







BROWN BREAD.

How people practise the economy of making domestic bread. Servants either do not know, or will not take the trouble. It is so much easier to get it from the baker...

GENERAL NEWS.

There is scarcely any ache to which children are subject, so bad to bear and difficult to cure as the ear-ache. But there is a remedy, never known to fail. Take a bit of cotton wadding, put upon it a pinch of black pepper...

HINTS FOR THE PREVENTION OF SCARLET FEVER.

(Adapted from a Paper by the Health Committee of Glasgow.) Parents and others are requested to read this paper carefully, and adopt the instructions which it contains, as well as any given by the medical attendant having the same end in view.

Scarlet fever is a very contagious and a very dangerous disease. A mild case is as contagious as a severe one, and scarlet fever is never so mild that it may not in the long run prove dangerous to life or even fatal.

1. Send the children who are well out of the house; at least keep them out of the sick room. 2. When a choice is possible, select a room large and well-ventilated; and if the weather is not hot, have a fire burning.

3. Remove carpets, curtains, hair-cloth chairs, or sofas, and every unnecessary or absorbent piece of furniture, especially woollen fabrics.

4. The room must be occupied only by the patient and person nursing, and never entered by any one unnecessarily. No child belonging to the family should go to school.

5. No teacher of a school should receive a pupil who is known to have had scarlet fever recently, or to belong to a family, any member of which has had scarlet fever, until a certificate of freedom from risk of contagion has been presented, signed by a legally qualified medical practitioner.

6. In order to insure safety, isolation should be maintained at least a month. The body, and everything about and discharged from the body of a person infected with scarlet fever is infected, and therefore capable of imparting the disease to other persons.

7. Cleanliness, not of a surface sort, but thorough, in all the holes and corners of the house, below the furniture as well as in the middle of the floor—in all the folds of the bedding as well as in the coverlet—is the first and essential step towards disinfection.

8. Letters weighing over half an ounce addressed to South Australia, Queensland, Tasmania, Western Australia, New Zealand, and New South Wales will be forwarded if they bear twopence postage, the deficiency, together with an additional twopence as a fine, being charged on delivery.

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RATES OF POSTAGE.

Table with columns for Inland Letters, Packets, and Newspapers, and International Letters. Includes rates for various destinations like South Australia, Queensland, Tasmania, etc.

POPULAR SAFE,

Advertisement for Dr. D. Jayne's Family Medicines, including Efficacious, Standard, and Family Medicines. Lists various ailments treated.

EXPECTORANT

Advertisement for Dr. D. Jayne's Expectorant, describing its benefits for coughs, colds, and other respiratory issues.

TONIC VERMIFUGE

Advertisement for Dr. D. Jayne's Tonic Vermifuge, highlighting its effectiveness against worms and other parasites.

AGUE MIXTURE

Advertisement for Dr. D. Jayne's Ague Mixture, detailing its use for fevers and intermittent ailments.

SANATIVE PILLS

Advertisement for Dr. D. Jayne's Sanative Pills, emphasizing their purgative and health-giving properties.

ELECTRIC TELEGRAPH

Advertisement for the Electric Telegraph, providing information on rates and services for telegraphic communication.

Advertisement for W. Ford and Co., located at 67 Swanston Street, Melbourne.

English Mails, 1876.

Table showing the departure and arrival times of English Mails for various destinations like Melbourne, Sydney, and London.

Victorian Railways.

Table detailing the time tables for Victorian Railways, including routes from Ballarat to Ararat and Melbourne to Ararat.

Beaufort Post Office.

Table showing the time tables for the Beaufort Post Office, listing arrival and departure times for various locations.

HOLLOWAYS PILLS

Large advertisement for Holloway's Pills, describing their benefits for various ailments and their long history of use.

Advertisement for Holloway's Ointment, detailing its uses for various skin conditions and its effectiveness.

















YOUNG GHINN'S CASE.

The quality of mercy is never better exercised than when youth is given a chance of reformation, and the young and heedless culprit is told to "go, and sin no more."

THE PROSPERITY OF ENGLAND.

The "Pall Mall Budget," in an article headed "1851 and 1875," draws the following cheerful picture of the progress that has been made by Great Britain during that interval.

THE WAY 'T WAS DONE.

The following extract from a letter received by a resident of this town (says the "Geelong Advertiser") will show how best to get to Cooktown.

GENERAL NEWS.

During the past five years forty-two women have been murdered by men in New York City. Not one of the murderers have been hanged, and only six were sentenced to imprisonment for life.

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ISOLATION.

Isolation means the separation of the sick from the neighbourhood of every person not necessary for proper nursing and treatment.

- 1. Send the children who are well out of the house; at least keep them out of the sick room.
2. When a choice is possible, select a room large and well-ventilated; and if the weather is not hot, have a fire burning.

DISINFECTING.

The body, and everything about and discharged from the body of a person infected with scarlet fever is infected, and therefore capable of imparting the disease to other persons.

Scarlet fever patients always cast their skin, and so long as a particle of old skin is visible there is risk of contagion. The dead skin comes off partly in flakes, but partly also as dust, which flies everywhere and clings to everything.

Use separate bits of rags for wiping the poisonous discharge from the mouth and nose, and burn each bit as it is used.

After the last bath, when every particle of old skin is away and recovery perfect, a fresh suit of clothes from the skin out, should be put on by the patient, and also by the nurse; and disinfection of the apartment, by fumigation with burning sulphur, and also of the bedding and other infected articles, should forthwith be carried out.

RATES OF POSTAGE.

Inland Letters, Packets, and Newspapers. Letters—For every half-ounce, or fraction of half-ounce ... 2d

Packets (book or sample)—For every two ounces or fraction of two ounces 1d Newspapers—For every newspaper ... 2d

Letters—For every half-ounce or fraction of half-ounce ... 6d Packets—Not exceeding one ounce ... 1d

Letters—Not exceeding half an ounce... 9d Packets (book or sample)—Not exceeding one ounce ... 2d

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POPULAR SAFE,

AND EFFICACIOUS.

DR. D. JAYNE'S STANDARD FAMILY MEDICINES.

EXPECTORANT DR. D. JAYNE'S EXPECTORANT cures Coughs, Colds, Croup, Sore Throats, Whooping Cough, Bronchitis, Asthma and Pleurisy; is a prompt and certain palliative in Consumption, and all Pulmonary and Bronchial Disorders, in action freeing the Lungs and Bronchial tubes of irritating and obstructing matters, and healing the ulcerated surfaces.

TONIC VERMIFUGE Dr. D. Jayne's Tonic Vermifuge is a remedy especially adapted to cure many of the ordinary ailments of Children, and to save them from much suffering.

AGUE MIXTURE Dr. D. Jayne's Ague Mixture an unfailing Curative for Fever and Ague, Intermittent and Remittent Fevers, and all complaints of a like nature.

SANATIVE PILLS Dr. D. Jayne's Sanative Pills known all the world over as a mild, prompt and effective purgative of established efficacy in Liver Complaints, and all Bilious affections, Headache, Disordered Stomach, Dyspepsia, Female Diseases and Diseases of the skin.

HOLLOWAYS PILLS No FAMILY or person should be without these Pills their long tried efficacy in correcting disorders of the liver and stomach, stimulating the bowels and purifying the blood, has secured for them an imperishable fame throughout the world.

W FORD AND CO. 67 SWANSTON STREET, MELBOURNE.

English Mails, 1876.

Table with columns: Day, Month, Year. Rows: Thursday January 27, Thursday February 24, Thursday March 23, Tuesday April 18, Tuesday May 16, Tuesday June 13, Tuesday July 11, Tuesday August 8, Tuesday September 5, Thursday October 5, Thursday November 2, Thursday November 30, Thursday December 28.

Table with columns: Day, Month, Year. Rows: Tuesday January 11, Tuesday February 8, Tuesday March 7, Tuesday April 4, Tuesday May 2, Tuesday May 30, Tuesday June 27, Tuesday July 25, Tuesday August 22, Tuesday September 19, Tuesday October 17, Tuesday November 14, Tuesday December 12.

Table with columns: From, To, Time. Rows: From Ballarat to Ararat, From Ararat to Ballarat. Includes times for Ballarat, Ararat, Burra, and other stations.

Table with columns: Post Town, Mails arrive at, Mails close at. Rows: Melbourne, Geelong, Ballarat, Traralgon, Raglan, Chariton, Waterloo, Main Lead, Sailor's Gully, Stockyard Hill, Ararat, Buangor, Eurumbere, Shirley.

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BEWARE OF IMITATIONS OF THE SINGER MACHINE. SUPERIOR SINGERS' made of inferior metal, are in the market; but they can easily be detected by the absence of the Singer trade-mark.

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Debilitated Constitutions.—Bad Coughs. In general debility, mental depression, and nervous debility, there is no medicine which operates so like a charm as these famous Pills.

Indigestion and its Cure. Indigestion with torpidity of the liver is the bane of thousands, who pass each day with accumulative sufferings, all of which may be avoided by taking these pills according to the accompanying directions.

Holloway's Pills are the best remedy known in the world for the following diseases:— Ague, Rheumatism, Bilious Complaints, Retention of Urine, Itchings or Swellings of the Skin, Scrofula, or King's Evil, Sore Throats, Stone and Gravel, Dropsy, Secondary Syphilis, Female Irregularities, Typhoid Fever, Typhoid Ulcers, Fevers of all kinds, Venereal Affections, Wounds of all kinds, Indigestion, Weakness from whatever cause, &c., &c.

Holloway's Ointment.

Bad Legs, Bad Breasts, Wounds, on Ulcerations of all kinds. THERE is no medicinal preparation which may be so thoroughly relied upon in the treatment of the above ailments as Holloway's Ointment.

For Glandular Swellings, Stiff Joints, and Diseases of the Skin. This invaluable unguent has greater power over gout and rheumatism than any other preparation.

Gout and Rheumatism. There is no preparation for salutary effects comparable to this remedy. It should be well rubbed over the affected parts after their due foundation with warm water.

Piles, Fistulas, and Excoriations. The cure which this Ointment effects in healing piles and fistulas of long standing, after they have resisted all other applications, have been so common and notorious throughout the world that it is sufficient to give an adequately detailed statement of their number or character would be vain.

In Disorders of the Kidneys, Stone, and Gravel. The Ointment is sovereign remedy if it be well rubbed twice a day into the small of the back, over the region of the kidneys, into which it will gradually penetrate, and almost every case give immediate relief.

Both the Ointment and Pills should be used in the following complaints:— Bad Legs, Itchings, Sore Throats, Bad Breasts, Gout, Rheumatism, Burns, Glandular Swellings, Scrofula, King's Evil, Sore Throats, Stone and Gravel, Dropsy, Secondary Syphilis, Female Irregularities, Typhoid Fever, Typhoid Ulcers, Fevers of all kinds, Venereal Affections, Wounds of all kinds, Indigestion, Weakness from whatever cause, &c., &c.

Dr. L. L. SMITH, (The only legally-qualified medical man advertising) CONSULTS— On all affections of the Nervous System, (no matter from what cause arising); On all broken-down constitutions; On all diseases arising from early indiscretions; On Gout; On Rheumatism.

IN these colonies, those excesses which we have indulged in "hot youth" tell upon us with fearful interest. Our regrets are useless, our repentings futile. The sole idea should be the chances we possess of remedying the ills we already have, or combating the effects likely to result.

Before negotiating with a merchant, before engaging with a confidential clerk, before employing a barrister, a careful man makes enquiries as to their standing; their length of occupancy or residence; and, in the case of a legal adviser, both as to his legal qualifications and as to his capabilities of transacting the individual business he consults him upon.

Dr. L. L. SMITH, (The only legally-qualified medical man advertising) CONSULTS— On all affections of the Nervous System, (no matter from what cause arising); On all broken-down constitutions; On all diseases arising from early indiscretions; On Gout; On Rheumatism.

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