

WHOM THE GODS LOVE.

"Whom the gods love, die young," was said by some one quite doubtful, a saying which beyond doubt is exceedingly fallacious; For many live to good old age, and some die before their time. And these are they, we're free to say, whom all the gods love dearly.

AN EVENTFUL DAY.

It Is Full of Surprises and Much Happiness for Several Lives.

Some years since, in a pretty hamlet in the Isle of Wight, stood a cottage simple in structure, but charming to the tourist in its quaint, old-fashioned style of architecture. It is so dignified a term may be applied to such a humble building. Nature, also, had outdone herself in the gorgeous beauty of the flowers which seemed to spring up spontaneously everywhere. The passion-vine twined its dark leaves along the window ledges, and daily opened its wonderful, variegated petals in its own graceful will, and the foliage hung out its sprays of graceful bells in such bountiful profusion that the village children's chubby hands were familiar to them in pulling their rustic garlands, as are the sweet-smelling flowers and costly daisies to our own rosy darlings in their native American fields and wood-lands.

her work, as some morrier peal of laughter than another rang out upon the air. At last the meal was prepared. The rustic table looked very tempting. The homespun linen which covered it was to the full as white, if not so exquisitely fine, as the choicest product of the rich looms and the glass of creamy milk, plates of biscuits, golden honey in the comb, and the crisply-browned bacon flanked with delicately poached eggs, looked every whit worthy the praise of an epicure.

all the human lives aboard a noble vessel which was shipwrecked off our coast. It was just after I had lost you, and I begged to have the pretty creature given to me. The things she was her own right name, "Elfreda," so she has her own right name, though it's grown into "Freda," for short. Freda is the best thing I ever saw. Freda were round her baby neck. It's good, with shiny stones round it. I've kept 'em under lock and key till she should grow up, but my heart's failed me to tell her she was not really my own kith and kin, so she's never seen 'em."

NATURE OF FOODS. The Difference Between Nitrogenous and Carbonaceous Articles of Diet. Foods that supply material for growth and repair are called nitrogenous foods. They are also called proteids, from a Greek word meaning "first," because in the living cells of life the first principle of their form of life there is always nitrogen. A common name is albuminous foods. Albuminous substances exist in many forms, and are called by different names in different things. They are found largely in fish, milk, peas, beans and grain. The principal fibrin in the juices and flesh of meat and fish, and in the juices and membranes of some vegetables and fruits, the casein in milk, the vegetable casein in peas and beans, and the gluten of grain, are all forms of nitrogenous substances, or proteids.

EXTERNAL REMEDIES. Home Treatment of Many of the Lesser Ailments and Aches. Sickness will come into every family some time or other, and it is well to be prepared for it, especially if one lives away from a good doctor. By taking care of one's self in time, one can often avoid the necessity of the doctor. The best thing every family ought to have, and that is a rubber hot-water bag. They are not expensive, and useful many times. For severe pain anywhere it can be applied, and works like magic in many cases. The hot-water bag is made of india-rubber, baby's colic, all will yield to the warmth of the hot-water bag.

DON'T TALK TOO MUCH. Hints for Retail Salesmen Who Desire to Be Successful. To be a successful salesman one must maintain a certain amount of reserve. Too much talk has spoiled many a good trade. It is tiresome to purchasers, who frequently prefer to be guided by their own judgment than by the suggestions of store clerks. People who buy goods, particularly the ladies, generally think over what they want and make up their minds before they start out on a shopping expedition about what they want and what they feel they can afford to pay for it. When they enter a store and call for a certain quality of goods they expect the salesman to place before them what they desire—not to suggest they know something a good deal better, which they are sure will give them far greater satisfaction.

THE SPECIAL OFFER. OF THE YOUNG COMPANION, of Boston, Mass., which is published last week, should be noticed by our readers, as the opportunity comes but once a year. Any subscriber to THE COMPANION who will send \$1.75 at once, can have the paper free to January 1, 1899, and if a full year from that date. This offer includes four holiday numbers for Thanksgiving, Christmas, New Year's and Easter, all the Illustrations, Weekly Supplements, and the Annual Premium List, all absolutely free. Really a \$2.50 paper for only \$1.75 a year.

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BARRELING APPLES.

Suggestions by the President of the Ontario Fruit-Growers' Association. Choose a solid place on the ground and place a barrel upon a solid piece of plank. Lay the first course of apples with the stem end down. The packer should not take special samples for this course, but just take them as they come, and place them so as to make a solid row on the bottom of the barrel. Lay the first course of apples with the stem end down. The barrel should be carefully shaken down so that solid plank after each basketful. When the packer comes to the top of the barrel he evens them off according to the variety. One variety may be lower than another, and that is where a little judgment and experience is required. A man must know every variety he is packing, in order to know how many to put in the barrel; whether he will fill it to the top, or leave a space at the top, or even further. The last row has to be placed so as to be in an oval position before you put the press on, with the stems up, so that when you put the press on they will press down evenly and level, and afterward when you take the barrel out, it will be as a barrel packed properly, and it will carry, and carry thoroughly. If the apples before packing have been what we call sweated—and the best place to sweat apples is on the ground, where they should if possible, remain on the ground for a week after being picked from the tree—they will carry much better. Of course in wet weather they are better taken in a glass globe in between the sheets, and if the bed be damp, a few drops of water will appear on the inside of the globe. A strong solution of carbolic acid and water, poured into holes, kills all the ants it touches and the survivors immediately take themselves off.

Trials of Married Life.

I am certain that money, or rather the want of it, is the root of most failures in marriage. We have everything to make us happy but that, and I can assure you it is an evil of no mean growth or limited influence. My husband is a soldier, and one of the very best and truest gentlemen on earth. I have been married for many years a good one, for I combine intensity economy with really good appearances (as far as they go), and I work very hard and yet hold my own among the "society" people to whom we belong. But, oh! if I had my own way of the "drive" that it is to do this. The struggle, I feel, is spoiling me. I am so cantankerous at home, so full of cares, so impatient and snappish, so annoyed at the smallest waste of money that I am, I know it, often unbearable to my good man. He would have often settled the question, I feel, and let me live alone if I didn't love each other and the child so dearly.—London Telegraph.

THE MARKETS.

Table listing market prices for various commodities including Cotton, Sugar, and Flour.

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