VOLUME XIX.

"HE IS A PREEMAN WHOM THE TRUTH MAKES PREE, AND ALL ARE SLAVES BESIDE."

\$1.50 and postage per year, in advance. THE RESIDENCE OF THE PARTY OF T

EBENSBURG, PA., FRIDAY, APRIL 10, 1885.

NUMBER II. Jun PRINTING OF All RIDGS BEALT, you forget

THAT you are bothered nearly to death with rheumatic twinges or the pangs of neuralgia is no reason why you should continue to suffer. Exsement with a good medicine. Try hamas' Eclectric Oil. Recollect it is OLARANTEED by every druggist. Neuraigin and Rheumatism never stood be-

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that has sought relief in Dr. Thomas'

Edectric Oil to no advantage, and in re-

Fren we will refer you to thousands simi-

harly affected whom this medicine has

BUFFALO, N. Y.

restored and cured completely.

Chronic Catarrh, Consumption, eneral and Nervous Debility. euralgia, Chronic Rheuma sm, Diabetis, Stone in the Hadder, Bright's Disease, Dys epsia, Liver Complaint and Diseases of the Stomach.

our Pruggist is out of our pains on the "lils of Life," or M you ing under a disease not mention ers, S. B. Hartman &

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CARL RIVINIUS,

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es, lewelry, 2c., and satisfaction guaran hash work and price. Langell's Asthma and Catarra Remedy Having struggled 20 years between it's and death with ASTHMA or PHTHISIC, treated by eminest physicians and receiving no benefit, I was compelled, during the least five years of my liness to sit on my chair day of my liness to sit on my chair day and night gasping for breath; my surferings were beyond description. In despair I experimented on myself by mpounding roots and berbs and inhaling the similar thus chtained. I fortunately discovered WONDERFUL CURE for ASTHMA and TARRH, warranted to relieve the most studies case of ASTHMA IN FIVE MINUTES, so pailant can lie down to rest and sleen control of the students of the students. oatient can lie down to rest and sleep coru-bly. Any person not fully satisfied after cone-third of a box can return the remain-o the proprietor and the money will be reod, or send me your address for a trial pook-REE OF CHARGE. Mrs. W. T. Brown Too. Texas, writes: "I suffered with Asthma !!

TESTED. TOWE CATALOGUE OF SEEDS IN THE CATALOGUE OF SEEDS OF SEEDS OF SULES OF SULE HIRAM SIBLEY & CO.



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Consumption, Coughs, Colds, Catarrh. Croup, Asthma, Flourisy, Hoarseness, Influenza, Splitting Blood, Bronchitis, and all diseason of the Throat, Chest, and ed its efficacy is at once manifested. noing the most incredules that

CONSUMPTION At its common coment it is but a slight irritation of the membrane which covers the Lungs,
then an infamation, when the cough is rather
dry, local faver, and the pulse more frequent, the

dry, local faver, and the pulse more frequent, the cheeks flushed and chills more common. This Elixir in curing the above complaints, operates so as to remove all smorbid trritations and inflamation from the lungs. o the surface, and finally expel them from he system. It facilitates expectoration. It heals the ulcerated surfaces od relieves the cough and malter the breath-

Strong opinio and advingent articles, which are of so drying a nature as to being must dangered destroying the patient; who case his medicipe never dries or steps the chigh, but, by renty-ing the cates, consequently, when the cough is cured the patient is well. Sund address for SOLD EVERYWHIRE A TO HERRY, JOHNSON & LOUD, Props., Burlington, Vt.

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"SHALL IT"

Camuria &

Shall I do this, sir, and shall I do that, sir?
Shall I go in, sir, or shall I go out?
Shall it be bonded, or shall it be hat, sir?
State your opinion; I'm sadly in doubt.
Shall I go riding, or shall I go walking?
Shall I accept it, or shall I refuse?
Shall I be stient, or shall I keep talking?
Give your advice, pray: I can not well
chouse
Thus do we proder to all.

Thus do we pander to others' opinions. Wearing the garb of Society's staves; Pashion satyrant, and we are her minions. Robbing our life of the freedom it craves Ought I to visit her, ought I to cut her?
Shall I be triendly, or shall I be cold?
Shall I look bootly, or beep through the

What will be said if i in seen at the ball?
Will they proclaim me a saint, or a sinner?
If not the former, i go not at all.
Thus do we pander to others' upintons.
Wealting the garb of society 5 siaves;
Fashton's a tyrant, and we are nor minions
Bobbling our life of the freedom it craves.

Why not go forward, undaunted, unfearing, Doing the thing that is lawful and right? Carlog not who may be using or hearing. Shunning the darkness and courting the Surely, if conscience forbear to upbraid us. Well may we laugh at the verdict of fools; God is our guide for His service He made Not to be ruled by the makers of rules.

A STRAIGHT DIAGNOSIS.

"The doctor says It is malaria" "How did you get malaria?" "Oh, Aunt Mary, just as if one could tell any thing about malaria! It is like the wind. It corrects from no one knows where, amil bloweth where it listeth :" and

Wear not the gard of Society's slaves; Be not of Fashion the pitiful minions; Rob not your life of the freedom it craves.

the invalid turned her prefty flushed face on the pillow with a movement of unmistakable irritation. "Blanche, dear, have the kindness to look at me a minute," said Miss Harring ton, firmly but kindly. "We don't want to name any mistakes to start with. You

know I am very blunt, and you know that I have opinions-" And I know there is no body in all the world like you when one is ill," the young lady interrupted; "and that is why I begged and prayed mamma to send for

That is very pleasant and encouraging as far as it goes," said the lady," but I can remain. Blanche, as your nurse, only on the condition that you obey me. I am ready to appack and stay, or put on my hat and go.

Miss rearrington's gray eves were tender and smiling, and her whole face was aglow with active benevolence; but the broad brow and the firm month had also much to say of careful study and strength of character

of character,

"Why auntie, I should give up entirely
if you disappointed me now," the invalid
replied, with quivering lips. "I have just
lived on the thought of your coming." Well, will you obey me? Yes, suntle, and I hope you'll remen ber that obedience is not my strong

But I have your promise, and that will said the murse cheerfully; "and now We'll see." "Nineteen years old," Miss Harrington said to berself, "and confined to her bed eight weeks with malaria? Bosh : tongue, feverish, more emaclated than had expected to find her, pain in her side intermitting pulse, constant oppression of the chest, backache, acute headaches cold extremities, and no appetite. And this is malaria? Bosh again: I wonder what the doctor did before 'malaria' came

into use. I must ask this physician his reasons for calling this a nuterial at-Miss Harrington was as good as her word, and forcing her opinions and her doubts quite into the background, started on her tour of investigation with pearance of implicit faith in the the medical man to answer her que

"Is there anything the matter with the lumbing?" the indy inquired.
"There isn't a sanitary precaution that your brother has not taken," the doctor you know of other cases of malaria "Do you know of othercases of manning in this locality?"

"Oh yes malaria is by no means a rare product in this neighborhood."

"But it is very high and dry, and constantly swept by sea breezes."

"Yes; very high and dry"

"And very gay?" Aunt Mary suggested.

demurely.
"Yes; exceptionally gay." There was a comment twinkle in the gen-tleman's eye that told of a quick appre-ciation of his companion's remark

"And late hours, and thin shoes, and low necks, and salads, and souther some

times induces malaria, I suppose ?"
"Without doubt "
"Well, why don't you say so then?"
Aunt Mary had kept ber claws sheathed just about as long as was possible.

"A physician can not safely meddle with the private life of his patients except for extreme cases," was the marnfied response.

"If I were to take the broad platform which you rec mniend," the gen-tleman added, "I should not only not do the least bit of good, but I shouldn't have a patient left. My reputation would be simply that of an old busybody and an old fool. But, madam, this is an excellent field for you, and I'm sure we can work to gether with the utmost harmony." "Perhaps you are right," said Miss Harrington, thoughtfully, "but I don't exactly see it. Of course, if your patients are all idiots, that settles it."

"You would scarcely call your utece an idiot," said the doctor, " and she is as fair a representative of the class as I could have."

After a few days of Augt Mary's efficient nursing, her patient felt able to sit up, and her maid was directed to get together the necessary articles of wardrobe. Among the first things presented were a pair of black silk stockings and a pair of kid What are these?" Miss Harrington asked. Why, they are the newest kinds of

allippers, auntie, said her niece
"Paper soles, and three sich heels
tapered down to a cherry pit in the middle of the foot. I presume you went these all the time you are in the house?" "Why, of course, nuntie." "In the dead of winter as well as in

The young lady laughed merrily at her companion's old fogylsm. "Certainly. Just see how pretty they look with the silk "How many comes have you, Blanche?"
"Oh, only two or three little bits of ones. I send for a chiropolist once in a while, and then I'm all right for ever so

long."
A girl of nincteen with her feet in a chiropodist's hands!" said auntie, with a That isn't anything. Why, almost all the girls—"
"Not the slightest doubt of it," the lady interrupted. "You have nothing else, I suppose, to put on your feet but these things?"
"No, auntie, and I wouldn't wear any "I has - now accounted for your back aches, Blanche," said Miss Harrington spinal column from the charge of malaria

to be seen; nothing but the finest and most elaborately beruffled and embroidered "And you do not own a flannel petticoat, "What in the world do I want of flan-nels? You know I aimost always go out in the carriage, and there are lots of warm

nurse examined the other articles laid out

for use. There wasn't an inch of flaunel

t is perfectly-innocent."

'It is about as I supposed," Miss Harrington remarked, sadiy. "Your break-down is due to perfectly plain and natural causes. There is nothing in the least mysterious about it. You have deformed your feet, weakened your spine, and con sequently your whole gervous system, by the shoes you have worn. By a series o exposures you have reduced your vital

force to such an extent that reaction was impossible without further prostration and a complete cessation of irritating causes. Here are your corsets, How much do they measure, please?"
"Nineteen inches, auntie"—the young

lady was almost ready to cry now-" and they are a whole inch larger than most girls of my size wear." "What is your size? Here is a tape-mea-sure, and I will soo tell you. You have lost considerable ries, and I shall have to allow for shrinkage. Twenty-four inches just as you are, Blanche. Think of it! A teen juch corsets! We will now clear the heart and lungs from the charge of ma-laria. Your irregular pulse, the cutting pain in your side, our ineven and most inadequate respiration, can be traced directly to tight lacing. Now I have this to say, my child. I shall not permit you to wear one of these articles as long as you are under my case. If you will accept a pair of my omitted shoners, and allow me to wrap you in blankets till you have some clothes suitable for a convalencent to wear, all right. If not, you must find some one else to take care of you. My time is altogether too precious to throw away. This may seem very cruel, Blanche; but I really think it would be far better for you to die now than to be nursed back to the old shameful conditions. There is nothing before you but a life of invalidism if you decide to go on as you have begin."
But how can I wear horrid old shoes

and old scratchy flannels, and have a waist like a washerwoman's ?" the gir inquired, between laughing and crying.
You havn't said anything about goloshes and leggings yet, but perhaps you'd
like to have me wear those?" Shall I get the blankets and my quilted slippers, Blanche" Aunt Mary Yes: bring the gun-boats and the flan-

nels," her companion replied. "And if you can find a few hen's feathers to stick in my hair, the resemblance to a Sioux squaw will be more striking." After this Miss Blanche had some lessons in philosophy and hygiene, and very interesting and profitable topics they proved to be. She learned the reasons of things, and had sense enough to accept and utilize them.-Eleanor Kirk.

The Size of Nonh's Ark.

Various people have objected to the size of the ark; have asserted that it is absurd to suppose that ever there could be a vessel constructed large enough to hold all the creatures which must have been pinced in it, with sufficient food, it may be for six or twelve months-water for the fish, corn for the four-footed animals, seed for the birds, and so on. Now we will take the dimensions of the ark from the records of Moses, and calculate them on the lowest possible scale. There are two definitions given to a cubit, one that is 14 othes, or a foot and a half, and the other that is 20 inches. We will take it only at the lowest. Moses states that the ark 300 cubits long; this would make i feet long, or about the length of St. Paul's Cathedral London. The breadth he states to be 50 cubits; we then have it 75 in so that was 45 feet high. In other words, it was as long as St. Paul's Cathedral, nearly as broad, and half as high. The onnage of the ark, according to compute on of modern expenters, must have been 30,000 tons. The largest English ship (of a size altogether uningenginable to those who have never seen it is 3,500 tons burden; so that the ark must have been equal to 26 first-rate ships of war, and if armed as such ships are, it would have contained beyond 18,000 men, and provisions for them 18 months. Buffon has asasserted that all four-footed animals may reduced to 250 pairs, and the birds to a still smaller number. On calculating, therefore, we shall find that the ark would have held more than five times the necessary number of creatures, and more than five times the required quantity of feed to maintain them twelve months.—Buffalo

Another Genius Gone, The Postmaster at Liekskillet, Ark., writes as follows: "Don't send your paper any more to Oscar Hallum, for he's dead. He wuz a mightty good reader, he wuz, and would sometimes read one of your jokes in such a funny way that folks would laugh. 'Twon't what wuz in the artikle, but it wuz the way he read it. "He oughter been the critist of a paper like your's. That feller could screw up his mouth an' make a dog laugh. He could holler lest like a panter, an' many a man has tuck to his heels when he heard Osenr er yellin' in the woods. His dady allus wanted him to l'arn the shoemakin' trade, but he had too much ability fur any sich foolishness as that. Ef I had or had his knack I woulder jined a show. He could'nt write like a county clerk, but, what he wrote was that. He wa'n't hemined in by Webster nor none of your spellin book makers. When an idee popped into his head, and they were ever astingly a poppin, he jes slammed her lown an let old Webster jog along the best way he could.

"I wish he hader lived, fur it grieved the old man powerful when he died. 'Jist to think,' said he to me t'urther day at the buryin', 'that Oscar shoulder destroyed so much viddults an' then died. It's mighty nigh more than I could ba'r. I heard a fellar say some time ago that you was on the lookout for a man o' sense, so I thought I'd tell, you about him, but he's dead. Arkansas Traveler.

BUSINESS IN TRADE DOLLARS. Speculators Who Looked to Congress to Redeem them Throwing them on the Market.

The business in trade dollars on Wall street has again blo somed forth and is now as active as ever. The failure of Congress to redcem them at their par value has compelled the capitalists and speculators and the many private individuals who had bought them up to large quanties to get them off their hands, There are in circulation at present about \$5,000,000 of these dollars. Fifteen millions were coined from 1873 to 1876, when they were legal tenders. The rest have been coined since that time. It is computed that China has in circulation about 22,000,000 of these trade dollars and that the American bankers and capitalists hold the remaining 18,000,000, Europe having but a small amount.

Most of the dollars are now being sent

about eighty five and then ship them by way of Liverpool. The profit made is very small, being about a quarter of a cent on each dollar. One broker in the city has closed negotiations for 1 0.00 of them, which will be shipped this week. In these shipments the risks are all taken by the brokers in Liverpool.

He Was Tired.

Last week the tired editor, after laboring hard in the vineyard, concluded that he would go out among the brethren. While down in the Dry Fork neighborhood we preached at Ebenezer and accompanied Brother Sam Hayfoot home to dinner. There were several of the brethren present, and among them we were pleased to notice old Brother Shopwell. He is an old servant of the Lord, and, had the small-pox kept out of his way, we think that his countenance would have escaped a great wrong. Old Sister Hayfoot, kind ender, knows how to get up a good dinner. She has our idea of cooking cabbage, for, like us, she thinks that they should be boiled until all of their brittleness melts into the everlasting pot.
After baving served the inner man we again assembled in the sitting-room, where Sister Stovenil favored us with a hymn and 75 cents, for which she wanted six months' subscription. One dollar would have struck us with a little more warmth, but in these days of sin and hard times a half loaf is much better than a Boston cracker. Brother Smithfield, a good old soul as ever lived, declares that he will take the paper when he sells his red steer. Gentle render, do you know of any one who wants to buy a steer?-

COURNALISM. Emile Zole says Something Interest-ing on the Subject.

For more than fifteen years I have buttled for my principles through the columns of the daily press. At first I was obliged to follow fournalism in order to earn my living, and I found it hard work : I think I have occupied every position on a newspaper, and done all the work a reporter can do, from reporting police-news to reporting the proceedings of the Chambers. Later on, when I found myself able to live through the sale of my books, I still remained in the turmoil of journalism, through pure love of the exciting struggle. I felt myself alone; there was no critic willing to esponse my cause; and I desired to defend myself; so long as I remained at the breach, victory seemed to me well assured. The most furious assaults spurred me more to the defence, and gave me

To-day I cannot say whether my fighting tactics have always been the best; but I have at least learned one thing to recognize the true nature of the press My elders in literature, the most celebrated writers, have frequently fulminated against it and heaped the more terrible accusations upon it; it was the presswhich was killing good literature, the press horrowed its style from the language of the gutters; the press was the democratic agent of universal stupidity. I omit the most furious charges made. Meanwhile listened; I reflected that those who spoke of the press so bitterly could not know —not indeed because it was wholly inn cent of all that it was reproached with, but because it possesses large and mighty powers for good which more than counterbalance its power for evil. One must have long suffered from journalism and been often benefited by it. In order to un-derstand it and love it.

I would say to any young writer who comes to me for advice: "Leap boldly into ournalisin just as one leaps into the water in order tolearn how to swim." It is the only virile school of the age; it is those who come into contact with men of all classes, and become well-bronzed by the contact; -there it is, also, that one learns, through the special characteristics of the trade, to force a good style upon the terri-ble anvil of journalistic duty. I know that journalism has been accused of draining men's abuity, of turning them away from serious study of any sort, or smoth-ering literary ambitions of a higher char-Most assuredly it drains the ability of men who have no real talent or brains: it restrains lazy and sterile natures who have no ambition beyond an car living. But what does that matter? am not how speaking of commonplace men; for such persons will slways remain in the slime of the press, just as they would have remained in the slime of any commercial or legal pursuit they might have undertaken. I am speak-ing for the strong ones, for these who work and who have a will of their own. Let such as these fearlessly enter journal our soldiers return from a campaign, disci-plined, covered with honocable sears, masters of their profession and of other

Have not the best writers in our ranks to-day passed through this probation We are all children of the press; we have all won our first honor in its ranks. It was the press that broke us into a definite style, as young horses are broken for the harness; it was the press which farmished us with most of the facts we possess re-garding real life. The only important thing to remember is this. We must be strong writers in order to make use of the press, instead of allowing the press to make of us. The press will carry only a good man forward to his goni.

These are practical lessons which even the most energetic natures must dearly pay for. I am now speaking of my own experience—who have so often cursed journalism, so bitter are it stings. How many times have I caught my seil laune ing against it the very accusations I had deemed unjust when uttered by others. How often have I vowed that the trade of a journalist was the lowest of all trades -that it were better to clean the streets, to break stones, to do any rough or dirty labor than make one's living thus? And every time my gorge would rise at some meanness, some pettiness, some filthy spitefulness discovered by mere chances perhaps, all these thoughts and complaints would come back upon me. For in journalism one must thus occasionally sturnble into quagnifies of imbecuity or trench-ery or dishenesty. This is the ugay and, unfortunately, inevitable side. One is vilined, bitten flayed, without often be-ing able to understand whether it is being done through stupidity or through down-right wickedness. All sense of justice then seems to you to be utterly dead in the world; one longs to flee for refuge to some quiet little study of one's own; where no noise could be heard from without, and where one could write in peac

far from society, and create pure works of disinterested art.

But this anger and this disgust gradually depart; the press becomes all powerful. One has to go back to journalism as to a first-love. It is life; it is action; it is all that intoxicates and triumphs. Whenever one forsakes it, he cannot swear unto himself that he will never return for himself that he will never return ; for it is a force of which he will always have need, once its mighty influences is fully derstood. Even though it have passe you through a rough sieve; even though it has often been stupid or faise-never-theless it remains one of the strongest and most powerful tools of the century; and whosever has put himself courageously to the true work of the age, far from bearthe press any fli-will, must return to wrong or wrestle for a right.

Rich Women of Gotham. It seems that the richest women in New York are Mrs. John Jacob Astor, who has a fortune of \$8,000,000; Mrs. William Astor, worth \$6,000,000; Mrs. Josephine Ayer, worth \$4,000,000; Mrs. Isaac Bell, Jr., worth \$2,000,000; Mrs. Linda Blatchford, worth \$2,000,000: Mrs. James Brown. worth \$1,000,000; Mrs. Franklin Delano, \$2,500,000; Mrs. William E. Dodge, sr., \$4,000,000; Mrs. Coleman Drayton, who \$4,000,000; Mrs. Coleman Drayton, who has an income of \$100,000 a year; Mrs. Robert Goelet, \$3,000,000; Mrs. Sarah Hitchcock, \$12,000,000; Mrs. Mason Jones, \$6,000,000; Mrs. Bradley Martin has \$1,000 a day; Mrs. John Minturn, \$2,000,000; Mrs. Charles Morgan, \$3,000,000; Mrs. E. W. Morgan has a life income from several millions; Mrs. Marshall O. Roberts, \$10,000,000; Mrs. Archibald Rogers, \$3,000,000; Mrs. Edwin H. Stevens, \$20,000,000 Mrs. Paran Stevens, \$6,000,000; Mrs. A. T. Stewart \$30,000,000; Mrs. Moses Taylor who has a life interest in an immense for tune; Miss Catherine Wolfe has an an nual income of nearly \$500,000; Mrs Abram S. Hewittis worth \$2,000,000; Mrs Jesse Hoyt. \$6,000,000; Mrs. George Merritt. \$2,000,000; Mrs. Frederick Neilson has 80,000 a year; Mrs. George Osgood, \$2,500,000; Mrs. Percy R. Payne has an income of \$335,000 a year; Mrs. Henry Remsen has a fortune of \$3,000,000; Mrs. C. Vanderbilt, \$1,500,000; and Mrs. George Quintard, \$6,000,000. These are lucky women, although there are many more whose incomes range from \$30,000 to \$75,000 a year.

High Art at the Capitol, Up in the dome of the Capitol, painted by old Brumidi, is the group of Stonewall Jackson, Calhoun, Robert E. Lee and somebody else, which the Italian cunningly disguised under the symbol of war, and put them all with famine haunted eyes and visages like Dante's enemies in hell. There they are in fire-burnt colors on a concave surface, and the artist lay down on his back and washed them into history with a big white washbrush. Like Dante he also told his own sad tale, and put in both his wives, to one of whom he was not always kind, and the last was wild. Freedom stands over the dome, salling among the clouds and leaning on her shield, and the nondescript plumes in her hair were the suggestion of Jefferson Davis to the sculptor. Washington Letter in Cincin-natl Enquirer.

Sporting Talk. Pew people have any idea of the amount

g Steeman.

of trouble it is to go through a course of training and get "fit" for an important event. Many pugilists, when stripping inside the squared circle for an old fashioned prize ring encounter, for which the training was even more severe than any now in vogue, exclaimed most heartily. The worst is all over," meaning, of course, the severe work and deprivations of training. A pugilist, taken from his usual rather free and easy mode of living and put at once in training, feels for the first few days extremely tired, and sometimes quite a high fever is brought on by the purging medicines. This goes away naturally before the end of the first week's

work.

One of the greatest causes of inconvenience, and if not promptly and properly attended to, of serious trouble, is the blisters which are brought out on the feet. and hands by over walking or improperly fitting shoes or too much rowing or too much punching the bag with gloves and small dumbbells. The skin of the hands and feet very quickly become soft from an idle life and are liable to become awollen and sore if not properly perpared for the strain they must undergo in severe training. An ounce of prevention is always worth a pound of care, more especially at a time when a man cannot stop for sores, blisters and lamenesses to get well any more than he could if in a six-day race on foot or on roller skates. The best way is to harden the feet and hands by liberal soakings in a pail or basin of water which there are lumps of rock salt. Rt bing both feet and hands is a great thing to harden them, especially if femon juice and whiskey are freely used. There are a large number of old-time prescriptions for hardening the skin, but they contain cop-peras and other poisons, or gunpowder, which blackens.

If blisters come in spite of all, they should be carefully pricked with a needle, to which is attached some white worsted. If the worsted is drawn through the white spot between the new skin and the old or raised white skin, it will draw out all the water. Care should then be taken not to let dirt or other foreign matter get in.
Arnica, extract of witch hazel, and thorough rubbings are the best remedies for strains or lameness.

Ent at Night.

"Go home and eat a good supper; that's all the medicine you want," and the medical gentleman to whom a newspaper reporter had gone for a nervous, or seciative or sleeping potion, opened the door to show him out, "But, doctor, it is 11 o'clock at night." "Well, what of it? Oh, I see, the popular prejudice against eating at night. Let me tell you my young friend, that unless your stomach is out of order, it is more benefit to you to eat before going to bed than it is harmful. Food of a simple kind induces sleep. At what hour did you dine?" "Six o'clock."
"Humph! Just what I thought. Four-teen hours between dinner and breakfast. Enough to keep any man nanke. By that time the fuel percessary to send the that time the fuel necessary to send the blood coursing through your system is burned out. An mals sleep instinctively after meals. Human beings become drowsy after eating. Why? Simply because the juices needed in digestion are supplied by the blood being solicited towards the stomach. Thus the brain receives less blood than during the bours of fasting, and becoming paier the powers become dormant. Invalids and those in delicate health should always cat before delicate health should always cat before going to bed. The sinking sensation in steeplessness is a call for food. Wakefulness is oftentimes merely a symptom of hunger. Gratify the desire and sleep ensues. The feeble will be stronger if they eat on going to bed. Some persons are ex-hausted merely by the process of making their tollet in the morning. A cup of warm milk and toast on retiring, or of beef ten on awakening, will correct it But is it not essential that the stomach should rest?" Undobubtedly Yet when hungry we should est. Does the infant's stemach rest as long as the Bdult's? Man ests less often only because his food requires more time for digestion. Invalids and children at night may take slowly warm milk, beef tea, or oatmeal. The vigorous adult can ent broad, milk, cold beet chicken, raw oysters, or some other such food. Of course it must be done in moderation. You start home now and take a cup of tea and a beef sandwich on the way, and I'll risk your sleeping. Good night!"-Manchester Times.

Ningara Falls Dry for a Day.

The winter of 1848 had been intensely

cold, and the ice formed on Lake Erie was

very thick. This was loosened around the

shore by the warm days of early spring

During the day a stiff easterly wind moved the whole field of the lake. About sundown the wind chopped suddenly around and blew a gale from the west. This brought the vast track of ice down again with such tremendous force that it filled the neck of the lake and the outlet, so that the outflow of the water was very greatly impeded. Of coure it only needed a very short space of time for the Falls to drain short space of time for the Falls to drain off the water below Black Rock. The consequence was that when we arose in the morning at Niagara, we found that our river was nearly half gone. The American Channel had dwindled to a respectable creek. The British channel looked as if it had been smitten with a quick consumption and was fast passing away. Far up from the head of Goat Island, out in the Canadian Rapids the Island, out in the Canadian Rapids the water was gone, as it was also from the Lower and Goat Island, out beyond the tower. The rocks were bare black and forbidding. The roar of Niagara almost to a moan. The scene was desolate, and but for its novelty and certainty that it would change before many hours, would have been gloomy and saddening. Every person who has visited Niagara will remember a beautiful jet of water which shoots out about forty rods south of outer Sister in the great rapids, called with singular contradiction of terms, the "Leaping Rock." The writer drove a buggy from near the head of Goat Island out to a point above and near to that jet.
With a dog cart and four horses he had
drawn from the outside of the outer Island
a stick of pine timber, he wed twelve inches
square, and forty feet long. From the top
of middle island was drawn a still larger
stick he wed on one side and sixty feet stick, hewed on one side, and sixty feet long. There are few places on the globe where a person would be less likely to go lumbering than in the rapids of Niagara, just above the brink of the Herse She Fall. All the people of the neighborhood were abroad exploring recesses and cavi-ties that had never before been exposed to mortal eyes. The writer went some disfields at the muddy bottom lay bare. The singular syncope of the waters lasted all the day, and night closed over the strange scene. But in the morning our river was restored in all its strength, beauty and majesty, and we were glad to we'come its swelling tide once more. -- Holley's Niagara.

How They Brace Up.

One young larly who is in the swim of Washington gay society announces that she has braced herself up to get through the winter on an average of eighteen cups of ten daily. Another one doses with quinine to carry her through dinner and ball. Others rely on strong coffee, beef tea with brandy in it, and the massage treatment. Altogether it seems like the grooming of a stud of rare race horses, and unsupposed are endowed with a fair share of

Steamed Brown Bread.

Two cups of Indian meal, one and a half cups canaille, and fill the cup with flour; one half cup molasses. filling the cup with water; one and a half cups sweet milk, one and a half cups sout milk, a teaspoonful sods and one of salt. Steam three hours, then take off the cover and bake half an hour. - L. A. C.

The winter wind is wailing, sad and low, Across the take and through the rustling andge;
The spicodor of the golden after-glow
Gleams through the blackness of the great
yew hedge; And this I read impartly and in the sky-"We ought to be together, you said I."

Rapt through its rosy changes into dark, Fades withs west; and through the shadowy trees.
And in the ellent uplands of the park,
Creeps the setter-sighing of the reing breeze; It does but echo to my weary righ. "We ought to be together, you and LT

My hand is lonely for your clas, ang. dear, My ear is tired, waiting for your call; want your strength to help, your laugh to cheer.
Heart, soni, and senses need you, one and all, droop without your full frank sympathy—

We ought to be together, you and I. We want each other, so to comprehend
The dream, the hope, things planned, or
seen, or wroughl;
Companion, comforter, and guide, and friend.
As much as love asks love, does thought need
thought. thought.
Life is so short, so fast the lone hours fly—
We ought to be together, you and I.
—Every Other Saturday.

HERAT.

The Chestnut which the Russian Bear and British Lion are Reaching For.

The city of Herat possesses a peculiar interest at present as being the goal toward which all the advances of Russia in Central Asja are tending-the prize which the paw of the Russian bear is outstretched to grasp. But why this desire, this eager striving, for the possession of a city neither wealthy nor commercially important? The reason is that Herat is the key to Afghanistan, and the "Gate of India." It must not however, be supposed that it is anything of a fortune. Although looked upon by the Afghans as the bulwark of Afghanistan against their heratical neighbors, the Persians, it could offer little resistence to modern artillery. the reasone to modern artiflery. Its ramparts, which have time and again hurled back the tide of Persian invasion and preserved inviolate the heritage of Mahmond of Ghuzin, were, with the exception of the clindel, only earthworks, which have crumbled into decay, and it de-

which have crumosed into decay, and it de-rives its importance not from any sup-posed impregnability, but from the post-tion which it occupies.

Lying in that fertile valley of the Heri, which has been called the "Granary of Central Asia." it commands the mouth of the only pass by which a fully equiparmy can cross the mighty ranges of Hindu Kush, while the surrounding district fertile and healthy, and inhabited by a hardy and docile race, cannot be surpassed as a base of operations. In its present almost defenseless condition Herat could be easily selzed by a small force, ad-rancing from Merv, and would then act as a tele-de-pont, covering the passage of a Russian army across the Hindu-Kush. Besides commanding the pussage through the mountains. Herat is strategically im-portant for another reason. There are istan which form the only lines off opera-tion against India for a full equipped army. The first of these leads through Cabul, Jelalabad, and the Khyber Pass to Peshawur in the Punjaub, the other by Candabar, Quettah, and the Bolan Pass to Shikarpur on the lower Indus. These are the only routes by which a force with guns could move on India, and they meet at Herat.

By selzing Herat Russia would gain the following advantages: As a safe passage across the mountains into Afghanistan, an abundant supply of all things necessary for an army, and the choice of two lines of advance whenever she chose to attack in-dia. The possession of India would also insure to her the active support of all Af-ghanistan. All Asiatics, the Afghans included, are already contrasting the vigor-ous policy pursued by the Russians in Central Asia with the supineness and su-icidal indifference displayed by the British

From this comparison they infer that while Russia is strong enough to over-come any resistance that can be offered, England feels too weak to oppose her, and the wild Afghan mountaineers long for the time to drive, when they may obtain an opportunity of sweeping down on the rich cities and fertile plains of Hindostan. On the other hand, a British force in Herat would prevent a Russian army from pass-ing the mountains, and would insure the support of Persia, who has hitherto, from fear of Russia, been decidedly hostile to England.

Then again, Herat would be a fine base of operations against Merv if it should be deemed advisable to operate to the north of the mountains, while the occupation of the district would go far to restore British prestige in Asia.

The fertile valley which forms the Hera tee territory is a checker-work of corn-fields, vineyards, and gardens, dotted here and there with little fortified villages, and watered by a number of small rivulets which empty into the Heri. In the midst of these, like a gem in its setting, lies the city itself, presenting at a distance a very pleture-que appearance, while a few miles to the west stands (shorian (a rock fortress belonging to Herat), formerly a place of some importance and still the chief strong-balls, it was a februaries.

hold of Western Afghanistan.

But charming as its surroundings are the city itself has few claims to our admiration. It is nearly square, the length of each side being about a mile, and is surrounded by mind walls and a wide ditch. It has the narrow, gloomy streets common to all Eastern towns, and is one of the dirtiest cities in the world. The two bazars, which cross each other at right angles and divide the town into four quarters, were formerly very fine, but are now in a ruinous condition like everything Mosques and caravansaries, public baths

and mud hovels are jumbled together as if they had been mixed up in a sack and poured out. The number of inhabitants varies considerably, but is in the neighborhood of 40,000. The majority of them belong to the Sheeah sect, but there are a large number of Afghans of the Suni sect, with a sprinkling of Hindoos, Armenians, and Jawa

Jews.

Herat contains no buildings worthy of mention, and, in fact, owes its importance to its position at the junction of the great roads and at the mouth of the pass.

H. W. Church, in Chicago Herald.

Bhubarb Sauce. Stewed rhubard has always been a

favorite sauce with us, in the spring, but I have found a ... way of cooking it. Pee the rhubarh, cut it into half inch lengths and pour boiling water over it; let it stand about ten minutes, then drain in a colander and put it into an earlhen lar, with sugar between each layer of rhul Do not add any water but cover tightly and place the jar in a moderately hot oven that it cook until a groom splint will easily pierce the pieces. Each piece will retain its shape, and when cold the juice will be nimost a jelly - Aunt

The Clock of the Future.

Barnum believes that the clock of the future will run perpetually, as it will be so constructed that the changes of temperaature between night and day will wind it up. After this clock is finished, the next scheme will be a water pipe that will turn off its water as soon as the cold wave flag is hoisted, and perhaps fires will be invented that will arise at 6 a.m., kindle themselves, and cook breakfast.—Courier

Origin of the Roller-Skate. Roller skates were invented by that very

ingenious man, Gabriel Ravel, of the Ravel Pantomimists, and "The Skaters of Wilna," performed at Niblo's Garden over forty years ago. A smart Yankee by the name of Plympton caught on the idea, and somehow not many years ago got out patents here and in England for them and realized a fortune. As far as I can see and remember there is not the slightest alteration from Gabriel's original skate

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ray and similar Notices

There are about 1,200 daily and 10,000 weekly papers published in the United Georgia has the greatest area of any state East of the Mississippi River. Dimon spent \$1,000,000 for charity inst

Spiders are said to cat twenty six times their own weight cach day The most delicate watch wheels are now made of paper pulp in Germany

A Rockingham, N. C. rentleman has a pair of cits that be drives to a buggey. Three lepers were recently captured within one week by the Coroner of San An American church costing \$250,000 has

just been consecrated in Dresden, Ger-Mail bags from Cincinnati were recently delivered in Berlin in the short space of eleven days A Sycamore, Ill., man claims \$100,000 and eighty-five years' interest on it under

An enterprising thief at Vector, Ill, stole a large stack of hay from a neighbor, corrying it off in small basis on his sled. the French spollation law. The schools of Venezuela are supported

by the Federal Government from the revenues of the Post Office and a trade licouse avatem. According to conservative estimates, there are 5,000,000 colonies of been in the United States, which annually yield L20. 600,600 pounds of honey.

Mary is the most common of all names England, there being 6,817 out of every liam comes next with 6,500.

A Balavia, III., jewelet missed a fine gold watch from his showcase and discov-ered it in the po session of a young lady on whom he was calling. Her lover had stolen it and presented it to her. A queer old man, who formerly lived in Northern Illinois and was looked upon as a crank, has received a large sum of money from Krupp, the German gun manufacturer, for a valuable discovery in

Recently at Lincolntown, Ga., the post-age stamp on the envelope of an apparently innocent epistic was accidentally removed, and under it was discovered a warmly affectionate message written in very small characters.

Russia has 15,231 doctors, and maintains universities at Kazan, Kiel, Charkow, Moscow, Warsaw, Helsinglors, and Dorpat. The professional men flock to the circa. In the country thousands of people die for want of medical and surgical attention. A copy of the Thanksgiving preclama-tion issued in 1763 by Governor Thomas Fuch, of New London, and a carved cak chair which belonged to Governor Robert Treat, who died in 1690, have recently been placed in the rooms of the Historica

Society at New Haven, Conn. The United States has 17,000 dentists. other metals and make 4,000,000 artificial teeth annually. Only one American in eighty is found to have perfect teeth, and third of the population make more of less use of the artificial product.

ALL SORTS.

A bachelor's haul-The White House. Can the courtship of two cats be called wooing the mews?

Some dudes drink asses' milk. The dade is a believer in homocopathy. "A low voice an excellent thing in woman." Also in a counting room. It is a valuable night key that always strikes the right place the first time. Miss Belle McKinny was recently ap-pointed bailiff of the District Court at Dayton, W. T.

A man is never so proud as when he sings his haby to sleep for the first time after a severe struggle. "It's hard to lay anything aside for the future," cackled the hen as the farmer removed her latest effort. It is said the Egyptians never get drunk

Neither would any other nation if there was nothing on tap but sand and water. A Chicago man while shoveling snow from his sidewalk fell dead. It is sup-posed that be cleated off three inches on his neighbor's side and the shock killed

Miss Kate Feurbach has recently been appointed Auditor of Yankima County, Washington Territory, to fill a vacance caused by death. She had been deputy in the office for two years. "Yes," said pretty Miss Snooks, as she came home from a party at 5 a.m., "I was determined to be the last to leave. I

hate that borred Mrs. Blinks so I was re-solved she sliculdn't have the pleasure of slandering me after I'd gone." Through the telephone. Boarding house landlady (to grocer)—"Hello!" Hello!"

Grocer—"Hello!" Landiady-"Send ten pounds of butter

Landiady-"Send ten pounds of butter with bill." Grocer-"Will ten pounds be enough."

and charge it."
Grocer-"Can't hear. Wires working

A Spider's Seamanship. I took a large spider from his web under the basement of a mill, put him on a chip and set him affoat on the quiet waters of a pond. He walked about the sides of his bark, surveying the situation very carefully, and when the fact that he was really affont and about a yard from shore seemed to be fully comprehended, he looked out for the nearest land. This point fairly settled upon, he immediately began to cast a web for it. He threw it as far as possible in the air, and with the vind, it soon reached the shore and made fast to the spires of grass. Then be turned himself about, and in true saller fashion began to hand in hand over hand on cable. Carefully he drew upon it until his bark began to move toward the shore. As it moved the faster, he the faster drew upon to keep his hawser tant and from touching the water. Very soon he reached the shore, and quickly leaping to terra. firma, he sped his way, homeward -- Har-

The White House Bistory, The White House covers about one-

per's Young People

third of an acre, and its cost up to the prement time, about \$2,000,000. It is modeled after a castle in Imblin and the architect, who was a South Carolina man named Hoban, got \$300 for drawing the plans. When it was first built, away back in the mineties, it cost \$200,000, but the British burned out its insides, and its cost has since added to that sum about \$1,700,000. In it all of the Presidents since Washington have lived, and each has added to his beauties and its expenses. I think it was John Quincy Adams who bought the first billiard table which was used in it. But hilliard table which was used in it. But in John Adams's time it was only half furnished, and Abigail Adams used to dry her clothes in the hig cast room. Year by rear, however, the furnishing has gone on year, however, the furnishing has gone on until now it is a sort of a museum of art and beauty. Washington Letter in Cleve land Leader.

Chemistry of the Day,

"Young gentlemen," said the lecturer in chemistry, "coal exposed to the elements loses 10 per cent, of its weight and heating power. This is fue to the action of aikali constituents of--"

"But what if there is a dog cleeping near the coal, Professor !" "None of your levity, young man. This

is a serious matter."
"That's what dad thought when 72 per "That's what dad thought when 72 per cent, of his coal pile disappeared during three nights of exposure. Then he asked my advice as a student in chemistry, and I told him to buy a dog. He bought a dog, with bay window teeth and the string-halt in his upper lip, and now we don't lose 1 per cent, of our coal a month. That's the kind of a practical chemist I am. Now go on with your theory."