A Cave Full of Gold.

WONDROUS WEALTH DISCOVERED BY MONEY-LOVING MONK.

Apropos of the monks, a good story is told concerning their capidity. It is a common belief in Mexico that much treasure is buried hereabouts, which Montexuma ordered to be hidden at the time of the conquest that it might not fall into the hands of the Spaniards, writes a Mexico correspondent of the Philadelphia Record. It is asserted that he then put to death all who assisted in the hiding, leaving only himself and the high priest of the great war god, Huitzliopoetle, possessed of the secret, which at last died with

About fifty years ago it happened About fifty years ago it happened that a poor priest of a poorer church in the near-by village of Caujimilpa was surprised by receiving frequent contributions of much value from the most indigent of his parishioners. Through the confessional he finally extorted information that the valuables came from a cave recently discovered by the Indian, supposed to be a part of Montezuma's hidden wealth. Straightway went the priest to his masters, monks, and together they concoted a scheme for possessing themselves of the coveted store.

The priest pretended to discredit the story and to believe that the Indian stole the valuables, refusing to grant absolution for his sins until he himself had seen the cave, offering to be led thereto securely blindfolded, that he might not remember the route. With the terrors of purgatory before his eyes of course the poor Indian consented, and an early day was appointed for

the expedition. The crafty friar, who was piously muttering his prayers by the way, managed to slip the beads from his rosary one by one, dropping them all along the road, intending by their aid to follow the trail at some future time.

Arriving at the cave the bandage was removed, and the priest beheld with greedy eyes a wonderful collection of gold, silver and jewels outrivaling Aladdin's famous storehouse-whether the hoard of some highwayman or smuggler, or really a portion of the dead monarch's riches, none could de-termine. The complaisant monk per-mitted himself to be again securely blindfolded and led home by anothe

Arriving at his own door in great good humor at his supposed success he grant-ed absolution to his Indian guide, together with numerous indulgences, and was about dismissing him when the simple parishioner, with humble obeis-ance, handed him a quantity of beads,

saying:
"I have kept faith with your reverence, but you had the misfortune to break your rosary and to drop the beads along the way. I have carefully picked them all up and return them to you.

You will find that not one is missing.' Notwithstanding numerous traditions of concealed wealth, but little has actually been discovered. Buried gold is occasionally found, however-not in mounds and mountain caves, but in the ruins of old houses, where former owners had deposited it for safety in some time of revolution.

Not many years since a very poor old woman rented a house as old and poor as herself for fifty cents a month. Its inner court was paved with broken stones, which she was forever sweeping with the stub of an old broom. One day she observed that two or three more carefully put together than the

Being a lineal descendant of Mother Eve, her curiosity was at once aroused, and she proceded to poke away around the stones and to work away at them with sticks, until at length she was able to raise them, when, lo! beneath them was a can full of treasure. There were more than \$5000 worth of golden coins, every piece bearing the evil countenance of King Carlos V stamp-ed plainly upon it—a large fortune, in-

deed, for so poor a person.

How many more old women have ever since been digging up their patsis because of this lucky accident I am unable to state, but can vouch that a neighbor of mine in Tlalpam (a suburt of the City of Mexico), desiring to know the contents of a certain "small hill on his premises, caused it to be opened, and found therein a quantity of silver plate, each piece being an ancient Spanish crest.

Farm Notes.

Raspberries throw up a great many suckers, and these should be thinned out, leaving not over four canes to the hill, so as to afford plenty of room.

We need to study the habits of in sects more. Nearly all the insects which injure the farmer and fruit grower have their parasites, which would keep the enemy in check if properly

To keep insects out of bird cages tie up a little sulphur in a bag and suspend it in the cage. Red ants, it is said, will never be found in a closet or drawer if a small bag of sulphur be kept in those places.

The practice of pegging down everblooming roses so that they will cover completely the surface of the bed is known to produce very pleasant re-sults. It is said that pegging down dahlias proves quite satisfactory.

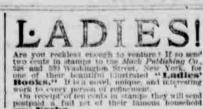
In breeding stock on the farm do not be tempted to sell the best, but dispose of the inferior animals first. By carefully selecting and retaining the best every year, the value of the stock will be increased and larger profits se-

J. H. Mercer wishes to make an assertion, which he can back with a positive guarantee. It is all about Acker's Blood Elixir. He claims for it superior merits over all other remedies of its kind, and guarantees for it a positive and sure cure for Rheumatism, Syphillis, and all blood disorders, it frees the skin from spots and disease, and leaves the complexion clear

There are scores of persons who are suffering from some form of blood disorder or skin disease, such as Scrofula Boils, etc., etc. After a practical test J. H. Mercer asserts that Acker's Blood Elixir will certainly cure all such dis eases, including Syphillis and Rheumatism. Itis not a patent nostrum, but a scientific preparation, he guarantees it.

After a thorough test J. II. Mercer most positively asserts that Acker's English Remedy is the best medicine for asthma, croup, coughs, whooping cough and all lung troubles that can be tound. Ask him about it, for he fully Main Street,

"Growing Old Together" was prob-ably written by a man white gazing at the boots which had carried him around all winter.



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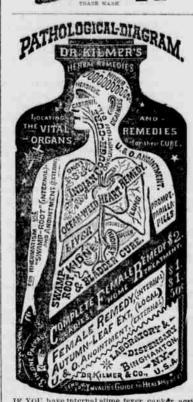
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Oliver V. B. Holmes, San Jose, Cal., writes: "I find the remedy all and even more than represented. I receive instantaneous relief."

E. M. Carbon, A. M., Warren, Kansas writes: "Use View instantaneous relief."

E. M. Carbon, A. M., Warren, Kansas writes: "Was treated by reminen physicians of this country and Germany, tried the climate of different states—nothing afferted relief like your preparation."

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A HIGH-TONED BEGGAR.

THE MENDIGANT PROFESSION IS NOT WITHOUT ITS DUDES.

An Interview with a Well-Dressed Young Beggar—An Explanation of His Methods and Success—The Various Kinds of

A young man, who did not look as though he had spent over a quarter of a century in this suffering world, turned out of Tenth street a few evenings since and sauntered down Broadway. His light overcoat covered a shapely form, which was crowned with a derby hat of recent style. A pair of eyeglasses bridged his nose, and the cord that connected them with the buttonhole of his coat was of black silk and the loop it made was graceful. One hand was hidden in a neat driving glove and from the other hand he dangled its mate. Altogether his appearance was that of a natty young man just returning home from a late call, for it was midnight. All this was notteed by a tired-out reporter, who was overcome was munight. All this was noticed by a tired-out reporter, who was overcome with surprise when this exceedingly fine young man stepped up with: "Would you kindly assist me, sir, with a few pennies that I may get a lodging for the night?" "What!" gasped the almost dumb-struck reporter.
"I am entirely out of funds. I have met

misfortune," suavely responded the young man.

Without attempting a word, the person addressed pulled out a 10-cent piece. When the movement toward the pocket was made, the young man in want lightened his voice of the stress of care and feeling that pervaded it at first. "I only came over from England a month ago," he voluntecred, and am unable to find work. I am a machinist by trade. I have had no food since last nicht."

had no food since last night."

This latter observation was added when This latter observation was added when the stlent transfer of the coin was made and its denomination became manifest in the bright rays of an adjacent electric light. He hesitated a moment. Then he touched his hat with a "Thank you" in a most polite fashion and quickened his pace down Broadway.

IN PURSUIT OF THE HIGH-TONED.

The loser by the transaction stood for a moment hesitating, then started in pursuit of the high-toned beggar. The latter did not even turn around, and as his pursuer drew near wafted forth a contented whistle. He finally came to a brilliantly-lighted saloon, into which he dodged with the familiarity of an old rounder. His follower caught him just in the act of tossing off a sherry flip, for which he had thrown down a 50-cent piece in payment. His cheek did not pale when he saw the reporter before him. Indeed he nodded his head in a sort of a greeting.

The young man was led to an adjoining table, and after a little persuading, told his method of doing the streets. "Since you have fairly cornered me, I will tell you about the business. I was once a hard-working young man, but owing to circumstances I was thrown out of business and compelled to find sustenance as as best I could. I have a few decent rags left," and he glanced affectionately at the neat top-coat and nudged with his chin the rather flaming necktie that encircled an upright collar. "I had to get money IN PURSUIT OF THE HIGH-TONED.

neat top-coat and nudged with his chin the rather flaming necktic that encircled an upright collar. "I had to get money somehow, and I took the method you have observed. I joined the ranks of the dude beggars. I am not ashamed of the term. A beggar is a beggar. "Yes, there are others like me. You have not happened to meet them, that is all. Indeed, a little more and you would not have me, as I go to Washin; ton to-morrow. Congress is in session, you

morrow. Congress is in session, you know, and it is really about the best time to visit the capital.

"The success of my method—you are not

the only one who has been kind to me to-night"—and the speaker proved the asser-tion without remark by giving his pocketful of coins a slap—"the success of my method is owing to the astonishment which affects those to whom I make my appeals. My appearance does not imply want or starvation, and when I tell my story the listener immediately concludes, as soon as he recovers himself, that I am telling the strict truth and have been caught without means. He goes away after making his donation feeling extremely well satisfied, and that he has at last hit upon a case de-

and that he has at last hit upon a case de-serving of true charity.

"Then, too, I am careful about my ap-peals. I do not couch them in pitiable language, but in keeping with my dress; they are dignified, straightfor ward stories of my trouble and reasons for asking pe-cuniary favors. They take as a rule. If I had been dressed in rags and with sunken cheeks and hoarse voice addressed you, you would have shaken me off and passed on commenting, to yourself on the usaon commenting to yourself on the una voidable nuisances of the streets." The young man then arose, gave his mustache a twist, and with a bow of the head left the saloon, it is hoped to continue his journey to Washington.

HEARTHENDING EPISTLES OF WANT. There are all kinds of beggers in New York, and while few with the original ideas and immeasurable cheek of the species represented above, yet plenty remain of a more groveling nature and common methods. The letter writers are a class that numbered a much larger clientage than was supposed till the Charity Organization society's systematic raid on beggars was made. The letter writers are genteel. They remain at home, and from a convenient desk, before perhaps an open fireplace, indite the most heartrending pistles of want and suffering. The busy merchant's heart is touched, and, without time to investigate, he incloses a bill and away goes the letter. It is singular how much money goes without any effort being made to ascertain if the beneficiary is mostly. worthy. There are many female letter writers, and of course the feminine chi-rography adds to the pitiable tale of woe. The only safe way to treat beggars is to give nothing, and if they are young send them around to the Young Men's Christian Association lodgings on the Bowery or other charitable institutions. You need not be afraid of overcrowding the need not be arrand of overcrowding the institutions. They won't go. Ladies do a great deal of harm in so generously dropping their small change in the beggar's box, and so the trade is kept up. A premium is put on the worst-looking beggar, and the old woman borrows some other woman's baby to make a show on the street.

Another class of mendicants is the per-manent beggars, who are found in the manent beggars, who are found in the same places week after week and month after month. They are mostly bifind or apparently so, or are in some manner crippled, with a small musical box or diminutive organ. Summer evenings are whiled away, and the little tin cups resound often with pennies and nickels that are dropped in. Some of them are poor and use their earnings to live upon, but others are frauds.—New York Times.

INSOMNIA IN THE AGES.

iome of Its Causes—Symptoms and Treatment-Various Remedies. In opening a discussion on this subject, Dr. C. L. Dana said that he had found the information contained in the text-books upon insomnia in the aged was very slight in amount. Insomnia was not frequent in the aged, but when it was present it was sometimes very intractable. Patho-logists thought it was due to amemia and

logists thought it was due to amemia and mulnutrition. The thickened arterial walls and the high arterial tension from the contracted kidneys, and similar states, which were found in the aged, would indicate that the blood supply to the brain was deficient. The insomnia produced by anemia was characterized by drowsiness during the daytime, the patient falling into little naps, while at night he was unable to obtain any rest. This was true of the young as well as the old. If in any case we found no actual disease, it was cuswe found no actual disease, it was cus-tomary to try iron and rich diet. In the speaker's experience, however, iron did not relieve anemia of the aged so as to produce sleep. Alcohol with the food was another remedy, and many recommended hot grue or hot milk with, alcohol before hot gruel or hot milk with alcohol before going to bed. White alcohol would relieve some cases, there were others in which the insomnia was increased.

The bromides and chloral, even when

The bromides and chioral, even when given in enormous doses, often failed to give relief. Opium was another remedy. Dr. H. C. Wood had recommended that we make our aged people opium enters and alcohol drinkers. The speaker had not found that opium always agreed with the aged, and in his experience, where opium had produced sieep, it was sometimes followed by such physical and mental depression as precluded its further use.

He had been disappointed in bromide and chloral, and considered the results of opium sometimes disastrous. He recommended good food, warm drinks at night, and small doses of codein with cannabis indica. Valerian and lavender, hyoscyamine, and inpulin sometimes were also useful drugs.—Bulletin of Clinical Society.

SYMPTOMS OF DYSPERSIA are loss of appetite rising of food, heart-burn, distension of the stomach, headache, bad breath, sleepiessness, low spirits and general prostration. Constipation is a frequent concomitant of dyspepsia, but sometimes it is attended with diarrhora.



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W. F. HALSTEAD, Supt.

Pennsylvania Railroad.

Philadelphia & Erie R. R. Division, and Northern Central Railway. TIME TABLE.

EASTWARD, 9.40 a. m., Sea Shore Express (daily except Sunday), for Harrisburg and intermediate stations, arriving at Philadelphia 3.15 p. m.; New York, 6.20 p. m.; Baltimore, 4.40 p. m.; Washington, 5.50 p. m., consecting at Philadelphia for all Sea Shore points. Through onsesher coach to

Shore points. Through passenger coach to Philadelphia.

daily except Sunday), for Harrisburg and intermediate stations, arriving at Phila delphia 6.50 p.m.; New York, 8.35 p.m.; Baitmore 6.45 p.m.; New York, 8.35 p.m.; Baitmore 6.45 p.m.; Washington, 8.00 p.m. Parior car through to Philadelphia and Baitmore. 7,50 p.m.—Renovo Accommodation (daily for Harrisburg and all intermediate stations, arriving at Philadelphia 42 Sa.m.; New York, 500 a.m.; Baitmore, 5.55 a.m.; Washington 6.30 a.m.; Steeping car accommodations can be secured a. Harrisburg for Philadelphia and New York, Co. Sundays a through sleeping car will be run; on this train from Williamspito Philadelphia, Philadelphia passengers can remain in sleeper undisturbed unit 7 a.m. Pite Mail (daily except Manuelle)

7 a. m. 7.10 a. m.—Erie Mail (datly except Monday, for Harrisburg and intermediate stations, arriving at Philadelphia 8.25 a. m. New York. 11.20 a. m., Baitimore 8.15 a. m.; Washington, 8.25 a. m. Through Pullman sleeping cars are run on this train to Philadelphia, Baitimore and Washington, and through passenger coaches to Philadelphia and Baitimore.

WESTWARD. 5.30 a.m.—Erie Mail (dally except Sunday), for Erie and all intermediate stations and Canandai gua and intermediate stations, Rochester, Buffa-io and Niagara Falls, with though Puliman Pal-ace cars and passenger coaches to Erie and Roch-ester. ace cars and passenger coaches to Erle and Rochester.

9.53—News Express (daily except sunday) for Lock Haven and Intermediate stations.

1.00 p. m.—Niagara Express (daily except Sunday) for Kane and intermediate stations and Canandaigua, and principal intermediate stations, Rochester, Buffalo and Niagara Falls with through passenger conclust to kane ard nochester and Parior car to Williamsport.

5.30 p. m. Fast lane (drify except Sunday) for Renovo and intermediate stations, and Elmira, Wat-Kins and intermediate stations, with through passenger coaches to Renovo and Watties.

9.30 a. m.—Sunday mail for Renovo and Intermediate stations.

THROUGH TRAINS FOR SUNBURY FROM THE EAST AND SOUTH. Harls For Schular From The
BAST AND SOUTH.

Sinday mail leaves Philadelphia 4.30 a. m.
Harrisburg 7.40 arriving at Sunbury 9.20 a. m. with
through sleeping car from Philadelphia to WilHamsport.

News Express leaves Philadelphia 4.30 a. m.
Harrisburg, 8.10 a. m. daily except Sunday
arriving at Sunbury 9.33 a. m.
Philadelphia, 7.40 a. m.; Baitimore 7.30 a. m. (daily
except Sunday arriving at Sunbury, 1.00 p. m.,
with through passenger coaches from Philadelphia
and through passenger coaches from Philadelphia alla Baitimore.

Fast Line leaves New York 9.00 a. m.; Philadelphia, 11.30 a. m.; Washington, 9.50 a. m.; Baitimore, 10.45 a. m., (daily except Sunday) arriving at
Sunbury 5.30 p. m., with through passenger
coaches from Philadelphia and Baitimore.

Erie Mail leaves New York 8.00 p. m.; Philadelphia, 11.30 p. m.; Washington, 10.00 p. m.; Esitimore, 11.39 p. m.; (daily except Sunday) arriving
at Sunbury 8.15 a. m., with through passenger
coaches from Philadelphia, Washington and
Baitimore and through passenger coaches from
Philadelphia.

SUNBURY, HAZLETON & WILKESBARRE RAILROAD AND NORTH AND WEST BUANCH RAILWAY. (Daily except Sunuay.)
Wilkesbarre Mail leaves Sunbury 10.00 a. m
rriving at Bloom Ferry 10.52 a. m., Wilkes-barr

12.18 p. m. Express East leaves Sundury 5.45 p. in., arriving at Hoom Ferry 6.57 p. m., Wikes-barre 7.58 p. m. Sundury Mail teaves Wikes-barre 10.40 a. m. arriving at Bloom Ferry 12.65 p. m., sundury 12.55 p. m. Express West leaves Wikes-barre 2.45 p. m., arriving at Bloom Ferry 4.55 p. m., sundury 3.40 p. m. riving at Bloom Ferry 4.55 p. m., sundury 3.40 p. m. SUNDAY ONLY. Sunday mail leaves Sunbury 9:25 a. m., arriving t Bloom Ferry 10:14 a. m., Wilkes-Barre 11:35 a.m sunday accommodation leaves, Wilkes-Barre 5:15 a.m., arriving at Bloom Ferry, 6,48 p.m., Sunbury 155 a.m.

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Uncanned Vegetables.

The frequent occurence of poisoning through the use of "canned vegetables" leads one to wonder whether families might not better limit themselves to allays inflammaold-fashioned winter vegetables. have become so accustomed to the lux-ury of variety that even the poor of today consider some very recent additions to our table as simple necessities, and many wonder what our ancestors could possibly have used to fill the place of the tomate, fresh and canned, and yet this is probably the most dangerous of all the canned vegetables. The list of vegetables now used on the tables of our middle class families would surprise the epicure of the cen-

Canned vegetables are a convenience but are they healthful or even a necessity?

The variety of fresh vegetables to be found in our markets in the cities at least, are almost forgotten, and the less troublesome canned goods substituted. Below is a list that might certainly meet to e wants of any private

family: Potatoes white and sweet, beans (three kinds), turnips, white and yellow. lettuce, beets, radishes, carrots watercresses, salsify, spinach, celery, cabbage, ontons, parsnips, squash, and to these may be added rice, hominy, cel-ery, and macatoni, which, nourishing and palatable, may be cooked in many ways and should always be kept on hand to supply deficiencies.

The cooking of these vegetables may be varied and an appetizing dinner pro-vided while the useful can opener remains unused.

In the first place, don't cook all your vegetables for one meal, nor cook the same vegetable every day alike. The ever recurring mashed petatoes that some serve, lead one to wish that "art decorators" would make a corner in "mashers" and that henceforth they might only be found in the parlers d's guised by paint and gilt and satin bows Neither do turnips require mashing every time. Try quartering them, and cook till tender, and pour over them when dished a rich milk dressing made by the following rule: 2 cups milk, 2 tablespoons flour, 1 tablespoon butter. Let the milk come to a boil and thicken smoothly with the flour which has been mixed free from lumps with a little cold water or milk, add the butter and season with salt and white pepper. This milk dressing is a good addition to many vegetables, and may be varied to suit by sometimes whipping an egg in the flour before putting with the boiled milk, or a few capers, or a little enop ped parsley or a few drops of lemon juice, and be used with small boiled potatoes, salsify, spinach, onions, car-rots, parsnips, and cabbage for a change

NEGRO LIFE ON JAMES ISLAND. Isles Near Charleston, S. C. It was communion Sunday, and the mulatto preacher delivered a sermon well worth hearing, judging from the last part worth hearing, judging from the last part of it. As soon as they were outside, however, the laughing and chattering was immense. Everybody laughed, everybody shook hands and smiled and chattered, with "How-a, how-a, Miss Lucy; gwyne long ouah way?" "Not 'smornin', Mr. Jeffahs—gwyne 'Sessionville way wid Aunt Polly," "How you uns long o' dis week, Uncle Reuben?" "So't o' poahly, t'ank you, Ben, but strivin'—step in and see Aunt Polly to night." "Try to, uncle, God willin'," and so on, by the hundred. And as I walked on I could hear them for a nile or more as they laughed in childish glee. But I could understand their words, glee. But I could understand their words, south side of the island, whose talk is little more than a barbarous guttural.

The common life of the negroes is inde-scribably rude and cheap. Not one cabin in ten has \$5 worth of furniture in it.

Every article in many of them could not be forced to a sale in Indiana. In some there are no bedding except a quilt for each one, and with it a pile of cotton, rags, or dried moss. Frequently there are no dishes in the house except gourds and the cooking utensils. It is very rare to see a book or paper. For chairs they generally use a box picked up at the nearest store, But they have "Sunday clothes"—the exceptions are very few—and make their best appearance on that day. The abund-ance of fish, oysters, and clams helps them greatly, especially in these hard times. No whisky is sold on James' island. There is no school for whites, but the colored schools are fairly well conducted and run three trouths. Teachers' salarios 8% per schools are fairly well conducted and run
three months; teachers' salaries \$25 per
month. The advances made by factors
on last year's crop are not yet repaid, as
the cyclone destroyed the cotton; so advances are slow this spring. Even the
carts and mules are mortgaged, and the
poverty of ordinary times is now intensified. Pearl grits cost the laborer
\$1.40 per bushel, one bushel lasting a
man a month when he uses no bread, as
many do not. A rather poor article of
bacon is retailed at 7 cents. Groceries
retail as with us; but the negro buys very
little now.

little now.

Only the better families ever use coffee. Only the bester families ever use conce.

Butter ranks as a luxury. The lank cows which graze on the salt marshes yield a thin article of milk—six or seven quarts a day in the season; in the coldest weather they go dry. A stout woman can earn 40 cents a day in the field, and a man 50.

There is very little beautiful for more the There is very little home life among the colored. Their cabins are generally so small and uncomfortable that the family small and uncomfortable that the family is never in them except when it rains or is extremely cold. The past winter was the coldest ever known on the islands, and following the losses by cyclone caused much suffering. In more than one family the bread and bacon are now reserved for those only who work in the field; the children and older people, the decrepit and the idle, live on grits and the products of the creeks, such as oysters, fish, claims, and even muscles. One hears very little incriment on a working-day. The people cheer up when they meet on Sunday and chatter like a flock of parrots; but the prevalent feeling seems to be a sad but the prevalent feeling seems to be a sad one. On the whole the experience of a day and a half here is rather depressing. and I do not admire the prospect of a jour-ney from here to Beaufort.—"Parke's" Letter in Chicago Times.

The Diet Treatment of Disease. Milner Fothergill, one of the most charming and sensible of medical teach-ers, writes that the advocacy of dietetics in the treatment of disease is the absorb ing topic of the present time. To him, in-deed, it is the great therapeutic matter of the day, and he feels in duty bound to lend the day, and he feels in duty bound to lend it what aid he can. Of the necessity of some systematic teaching of dietetics in a course of medical education no one can en-tertain a doubt. It is surely as desirable that a medical man be taught how to feed a patient acutely ill as how to prescribe for him. If it be a pyrexia, it is as desira-ble to maintain the strength and call as little as possible upon the bodily reserves as it is to keep down the body tempera-ture. To prevent exhaustion both matture. To prevent exhaustion bots mat-ters must receive attention. Every sick person is more or less dyspeptic, and dyspepsia requires appropriate and suitable food. Many dyspeptics can alone per-form their daily toil by a watchful atten-tion to their food and requirements.—Chi-

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