five or thirty to this pill and that draught, of fly. part of husbands. They become abyears ago, plump and ruddy school ing to this and that remedy, which sorbed in professional pursuits; often girls sighed for pallor, and ate slate- promises to aid digestion. A little pencil dust and drank vinegar to research self-denial in the use of dainties in the duce their flesh and color. Then, first place, would have prevented all ly selfish amusements, just as if they like this, nor one more calculated to range, for their hogs. A piece of

so much to be desired as a slender upon it, girls, if you value your health stances their unbappy wives feel as individual and national prosperity.— makes an admirable range for hogs, pint of sait and boiled water enough waist, and to that end encircled them- you must exercise prudence in the if they had been tricked into a cou- In married life there are likewise and if adjoining this there is a piece to cover them. Let it remain on tract that has not been fulfilled .- pleasures of memory held precious of cultivable pasture in where clo. them twenty-four hours; then pour corsets. Shoes were only regarded You need not emulate certain silly When the woman vowed to "obey," though the hearth be partially deso- ver and other lorage can be grown, off the brine and pour over them-boilas fit for a lady's foot, when they were women, who like it to be supposed the man promised to "cherish," which late. When, by the visitation of the farmer has just about the ideal of ing vinegar with spice or onions. soled with a tissue thin as a paper. that they live on rose leaves and dew, at least infers personal attention and Providence, children are swept away, a hog pasture. The whole should be Ready for use in three days there-In short, health was snubbed on every and who boast of their delicate ap honorable treatment. The husband and one of the parents has perhaps surrounded with a sale rail fence, after. side, spoken of lightly as a condition petites. Good hearty girlhood should plainly breaks his promise. He has been left in a widowed condition, the with a partition sence separating the to be borne with patience, as one not be ashamed of liking bread and butter, fish and potatoes, beefsteak, cheerfully pay all the money requirement tender incidents in the past which no one reasons.

If the wood lot is naturally stocked to be borne with patience, as one not be ashamed of liking bread and fallen short of his duty. He may survivor recalls in imagination many woodland from the pasture for obviwas the object which every young puddings. It takes these to nourish but that is only a simple obligation.

gluttonous young person, who acts being to whom she had contidently as though the first consideration of resigned her independence. What a heart breaking sequel to a youthful Volumes have been written, and dream of telicity! We can hardly the wisdom of physicians has been bring ourselves to picture the dissenpale ailing girl is pitied, and ordered employed, to warn parents and teach sions that frequently occur, with ers against allowing young girls to finally an unseemly and incurable injure the health by over-devotion to lapture. Perhaps not quite finally. study. There is no doubt that an The divorce court, statements in eager and ambitious girl student, with which newspapers revel, and weeks of

"Can troubled or polluted springs A hallowed stream afford ?"

perform, and on the little thought we persistent refusals to dress warmly The Vicar of Wakefield tells us that magnificently dull. having an extra wrap of some kind riage you fix on a flimsy material, take of love, the tender atmosphere of the Good health depends on several to assume on coming out of a crow the consequences, and blame nobody quiet home, and even the fatigue that things. One of the most important ded assembly room, into the cold but yourself. The market is open.— follows love's ministrations, are bles -The Bible is full of alarm-bells, as is good digestion. Dyspepsia is a foe street, on a winter's evening. Very Do not be in a hurry. Yet do not sed to the loving heart. The busy well as of sweet notes of invitation to health, and to happiness. A suff- few girls take kindly to the idea of a put off the time because you happen life is the satisfying life.—Mrs. Sangand rich chimes of devout melody. erer from this malady can take gen. shawl. They hate to seem obliged to to be unable to start on a high scale ster. nine pleasure and satifaction in very bundle up, to go dressed like old wo of worldly wealth. Early marriages est voice of warning. There is need little that passes under the sun. The men or invalids. Yet often a little may not be always commendable; Go o D RESOLVES .- First, That yet of Daniels and Ezekiels in God's The bread he ate for breakfast might timely care would save them from but wait, wait, wait, waiting to reach some God shall be the first spoken to each as well have been a stone. The inno- weeks of sickness, from fevers and imaginary standard is-all other morning, and the last one spoken to cent fish seems to have changed itself inflammations, and from the obstinate things being equal-by no means each night. I come to die, I shall have my great- to a stinging serpent. Fruit, vege half-sickness which is so irksome and sound policy. Burns pathetically Second. That I will read God's sings,

Life's dearest bands untwining, Or why sae sweet a flower as love

-"Love is of God; and every one longer perform its duty of assimila transient indisposition. When hun- Advice in a matter of this kind goes will then watch for work, and do it. that leveth is born of God, and know- ting and digesting the food one eats, gry, eat; when weary, rest; when for very little. Every one takes his Fourth. That I will nightly ask eth God," 1 John iv. 7. Pave I that there is little chance for the brain, the overtasked and tired, be content to or her own way. No doubt it is dis- myself how far I have succeeded in true knowledge of God which leads to heart, the liver, or the nerves to do come to a place where you must sit tressing to see, as you sometimes do, keeping those resolves, and wherein awhile with folded hands; but do not young people making sacrifices to be might have done better. love lead me so to dwell upon his character and works and ways, that I vite the coming on of dyspepsia, and investigation over every passing pin semi starvation. We have heard of REVERENTLY read God's Word am daily growing in the true, and ex- | the consequent loss of their health, is prick of pain or fatigue. Do not be a lady who earnstly advised Jane, ber thereto joining prayer; that as you perimental, and saving knowledge of this. They eat indiscriminately, at always taking drugs, tonics, stimu- female attendant, not to marry, as the hear, in reading, God speak unto you himself? The more I know the more nimself? The more I know the m do I love? And the more I love, the all so, to trible more do I know of him as my sure fond of confectionery and of pickles is no more runous habit than that of girl in reply said she was tired of behope and everlasting salvation?— that she will ent both in the same rushing to some artificial specific to ing a servant, and wished to rest her Does my love to him show itself in hour and that, very likely, the bour bring one's self up, after having been hope. "Well June" asked the ledy hour, and that, very likely, the hour bring one's self up, after having been bones. "Well Jane," asked the lady,

ants for some official duty, the mar- hogs is beginning to advice more atried man is for the most part prefer- tention in the right squarter than for red. He has given hostages to For- merly. Farmers has tune for his good behavior. Besides free range in the

"Children run to lisp their sire's return.

"W hen time, which steals our years away, Shall steal our pleasures too, The memory of the past shall stay, And half our joys renew."

- Harper's Weekly.

BUSY WOMEN.

stirring, intense and crowded land of ours. Not to speak of the inefficienct of much of the available domestic eager and ambitious girl student, with a passion for attainment and a determination to excel, may seriously injure her nervous system, and run the risk of life long penalties. Yet I can-risk of life long penalties. Yet I can-risk of life long penalties. The formula of the content of the hideous stories of outrage on the decencies of married life.

Society and the charge, the ordinary town talk may close up the rear, and add one more to the hideous stories of outrage on the decencies of married life.

Society and the charge, the ordinary than the same run be bought for.

This the former of the woodland would gathered, wash clean and pack in jury to the content of the home, in the best regulated families, are very great. It is no sinceture to keep the house, either with a select staff of servants, or with a selec

own person. To spend hours in daily curriculum of one hurried course at a stitution of marriage be charged with moment, to be roused from this lat-When we reflect on the dangers to seminary. In the end, you will be calamity. Your own rash conduct in guid existence only by the pangs of may be sorry for you in the trying pricious husband: this was the aim whose days were splendidly vacant.

word daily, before reading any other book. Third. That I will every morning ask my Saviour to give me something

to do for him that day, and that I

SUMMER PASTURES FOR HOGS.

refined than the rosy cheek, the brisk tions with regularity. Then come the Vinegar for Sweet Pickles. safe nor profitable. Accordingly the To one gallon of vinegar add three best darmers are ava Or climb his knees the enviel kiss to share." of any natural advantage presented girls out of school thought nothing the trouble and distress. Depend were still bachelors. In such circum nerve to enterprises on which rests woodland affording shade and water

> Who, then, has the heart, with to its value as a neg tainche, - and if est to set about introducing them as from the vines when quite small, much corn or other Teed, afford the and water; add a little alum; next There few idle women in this alert, animais an acceptable variety, and day put into a jar of cider vinegar, make the purce of land one of the spiced with cinnamon and cloves; most profitable on the larm. The add a tablespoonful of brown sugar. continuous and the estimate of continuous and the estimate of continuous and the same of continuous and continuous and the same of continuous and the same of continuous service, of the responsibility of bringing up children, and of the claims of ers may be sain to feed a excessively level a year. society and the church, the ordinary tice, and makes the meson cost more

who are harmed by books, plus other there may be serious constitutional infirmities. People take work is to study, see to it-that she great care to match horses and other airanges her life with regard to her animals, in order to maintain a pure all butterfly lightness and gaiety, and the work of growing park cheap and adding a small piece of alum. In two work. She will then, wear loose-fit- and vigorous lineage. Little or no to tax brain and nerves terribly .- profitable. Comparatively few farm. days these are ready to eat. girls themselves are not so careful of ting, simply made clothing. She will care is taken on this score when conto that system that makes it the least Slice one peck of green tomatoes, Many of them wilfully imperil it by She will sleep in a pure atmosphere, young man heedlessly marries into a The busiest of us may be pardoned trouble and expense to them person pickle them with salt and let them recklessly taking cold, when taking and sleep as many hours as she can. family known to be affected with if she now and then sighs for ease and any, and consequently the most prof. of them uselessly drain their resourthrough the furnace that we are made to know how much dross we have in our composition.

—By flowers, understand faith; by fruit, good work. As the flower or blossom is before the fruit, so is faith and weariness upon body or soul.

The other day, a gentleman who before good works; so neither is the blods of the fathers are apt to be visited on the children. With sense the sins of the fathers are apt to be visited on the children. With sense the sins of the fathers are apt to be visited on the children. With sense the sins of the fathers are apt to be visited on the children. With sense the sins of the fathers are apt to be visited on the children. With sense the sins of the fathers are apt to be visited on the children. With sense the sins of the fathers are apt to be visited on the children. With sense the sins of the fathers are apt to be visited on the children. With sense the sins of the fathers are apt to be visited on the children. With sense the sins of the fathers are apt to be visited on the children. With sense the sins of the fathers are apt to be visited on the children. With sense the sins of the fathers are apt to be visited on the children. With sense the sins of the fathers are apt to be visited on the children. With sense the sins of the fathers are apt to be visited on the children. With sense the sins of the fathers are apt to be visited on the children. With sense the sins of the fathers are apt to be visited on the children. With sense the sins of the fathers are apt to be visited on the children. With sense the sins of the fathers are apt to be visited on the children. With sense the sins of the fathers are apt to be visited on the children. With sense the sins of the fathers are apt to be visited on the children. With sense the sins of the fathers are apt to be visited on the children. With sense the sins of the fathers are apt to be visited on the children. With sense the sins of the fathers are apt to be visited on the children. When cold, put in jars and cover the sins of the fathers

dlework, she had few interests be leave many details for the intelligent, two, &c. Pour a strong brine of salt youd those which concentrated in practical owner to fell up for himself, and boiling water over all your pick--Rural Messenger,

> under the impression that fresh, ripe GOOD BUTTER .- A good receipt fruit is very conducive to good health, for rendering butter firm and hard in especially in hot weather, such as we the summer time is as fellows : have endured during the past week. For twenty pounds of butter take

Norfolk Ledger.

MOLASSES CARE. One cap best sugar, two-thirds cap of lard or butflour enough to make a soft dough; bits of butter; cover and bake.

Work for your church paper.

THE PICKLE JAR.

The following is arranged for the benefit of housekeepers. Of course there may be a hundred better recipes :

KEEPING PICKLES-In putting up pickles you should allow a piece of alam to harden them, and some grated horseradish to keep them free from seum and mold.

pounds of sugar, two tablespoons of cloves, two tablespoons of cassia and wide summer bring to a good boil.

TO PICKLE WHOLE CUCUMBERS.

SPANISH PICKLED ONION .- Cut onions into shees, put a layer of them into a jar, sprinkle with salt and caywith nut hearing trees, such as the enne pepper. Then add a layer of oak, hekory, chestout, chinquipin, ceed in this way until the jar is full, onions and season as before. Pro-Se., also personanon, matherny, and and pour cold vinegar over all till covered. Will be fit to use in a

> PICKLED CUCUMBERS .- Cut them It would save wash, throw into a weak brine of salt

> > SHAKERS' PICKLES TO KEEP TEN

are harmed by too intense absorption in their books, are less than those matrimeny. Beyond all on one side the various goes, grain, and root pour hot over the cucumbers; let it

Boilthe vinegar and spices ten min-

who have such attitze them at once, can use martynias, canliflower heads We believe such a change would broken up into small sprigs, little curesult in a marked decrease of dis- cumbers not over two inches long.the outlined above. In this outline we tiums, small heads of cabbage split in and will close these succestive para lies, and let them remain for a daygraphs with a tax of some of the more Prain carefully; put them into clear important postage crops acceptable water and heat up slowly, allowing to swine. Clove rye, outs, timothy, them to stand on top of the stove at orchard grass, milet, canfa, potatoes, boiling heat for half an hour. They turnins, mangolds, Leels, melops, must not be cooked until they fall to squash, cabbage, sweet potatoes, pea- pieces, but only till they are tender nuts, green com, sugar cane, field and you can run a straw through pease. From this list you may se them. Drain very thoroughly and cure a succession of crops for both put into a jar and cover with good ciwinter and summer, and will used der vinegar. This will extract all the little or nothing else for producing water from them, which would weakthe firmest, best, and healthiest pork en your prepared vinegar. In two that can be found in a domestic state, weeks' time drain again carefully; place in your jar and turn the prepared vinegar over them.

There is an impression about among one teaspoonful of carbonate of soda the men who dole out the money for and one teaspoonful of alum-both family supplies that good fruit is cost powdered-mingle together at the ly, the truth being that the price of time of churning and put into the he several drinks of one sort and and cream. The effect of this powder is other that many a man takes to help to make the butter come firm and him digest a heavy dinner in mid-solid, and to give a clean sweet flasummer will supply as much fruit vor. It does not enter the butter, as a whole family can eat in a single but its action is upon the cream, and meal; meanwhile, if the fruit becaten and it passes off with the buttermilk. the dripks will not be missed. Na The ingredients of the powder should ture supplies food according to the not be mingled together until requirseason, and man need only to open ed to be used or at the time the his eyes to discover what they are .- cream is in the churn ready for churning.

PEACH PIE.-Pare and halve ripe New Orleans molasses, one cup brown peaches. Never use inferior fruit for ter, one cup of water, three teaspoonhollow parts up. Sprinkle on these each of ginger, cinnamon, and cloves, half a cup of white sugar. Add some

> I would not be found anywhere where prayer would be inconsistent.