

Cosmetics of Eating. The following, from Health Journal of Health, will be read with interest by those who are obliged to study close economy in their diet.

An old dame, formerly well known in Washington City, was accustomed to eat but one meal in twenty-four hours; if, after this, he had to go to a party and eat a second dinner, he ate nothing at all the next day. He died at the age of seventy.

A lady of culture, refinement, and unusual powers of observation and comparison, became a widow. Reduced from affluence to poverty, with a large family of small children dependent upon her manual labor for daily food, she made a variety of experiments to ascertain what articles could be purchased for the least money, and would at the same time "go the farthest."

During the Irish famine, when many died of hunger, the poor were found spending their last shilling for tea, tobacco, and spirits. It has also been observed in New York by those connected with charitable institutions, that when money was paid to the poor they often laid out every cent in tea or coffee, instead of procuring the more substantial food, such as meat, or four and potatoes.

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It is a person gets into the habit of taking a lunch between the breakfast and dinner he will soon find himself getting fat, and the regular lunch time, but let him be no pressed with his important engagements for several days in succession as to take nothing between meals, it will not be long before he can dispense with his lunch altogether. These things seem to show that, to a certain extent, eating is a mere habit.

At Lisz's Coronation Mass was performed last month at the Luxembourg, Paris, in the presence of the emperor. The orchestra, which consisted of one hundred and fifty performers, was led by M. Hurred, director of the choir of St. Eustache. Cardinal de Bonnehose presided at the preliminary sermon.

MEDICAL.

ELECTROPATHY. DRS. GALLOWAY & SHEDD, THE SCIENTIFIC MEDICAL ELECTRICIANS, Ave treating with remarkable success all acute and Chronic Diseases, at their ELECTROPATHIC INSTITUTION, No. 1230 WALNUT Street, One Door East of Thirteenth Street.

We have been engaged for many years in the noble work of giving health and happiness to the suffering and the afflicted. During this time we have treated about TWENTY THOUSAND INVALIDS suffering from the various forms of disease, and in almost every case a permanent cure has been effected.

Dr. WILLIAM WHITE, a gentleman of great experience in this successful art, is associated with Drs. GALLOWAY & SHEDD in this practice. By this arrangement we hope to be enabled to attend professionally to our large practice.

REFERENCES.—We refer the diseased and others interested in our new practice to the following well-known gentlemen who have been treated successfully by us: GEORGE GRANT, No. 610 Chestnut street. R. T. DENNEY, No. 178 Chestnut street.

DRS. GALLOWAY, WHITE & SHEDD, No. 1230 WALNUT Street, Philadelphia.

VOX POPULI. WRIGHT'S TAR SYRUP. No. 771 South THIRD Street. Price, \$1.00 per Bottle; \$5.00 for half-a-dozen.

The undersigned citizens take pleasure in cheerfully recommending the use of Wright's Tar Syrup for coughs, colds, asthma, whooping-cough, spotted fever, liver complaint, pains in the bowels, rheumatism, inflammation, and restriction of air vessels in the lungs, etc.

NEW YORK, September 3, 1865. I have analyzed a sample of CHESTNUT GROVE WHISKY which you send me, and find that it is not only pure, but is of a quality equal to the best of the kind.

M. NATHANS & SONS, IMPORTERS OF BRANDIES, WINES, GINS, ETC. No. 19 N. FRONT STREET, PHILADELPHIA.

MEDICAL.

FRENCH MEDICINES IN VOGUE BY GRIMAULT & CIE. Chemists to H. F. H. Prince Napoleon 45 RUE RICHELIEU PARIS.

GRIMAULT'S SYRUP OF IODIZED HORSE-RADISH. This Syrup is employed with the greatest success, in place of cod liver oil, to which it is infinitely superior.

GRIMAULT'S SYRUP OF LIME. This new medicine is a sovereign remedy in phthisis and other diseases of the lungs, promptly removes all the more serious symptoms.

GRIMAULT'S BRAZILIAN GUARANA. A vegetable substance used from time immemorial in Brazil, and entire ly innocuous.

GRIMAULT'S CAPSULES AND LIQUID EXTRACT OF MATICO VEGETALS. Where all other remedies have failed, these preparations will always effect a cure.

GENERAL DEPOTS: In Paris, at GRIMAULT & Cie.; Chemists to H. F. H. Prince Napoleon, 45 RUE RICHELIEU. In New York, at T. M. BECKER'S, No. 129 Grand Street. In Philadelphia, at FRENCH, RICHARDS & CO'S.

INSURANCE COMPANIES.

DELAWARE MUTUAL SAFETY INSURANCE COMPANY. INCORPORATED BY THE LEGISLATURE OF PENNSYLVANIA, 1811. OFFICE 5 E. CORNER THIRD AND WALNUT STREETS, PHILADELPHIA.

ASSETS OF THE COMPANY. \$130,000 United States 5 per cent. loan. 77,000,000. 75,000 " " 3-10 per cent. loan. 128,100.00.

John C. Day, President. Samuel E. Stokes, Vice-President. Directors: Samuel E. Stokes, J. F. Pennington, J. G. Edwards, etc.

Market value of Real Estate. \$1,300,000. Real Estate. \$1,300,000. Real Estate. \$1,300,000.

DIRECTORS. Samuel E. Stokes, J. F. Pennington, J. G. Edwards, etc.

THOMAS H. WILSON, President. Directors: Samuel E. Stokes, J. F. Pennington, J. G. Edwards, etc.

THE NORTH AMERICAN TRANSIT INSURANCE COMPANY. No. 133 South FOURTH Street, PHILADELPHIA.

Annual Policies issued against General Accidents. Insurance effected for one year, in any sum from \$10 to \$10,000, at a premium of only one-half per cent.

L. E. HOUST. L. E. HOUST, President. Directors: Samuel C. Palmer, Cashier of Commercial Bank.

FRANKLIN FIRE INSURANCE COMPANY. Assets on January 1, 1866, \$2,506,851.96.

PERPETUAL CHARTER. CAPITAL, \$100,000. UNSETTLED CLAIMS, \$11,875.35. INCOME FOR 1865, \$10,000. LOSSES PAID SINCE 1829 OVER, \$5,000,000.

INSURANCE COMPANIES. GIRARD FIRE AND MARINE INSURANCE COMPANY. OFFICE, No. 45 WALNUT STREET, PHILADELPHIA.

THE PROVIDENT LIFE AND TRUST COMPANY. OF PHILADELPHIA. Incorporated by the State of Pennsylvania, Third Month 1865.

PHILADELPHIA INSURANCE COMPANY OF PHILADELPHIA. INCORPORATED 1864-CHARTER PERPETUAL. No. 24 WALNUT STREET, PHILADELPHIA.

THE HOME INSURANCE COMPANY. No. 109 S. FOURTH STREET. Charter Perpetual. Authorized Capital, \$500,000.

FIRE INSURANCE EXCLUSIVELY.—THE PENNSYLVANIA FIRE INSURANCE COMPANY, INCORPORATED 1829-CHARTER PERPETUAL—No. 49 WALNUT STREET, PHILADELPHIA.

MONUMENTS, TOMBS, GRAVE-STONES, ETC. Just completed, a beautiful variety of ITALIAN MARBLE MONUMENTS, TOMBS, AND GRAVE-STONES.

PROPOSALS.

PROPOSALS FOR MAIL BAGS. POST OFFICE DEPARTMENT, WASHINGTON, D. C., April 12, 1866. Sealed Proposals will be received at this Department until 10 o'clock A. M., the 4th day of June next, for furnishing, during the period of one year, from and after the first day of July, 1866, such quantities of the following kind of mail bags as may from time to time be required and ordered, to-wit:—

JUTE CANVAS MAIL BAGS. Size No. 1, 45 inches in length and 30 inches in circumference; size No. 2, 41 inches in length and 25 inches in circumference; size No. 3, 37 inches in length and 21 inches in circumference.

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Any proposed improvement that may be desirable in the quality of materials, whether of jute, flax, or other material, or in the construction, weight, or size of the bags, will be considered if accompanied with specimens showing the construction and quality of materials and workmanship of each size of the bags.

The estimated quantity required will probably not exceed thirty thousand bags, including all sizes; but the Postmaster-General will reserve the right to order and receive more or less than such quantity, under the terms of the contract, at the same price as the contract in such quantities and at such times as may be ordered.

A decision on the bid will be made on or before the 8th day of June next, and the accepted bidder will be required to enter into contract, with sufficient bond and security, on or before the 1st day of July, 1866.

PROPOSALS FOR THE MILITARY RAILROAD AT BRAZOS SANJIAO, TEXAS. QUARTERMASTER-GENERAL'S OFFICE, WASHINGTON, D. C., April 19, 1866.

Sealed Proposals will be received by the Quartermaster-General (Division of River and Rail Transportation), at WASHINGTON, D. C., until 10 o'clock A. M., on the 23d day of April, 1866.

Sealed Proposals for FRESH BEEF. PHILADELPHIA, Pa., April 22, 1866. Sealed Proposals in duplicate, will be received by the undersigned until 10 A. M., April 23, 1866.

PROPOSALS FOR ELECTROTYPED ENGRAVINGS. OFFICE OF THE ASSISTANT QUARTERMASTER, WASHINGTON, D. C., April 23, 1866.

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GOVERNMENT SALES.

SALE OF STEAM GRIST MILL. CAVALLRY DEPT. GIESBORN, D. C. QUARTERMASTER-GENERAL'S OFFICE, WASHINGTON, D. C., April 17, 1866.

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GOVERNMENT SALES.

LARGE SALE OF GOVERNMENT BUILDINGS, LUMBER, TIMBER, ETC. AT THE DISAMBIGUED FORKS AROUND WASHINGTON, D. C.

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GOVERNMENT SALES.

SALE OF FARMY WAGONS. CHIEF QUARTERMASTER'S OFFICE, WASHINGTON, D. C., April 19, 1866.

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