"HE IS A PRESMAN WHOM THE TRUTH MAKES PRES AND ALL ARE SLAVES BESIDE."

Business items, first insertion, ic., per line subsequent insertions, ic. per line.

Administrator's and Executor's Notices. \$2.50

Auditor's Notices. 2.50

Stray and similar Notices. 2.60

Resolutions or proceedings of any corporation or society and communications designed to call attention to any matter of limited or individual interest must be paid for as advertisments. Book and Job Printing of all kinds neatly and exections of security and exections of security and don'tyou lorget it. \$1.50 and postage per year in advance.

one but scalawage do otherwise. VOLUME XXX.

EBENSBURG, PA., FRIDAY, MAY 29, 1896.

NUMBER 22.

A HELPING HAND

JOMEN suffering from any form of female weakness are requested to communicate promptly with Mrs. Pinkham, at Lynn, Mass. All letters are received, opened, read and answered by women only. A woman can

freely talk of her private illness to a woman; thus has been established the eternal confidence between Mrs. Pinkham and the women of America. This confidence has induced more than 100,000 women to write Mrs. Pinkham for advice during the last few months.

Think what a volume of experience she has to draw from! No physician living ever treated so

> many cases of female ills, and from this vast experience surely it is more than possible she has gained the very knowledge that will help your case.

She is glad to have you write or call upon her. You will find her a woman full of sympathy and a great desire to assist those who are sick. If her medicine is not what you need, she will frankly tell you so, and there are nine chances out of ten that she will tell you exactly what to do for relief. She asks nothing in return except your good will, and her advice has relieved thousands.

Surely any ailing woman, rich or poor, is very foolish if she does not take advantage of this generous offer of assistance. Read the following illustration:

In March I wrote you the following letter, asking you if your remedies would aid me:-"I am twentyeight years old, and have three children. I suffer terribly with pain in the small of the back, dizziness, kidney trouble, nervousness, burning sensation in my stomach, and I am unable to do anything." I received a reply. a very kind helpful letter. I followed your advice. To-day, I am glad to be able to write that I am a well woman. I wish all women in my way afflicted would do as I did, and they will find relief. I think any woman who will continue to suffer with any of these trying diseases peculiar to our sex after hearing what Lydia E. Pinkham's Vegetable Compound has done in so many cases, is responsible for her own sufferings, MRS. JAMES J. HAGAN, 3842 Clinton St., Nicetown, Phila., Pa.

Three Books Worth Getting-"Guide to Health," "Woman's Beauty, Peril, Duty," "Woman's Triumph."-These are FREE

Lydia E. Pinkham Medicine Co., Lynn, Mass.

The Indestructible "Maywood" BICYCLE. THIS \$75.00 COM-\$35 RONGEST FRAME Guaranteed for three years. MAYWOOD

the strongest and samplest bicucle ever made. Adapted for all kinds of Made of material that is solut, tough and wiry; simple in construction, and put together; has few parts; is of such wiry construction that its parts rem in an accident; no hollow tubing to crush in at every contact; a frame ple that its adjusting parts serve as its connecting parts; a one ten parts: always ready to give reliable and rapid transportation.
le diamond, guaranteed for three years. Made of %-inch cold reved double diamond. guaranteed for three years. Made of %-inch cold flesighest and strongest metal for its weight known; joined together with a fittings in such a manner that it is impossible to break or any part work of sovelty, simplicity and durability; the greatest combination of ingenity also known, to build a frame without brazen joints and tubing, as you known that it is the greatest combination of ingenity as known, to build a frame without brazen joints and tubing, as you known that it is the greatest combination of ingenity as a known, to build a frame without brazen joints and tubing, as you known that it is the greatest combination of ingenity as a subject of the greatest warranted wood rims, plano wire tangent spokes. HURS—Large barrel pattern. TIRES—"Arlington" Hosepipe or Morgaik Repair, or some other first-class pneumatic tire. BEARINGS—Ball ylan, in the ling wheels, crank axie, steering head and pedals. CUPS AND mains tool steel, carefully tempeted and bardened. CHAINS—High grade is four adjustment, CRANKS—Our celebrated one-piece crank, fully prosent of the combine of the grade is the steel competed and proposed and adjustment. CRANKS—Our celebrated one-piece crank, fully prosent adjustment, carefully tempeted and bardened. CHAINS—High grade is the steel and adjustment, carefully tempeted and bardened. CHAINS—High grade is and adjustable; easily adjusted to any position desired; ram's born fursional file of the proposition of the first-class make. PEDALS—the steel steel steels adjusted to any position desired; ram's born fursional file of the proposition of the first-class make. PEDALS—the file steels sailly adjusted to any position desired; ram's born fursional file of the proposition of the first-class make. PEDALS—the file sailly adjusted to any position desired; ram's born fursional file of the file

rial Wholesale Price. Never before sold dv introduce the "Maywood" Bicycle, we hake a special coupon offer, giving every ra chance to get a first-class wheel at the offered. On receipt of \$35.00 and coupon aware the above Bicycle, securely erated, for delivery. Money refunded if not as arrival and examination. We will ship blere of examination for \$35.00 and coupon out with order as a guarantee of good faith, g warranty with each Bicycle. This is a warranty with each Bicycle. This is a and you cannot afford to let the oppor-

CASH BUYERS' UNION. 162 West Van Buren Street, Bx 2006, CHICAGO, ILL. +++++++++++++++

Can't Make Money Steel Picket Fence. CHASE BROTHERS COMPANY. Rochester, N. Y.

The above out shows Picket Pence with Gate. [This is not a nething] can be used on Iron or Wood Posts. When writing for prices give Quantity. Number of Gates, Double and Single, Wanted. We also manufacrore theory Iron Fencing, Cresting, Stable Pittings, Pice Shutters and FIRE ESCAPES, Gellar Doors, and Railings, Brass and Iron Grills, WIRE DOOR AND WINDOW SCHEENS, and all kinds of WIRE WORK.

TAYLOR & DEAN. ANTED AGENTS 101, 203 & 205 Market St.

ELLWANGER & BARRY, MANZA TO AGENTS SAMPLES FREE

CANCER and Sumors CURED: no Entire



"WHERE DIRT GATHERS, WASTE RULES." GREAT SAVING RESULTS FROM THE USE OF

SAPOLIO

CARL RIVINIUS,

---PRACTICAL--WATCHMAKER & JEWELER,

-AND DEALER IN-

EWATCHES, CLOCKS, JEWELRY, SILVERWARE,

MUSICAL INSTRUMENTS OPTICAL GOODS. SOLE AGENT FOR THE

CELEBRATED ROCKFORD

WATCHES. Columbia and Fredonia Watches

In Key and Stem Winders. LARGE SELECTION OF ALL KINDS OF JEWELRY AL-WAYS ON HAND.

My line of Jewelly is unsur passed. Come and see for your-self before purchasing elsewhere All work guaranteed. CARL RIVINIUS.

≫DENTISTRY≪

In all its Latest and Most Improved Methods.



Dec. 6, 1895.6m

0

Teeth extracted without pain by using Prof. May's E. B. Artificial Teeth without plate just like the natural teeth. I extract teeth, repair them and replace them in their natural p First-class work done at the most reasonable rates.

All work warranted. Terms Cash. Office on Main Stree BRIDGE WORK. two doors north of M. E. Church.

DR. A. LAINO, GALLITZIN' PA.

If you have anything to sell, ADVERTISE

THE PRECISE MAN.

Advice as to the Manner of Putting on a

Postage Stamp. "When you put a postage stamp on an envelope," said a precise man to his son, "you should put it on square and true, in the upper right-hand corner, and as near as possible to the margain of the envelope. You put it on at the right-hand corner for the convenience of the stampers in the post office, so that it may be uniform in location with the stamps on other envelopes and so more conveniently and expeditiously stamped; you should study the comfort of others as well as yourself. You should put it as near as possible to the corner, so that the canceling stamp will be less likely to deface and so perhaps to obscure the address on the en-

"You should put it on square and true because that is the methodical and proper way to do. Many persons are disturbed by the appearance of a stamp put on in a careless and slipshod manner. And I can easily imagine that such a practice might work positive injury to you. You might have occasion to write to a man on a matter of business that was of importance to you. You might compose and write this letter with faithful care and set forth what you had to say with commendable clearness and precision, and yet upset it all by slapping on a stamp carelessly; the recipient might judge you by the one slight act done naturally rather than by the studied work done with a

"My son, don't do it; put the stamp on where it belongs, so that the little touch of color will grace the envelope and not

ABBREVIATING TELEGRAMS. Saving Money in This Way Is Sometimes Costly Business.

"It is false economy to attempt to save money by abbreviating telegrams, and I found it out to my cost," said a woman several days ago in the hearing of a New York Sun reporter. "It happened in this way. My sister and I went to Florida by boat, several years ago, when there was an outbreak of typoid fever in several Florida towns. My sister, Mary, was seasick all the way, and when we reached Jacksonville I telegraphed: 'Arrived, Mary ill. Return next boat.' We took the trip for the sea voyage, you know, and had no intention of staying in Florida When our boat pulled in at the pier in New York I saw my brother-in-law and his whole family waiting for us. They looked solemn, and I said to Mary: Something's happened.' As we came down the gang plank they rushed at us and, grabbing my sister, said: 'Why Mary, is it safe for you to be up and dressed so soon? 'Why not?' said my sister in surprise. 'Why, because the fever is dangerous.' Then it came out that they had supposed from my tele gram that Mary had typhoid fever. Why didn't you say sea sick, instead of ill, in your dispatch?' asked my brotherin-law. 'Because it would mean ar extra word,' I answered. My brother in-law had brought a carriage from up town to carry my sister home, and when he found that she wasn't sick he told me that, just as a lesson, I might pay for the carriage. It cost me seven dollars, and since then I have written out my telegrams in full."

FIGHTING PESTS BY STEAM. How They Carry on the War Against In-

sects in Australia.

The somewhat novel system of employing steam with sulphur vapors and other chemicals for the purpose of destroying various kinds of insect pests is turning out quite a success, says the Australasian. By the pressure of steam the disinfecting vapors are forced to the very bottom of every hole and crack in the tree and without any doubt reach the seat of the disease, thereby thoroughly destroying all insect life, together with any larvae and eggs which may be at the bottom of the hole. Any loose bark is also penetrated, and if the codlin moth grub is there its fate is sealed. It is claimed that mealy bug, red spider and a host of other posts can be eradicated by the same method. The patentee, S. Lowe, has just finished steaming and fumigating a number of orange and lemon trees in the northeastern district, the results being highly satisfactory. The government entomologist, in his valuable book on "Destructive Insects," refers to the great superlority of steampower machines for the purpose of destroying insects over those worked by

FUNNY SNAPS.

First Farmer-"Has the lawsuit between you and Heyseed been settled?" Second Farmer-"Yes, and so are the lawyers." "How do you mean?" "They've settled on our farms."-Philadelphia Record.

Wife-"Shall I put your diamond studs in your shirt, dear?" Husband -"What on earth are you thinking of? Do you want to ruin me? I have a meeting with my creditors this morning."-Spare Moments. Circumlocutory.-A nun, caught by

the lady superior in the act of kissing a male visitor to the convent, said to the abbess: "May I not then kiss the man whose mother is my mother's mother-in-law?"-Fidelio. As he paid the amount of his check

to the restaurant cashier he remarked, pleasantly: "I have only one criticism to pass on your clam chowder."
"What is that?" "There are no clams in it." - Pittsburgh Chronicle Tele-

Exploding an Old Myth.-"Are you superstitious?" "No; I got out of that at a very early age." "How did it happen?" "I was born on Friday, April 13, and the Friday that I became 13 years old a rich uncle died, leaving me \$3,000 by will."-Chicago Record.

The annual report of Biddeford's city missionary, just made public, shows some queer sides of human nature, as well as many pitiful cases of suffering. For instance, one woman, who had two or three small Bibles, asked the missionary to get her one of those nice family Ribles, worth about \$14. One family who applied for aid were found breakfasting on fricasseed rabbit, bread and butter, mince pie, and tea, when the missionary surprised them by the unexpected call.

FLINGS AT THE FAIR SEX.

Every woman regards the confession of a young man that he is striving to be a better man as equivalent to a proposal.—Atchison Globe.

Strawber-"Why do you think you will have any trouble in keeping the engagement secret?" Singerly-"I had to tell the girl, didn't I?"-Puck. Mrs. Gumey (with deep curiosity)-

'Oh! Mrs. Glanders, do tell me about

Mrs. Tenspot's scandal, won't you?" Mrs. Glanders-"My dear, it is not nearly so dreadful as you hope."-Judge. I don't object, Alice," said the patient father, "to your trying to make yourself look like a man. All I object to is the kind of man you succeed in looking

like."-Cincippati Enquirer. Husband-"Wby, my dear! did your sewing circle keep you till half-past 11?" Wife-"Oh! no; we all wanted to go at seven o'clock, but no one dared to be the first to leave." - Humoristiche Blaetter.

She-"He whistled as he went, for want of thought. Of course, it was a boy. You wouldn't find a girl whistling for want of thought." He-"No; she wouldn't whistle; she'd talk."-Indianapolis Journal.

"Who generally gets the last word when one of your conventions gets into an argument?" And the lady orator looked pityingly at the masculine inquirer and answered: "There isn't any last word." Washington Star.

IN SCIENTIFIC FIELDS. Minor planets can now be detected

y photography. The refinement of measurements has reached such an extent that on lenses

curvatures of 1-150,000 of an inch can be Experiments show that nitrate of silver and thellium, both metals, combine

in equal proportions at 75 degrees Centi-

grade, into a clear liquid which mixes with water in all proportions. Liquid air is now an article of commerce, and is expected to prove of value not only for refrigeration, but as a source of oxygen. Nitrogen is eliminated until the product contains 70 per

cent. oxygen. Appendicitis, according to Prof. Dieulafoy, of Paris, is generally due to the progressive formation of a calculus analogous to the stones formed in the liver and kidneys. He thinks his theory is confirmed by some recent experiments in which appendicitis was produced by surgical means in rabbits.

IN UNCLE SAM'S DOMAIN. A sponge having a circumference of

five feet six inches has been taken from the waters of Biscayne bay, Florida. An orange 16 inches in circumference was taken from a tree at Pomona, Cal. It is to be sent to Europe as a specimen of California fruit.

There are at present about 13,568,000 acres of forest in Maine, valued at \$35. 250,000. Two or three New England states could be hidden away in Maine's woods

Col. John S. Cunningham, of North Carolina is said to be the owner of the largest tobacco farm in the United States. He had nearly 3,000,000 hills to cultivate and harvest last year.

Stephen Sidisbury, of Worcester. Mass., has given \$200,000 with which to build a museum of fine arts in that city. His desire to save the handsome Worcester common has induced him to make offers of several other sites for the city hall, which the authorities intend to build on the common.

HIGHLANDER COSTUME.

Caused Consternation in a French Railway Coach.

A person arrayed in full Highland costume caused a terrible commotion in a railway carriage in the Perrache station, near Lyons, recently. Two ladies who were in the carriage

shrieked as they saw the awful spectacle presented by the entry into their compartment of a man without trous-The Highlander, who was on his way

to Nice, nevertheless took his seat with Caledonian coolness, whereupon the ladies screamed the louder. It was in vain that the apparition in the garb of the old Gaul apologized and explained the situation in bad French, and equally futile were the efforts of the station master, who assured the ladies that the gentleman in the dirk, the sporran and the tartan accessories was perfectly harmless.

"You don't run the shadow of a risk, mesdames," insisted the station master in his blandest tones; "the gentleman comes from the country where the men wear petticoats and do not use trousers."

Despite everything, however, which was said in order to calm their apprehensions, the over-timid lady travelers had to be placed in a carriage at a safe distance from where the Caledonian, stern and wild, was seated.

Ostrich Beats a Bicycle.

The Cape Times says that a peculiar

experience befell a local cyclist, Donald Menzies, recently. He was riding along the main road from Cape Town to Sometset West Strand, when an ostrich, attracted apparently by what was in its eyes a novel vehicle, com-

menced to waltz around the bicycle. After a few preliminary antics the bird took it into its head to pace Mr. Menzies, and so long as it abstained from using its wings the cyclist and the ostrich ran a dead heat. However, after covering about half a mile in this way the ostrich utilized its stumpy wings as sails and spurted away at record-breaking pace, leaving the cy-clist far behind. After that the bird troubled Mr. Menzies no more.

One of Calgary's recent contingent to

the coast evidently knew but little about the Chinook, judging by the story that is being told on him. Wishing to get some clams to take back with him, he asked an old squaw, who had cobwebs in her eyes and a basket on her head, what she wanted for a basketful, and the blushing brunette replied: "Sitcum dollar, hayas klosh." To this the gay Calgaryite said: "Yumping vimminy! Six dollars and all my clothes? No, by gingersnap! I'll give you \$2.50, my watch and overcoat." It is unnecessary to state that the offer was accepted, as all the dusky maiden asked for the clams was four bits.

AN UNDERGROUND CITY.

Russians Discover a Town Hid in the Bowels of the Earth.

The Russians have made a singular discovery in Central Asia. In Turkestan, on the right bank of the Amou Daria, is a chain of rocky hills near the Bokharan town of Karki, and a number of large caves, which upon examination were found to lead to an underground city, built apparently long before the Christian era. In Popular Science News we find the following description of this singular city:

According to effigies, inscriptions and designs upon the gold and silver money unearthed from among the ruins, the existence of the town dates back to some two centuries before the birth of Christ. The underground Bokharan city is a

little over a mile long, and is composed of an enormous labyrinth of corridors, streets and squares, surrounded by houses and other buildings two or three stories high. The edifices contain all kinds of domestic utensils, pots, urns. vases and the like. In some of the streets falls of earth and rock have obstructed the passages, but generally the visitor can walk about without so much. as lowering his head.

The high degree of civilization attained by the inhabitants of the city is shown by the fact that they built is several stories, by the symmetry of the streets and squares, and by the beauty of the baked clay and metal utensils. and of the ornaments and coins which have been found

It is supposed that long centuries ago this city, so carefully concealed in the bowels of the earth, provided an entire population with a refuge from the incursions of nomadic savages and rob-

THE PARIS CABBY.

For Ways That Are Dark He Has Very Few Equals.

Should an accident befall the vehicle of a Paris cabman during your occupancy, he will abandon himself to a paroxysm of grief, compute the loss, and tell in moving accents of his wife and children, whose bread will be taken from their mouths by the mis-

But if your fingers thereupon make instinctively for your pocket, restrain them; he is insured. He pays a small monthly premium to a cab insurance company; and in the case of a smash up, only the company suffers. A play ful intimation that you are aware of this circumstance will do wonders to console him. There was, in days gone by, a cabman who made such a good thing out of accidents that he ended by adopting them as a specialty.

He confined his labors to those quar ters of the town chiefly affected by the English, and his system was to pick up a benevolent English tourist (by preference a lady) and break a shaft He knew a method of turning a corner which no shaft could resist.

Then he would best his beast and shake his fist at heaven; call upon the universe to witness that he was a poor man, who would be ruined by the sum it must cost to get his cab repaired, bring in his wife and children, though the unprincipled creature was a bachelor-and what could a benevolent-looking English tourist do but help him

A HOLY TERROR.

But the Little Battenburgs Love Her All the Same.

The ruler of Balmoral castle, according to the Strand Magazine, is not the queen, but the housekeeper, a Mrs. Mussens, a typical personage of her class, gowned always in rustling black silk, lace-trimmed apron and white cap She and the queen are said to be excellent friends, and many a gossip have they had together when affairs of state

have been laid aside. Mrs. Mussens also stands high in the favor of the little Battenbergs, who are sure to seek her out as soon as they have landed at the castle, for she fairly idolizes the little ones and keeps many a treasure in her apartments with

which to regale them. To the world at large Mrs. Mussens is a holy terror. Her word is law, and she enforces it at the point of the bayonet or the broomstick. It is said that once the queen wanted a certain maid to whom she had taken a fancy detailed to the care of her own room, but the housekeeper remonstrated, telling her majesty that it was quite out of order and she really must not spoil the servants by undue notice. The queen was wise enough not to insist, and "dear Mrs. Mussens" won the day.

WHEN REPTILES RULED. There Was a Time When the Globe Was

in Their Possession. There was a time "in the wide revolving shades of centuries past" when the

globe was wholly in the possession of walking, swimming and flying reptiles," says an exchange. Being the dominant type, they divided naturally into three great classes. In the oceans they became gigantic,

paddling enaliosaurians; on dry landor, rather, wet land, for the whole surface of the globe was doubtless a quagmire at that time-they became mon strous, erect dinosaurians, some of which had legs 15 feet or more in length.

Those which inhabited the regions of the air were the terrible flying pterodactyls. For a vast but unknown length of time these awful creatures literally ruled the earth. Then one by one they died out in the face of the younger and more vigorous fauna until at the present time only a few miniature alligators and erocodiles, a few toy snakes and skulking lizards and geckos remain as reminders of the enormous reptilian types that once crowded land

tory in Philadelphia recently about his life before his conversion, when a boy of 17. He said that while he was a pretty bad boy in his unregenerate days, deep in the follies and errors of the world, he never broke so far away from his early religious training as to forget to say his prayers every night. "I used to sleep with my brother," he said, "and if either one of us happened to jump into bed without first getting on

his knees, the other would swear at him

vigorously and kick him out on the

D. L. Moody, the evangelist, told a

HOME NOTES

Advertising Rates.

Always fold a dress skirt right side out for packing, as it will not wrinkle

Half a teaspoonful of sugar will nearly always revive a dying fire, and it is always a safe thing to use for this pur-

Kerosene oil is the best of furniture polishes. It cleanses, makes a fine polish and preserves from the ravages of insects.

Fat will not burn if it has something to do, so if it has to be left idle for a few minutes put a crust of bread or a slice of raw potato into the kettle. Yellow stains left on white cloth by ewing machine oil can be removed by rubbing the spots with a cloth wet with

ammonia before washing with soap. A few drops of tineture of benzoin in a bowl of water is an admirable tonic for the face. The benzoin whitens the skin and prevents it from wrinkling. A tablespoonful of the best whisky added to a cup of beef tea for an in-

ulant. This is especially good for anyone recovering from grip. Do not put a coat or dress away with dust in the folds or plaits. Shake the garment well and brush with a soft

calld is an excellent way to give a stim-

whisk broom, for dust is never so easily removed as at first. Chemists say it takes more than twice as much sugar to sweeten preserves and sauces if put in when they begin to cook as it does if the sugar is

added after the cooking is done. Soap used on the hair is apt to make it brittle. If any is to be used, tar soap is the best, and after using rinse the hair in several waters in which a little powdered borax has been dis-

IN SCHOOL AND COLLEGE.

Miss Helen M. Gould, the eldest daughter of the late Jay Gould, has presented a \$7 000 scholarship to Wellesley college in memory of her mother, Mrs. Helen Miller Gould.

There are 2.287 foreign students in German universities this semester, out ot a total number of 28,600. The forckrners are chiefly at Berlin, Leipzig. and Munich. Seventeen years ago Rev. Rhys R

Lloyd was working with a pick and

shovel in a Pennsylvania coal mine. To-day he is professor of Greek in the Pacific theological seminary at Oakland, Mrs. Anna M. Harkness has given \$50 -500 to create a chair in Biblical literature in the women's college of the Western Reserve university at Cleveland in

memory of her daughter, and to be

known as the Florence Harkness foun-

zine are recent graduates of Knox college, Galesburgh, III., and the editor, Mr. McClure, is a trustee of this college. They have undertaken to assist the college in establishing "The Abraham Lincoln School of Science and Practical Arts." as a worthy memorial

to Abraham Lincoln. ALL SORTS.

Rosa Bonheur has just finished a large canvas representing a combat between two stallions. Rosa Bonheur is now 74 and has to wear glasses when she paints.

Baroness Burdette-Coutts is very fond of all kinds of animals and birds, and at her Highgate home she has an extraordinary collection of them. Goats, llamas, ponies, donkeys, nightingales, parrots, robins, and a variety of others are among her pets, and all

Prof. Roentgen is the hero of the hour in Germany. Honors are showering upon him in his Wurtzburg home, and the university students organized a grand torchlight procession through the town to his house to congratulate the professor on his wonderful dis-

At sight of a strange person, object or animal a baby will ery. Anything black will produce more disturbance in the mind of a baby than anything white. A child refusing to go to a relative in dark clothes would not hesitate if the suit were changed to a light color, with a white, red or blue necktie.

FOR OUR STOMACH'S SAKE. Eminent medical authorities say

that the best drink after eating is a eup of coffee, not very strong and taken without sugar or cream. A man at light work needs about 17

ounces of food per day; at hard work,

30 ounces: at very hard physical labor, 45 onnees are necessary. The digestive apparatus is a chemical laboratory in which processes both

analytic and synthetic are continually going forward. In all tropical countries some form of capsicum is an article of daily diet. It seems to be nature's tonic for the

stomach in hot climates. The appetite should never be artificially stimulated. Hunger and thirst are the best advisers as to when food

and drink should be taken. Skimmed milk is only 80 per cent. as nutritious as milk fresh from the cow. About 20 pounds of butter to

100 are removed by skimming.

It is said that Hon. Samuel Galloway of Columbus, O., was one of the plainest men ever known in the state. He told many stories relative to his own personal ugliness of face with great good humor. One which he often related with much relish was that of the remark made by the little daughter of a friend in another city with whom he was dining. "Mamma," he heard the child say, in an awe-struck whisper, after a prolonged survey of the peculiar features of the guest, "that gentleman's mamma must have loved children mighty well," "Why so, my dear?" inquired the unsuspecting parent. "Oh," returned the child, in the same audible whisper, "'cause she raised him!"-Youth's Companion.

Orange Sauce. Put in a saucepan four egg yolks,

three ounces of sugar, a tablespoonful of flour, the rind of an orange, grated or chopped fine. Mix well, add a pint of boiling milk, stir on the fire until it thickens. Add a wineglass of curacoa, and beat with a small wire whip until the sauce is frothy.-N. Y. Ledger.