HIS CREED.

[St. Panl Day.] You are vered at me to-nigt. A.d it may be you are right: I am dull and feeling quite Like a dummy: Tve a presence like a pall, But it soft right at al. But it soft right at al. No polite in you to call Me "a mummy."

I have no Egyptian style, Never saw a crocodile, And was never on the Nile, No, indeed! Never saw a pyramid Where were dead Egyptians hid, Nor aped anything they did In my creed.

Ab' but may be there I'm wrong, That I ready belong With Rame es and his throng, For tis true, Sis, There does some resomblance lie Between their belief and my Own, they worship Isis; I Worship You, Sist

ICEBERCS IN PROCESSION.

Feculiarities of Appearance-A Huge Fleet Salling Past.

[St. Johns (Newfoundland) Letter.] During the last week we witnessed an musual phenomenon at this season of the year. A long procession of icebergs has been passing our shores, slowly pur-suing their southern march on the bosom of the arctic current, and we have not yet seen the last of these glittering wanderers of the deep. Frequently sixty or seventy were visible at the same time from the top of Signal hill. They are of all shapes and sizes-some lofty and turreted, some dome-shaped or flat, some having a series of beautiful crags and pinnacles. A few were of immense size-low, flat islands of ice. I saw one at the entrance of Conception bay, near Baccalien island, which was not less than two miles in length. Another in the same neighborhood was estimated to be over three-quarters of a mile.

One peculiarity of them was that they appeared to follow each other as if arranged in a single line of march, but at irregular distances. This is accounted for by the supposition that the bulk of them are fragments of an enormous ice-mass which was seen on the Labrador coast some time ago. If the accounts of two captains, who were close to it can be relied on, this was the largest iceberg ever seen in northern latitudes. One of the captains estimated it to be fifteen miles in length and three or four in breadth: the other made it twenty miles. Allowing a margin for the excited imagination of these worthy skippers, this must have been an astonishing island of ice.

As it did not make its appearance off our shores in its full dimensions the great probability is that it grounded on some rocky ledge. By the action of the summer sun its joints had become loosened, and by the rising and falling tides and the force of the waves, as it hung on the ledge, great fragments were snapped off, and falling, one by one, with sullen plunge into the waves, floated off as icebergs, thus in part creating the ghostly procession which has been filing along our shores for the past ten days. All of the immense group, however, could not have had the same origin. "The oldest inhabitant" does not remember anything approaching to the ice mena of this year.

In ordinary years a few icebergs are seen after the 1st of August. But now we have a nuge fleet of them sailing past stuffs or sipped by the spoonful. in the middle of September and chilling our atmosphere. Since the beginning of

THE DIET MOST SUITABLE

For the Dyspeptic, the Diabetic, and

For the Dyspeptic, the Diabetic, and the Corpulant-Milk. [Demonst's Monthly.] Dyspeptics should avoid anything which they (not others) cannot digest. There are so many causes for and forms of dyspepsia, that it is impossible to pre-scribe one and the same diet for all. Nothing is more disagreeable or useless than to be cautioned against enting this or that, because your neighbor "So-and-So" can not eat such things. If we would all study the nature and diges-tion of food, and remember that air and exercise are as essential as food in pro-moting good health, we could easily de-cide upon the diet best suited to our in-dividual needs. The diabetic should abstain from

The diabetic should abstain from sugar and anything which is converted into sugar in digestion, such as all starchy foods, fine wheat, flour, rice, starchy toods, nne wheat, flour, rice, macaroni. tapioca, liver, potates, beets, carrots, turnips, parsnips, peas, beans, very old cheese, sweet omelets, custards, jellies, starchy nuts, sweet sauces, wine and liquors. He may eat oysters, all kinds of fish, meat, poultry and game, soups without any starchy thickening, lettuce, cucumbers, water-cresses, dandelions, young onions, cold cresses, dandelions, young onions, cold slaw, olives. cauliflower, spinach, oab-bage, string beans, ripe fruit of all kinds without sugar, cream, butter, milk spar-ingly, gluten, flour, oil nuts freely salted, eggs, coffee and cocoa. The corpulent should abstain from fat

as well as sugar and starch. A diet of whole wheat, milk, vegetables, fruits and lean meat will produce only a normal amount of fatness; while an excess of sweets, acids, spices, and shortening keeps the system in an unhealthy condition. Those who can digest fine flour, pastry, sugar, and fats, become loaded with fat, but are neither strong nor vigorous. Thin people with weak digestion should also avoid such food; for thin people are often kept thin by the same food which makes others fat. If they can not digest the starch, butter and fine flour, the system is kept in a feverish, dyspeptic state; they become nervous or go into consumption for no other reason than that the life is burned out by a diet which only feeds the fire and does not renew the tissues.

Milk should enter largely into the diet of children." It contains caseine, or flesh-forming material, cream and sugar, which are heat producers; mineral salts, for the bony structures and water, as a solvent for all the other materials necessary in nutrition. It should be used with discretion, however; not taken im-moderately, but taken slowly as food after the pattern given by nature. Milk as taken is a fluid; but as soon as it meets the acid of the gastric juice, it is changed to a soft, curdy, cheese-like substance, and then must be digested, and the stomach is overtasked if too much is taken at once.

A large glass of milk swallowed sud-denly will form in the stomach a lump of dense, cheesy card, which may even prove fatal to a weak stomach. Under the action of the stomach, this cheesy mass will turn over and over like a heavy weight; and as the gastric juice can only attack its surface, it digests very slowly. But this same milk taken slowly, or with dry toast, light rolls or soft, dry porridge, forms a porous lump through which the gastric juice can easily pass, and which breaks up every time the stomach turns it over. Milk should

Henry Clay's Nose,

The Light of Other Days. [St. Louis Globe-Democrat.] When we remember how our fathers were forced to get along somehow with-out either coal-oil or gas, we can not repress a feeling of sympathy and an emotion of wonder as to how they did it, but they seemed to do pretty well with their dipped candles of the vilest, most ill-smelling tallow, because they knew nothing better. Their tallow candles, at first dipped, afterward came to be molded, then candles were made of sperm or wax. At present the use of sperm or wax. At present the use of coal-oil is so nearly universal that no one is compelled to use candles of any description.

description. One good coal-oil lamp will give as much light as five sperm or seven tal-low candles. The oil is worth, on an average, say from 15 to 20 cents a gal-lon, while tallow candles 100 years ago were sold for 25 cents a pound and the sperm candles for 45 cents; now, can-dles are sold at 15 to 25 cents a pound and the coal oil will thus be about oneand the coal oil will thus be about one-ninth cheaper than the candles. The difference in cost, however, is a triffe when compared with the difference in the cheerfulness of the surroundings produced by the better light. Before the days of cheap light the homes of the farmers were cheerless, dark, uncom-fortable; there was no incentive to read when the light was so bad, and no one could afford to buy a dollar book and pay \$2 for light to read it with, conse-quently there was little. reading done. Light, cheerful rooms make a happy childhood, and thus the general welfare of the people is improved in no small degree, by the character of the light employed in their rooms.

It is a curious fact that though we have the works of some hundreds of ancient authors, there are not to be found in them more than a dozen allusions to their childhood. Childhood times, because the ancients had neither coal-oil nor soap, and without these two indispensables childhood is but a mock-ery. Coal-oil and gas have thus doubled the day, while immensely increasing the opportunities for general culture among the people. With either books or light dear, only the wealthy could read. But with both at a nominal figure, and with education universal, the farmer can read and enjoy his reading, being both pleased and profited by it, and also instructed as to the best means of making a better living than he ever did before.

Destroying Michigan Forests.

(Detroit Post. 7* Mr. Perry Hannah of Traverse City 1 Sack Best Roller Flour . said in the course of an interview that the pine forests of this state would last about ten or fifteen years more; that is, before the year 1900 the great lumber industry of Michigan would have died out for want of material. There seems to be no way to prevent this result. The owners of the pine lands bought them for the special purpose of converting their growth of pines into logs, lumber, and cash. It seems like a work of de-vastation, but, whether the rapid clear. Gr ing will in the long run appear to be the most profitable move in a business view or not, it is progressing too rapidly, and the plants for logging, sawing, and transfer and the plants are too attacking and transportation are too extensive and too well established to admit of any doubt that the manufacture will go on till there is not a merchantable pine tree left standing in the lower peninsula. The same fate is in store for the hardwood lumber trees, of which there is

such a splendid growth in the northern Sugar Syrup part of the state-ash, maple, birch and others. Within the last ten years, and



February a stream of icebergs and floes has been passing at intervals. Some great ice movement must have occurred in the arctic regions of an unusual character to cause such an abnormal disgorgement and call into existence the vast ice argosies of the last seven months. As a consequence, the supply of the next few years may be compara-tively small, and we may have but few of these mighty wanderers of the deep, the arctic warehouses being temporarily exhausted.

Patent "Quarrier und Stone-Shaper."

[Philadelphia Press.] This machine is for the purpose of entting rocks and shaping them as they lie in their natural beds, and its remarkable utility has been satisfactorily demonstrated. Briefly described, it con-sists of what looks like a coarse circular demonstrated. Briefly described, it con-sists of what looks like a coarse circular saw driven by steam, which cuts upward and backward through all kinds of stone with case and rapidity. The teeth of the saw can be removed and replaced at pleasure, and the entire machine occupies but a very small space.

That it is a labor and money-saving invention will be readily understood when it is stated that it avoids the waste caused by the process of blasting and requires only one-fourth the force usu-ally employed in quarrying. The cutter can be set at any required angle, and if the stone is to be finished before its removal files are attached to each side of the saw-plate slightly wider than the cutter, thus removing the saw-tooth marks. It is claimed that slate can be quarried by this machine and prepared for the market at from one-third to one-fifth the present cost, besides saving a vast amount of material which is wasted by the blasting process. If, as is claimed, the inventor has dis-covered a means of applying power to the onter edge of his saw instead of from the center he has accomplished what inventors and mechanics have for years ben striving after. moval files are attached to each side of

Analine Indorsing Ink.

Analise Indorsing Ink. [Exchange.] An indorsing ink which does not dry quickly on the pad and is quickly taken by the paper is thus made: Analine color in solid form, sixteen parts: boiling dis-tilled water, eighty parts; glycerine, seven parts, and sirup, three parts. The color is dissolved in hot water and the other ingredients are added while the water is being agitated. This indorsing ink is said to acquire its good qual-ity from the addition of the sirup.

The Muse of Talk.

The Muse of Talk. [The Hatcher] Did you ever mark all the twists and turns and ins and out of an actual con-versation? They are a study. Behold: the muse of talk wanders up the mo manusideof solemnity and breathes the col, crisp air of pure reason. Look for her the next manate and she will be lost to sight in a cioud of gush. And in a short time you shall find her chas-ing the butterflies of fun over the mendow of frivolity.

(Ben: Perley Poore.]

Henry Clay, when presented in February, 1852, with a large and elegantly executed medal by some of his New York friends, received it by reading a written address, and then, in a conver-sational manner, expressed a favorable opinion of the head, as giving his features with great truthfulness, but play-fully remarked that he did not know before that his nose was quite so promi-nent; and then added, in allusion to the great intrinsic value of the medal from its material: "Who can tell but fifty or a hundred years hence some Goth may get hold of this and say the nose of this old dead fellow will serve to buy me a great many things that I want, and may

carry it off! However, it is a capital

measure my own fault; for my face never retains long the same expression, and, especially when I am under any excitement, it changes every moment. John Randolph once paid me a high compliment, not intentionally, for he seldom complimented any man; but, without intending it, he paid me what I deem one of the highest compliments I ever received. He said that whenever ever received. He said that whenever a debate is coming on, if I can get a sight at Mr. Clay's face I can always tell which side he is going to take." Strange to say, the medal was soon afterward stolen between Washington and New York from a lady to whose care it had been intrusted, and the orig-ineal decome had a face-simile made at inal donors had a fac-simile made, at considerable expense.

German Courtesy. Istutgart Cor. Courier-Journal. Those daily out-of-doors concerts are one of the most delightful features of germany. While sitting on one of the soldiers and officers salute each other: I had a great deal to occupy me; for every third man seems to be a soldier in Ger-many, and naturally there were many there. I enjoy seeing the Germans bow, they do it in such a serio-comie way-semile, oh no, it is far too coremonious a matter to excite a smile; all gentle-men raise their hats to each other, and it is admirable to see the courtesy of manner with which they greet their in-periors-the line of station is not drawn in the bow. in the bow,

Fraudulent Antiques.

Turkish armories no longer make a a secret of their manufacture of fraudu-lent antiques. At Constantinople one can see the ancient weapons of the Turks, Persians and Mogals in course of fresh construction.

Bartley Campbell: The severest thing in this world is to put your heart upon what you can't get.

chieny within the last live, steam and water mills have sprung up for the man-ufacture of the woods into lumber for house finishing, furniture and cabinet work, and they are increasing at a rate that promises to exhaust the supply during the lifetime of some who are now engaged in the business. The sugarmaple is especially in demand, and factories for making the bird's eye veneer-ing are to be found in many of the maple localities. Denuded pine lands in other states have become "barrens." There are great tracts in this state which the owners do not reckon worth paying taxes on, now that they are stripped of their trees. Unless some care is taken. thousands and thousands of acres in Michigan will become worthless,

How People Enter a Car. [Reau Campbell in The Pointer.]

Have you ever noticed how different | people enter a car? It is a study. The experienced traveler drops into the first vacant seat; if there are more than one. he takes the one on the shady side. Here are two ladies: they pass two or three seats, they are all alike, but neither seems to be just the thing. They pass down the aisle, pass more seats, walk back again to where they came in, then carry their luggage back to the seats they first looked at, and drop down exhausted. Now comes a party just from the farm. They don't ride much; the old man leads the party, carries the haby, the madam drags two small boys, and the four take the side seat just by the door, look around with a satisfied air, seem to think they are in luck to get inside.

But it was a wild western passe But it was a wild western passenger whose entrance was pecular. He had been accustomed te riding in stage coaches; the door of a stage is on the side, and it is about the size of a car window. The passenger knew of nc reason why a car should have a door in the end, so when his first train rolled up to the platform, he saw the window, it was open, and it was big enough, so he got in-fact.

Horse-Cars and 'Huses. [Chicago Tribuna] When horse-cars were first introduced into the British metropolis loud were the lamentations of the London General Omnibus company, who saw ruin staring them in the face. * Compelled to reduce their fares, they have, against their will, popularized their buses, and their profits are greater than ever, a dividend of 124 per cent. having just been de-clared for the last year.

Makes the Track Walkers Hurry. [Burlington Free Press.] Track walkers out west not unfre-quently meet grizzly bears. Large sec-tions of the rond bed are very hastily examined under such circumstances.

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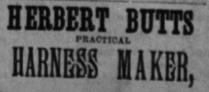
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