

THE MIDNIGHT SKIES.

To finite minds there can but be
The finite in infinity;
And as within its system's space
Each planet has allotted place
The whole must be a continent
Within undreamt-of limits pent,
Again, if that be true, indeed,
That all the stars throughout speed
Forever through the empty vast,
One must be first and one be last.

Then, as the midnight skies we scan,
Think of that star which leads the van;
Flung back by those huge prow the seas
Of terrible tranquillities,
Aroused to ineffable storm,
Surge round the stars that following swarm,
In new amazement, till the last,
Pale laggard of them all is past;
And all the fiery furrows fade
God's worlds in splendid passage made.

W. G. HOLE.

Sugar's Sources and Value.

Beet Root Has Crowded Out the Cane—Science Helped to Bring About the Revolution.

People with a "sweet tooth," and most of us have one, will find something of interest in a pamphlet just issued by the Agricultural Department upon "Sugar as Food?" It discusses sugar in regard to the extent of its use, its sources, its food value and its practical use in diet.

The English-speaking people are the largest consumers of sugar. England consumes 86 pounds per capita and the United States 64 pounds. Denmark and Switzerland follow, with a consumption of 45 pounds per capita, while that of Germany, France and Holland is about 30 pounds. Italy, Greece and Turkey are among the smallest users, the per capita consumption being less than seven pounds. It takes between seven and eight million tons to supply the world's demand, which is constantly increasing.

Sugar from the sugar cane was probably known in China 2,000 years before it was used in Europe. When merchants began to trade in the Indies it was brought westward with spices and perfumes and other rare and costly merchandise, and it was used for a long time exclusively in the preparation of medicines. An old saying expressed the loss of something very essential as "like an apothecary without sugar."

Greek physicians, several centuries before the Christian era, speak of sugar under the name of "Indian salt." It was called "honey made from reeds," and said to be "like gum, white and brittle." But not until the Middle Ages did Europeans have any clear idea of its origin. It was founded with manna, or was thought to exude from the stem of a plant, where it dried into a kind of gum. When, in the fourteenth or fifteenth century, sugar cane from India was cultivated in Northern Africa, the use of sugar greatly increased, and, as its culture was extended to the newly discovered Canary Islands and later to the West Indies and Brazil, it became a common article of food among the well-to-do.

In 1593, Hentzer, a German traveler, thus describes Queen Elizabeth, then 65 years of age: "Her nose is a little hooked, her lips narrow, and her teeth black, a defect the English seem subject to from their great use of sugar." By many the new flesh was still regarded with suspicion. It was said to be very heating, to be had for the lungs, and even to cause apoplexy. Honey was thought to be more wholesome, because more natural than the "product of forced invention." Sugar is now a staple article of food, just as is bread or meat, it has been a staple food for but a few generations. Only, indeed, in the last half century, has it been produced in such quantities and at such a price as to bring it within the reach of all classes of people.

While sugar is found in the stems and roots of all the grasses, especially in the sugar cane and sorghum, in the fleshy roots, as the beet, carrot, turnip and sweet potato, in the sap of trees, as the date, palm and sugar maple, and in almost all fresh fruits, prior to 1850 nearly all the sugar consumed in this and other countries was derived from the sugar cane. This is now all changed, and two-thirds of the sugar used comes from the sugar beet. "It would once have seemed incredible," says the report, "that the kitchen garden should furnish a rival for the noble plant that had made the fortunes of Spanish and English colonists, but the cultivation of the beet has in one generation shifted the centre of the sugar industry from the tropic to the temperate zone. The growth has been fostered by strange vicissitudes in the fortunes of nations, as the commercial embargoes and sugar bounties of the Napoleonic wars and by the emancipation of slavery in the British colonies, giving, as it did, a temporary check to the growth of the cane; but the real creators of the new industry were men of scientific training who solved certain botanical and chemical problems. The manufacture of sugar is now a chemical industry as much as is tanning and dyeing."

It was as early as 1747 that Marggraf, a German chemist, discovered crystallizable sugar, identical with cane sugar, in beets. His pupil, Achard, erected the first beet sugar manufactory in 1799, just 100 years ago, he brought the subject before the French Academy. Napoleon granted sugar bounties in 1806, and the development of the new industry went slowly on, meeting many difficulties, but still working toward the desired end. In 1836 it took 18 tons of beets to produce one ton of sugar. In 1850 this was reduced to 13 tons, in 1860 to 12, and in 1889 to 9.25 tons. Science had helped meet and solve the problems, and to-day, of the world's crop of 7,707,500 tons of sugar, 4,900,000 tons came from the beet, and only 2,747,500 from the sugar cane.

Those who have lived in the sugar-boiling have pleasant recollections of "sugar-boiling time" in the spring, when the sweet sap was running from the elderwood spigots in the trees, and the smoke of the fires arose through the budding branches. All over the North where the sugar maple abounded, the making of maple sugar was a part of the spring work. As early as 1663 the eminent Robert Boyle printed a book at Oxford, England, in which appears this statement: "There is in some parts of New England a kind of tree whose juice that weeps out of its incisions, if it be permitted slowly to exhale away the superfluous moisture, doth coagulate into a sweet and saccharine substance, and the like was confirmed to me by the agent of the great and populous colony of Massachusetts."

Maple sugar, once the necessity of the farming people of the North, has now become one of a luxury than anything else, and commands a higher price than the white sugar from the cane or the beet. Under the McKinley bill bounties were

paid on 6,900,000 pounds of maple sugar in 1894. As no bounty could be claimed on quantities less than 500 pounds, these figures do not cover the total manufacture, which is placed at 7,500,000 pounds.

Sugar has a great food value. In certain limits it can be regarded as the equivalent of starch that has been digested and made ready for absorption. The main function of sugar as found in the blood, whether resulted from the digestion of sugar or of starch, is believed to be the production of heat and energy. From practical tests made at the instance of the Prussian war office, Dr. Schumberg, of Berlin, says: "The practical conclusion to be drawn is that sugar in small doses is adapted to help men to perform extraordinary muscular labor." The American farmer ranks high among agriculturists as a rapid and enduring worker, and his consumption of sweets is known to be very large. The same is true of lumbermen and others who work hard in the open air. The lumbermen of Canada, than whom no finer or more muscular men exist, eat a great deal of sugar in the form of molasses. The negroes of the Alabama "black belt" have as staple articles of diet for every day of the year salt pork, corn meal and molasses. In the north of potato expeditions sugar is now given an important place, and it may in time take the place of the fat eaten by the Eskimos and other inhabitants of those frozen regions.

It is in warm countries, however, that sugar plays the greatest role, for there but little fat is eaten. In India it is said that workmen must have, daily, large amounts of food well seasoned with sugar. In all tropical lands the consumption of dates, figs and other sweet fruits is very large. Sugar, like starch, is fattening, and on this account physicians advise that it be used sparingly by corpulent persons. Persons of active habits and good digestions will add sugar to their food almost at pleasure, while those of sedentary life, or of a tendency to corpulency, will do better to use it very moderately. It is generally assumed that four or five ounces of sugar per day is as much as it is well for the average adult to eat under ordinary conditions.

HENRY HALL.

A Reef in His Stomach.

Queer Case of Heric Cure for Indigestion.

Since the early days of navigation says the San Francisco call, sailor men have been in the habit of taking a reef in a sail when the storm was stronger than the ship could stagger under with all her canvass spread, but for the first time in the medical history of the world a "reef" has been taken in a man's stomach. There is no medical term that covers the operation, so the doctor who performed it simply calls it what it was "taking a reef in a dilated stomach."

On March 25 last, John Tohakka, a native of Finland, aged 48 years, was admitted to St. Mary's Hospital suffering from a very bad case of chronic indigestion. He is a fisherman, and his irregular mode of life brought on the trouble. Some time ago his stomach began to swell, and when he was admitted to the hospital he looked as though he was suffering from dropsy. The case was assigned to Dr. George Childs, M.D., and he diagnosed it as "chronic indigestion." For three weeks Tohakka was treated in a most skillful manner, but while his general health improved the dilation of his stomach got worse, if anything. Nearly three weeks ago Dr. Macdonald decided that in order to effect a cure the stomach would have to be restored to its normal size. Drugs would not effect the object aimed at, so the knife and needle had to be brought into use. Tohakka had the situation explained to him and readily agreed to have the operation performed. After being put under the influence of an anesthetic the "reef" was taken in the distended organ and Tohakka is now almost as well as ever again.

The "reef" consists of a double fold, which was carefully sewed together. This reduced the organ to almost its normal size. The opening made in the body was closed up and made secure and the patient was put back to bed. He began to improve at once, and in a short time was able to be up and about. He can now digest his food, and has made a hearty meal of roast chicken. In a few days he will be in a condition to leave the hospital, and Dr. Macdonald says he will be able to follow his usual vocation as though nothing had happened.

A Census of the Church Population.

The Christian Advocate publishes a table of statistics of the churches in the United States, prepared by Dr. H. K. Carroll. The totals for 1898 are 143,330 ministers, 187,100 churches, and 26,651,969 communicants. Dr. Carroll calls attention to the great difficulty of securing any accurate returns for a large number of the communities. Thus there are no accurate statements with regard to the Jews. The returns in the various Lutheran year books differ so greatly that it is impracticable to furnish correct or harmonious statistics.

According to tables giving the order of the denominations as compared with their position in 1890, the Roman Catholic church holds the first rank in each year; next comes the Methodist Episcopal. The Regular Baptist (South.) which held the fourth rank in 1890, have come to the third place in 1898, changing with the colored Baptist, who were in the fourth place. The Southern Methodist Episcopal church continues to hold fifth rank; the Disciples of Christ, which ranked eighth in 1890, are now sixth, and the Northern Baptists, who were sixth, are now seventh. The Northern Presbyterian, which held then the seventh rank, is now eighth; the Protestant Episcopal, Congregational and African Methodist continue to hold the places nine, ten and eleven.

Mayonnaise Dressing—Never put salt or pepper in mayonnaise. When these ingredients are added a mayonnaise is something else, but when made after the simple methods used by all great French cooks it is a delicious dressing, wholesome and easily digested.

The following recipe for a mayonnaise is from M. Pierre Biot, one of the greatest cooks in the country, who first gave New Yorkers an insight into the mysteries of French cooking. It cannot be improved upon.

Put in the bottom of a deep soup dish or a wide bowl a quarter of a teaspoonful of dry English mustard and the yolk of one fresh raw egg; Mix the two well together with a flat boxwood fork, then open a bottle of pure, fresh olive oil, take it in the left hand and pour in the oil, a few drops at a time, stirring constantly with the fork in the right hand. As soon as the ingredients are blended so that they become stiff and waxy, then add a few drops of tarragon vinegar, stirring all the time. Repeat this process till you have enough mixed. Let the mayonnaise be so stiff and thick that it will pile up like a boiled custard.

Financial Prosperity of the Presbyterian Church.

The Presbyterian General Assembly makes a good financial showing for the last twelve months. It is an indication that the "hard times" are over for the present at least. This last year the Presbyterian church raised for benevolent purposes \$2,500,000, an increase on the year before of \$300,000. In so doing it relieved seven of its eight boards of all debts, which in one case, that of home missions, amounted to the sum of \$167,000.—*Minneapolis Times.*

SPREADS LIKE WILDFIRE.—You can't keep a good thing down. News of it travels fast. When things are "the best" they become "the best selling." Abraham Hare, a leading druggist, of Belleville, O. writes: "Electric Bitters are the best selling bitters I have ever handled in my 20 years experience." You know why? Most diseases begin in disorders of stomach, liver, kidneys, bowels, blood and nerves. Electric Bitters tones up the stomach, regulates liver, kidneys and bowels, purifies the blood, strengthens the nerves, hence cures multitudes of maladies. It builds up the entire system. Puts new life and vigor into any weak, sickly, run-down man or woman. Only 50 cents. Sold by F. Potts Green, druggist, guaranteed.

The superintendent of a city Sunday school was making an appeal for a collection for a Shut-in Society, and he said: "Can any boy or girl tell me of any shut-in person mentioned in the Bible? Ah, I see several hands raised. That is good. This little boy right in front of me may tell me. Speak up loud and loud so that all will hear you, Johnnie." "Jonah!" shrieked Johnnie.—*Harper's Weekly.*

To Cure a Cold in One Day.

Take Laxative Bromo Quinine Tablets. All druggists refund money if it fails to cure. 25c. The genuine has L. B. Q. on each tablet. 44-6m

Business Notice.

Take Laxative Bromo Quinine Tablets. All druggists refund money if it fails to cure. 25c. The genuine has L. B. Q. on each tablet.

Castoria

Bears the signature of CHAR. H. FLETCHER. In use for more than thirty years, and is the kind you have always bought.

What Do the Children Drink?

Don't give them tea or coffee. Have you tried the new food drink called GRAIN-O? It is delicious and nourishing and takes the place of coffee. The more GRAIN-O you give the children the more health you distribute through their systems. GRAIN-O is made of pure grains, and when properly prepared tastes like the choice grades of coffee but costs about 1/4 as much. All grocers sell it. 15c. and 25c. 43-50-17

Tourists.

California and Return. One fare plus two dollars for the round trip via direct lines. Small advance to return via Portland, Tacoma and Seattle. Choice of lines east from Portland, viz., Northern Pacific Ry., Great Northern Ry. and Canadian Pacific Ry. to St. Paul. Tickets will be sold June 25th to July 7th, good to return until September 4th. For map-time table and full particulars address John R. Potts, District Passenger Agent, Chicago, Milwaukee & St. Paul Railway, 486 William street, Williamsport, Pa.

Cheap Excursions, 1899.

National educational association at Los Angeles, Cal., July 11th to 14th. For all these meetings cheap excursion rates have been made and delegates and other interested should bear in mind that the best route to each convention city is via the Chicago, Milwaukee & St. Paul Ry. and its connections. Choice of routes is offered those going to the meetings on the Pacific Coast of going via Omaha or Kansas City and returning by St. Paul and Minneapolis. The Chicago, Milwaukee & St. Paul Ry. has the shortest line between Chicago and Omaha, and the best line between Chicago, St. Paul and Minneapolis, the route of the Pioneer Limited, the only perfect train in the world. All coupon ticket agents sell tickets via the Chicago, Milwaukee & St. Paul Ry. For time tables and information as to rates and routes call on or address John R. Potts, District Passenger Agent, 486 William street, Williamsport, Pa.

Medical.

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Medical.

RHEUMATISM

is a disease of the blood. Local applications may furnish temporary relief, but to CURE the disease it is necessary to treat it through the blood.

Locomotor Ataxia

is a disease of the nerves. The one successful method of treatment is by a remedy that will restore nutrition to the nerves. Such a remedy is

Dr. Williams' Pink Pills for Pale People

These pills are a specific in cases of Rheumatism, Locomotor Ataxia, Paralysis, and other diseases of the blood and nerves, because they supply the necessary elements to build up the blood and strengthen the nerves. It is in this way that the pills effect so many cures in diseases of apparently widely different character.

Frank Long, who lives near Lennon, Mich., says: "I was first taken with a pain in my back. The physician pronounced my case muscular rheumatism, accompanied by lumbago. My disease gradually became worse until I thought death would be welcome release. 'I was finally induced to try Dr. Williams' Pink Pills for Pale People. Before the first box was used I could get about the house, and after using five boxes was entirely cured. Since that time I have felt no return of the rheumatic pains. Am confident that Dr. Williams' Pink Pills saved my life.' FRANK LONG, this 15th day of April, 1898. G. B. GOLDSMITH, Justice of the Peace.

Edwin R. Trip, Postmaster of Middlefield Centre, N. Y., said: "I was attacked by what I learned was locomotor ataxia. Two skillful doctors did everything they could for me. I became worse, could not move even about the room. I did not expect to live very long. 'The turning point was a newspaper article. It told how a man, who had suffered as I had been, cured by Dr. Williams' Pink Pills for Pale People. I took two boxes of the pills; then four more boxes. My gain was steady; my return to health was a source of daily gratification. In all I took eighteen boxes of the pills before I was entirely well. I owe my cure entirely to Dr. Williams' Pink Pills for Pale People.' FLORES HAROLD, Notary Public.

For Sale.

The full name is on each package. Sold by all druggists or sent, postpaid, by Dr. Williams Medical Co., Schenectady, N. Y. Price, 50 cents per box, 6 boxes, 2.50.

Travelers Guide.

EASTWARD—WEEK DAYS.		WESTWARD—WEEK DAYS.	
Philipsburg	8:00	Altoona	8:00
Houtzdale	8:15	Osceola Mills	8:15
Osceola Mills	8:30	Philipsburg	8:30
Philipsburg	8:45	Osceola Mills	8:45
Houtzdale	9:00	Philipsburg	9:00

Roofing.

A LEAKING ROOF IS A PESKY NUISANCE. W. H. Miller, Allegheny Street, Bellefonte, Pa., puts on new or repairs old slate roofs at the lowest prices. Estimates on new work gladly furnished. 42-38

Scales.

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Prospectus.

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RED CLOVERINE SALVE. THE GREATEST HEALING COMPOUND KNOWN TO MEDICAL SCIENCE. —Used and endorsed by the Medical Profession. Purely Antiseptic. CURES Burns, Scalds, Wounds, Bruises, Ulcers, Sunburns, Chapped Hands, Face and Lips, Ringworm, Black-heads, Pimples, Chafes, Galls, Corns, Bunions and Callosities, Scrofulous Sores, Itching and Roughness of the Skin, Dandruff and Hives, Sore Throat, Catarrh and Cold in Chest. Specially recommended for PILLS, PIN WORMS AND ECZEMA. —10cts. PER BOX EVERYWHERE. Laboratory—TYRONE, PA. THE WILSON CHEMICAL CO., Mfrs. 44-15-3m* N. L. DALE, General Agent, BELLEFONTE, PA.

Change of Rates.

PHILADELPHIA SLEEPING CAR attached to East-bound train from Williamsport at 11:30 P. M. and West-bound from Philadelphia at 11:38.

Travelers Guide.

PENNSYLVANIA RAILROAD AND BRANCHES. Schedule in effect Nov. 20th, 1898.

NORTHWARD.		SOUTHWARD.	
Day	Exp.	Day	Exp.
Nov. 20th, 1898.		Nov. 20th, 1898.	
7:30	3:30	7:30	3:30
8:00	4:00	8:00	4:00
8:30	4:30	8:30	4:30

WESTWARD.		EASTWARD.	
Nov. 20th, 1898.		Nov. 20th, 1898.	
8:00	4:00	8:00	4:00
8:30	4:30	8:30	4:30
9:00	5:00	9:00	5:00

READ DOWN.		READ UP.	
No. 1	No. 2	No. 3	No. 4
Nov. 21st, 1898.		Nov. 21st, 1898.	
8:00	4:00	8:00	4:00
8:30	4:30	8:30	4:30

WESTWARD.		EASTWARD.	
Nov. 20th, 1898.		Nov. 20th, 1898.	
8:00	4:00	8:00	4:00
8:30	4:30	8:30	4:30

UPPER END.		WESTWARD.	
May 30th, 1898.		May 30th, 1898.	
8:00	4:00	8:00	4:00
8:30	4:30	8:30	4:30

BELLEFONTE & SNOW SHOES BRANCH. Time Table in effect on and after May 30th, 1898.

WESTWARD		EASTWARD	
read down	read up	read down	read up
No. 1	No. 2	No. 3	No. 4
Nov. 20th, 1898.		Nov. 20th, 1898.	
8:00	4:00	8:00	4:00

Schedule to take effect Monday, Apr. 18th, 1898.

WESTWARD		EASTWARD	
read down	read up	read down	read up
No. 1	No. 2	No. 3	No. 4
Nov. 20th, 1898.		Nov. 20th, 1898.	
8:00	4:00	8:00	4:00

Trains from Montandon, Lewisburg, Williamsport, Lock Haven and Tyrono connect with train No. 3 and 5 for State College. Trains from State College connect with Penna. R. R. trains at Bellefonte. † Daily, except Sunday.

F. H. THOMAS Supt.