THE COLUMBIAN AND DEMOCRAT, BLOOMSBURG, COLUMBIA COUNTY, PA.

The Tomato,

The tomato, like every other vegetable, has its ups and downs, now extolled as having all the medicinal city. The south side of Union Square virtues to be found in nature, and now is one of their favorite haunts. They virtues to be found in nature, and now deemed as positively injurious to health. The truth, as in most cases, lies between the extremes. It is a wholesome vegetable, remedial in many cases, but should not be used immoderately. Pure cold water is in-jurious if drunk to excess, and so is bread injurious if eaten without mod-eration. The Australian Medical Journal says: swindler. Journal says :

This fruit exhibits one remarkable property in connection with plant dis-edge that is so good an illustration of eases, which suggests its use as a the effects of a short sighted economy germicide and a protector against those disorders, so many of which we now know derive their origin from bacteria and allied germs. If a toma-to shrub be uprooted at the end of the senson and allowed to wither on the bough of a fruit tree, or if it be burned beneath, it will act not only as a curative, but protective against the mother did not know-thought it blight and similar attacks. This hos- was a little thing which would soon blight and similar attacks. This hos-tility to low organisms is due to the presence of sulphur, which is rendered up in an active condition in the decay or burning. Remembering that diges-tion also splits up the tomato into its chemical constituents and releases sulphur, probably in the intestinal canal, it may have as great potency tion, and probably in the intestinal canal, it may have as great potency there as experiments prove it to have outside the body. Summer diarrhora, English cholera, and typhoid fever are all due to low organisms. As the diarrhoral and typhoid seasons are backly contained to summary and the transfer of the summary of the transfer outside the body. Summer diarrhora, English cholera, and typhoid seasons are outside the body of the summary of the summary of the summary and the summary of the summary o diarrheal and typhoid seasons are luckily contemporaneous with the fraiting of the tomato, it is not un-reasonable to assume that tomato eat ers would be more than ordinarily likely to escape such diseases. It is most prevalent among the poor, to whom this expensive vegetable is almost unknown. Sailors, too, just after landing, are particularly liable to typhoid, and in them we may always assume a more or loss scorbute conassume a more or less scorbutic cou- haps this short statement of the cas dition. But the question of the pro-tection against disease by certain diets, and by such habits as the use of alcosufficient. If the Board of Health hol, tobacco, and opium, has as yet been hardly inquired into. Experi-ments are now being made on the -New York Mail and Express. tincture of the tomato, which will help Timely Hints to Husbandmen.

in determining its therapeutic value Meanwhile, eaten cooked with hot meats, and in the form of salad after a cold lunch, it is a plensant and use-ful addition to our ordinary regimen.

A Seed Chapter.

One of the best spring vegetables is spinach It is very hardy and before the snow is gone it gives us an agree-able taste of the coming vegetables. Like the turnip it requires rich ground to do very well. It is best to sow it breadward while it is upon some some some sources. WHAT GRASSES TO Sow .- It takes a broadcast, raking it in when sown, and person almost a lifetime to find out useful facts about farming. The exper-ience of others is of the greatest im-portance to all. The following extract about grasses will be of interest to our readers. "An important point in laying down land is to select such grasses and clo person almost a lifetime to find out use-

"An important point in laying down land is to select such grasses and elo-vers as are most suitable. Thus all the varieties possess affinities for par-ticular soils, and the success or failure meadow denotian soils, and the success of failure of the future pasture or meadow de-pends very largely on the selection of suitable seeds. For instance, "meadow catstail" reveals in heavy, wet loam, but perishes on chalk and sand. "Crest, it. If the heaviest of the sun is shut catstail" reveals in heavy, wet loam, but perishes on chalk and sand. "Crest cl dogstail" will yield its full return of valuable cattle food on the chalk marks and light loams, but soon dies out on a cold elay. "Sweet vernal grass" pro-"Sweet vernal grass" pro- do the harm, so it is as much the shade duces its beautifully scented blossoms on the lighter loams and medium sands, By sowing the latter part of this month but on a wet, black soil soon ceases to exist. "Perennial white clover" will fatten sheep to perfection on rich land, but on poor soils will scarcely be worth sowing. Similar observations will prove true of other kinds." LENGTH OF VITALITY OF SEEDS .- Although garden seeds, originally good and carefully preserved, will often ger- \$6,000,000. The first discovery of shart carefully preserved, will often ger-minate and grow at a much greater age than that given in the following table, their vitality is likely to be more or less impaired, as proved by practical ex-periment, which has fixed upon the fig-mers of the setimated at \$3,000. There fore, only cavitalists can indulge in

 periment, which has fixed upon the fig-ures cited as covering the limits of safty:
 fore, only ca italists can indulge in the luxury of experiments. One of the principal operators is said to have spent a quarter of a million before finding any ore. The miners are paid only \$3 a month, with board and lodging. The sale of liquor is forbid den within twelve miles from each Carrot, 2 Peas (wrinkled) 1
 110 & 112 W. MARKET STREET,

 WILKES-BARRE. Pa.
 WILKES-BARRE. Pa.

 WILKES-BARRE. Pa.
 WILKES-BARRE. Pa.

Pepper, Pumpkins, Radish, Cauliflower, Calery, Corr, Egg plant, Squash, 4 of the present century, but that period Johns, J. Spinach, J. Spinach, J. Structure, S. Spinach, J. Swast he most prosperous in the history of Siberian mining. The labor of the serfs then cost next to nothing building. Johnson, J. Statisty, J. Spinach, J. Spinach, J. Statisty, J. Spinach, J. Spinach Cucamber, Lettuce, Melon, Onion, majority of people is that they sow seed too thick. Enough seed is put on one acre to do two acres with. Not only is the seed saved, but the quality of grain is best when the plants stand sparsley. In root crops, also, the roots or tubers are, within certain limits, larger, the greater the space allotted to their growth. In general, the production of plants increases with the size of the space, because abundance of room implies enough of light, heat and moisture, and such a healthy condition of the plant that is capable of resisting

We have all seen them. They are for sale on the street in all parts of the

Oheap Sponges.

A Medicine for Woman. Invented by a Woman.

and backache, is always permanently cured by its use. For the cure of Kidney Complaints of either sex this Compound is unsurpassed.











SUMMER TIME TABLE.

in effect June 5th, 1882, trains leave Northum

EASTWARD,

<text><text><text><text><text><text><text>

WESTWARD,

6.55 a.m.—Eric Mail for Eric and all intermediate stations with through Fullman Palace car and through passenger ouches to Eric. For Canandagua and Latermediate stations, Rochester, Buffalo and Nisgara Falls, with Pali-man Palace car and passenger coaches through to Rochester.

man Palace car and passenger coaches through to Rochester 1.45 p. m.—Ningara Express for Kane and Inter-mediate stations with through passenger coaches to Kate. For Cannadalgua and principal inter-mediate stations, Rochester, fuffaio and Ningara Falls with through parlor car to Watkins and through passenger coaches to Rochester, 5.35 p. to Pass line for Lock flaven and interme-diate stations, and Eimirs, Watkins and Interme-diate stations, with through passenger coaches to Watkins.

date stations, with through passenger conches to watens, Tuto East TRAINS FOR NORTHUMPERLAND "In a price of the transformation of the transformation in the transformation of the transformation of the transformation in the transformation of th

NORTHERN CENTRAL BAILWAY to and after February 19th 1881 trains will loas

	Sunbury as follows :
IJ.	NORTHWARD,
	Northern Express 6.50 a.m., arrive Elmira 19.30 pm Arrive at Canandaigua 3.35 p.m. "Rochester 4.40 " "Ningara 4.5
	Nlagara Express 1.50 p. m. arrive Elmira 6.65 p. m. arrive Canandalgus 5.86 " "Rochester 9 45 " "Nlagara 19.50 a.m.
	Fast line 5, '5 p m arrive Elmira 10,20 p m Watkins 11,10 p m
0	SOUTHWARD.
•1	S. uthern Express 1.32 a.m. arrive Harrisb'g 5.15 sm arrive Philadeiphia 7.00 " "New York 9.35 " Baltimore 7.40
,	"Washington 5,92 a m Lock Haven Ex 10,50 a m arrive Philadelphia 5,00 p m "New York S.45 " "Baltimore 5.30
	"Washington 6.47 Day Express 1.59 p m arrive Harrisburg 8.38 p m "Philadeiphia 7.05 " "New York 10,00 " "Bailtinore 7.06
E,	"Washington 8.17 B-1: Mail 1.05 a. m. arrive Harrisburg 3.00 a. m "Philadelphia "New York 9.35 " "Baltimore 7.00 "Washington 8.23 J.R. WOOL General Passenger Agent.
	FRANK THOMSON, General Manager.

June 26, 1882.

BLOOMSBURG DIVISION.

PAREER'S

res the Youthful Color to Grey or Faded Hair

PARKER'S

ers to drugs and me

e. and #1 sizes, at deal

J. E. WOOTTEN, General Manager,

p.m. p.m. a.m.



parasites .- Tribune & Farmer. Vegetable Seeds to Sow Soon.

How many people who possess plenty of room in their gardens, or ought to plenty, deprive themselves of some of our choicest vegetables a large portion of the time by merely neglect-ing to take advantage of the seas u to prepare a few small beds and sow the seeds? If you go into their gardens and on looking around and seeing, at the latter end of September, no lettuce or radishes growing, and ask where they are the reply is, "We never raise them at this time of the year; we didn't know they would do," &c. The fact is, lettuce can now be sown with cer tainty in drills, to head late in autumn; and if transplated into cold frames, we can have heads at Christmas and generally through the winter. The China and Spanish radish should be sown now for winter use, and bury in small pits as we do beets.

For early spring use, Lettuce seed should be sown the first or second week in October, and when the plants are well started, transplant in a sheltered place, forming ridges six to eight inches igh, and setting them about a foot apart half way up the ridge. When cold whether approaches cover the rows lightly with straw, and place a few bean-poles upon the straw to keep it in place. If well attended to it will be plenty of good solid heads at the beginning of April, and some can be cut in March before heading. Coming at these periods, this vegetable is very acceptable and wholesome .- Germantown Telegraph.

How often persons have been an-noyed by burrs clinging to their dress or clothing, and how seldom have they, when cleaning them, given it a thought that Burdock Root is the most valuable blood cleanser and parifier known, and is sold by every druggist, under the name of Bardock Blood Bitters. Price \$1.00. you and test

as the straw that brings the benefit. or the beginning of September it will produce an autumn crop ; but for spring use it should be sown the latter part of September or the first week in October.-Germantown Telegraph. The gold annually taken from Siberian mines is estimated to be worth

fore, only calitalists can indulge in 2 shaft, that discipline may be maintain-4 ed. The number of mines has large-I ly increased since the second quarter

Sweeter than Sorghum.

A Virginia lady caught her husband in the act of kissing a pretty colored girl, who had been recently employed

as nurse. She said nothing to him, but, as nurse. She said nothing to him, but, summoning the girl before her that evening, asked: "What were you do-ing with Mr B. when I saw you this morning, Eliza?" "Nuffin," was the truthful answer. "Very well, then," continued her mistress, impatiently, "what was he doing to you?" "I dunno, 'deed I don't, missus, but it was a heap nicer than 'lasses." nicer than 'lasses."

THE PUREST AND BEST.

Remedy Ever Made,-It is Compounde from Hops, Mait, Buchu, Man-drake, and Dandellon.

The oldest, best, most renowned and val-uable medicine in the world, and in addi-tion it contains all the best and most af-fective curative properties of all other re-medies, being the greatest liver regulator, blood purifier, and life and health restoring agent on earth. agent on earth.

agent on earth. It gives new life and vigor to the aged and infirm. To clergymen, lawyers, liter-ary men, ladies, and all whom sedentary employments cause irregularities of the Blood, Stomach, Bowels, or Kidney's, or who require an appetizer, tonic and mild stimulant, it is invaluable, being highly curative, tonic and stimulating, without being intoxicating. No matter what your feelings or symp-toms are, or what the disease or ailment is, use Hop Bitters. Don't wait until you are sick, but if you only feel bad or miscrable use the bitters at once. It may save your life. Hundreds have been saved by so doing, at a moderate cost Ask your drug-

you. Remember, Hop Bitters is no vile, drug-ged, drunken nostrum, but the purest and best medicine ever made, and no person or family should be without it. Don't risk any of the highly landed stuff with testimonials of great cures, but ask your neighbor, druggist, pastor or physi-cians what Hoo Bitters has and can do for you and test Aug. for Toeth extracted without pain. Oct. 1, 1979. Aug

ON HAND.

Hiscor & Co. COLOCNE.

