

lic health." The way to prevent the spread of the disease is to keep away from them, and to keep those who have them at home.

An eminent physician in New York is reported to have said that many lives are lost by starvation, owing to an over-estimate of the amount of nutrition contained in beef tea and meat juices, and that in typhus and typhoid fever there is no good substitute for milk and eggs.

A HEALTH JOURNAL says you ought to take three-quarters of an hour for dinner. It is well, also, to add a few vegetables and a piece of meat.

THE white of an egg is almost pure albumen, and so a very important addition to the invalid's diet list. Break the whites of two eggs into a self-sealing jar; add a pint of milk, and screw the top on tightly; shake the jar until the contents are thoroughly mixed, and then give cold.

MILK really disagrees with very few people when the taste is disliked, it must be disguised in various ways. It should never be allowed to stand in the sick room, as it quickly absorbs impurities.

WHAT shall the children read? This is a question that every mother should decide herself, and judge whether it is good or bad before the child reads the first line. Don't say you've not the time—take the time to read a large share of the book, or glance over the paper, before it is laid on the table for public use.

Much of the blame is to be traced to the mothers—too much indulgence from a mother has ruined more families than a father's harshness—bad books, and bad companions being easy stepping-stones to wickedness.

Architecture for Women.

Southern papers suggest architecture as a profession for women. There are magnificent and costly houses whose kitchen arrangements are a marvel of inconvenience; and the women of the house often say with a groan: "No woman would have planned things so."

CLIPPINGS.

The flockmaster who has once thoroughly introduced the use of hurdles in handling his sheep generally finds the innovation a valuable one.

The word "improve" should be the motto on every farm. Improved condition of the soil, improved cultivation, improved stock, improved care, improved crops, and improved happiness and contentment.

The time spent in oiling machinery and sharpening tools is not lost. A great deal more and much better work can be done with properly kept implements.

In Central Nebraska alone the loss by hog cholera this year will reach fully \$2,000,000. All the science that live stock breeding has called to its aid has failed utterly to check the terrible scourge.

An Iowa farmer has dehorned 225 cattle with no bad results, and regards it as a great economy. He thinks that horns do \$1,000,000 damage annually in Iowa alone.

HON. HIRAM SMITH, one of Wisconsin's leading dairymen, says: "It is no benefit to me or any one else, to hear a man say his ten or twenty Holstein cows gave 10,000 or 20,000 pounds of milk in a year; each without telling how many acres of produce they consumed, and how much butter or cheese such milk did make."

A REPORT from Washington says that Representative Payson, of Illinois, has prepared a favorable report on the bill to prevent aliens from acquiring real estate in the territories of the United States.

RECIPE FOR COOKING CHEESE.—Take a quarter of a pound of grated cheese (good cheese), add to it a gill of milk in which is dissolved a half-drachm of bi-carbonate of potash; that is, at the rate of a quarter of an ounce to a pound of cheese; mustard a teaspoonful; half a teaspoon of white pepper;

The good people of every community, as a rule, are responsible for the crime and disrespect of the law that disgraces it. Inattention to their duties as citizens and neglect to discharge the very simple but very serious obligations that rest on them as men of influence, go very far towards encouraging the lawless and vicious to do as they please, while organizations for the encouragement of liberal lawlessness are ever alert and on hand to look after what they deem their interests.

SOUTHERN MINNESOTA, long noted for her vast wheat fields, is being rapidly converted into a dairy district; the fields are being sown with grass for pasturage and meadows. The farmers are becoming dairymen. The leaven from the Wisconsin Dairymen's Association is spreading into Southern Minnesota, and working a grand revolution there.

CHICAGO is favorably located, and is the natural outlet for the dairy products of the three great dairying States, Iowa, Illinois and Wisconsin. These States have nearly 1,000 cheese factories, while New York, Pennsylvania and Ohio have less than 400.

In the Seed Catalogue of J. H. Gregory, of Marblehead, Mass., page 10, is found the following extract from a letter of D. S. Lyon, Sollsville, N. Y.: "This makes twenty-one years we have used your seed and always to our complete satisfaction."

"The interests of all classes are identical, and it is only ignorance which prevents them uniting for each other's advantage; to dispel that ignorance, to show how man can help man, ought to be the aim of every philanthropic person."

We have over fifty of the real all-wool Sawyer's Cass. Suits, such as most stores sell at \$15.00 to \$18.00, we will let them go at \$11.95. Any body that ever wore a Sawyer Cass. suit will see what a bargain this is.

Just the thing for evening wear or Sundays—a fine all-wool black Worsted Suit, worth \$15.00, only \$8.75.

L. S. & M. S. R. R. KALAMAZOO DIVISION TIME TABLE. Standard time—90th meridian. GOING SOUTH.

GOING NORTH. Lv Buffalo, Ar Cleveland, Ar Toledo, Ar White Pigeon, Ar Schoolcraft, Ar Three Rivers, Ar Kalamazoo, Ar Allegan, Ar Grand Rapids.

All trains connect at White Pigeon with trains on main line. Supt. Kalamazoo Division, Kalamazoo.

MICHIGAN CENTRAL RAILROAD. DEPARTURE OF TRAINS FROM KALAMAZOO. TIME TABLE—MAY 1886.

WESTWARD. Kalamazoo Accommodation leaves, Kalamazoo Express arrives, Evening Express, Pacific Express, Day Express.

EASTWARD. Night Express, Kalamazoo Accommodation leaves, Kalamazoo Express arrives, Mail, New York Express, Atlantic Express.

New York, Atlantic and Pacific Expresses daily. Evening Express west and Night Express east daily except Saturdays. All other trains daily except Sundays.

Detroit, Mackinaw & Marquette R. R. "The Mackinaw Short Line."

Only Direct Route Between the East and the Upper Peninsula of Michigan.

WEST. TIME TABLE. EAST. READ DOWN. Taking Effect Dec. 23, '85. READ UP.

Express Trains daily the year round make close connections with trains from Canada and the East, to all Lake Superior points.

THE LINE SELECTED BY THE U. S. GOV'T TO CARRY THE FAST MAIL.

Burlington Route C. B. & Q. R. R. It is the only line with its own track from CHICAGO TO DENVER.

It connects in Union Depots with through trains from NEW YORK, PHILADELPHIA, BOSTON and all Eastern points. It is the principal line to SAN FRANCISCO, PORTLAND & CITY OF MEXICO.

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GALE HORSE HAY RAKE. A perfect Lock Lever, 37 inch wheel, Spring Seat. All castings made of Malleable Iron.

CHICAGO & GRAND TRUNK RAILWAY TIME TABLE, MARCH 21, 1886.

TRAINS WESTWARD—CENTRAL MERIDIAN TIME. TRAINS EASTWARD—CENTRAL MERIDIAN TIME. No. 18, Express, No. 4, Express, No. 6, Express.

*Stop for passengers on signal only. Nos. 3, 4, 5 and 6 run daily. For through rates and time apply to G. M. WATSON, Local Agent, Schoolcraft: W. E. DAVIS, Assistant Gen'l Passenger Agent, Chicago: W. J. SPICER, General Manager, Detroit.

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Examine the great bargains offered by us before you buy your Cook and Heating Stoves. We sell a No. 8 "HOME GARLAND" Cook Stove for \$15.00; No. 9 for \$17.00; older patterns 10 per cent. less. The "MODEL GARLAND," our Elegant Square Coal Stove, we offer at \$25.00 for No. 33, and \$28.00 for No. 44; the same size with Oven at \$31.00.

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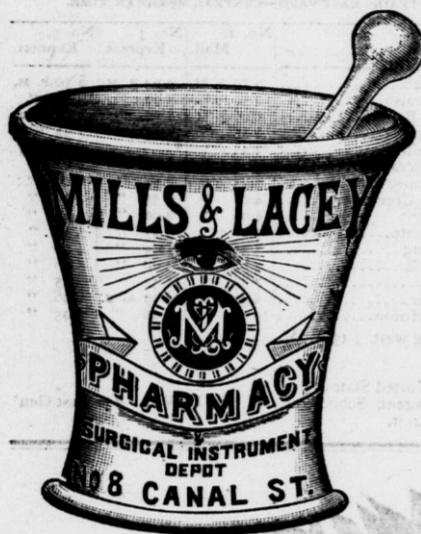
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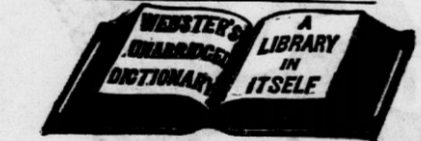
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