

### EATING BEFORE SLEEPING.

Eating before sleeping, now so generally recommended by physicians to those troubled by insomnia resulting from nervous trouble, is not a very difficult prescription to fill, but the determination of the question just what to eat is not infrequently puzzling. One who has experimented for years names a glass of warm milk as a good night cap for many, while for people who have a tendency to biliousness it will not do at all. To the latter buttermilk, not too cold, is said to be the best of night-caps. Warm milk with vichy is also recommended. Oranges and, to a certain extent, hot and sour lemonade are good for all. On this point the journal of the American Medical Association says: "Most students and women who are troubled with insomnia are dyspeptic, they should, therefore eat before going to bed, having put aside work entirely at least an hour before. If they are not hungry they should simply be instructed to eat, and if they are hungry they should eat whatever they want. A glass of milk and a biscuit is sometimes all that can be taken at first, or mashed potatoes, buttered.—From the Cincinnati Commercial Gazette.

### A Sullivan County Girl.

SHE HAS A PET DEER THAT FOLLOWS HER LIKE MARY'S LAMB.

Miss Margaret Waterman, a rosy-cheeked country maiden of twenty-two is the mistress of a handsome pet, says an exchange. She is the oldest daughter of Farmer Clarence L. Waterman, whose broad acres table on the hillsides of the lower part of Jackson Hollow, Sullivan county, Pa., and her pet is a beautiful tame buck named Byron. Miss Waterman caught Byron when he was a very young fawn. That was two years ago last Spring, and from that day to this Byron has never followed anyone except his fair captor. She teaches the district school, and her handsome pet accompanies her to the school house in the morning, browses in the nearby woodland, and rests himself until school is out, when he canters out of the thicket, bounds to the side of his mistress, licks her hand, and walks home with her. Dogs give Byron all the roadway, for if they don't he pitches at them, gives them a clip with his sharp hoofs and sends them off yelping. Byron sticks to Miss Waterman closer than a brother, and whenever she goes to the village they shut him up in a pen. During her absence he is unhappy, and when she returns and liberates him he beats for joy, licks her hands, and romps about as though he had been imprisoned a month.

### Cameron Voted as the Farmers Believe.

Senator Cameron can bear the howlings of the radical politicians against his course in the United States Senate in voting to set aside the Federal election bill, in order to take up other business necessary to the welfare of the country. The great majority of the farmers of Pennsylvania are heartily tired of hearing about this impractical bill which has consumed so much of the time of both houses of Congress to the detriment of other important measures. Senator Cameron has also voted on the silver question in accordance with the views of the great body of Patrons of Husbandry in the United States, as repeatedly expressed by resolutions of the National Grange and different State Granges.

The Senator's position shows an independence of the opinions of radical politicians which is highly commendable, and the great majority of the people of Pennsylvania will be glad to know that for six years to come they will have a United States Senator who can rise above mere partisan legislation.—From the Mechanicsburg Farmer's Friend.

### Knew His Denomination Even in Stamps.

Constituents make a great mistake in sending new and inexperienced men to the Legislature every session or two. They not only do an injustice to themselves but to the State at large. It takes a bright man to "catch onto" the ways of legislation in one session, and until he is initiated he is like a blind pup at a barn raising—only in the way. Some of the raw material from the rural districts will be a long time in developing into Clays and Websters. As a sample of their unsophisticatedness, a member from a western county, when he received his order for postage stamps, went to the city post office and asked for them.

"What denomination?" asked the clerk.

"Lutheran," replied the member modestly, but he could not for the life of him see what had to do with the matter in hand.—Harrisburg Correspondent in Bradford Era.

Hicks—"Why is it that there is never a match in this house?" Mrs. Hicks—"I can't make matches!" Hicks—"That's strange; your mother could!"—N. Y. Herald.

Eva Hamilton has laid aside her weeds. She is quite bothered at the thought of mourning so much over a man who wasn't her husband and who is, probably, not dead enough to justify the use of much crape.

The following lines were written on the death of Henry Sitzer, of Waller, who died January 31, 1891, aged 56 years, 10 months, 7 days

Call not back the dear departed  
Anchored safe where storms are o'er,  
On the border land we left them,  
Soon to meet and part no more.

When we leave this world of changes,  
When we leave this world of care,  
We shall find our missing loved ones  
In our Father's mansion fair.

While you lived with us, dear father,  
Thou didst suffer great distress,  
But you have left us and our mother  
And gone home there to be blessed.

You have left me, dearest husband  
And have gone with Christ to dwell;  
Tis God that hath bereft me,  
He can all my sorrow heal.

### What a Change.

Is wrought in people who suffer from rheumatism when they take Hood's Sarsaparilla. The acidity of the blood, which causes the disease, is neutralized, the blood is purified and vitalized, the aching joints and limbs rest easily and quietly, and a feeling of serene health is imparted. Hood's Sarsaparilla has accomplished wonders for thousands subject to rheumatism. Try it yourself.

### A Dog's Teeth Filled With Gold.

A traveling dentist that now and then visits Birmingham has a pet dog whose decayed front teeth are filled with gold. The dog had the toothache some time ago, and his master, after examining the decayed teeth, filled out the cavities very neatly and put several dollars' worth of gold into them. The dog kicked vigorously against the operation and howled too, but some one held him in the chair, and the dentist performed the job successfully. When the dog grins the gold filling gleams beautifully.—Cor. New York Sun.

Mrs. P. T. Barnum is forty; her husband is double that age. She was a Miss Fish, of Bury, Lancashire, England, the daughter of a prominent cotton manufacturer, and a beauty well known all through the county Palatine; and, though Barnum may believe that there are "as good fish in the sea as these ever were caught," he couldn't have hooked a prettier fish than the one he brought to land with a matrimonial hook.

Councilor's Widow (meeting her old cook)—I hear you have got married, Pauline?

"Yes, ma'am."

"Well, what is your husband by trade?"

"A chimney sweep, ma'am."

"That's very little, Pauline!"

"Still, ma'am, I think as how a live chimney sweep is a lot better than a dead councilor."—Cri-Cri.

Office Boy—Please, sir, my cold's dat bad I can't hardly stand it, an' my head aches like blazes, an'—an' I've got a terrible sore hand, an' my neck's stiff, an' I got a sty coming over one eye, an' de udder one's weak, an'—an'

Employer—That will do, James. The skating must be pretty good to make you have so many ailments as that!—Boston Traveler.

"Here is your ring. There are your presents. Leave me at once," said she.

"You have forgotton one thing," said he.

"And that?"

"The ring and presents cost \$468. I want 6 per cent interest on that for three months."—Epoch.

Mrs. Newwed—Have some of the pie, Mr. Oldboy; I made it myself.

Mr. Oldboy (guest)—Um—I thank you, but I seldom eat pie.

Mr. Newwed—Don't be afraid of it, my old friend; it's all right. I tried it on a tramp.—New York Weekly.

"Alas, Alas!" the dude exclaims, "my slender ankle I've got pains."

"Don't fret," said na, for whom he had sent, "I have some Salvation oil."

"My time is up," said the doctor to the patient, whom he found using Dr. Bull's Cough Syrup, and he was correct, for his cough had been cured.

Representative Fritz, of the Third Luzerne District, has introduced a bill in the Legislature providing for the appointment of a commission by the Governor, consisting of eleven miners (of not less than seven years' experience in the anthracite coal mines), three coal operators and two skilled mining engineers, said commission to revise, amend and make such changes in anthracite mining and ventilation laws as are necessary to the preservation of human life and property.

### Do You Cough?

Don't delay. Take Kemp's Balsam, the best cough cure. It will cure your coughs and colds. It will cure sore throat or a tickling in the throat. It will cure pains in the chest. It will cure influenza and bronchitis, and all diseases pertaining to the Lungs because it is a pure Balsam. Hold it to the light and see how clear and thick it is. You will see the excellent effect after taking the first dose. Large bottles 50c and \$1.

### ALASKA'S BEARS.

The Land Is a Paradise for the Hunter of the Grizzly.

To the bear hunter the wilds of Alaska offer a paradise that can be found in no other country on the globe, as it is attested by the yearly shipments of hides. The most chosen are those of the black bear, which roam the woods by hundreds, and prime skins bring from \$25 up to as high as \$100 each in the market. During the excursion season tourists from all parts of the globe make a thriving trade for Alaska merchants in the bear skin line.

There are five distinct species of the bear in Alaska—the black, brown or cinnamon, and a cross, which inhabit all portions of southeastern Alaska and the upper portion of the Yukon country. Further north, in the St. Elias Alps, is the home of a grizzly which in size, ferocity, and color much resembles the grizzlies of the Sierra Nevada, and still further north, along the lower reaches of the Yukon and the ice fields of the Arctic Ocean, is the white polar bear. As brave and skillful in hunting bear as the Alaska Indian is, he seldom hunts the St. Elias grizzly, both because there is little profit in the hides and the great size and ferocity of the beasts make hunting them a most hazardous undertaking.

Their mode of killing them is by shooting into them from a heavily charged smooth bore musket a heavy slug of lead, copper, or iron, then awaiting their charge, which never fails to follow the shot, with a long, heavy, and strongly made spear, resting the butt of the weapon on the ground and planting one foot firmly against it. The point of the spear rests at an angle to pierce the bear in the breast, and the bear's own weight, when it strikes the spear in its mad charge, is calculated to drive the weapon through him or pierce him deep enough to cause death. As will be readily seen, if at this critical moment the hunter's courage should fail him, or by a miscalculation the spear failed to impale the charging beast, the hunter would be knocked senseless and immediately torn into shreds. This mode of bear hunting may have its advantages, but only the Alaska Indian has the courage to try the experiment.

### Every Man His Own Grave Digger.

General Winfield Scott had no feelings of compassion for dissipated men and had his own ideas as to the proper remedy for intemperance. One of his military orders, given when he was in command at Rock Island, in 1832, which has been discovered in the Iowa State library, throws some light on his peculiar notions on this subject. The order is copied in full in the current number of the Magazine of American History and relates to the appearance of cholera among the soldiers at Rock Island and to the sanitary measures to be pursued. Various precautions in the way of cleanliness, the use of flannel clothing, etc., are recommended on the authority of the physicians, but, the order continues: "The commanding general, who has seen much of the disease, knows that it is intemperance which, in the present state of the atmosphere, generates and spreads the calamity, and that, when once spread, good and temperate men are likely to take the infection. He therefore imperatively commands that every soldier or ranger who shall be found drunk or sensibly intoxicated after the publication of this order be compelled as soon as his strength will permit, to dig a grave at a suitable burying place large enough for his own reception, as such a grave can not fall soon to be wanted for the drunken man himself or some drunken companion. This order is given as well to serve for the punishment of drunkenness as to spare good and temperate men the labor of digging graves for their worthless companions."

### Snake Swallowed the Baby.

George Wharton, of Brown county, tells a blood curdling snake story. Mrs. William Huxelly, living in a log cabin, was making soap in the back yard, having kissed her sweet little 6 months babe to sleep in the cradle. Presently the baby screamed, and she rushed in and was horror stricken to find a hideous blacksnake of enormous size trying to swallow the child. It had engulfed the hand and swallowed it up to the arm pit and was writhing in its contortions and efforts to make further progress. Grasping the hideous reptile in the middle, it seemed to relax its hold and disgorged the child's arm, then turned upon its mother. She dashed it to the floor, and in her wild frenzy stamped it to death. It proved to be of the black racer species, 7 feet 2 inches long, and measuring 6 1/2 inches in circumference. The babe lived, and the only inconvenience it suffered from its terrible experience was that its arm and hand were blistered as if scalded in hot water.—Cincinnati Enquirer.

### Latest Form of Rubber Pavement.

The municipal authorities of Brussels have decided to experiment on the new compound "enouteous macadam." A portion of one of the principal yards of the city is being paved with this material. The compound consists of a mixture of India rubber and different kinds of stones ground up together and converted into a sort of cement by means of heat. The material is stated to be hard, elastic, and durable, and to be unchanged by either heat or cold. It is anticipated that it will prove extremely well adapted for running tracks and lawn tennis courts.

### Unselfishness.

There are three kinds of unselfishness—that which springs from a sense of duty, that which springs from a natural benevolence toward one's species, and that which springs from love. The first of these is a conscious unselfishness; the second is so in a less degree; but the third may be and very often is unconscious of itself altogether. None the less it needs to be dragged into the light now and then, and carefully examined, lest it too, beautiful though it is, should degenerate then and there into something not very far removed from its opposite.

# FORTIFY THE SYSTEM WITH BROWN'S SARSAPARILLA

People having rheumatic, or consumptive tendencies, should heed the advice herein given. Their painful and dangerous diseases arise wholly from impure blood, causing a weakening of the system; are fed, and held in the system by impure blood, and cannot be driven out until the blood shall have been cleared. When this shall have been effected nature will do the rest, and the days and nights of torture will be over.

Alike are the young, middle aged and older people swept from the face of the earth by thousands each year by these diseases, and there has never been known so powerful a preventive to such devastations, as is found in that great remedial agent,

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We have secured property adjoining our New Store at Thirteenth and Chestnut streets, and will begin the erection of a large building. In the Spring we shall remove our business in the Ledger Building to the New Store, which is the most centrally located in Philadelphia. Great Bargains for Men and Boys before removal. This large stock of Suits and Overcoats will be sold at a great Reduction in Prices.

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## MAN NERS' DOUBLE EXTRACT SARSAPARILLA!

IS THE GREATEST BLOOD PURIFIER OF THE DAY

and easily cures all diseases arising from bad blood, such as ECZEMA, ITCH, SALT RHEUM, ERYSIPELAS, SCROFULA, PIMPLES, BOILS, RING WORMS, ULCERATIONS, and for FEMALE DISEASES it acts like magic as a tonic and strengthener.

MANNERS' Double Extract Sarsaparilla.

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PRICE 50 CENTS A BOTTLE.

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THE BEST POROUS PLASTERS IN THE WORLD.

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## A REAL LUXURY!

Looking out over the many homes of this country, we see thousands of women wearing away their lives in household drudgery that might be materially lessened by the use of a few cakes of SAPOLIO. If an hour is saved each time a cake is used, if one less wrinkle gathers upon the face because the toil is lightened, she must be a foolish woman who would hesitate to make the experiment, and he a churlish husband who would grudge the few cents which it costs.

If your grocer sends you anything in place of SAPOLIO, send it back and insist upon having just what you ordered. SAPOLIO always gives satisfaction. On floors, tables, and painted work it acts like a charm. For scouring pots, pans, and metals it has no equal. Everything shines after it, and even the children delight in using it in their attempts to help around the house.

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