

another right thing and then the whole is right. Badly cooked food is not only sheer waste in nerve, muscle, soul power.

Groceries and Provisions. The hungry body vainly attempts recuper-ation in trying to digest and assimulate food not "convenient" for it, so that what might have been accomplished had the french Mustard, Baking Powder, H "JON OF ICELAND," BY BAYARD Ples, Prunes, Currants, Peas, Kiln-TAYLOR. dried Corn Meal, Vegetables, Fish, A delightful vivid story of an Icelandic boy's What are the effects of drainage? Thor-ough drainage deepens the soil. Of what eer, full of incidents, which would happen in no other country, and graphically touching upon the customs, life, and general features of that strange land. THE BEST GENERAL READIMG for boys and is insured by a list of present and promised contributors, among whom are :

Medical.

VEGETINE

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SCROFULA.

SCROFULOUS HUMOR.

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PAIN IN THE BONES.

SALT RHEUM.

the great alterative effects of VEGETINI ERYSIPELAS.

VEGETINE has never failed to cure the most in-ase of Erysipelas.

FACE.

CATARRH.

PILES.

Wall-Paper and a great variety of Carpets .10. JAMES A. BROWN. civilized, and yet, in a certain rude way, *poetic* life in the mines of California, are all described with wonderful truthfulness and skill. Add to this the elevated tone pervading the work, and the

Traiure of their LIFE IN CALIFORNIA DUR-ING THE DAYS OF THE GOLD-FEVER. Mr. Brooks brings to this work, in addition to his well-known literary gifts, a thorough familiarity with the features of that wild country and the people then flocking toward it. What he has to say of them is pervaded with a subtle and intense savor of reality that enables the reader to follow the characters in their adventures with a positive sense of companionship. The contagion of the "gold-fever;" the great diffeulties and perils which beleaguered their journey across the plains and mountains, and finally the adventurous, half-civilized, and yet, in a certain rude way, poetic

food been right remains undone.-New York Tribune.

Is Drainage Needed ?

use is it to plough deep and manure heav-ily, while the soil is full of water? The roots of plants will not go down into stagnant water, the elements of plant food are not all on the surface, many of them have been washed down by the rains, some of them are found in the decomposing rocks themselves. Take away the water and the roots will find them.

Drainage lengthens the seasons. In our climate this is an important point to be gained. If by drainage, one or two weeks could be gained, it would be quite a relief in our backward springs, when there is so much to be done in a short space of time.

Drainage increases the effect of the application of manure; the soil being drier is more easily worked fine, the manure is also more evenly distributed. The water is also passing through the soil, carries fertilizing matter down to the roots of the plants. When there is a stagnant water, manure must decompose slowly as if at all, but let the water pass off, the air is admitted, and decomposition takes place.

What observing man is there who does not know that his crops are improved in quality by drainage? Sweet English grass and clover take the place of sedge and rushes .- Massachusetts Ploughman.

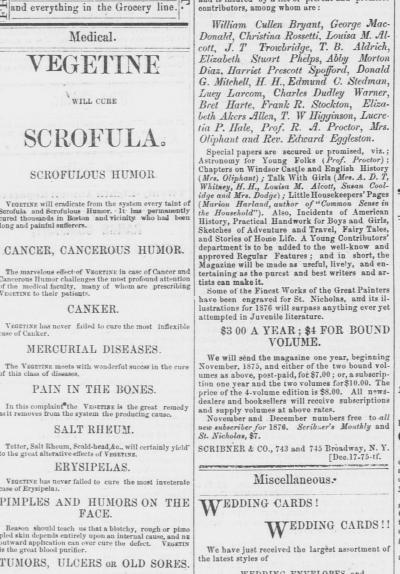
Household Recipes.

A GOOD PUDDING .- One pound of flour, two pounds of suct, one pound of currants. one pound of plums, eight eggs, two ounces of candied peel, almonds and mixed spice according to taste. Boil gently for seven PIMPLES AND HUMORS ON THE hours.

ANOTHER WAY .- One pound and a half of raisins, stoned, half a pound of currants, half a pound mixed peel, three quarters of a pound of bread crumbs, three quarters of a pound of suet, and eight well will disappear. beaten eggs; mix well together, and, when sufficiently stirred, boil seven or eight hours.

ANOTHER WAY .- Two pounds of rais ins, three pounds of currants, three pounds of beef suet, two pounds of moist sugar, two ounces of citron, two ounces of lemon peel, one onnce of orange peel, one small nutmeg, one pottle of apples, chopped fine, the rind of two lemons, and juice of one; mix well together. This should be made a little time before wanted to use.

MINCE PIES .- Take a pound of beef, free from skin and strings, and chop it very fine ; then two pounds of suct, which likewise pick and chop; then add three pounds of currants, nicely cleaned and perfectly dry, one pound and a half of apples, the peel and juice of a lemon, half a pint of sweet wine, half a nutmeg, and a few cloves and mace, with pimento in fine powder; have citron, orange, and lemon peel ready," and put some in each of the pies when made.

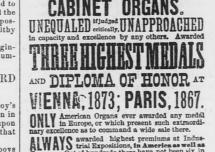


Reason should teach us that a blotchy, rough or pimo pled skin depends entirely upon an internal cause, and no untward application can ever cure the defect. VEGETIN is the great blood purifier. TUMORS, ULCERS OR OLD SORES. WEDDING ENVELOPES, and Are caused by an impure state of the blood. Cleans he blood thoroughly with VEGETINE, and the complaint WEDDING PAPERS, ver brought to Huntingdon. We have also bought new fontes of type, for printing cards, and we defy competition in this line. Parties wanting Cards put up will save money by giving us a call. At least fifty per cent cheaper than Philadelphia are New York. For this complaint the only substantial benefit can be btained through the blood. VEGET NE is the great blood At least fifty por New York. CONSTIPATION. J. R. DURBORROW & CO. ap7-tf.] VEGETINE does not act as a cathartic to debil wels, but cleanses all the organs, enabling each ROBLEY, Merchant Tailor, No. Pa., respectfully solicits a share of public pat-ronage from town and country. [oct16,72. ons devolving upon them.

VEGETINE has restored thousands to health who has S. L. KIRK & CO., DYSPEPSIA. If VEGETINE is taken regularly, according to direction certain and speedy cure will follow its use WHOLESALE GROCERS, 130 North THIRD St., Corner of Cherry, FAINTNESS IN THE STOMACH. PHILADELPHIA. VEGETINE is not a stimulating bitters which cre ctitious appetite, but a gentle tonic, which assis are to restore the stomach to a healthy action. Have in store and offer for sale, at the lowest market prices, and on the most reasonable terms, a large and well assorted stock of GROCERIES, TEAS, SPICES, FISH. CHEESE, &c. Selected FEMALE WEAKNESS. with care in this, New York and Baltimore mar-kets, to which the attention of Country Dealers is particularly requested. [apr1-1y.] VEGETINE acts directly upon the causes of these com-plaints. It invigorates and strengthens the whole sys-tem, acts upon the secretive organs and allays inflamma

FOR GENERAL DEBILITY. PLAIN PRINTING, In this complaint the good effects of the YESTINE are ealized immediately after commencing to take it; as de-ility denotes deficiency of the blood, and YESTINE acts irectly upon the bloed. FANCY PRINTING,

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I have received, unsolicited, any amount of evi-dence from FARMERS and others, who used it and thereby saved their Poultry Stock from the disease and death. All I ask is, TRY IT, save your Stock, and be convinced; costs but little. your Stock, and be convinced; costs during the My Powder has always given full satisfaction as a most reliable cure in all diseases of HORSES, CATTLE, HOGS and SHEEP. It will keep them thrifty and healthy: the Cow will yield 25 per cent. more butter and milk; Cattle and Hogs will an in fattering in the same proportion. Ask for this Powder at your nearest Store, or address me for a pamphlet, with full particulars. FRED'K. A. MILLER, Proprietor, 129 North Front St., Phila. WANTEL AT ONCE, HERBS, such as Catnep Tenner Record Pamparoval Varue & to large Tansy, Boneset, Pennyroyal, Yarrw, &c., in large lots. Dr. J. C. FLEMING & CO., Huntingdon, Pa., Agents. [Sept.1-6mos. Stationery. CHEAP ! CHEAP !! CHEAP !! CHEAP !! ALBUMS. Paper, Buy your Stationery Buy your Blank Books, Buy your Paper. AT THEJOURNAL BOOK & STATIONERY STORE. School Stationery, Games for Children, Pocket Book, Pass Books, Fine Stationery, Books for Children, Elegant Fluids, And an Endless Variety of Nice Things, AT THE JOURNAL BOOK & STATIONERY STORE

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