

JACK'S BILL OF FARE.

DELICACIES AND SUBSTANTIALS OF THE FORECASTLE TABLE.

The Mysteries of Scouse in All Its Varieties—Sea Doughnuts Fried in Pure Whale Blubber—Ship Bill of Fare.

[New York Sun.]

Two broad shouldered, swarthy faced men, with brown beards edged with yellow, stopped before a South street junk store the other day and looked over the odds and ends displayed.

"What did you buy that spoon for, Jack?" said a young man who recognized the two men as sailors.

"Well, sonny, I don't mind givin' you a bit of information. That ere spoon is to hist in a scouse. Generally I uses my knife, but my mate here says a spoon is more for it, and enables a feller to git to windward of the rest of the mess when they hogs it."

"Scouse?" said the young man inquiringly. "Scouse? What's scouse?"

"Scouse," said the gray-haired junkman, who had been a sailor for many years in his youth, "is about the most common article of food aboard ship. It is made of biscuit or what the soldiers call hard tack. The biscuit is broken up and soaked in water. Then whatever odds and ends of meat may have been left over from the preceding meal in the cabin and perhaps an additional amount equal to a pound of meat for ten pounds of scouse, is mixed in. The whole is baked and sent to the men in the forecastle at meal time in the dish it was cooked in. The men scoop it up into little tin pans and eat it with their knives. Some times potatoes take the place of biscuit, and that makes lobscouse. Sometimes beans and bicuit are mixed in about equal parts, and then it is called bean scouse. You wouldn't fancy eating beside a dozen men like those two just now, but after you had got your sea appetite you would call scouse a good dish, especially if two or three onions had been cut in."

"What else do the sailors have to eat?"

"Dandy funk is a common dish. You would call it molasses scouse, may be, for it is a mixture of powdered biscuit and molasses, baked in a pan. It is not an appetizing dish, but it is a nourishing feed, and that is the main thing at sea. With the solid grub, the men get what is called coffee for breakfast and dinner, and tea for supper. I have never been able to learn just what these drinks were made of, but they are hot and bitter, and serve to warm the men in cold weather, and quell the cravings of appetite. Vinegar is served out also, and when the meat is bad it helps the men to eat it. The vinegar neutralizes the taste of salted meat and the taint of pork. I have seen beef served with the crystals of saltpeper adhering to it. Vinegar is powerless in such cases."

"Don't the men have any dessert?"

"Yes, on Sunday. Every one has heard of dumplings. It is made of flour in a canvas bag. Extravagant cooks put in a little lard and salt. On rare occasions a handful or two of raisins will be added. This is served with molasses. Pumpkin funny is a sea luxury, and it is made of dried pumpkins stewed up into sauce and sweetened with molasses. Ships vary as much as boarding houses in the matter of grub, but the most of them vary only in the cheapness of the stuff and in its lack of good qualities."

"I shipped on a bark out of New Bedford once for a cruise in the Pacific. We had a green hand for cook, but after we'd trained him a bit he did pretty well. He was an inventor. He made mince pies for all hands one Sunday after we'd been three months at sea. You will wonder where he got his fresh beef. He didn't have any, but he freshened up a can of beef, and about tasteless. He didn't have any cider, but he had some grog from the cabin, and what with a plenty of chopped raisins and dried apples, it made that good a pie that he could have got the boatswain to split kindling for him afterward by just saying the word. You see it was getting toward Thanksgiving, when a Yankee sailor hankers for mince pie."

"Did you ever eat any of the whale meat?"

"Yes, but sailors aren't partial to it. The rule is to serve out a barrel of flour every time a whale is killed. The flour is mixed with molasses into doughnuts, which are dropped into the try kettles filled with boiling blubber."

"In the fish oil?"

"You never made a bigger mistake in your life than when you imagined it was offensive fish oil. The fresh blubber is as sweet to the smell and taste as any leaf lard you ever saw. Old Yankee skippers who eat both kinds say that sea doughnuts are better than shore doughnuts every day in the year."

"How do they feed you on a fishing smack?"

"The grub's all right. We have plenty of meat, bread, vegetables and coffee and tea. Sea pie is good enough dish for me. It is made of beef and pork, hashed up and boiled with a lot of hashed vegetables, and a little powdered biscuit for thickening. When it's about done the cook makes a crust of flour and lard and baking powder and puts it in a pan and pours the stew into it, and covers the whole over with another crust; and when it's baked he sends it into the cabin, and the watch below turns to and scuffs it quick."

The following is the bill of the food consumed on one mackerel schooner between June 20 and Nov. 16: Veal, 10 pounds; pork, 1.0 pounds; beef, 142 pounds; flour, 263 pounds; meal, 4 pecks; bread (hard tack), 440 pounds; potatoes, 5 bushels; molasses, 59 gallons; rice, 33 pounds; beans, 3 bushels; vinegar, 2 gallons; mustard, 1 can; saleratus, 1 pound; peppercorn, 1 bottle; coffee, 35 pounds; chocolate, 1 pound; lard, 344 pounds; butter, 3 pounds.

The quantity and quality of a sailor's food are regulated by law. When the law is obeyed sailors live well, but not so well as mechanics of corresponding skill and intelligence on shore. Here is Jack's bill of fare for one week, as laid down in the act of congress approved June 7, 1824: Sunday, 1 pound of bread, 1 of beef, 1 ounce of tea, 1 ounce of coffee, 2 ounces of sugar, and 3 quarts of water. The allowance of bread, tea, coffee, sugar and water is the same for every day. Monday, 1 pound of pork, 1 pound of flour, 1 pint peas. Tuesday, Thursday and Saturday he must have the same allowance that he had on Sunday; Wednesday and Friday, the same that he had on Monday. Molasses may be substituted for sugar, and it is almost always preferred. It's cheaper. They are also entitled to rice and barley, but as the quantity is not mentioned, it is frequently infinitesimal.

ROMANIZATION IN JAPAN.

Japanese Adopting the Roman Alphabet—A Society of Reform Organized.

Japan offers perhaps the only historical instance of a nation voluntarily abandoning its manners, customs, beliefs and learning, within the short space of a generation, in order to adopt a foreign civilization, of which it recognizes the overwhelming superiority. "Old Japan"—the Japan of the eighteenth century—has ceased to exist except in fragments of its antique arts, and in such legends as we have charming examples of in Milford's collection. The new Japan is a land of nineteenth-century civilization, illuminated by electricity, traversed by railways, speaking through telephones, guarded by repeating rifles and breech-loading cannon and turreted navies of steel. The medical science of Paris and of Berlin is familiar to the students of Yokohama; the perfected press prints daily editions of Japanese papers; chemistry and dynamics boast scholars in the land. At our own exposition we had some admirable proofs of the high status of education in Japan; and none who viewed the exhibits in charge of Ichizo Hattori, left the main building without a feeling of profound respect for the intelligence and learning of our Oriental brethren.

Since then Japan has made another great stride in progress; she has adopted the Roman alphabet. The old ideographic characters have been a serious obstacle to study, even since their adaptation to cast type, fine specimens of such printing being on exhibition here. As each new word required new signs, and the number of these were enormous, the progress of the expansion of learning in Japan, the strain entailed upon the student's memory became something indescribable. An ordinary public school student was obliged to commence his task by leading his memory with at least 4,000 ideographic characters. But if he wished to graduate in a higher college, he had to learn not 4,000, but in the very least 8,000 characters, to familiarize himself with which required six years of constant application.

The reform has begun—not so rapidly, perhaps, as could be wished; but upon a very solid basis. A society has been formed called the "Society of Romanization," with a membership of more than 1,000 persons, many of whom are princes and government officials. A committee consisting of two Europeans and four natives, was appointed to establish the rules for the transcription of Japanese words into Roman characters, and their work was very satisfactorily accomplished. Now the society is at work upon a Japanese dictionary arranged upon this principle; and a special journal is to be founded in support of the undertaking. The government warmly supports this reform.

It is true that in the transcription of various Oriental alphabets, special characters have to be used, as in the system for Persian Arabic and Sanscrit nomenclature adopted by Max Muller. But these characters are simply Roman letters especially accentuated, so as to render sounds peculiar to the tongue transliterated. Leon de Rosny, the eminent Japanese scholar, showed long ago in his translation of the Si-ka-Zen-Yo, that the Japanese language could be well adapted as a whole to the English alphabet.

Cure for the Heartburns.

[Bakely Hall in The Argonaut.] We went up to see the other man whose specialty is cigars. He is obliged to examine the millions that arrive every week, and he smokes from fifteen to twenty-five cigars a day. He gave a recipe for heartburn which I do not think is generally known. Very many smokers suffer from this distressing form of dyspepsia after having indulged in a cigar or two too many. I have often been hit pretty hard myself that way, and have absorbed vast quantities of bismuth, pepsin, baking-soda, carbonic water, khine wine and seltzer, and the various other remedies which have been suggested from time to time. I asked the cigar man in the apothecary's office if he was ever troubled with heartburn, and he shook his head gloomily. "It is an awful penalty for too much smoking, and lots of men have it because they don't know of a very simple and pleasant remedy."

"What is the remedy?" I asked. "This," he said, dramatically: "I am suffering from heartburn, I hold out my left hand thus, knock some of the cigar into the palm of my hand, allow it to get cool, touch my tongue to the ashes, and presto! the heart burn is gone. You look as if you don't believe it, but it is an unfailing and accurate remedy. There is hardly a smoker in Europe who is not acquainted with it, and I have never explained it to an American in my life but that he was surprised."

Artesian Wells in the Sahara.

[Boston Transcript.] A correspondent of Ausland makes a communication regarding the present condition of the artesian wells in Sahara. It is well known that such wells have been in operation there for a very remote period, and in the Algerian Sahara additional wells have been opened with considerable success by the French. Between Blisars and Tagout some 424 old wells yielded in 1879 64,000 litres of pure water per minute, the sixty-eight French ones 113,000 litres. The number of palms had increased from 350,000 to 517,000, that of other fruit trees from 40,000 to 90,000, the population 6,673 to 12,877. In December, 1881, the yield of water from the wells had risen to 200,000 litres per minute.

This success is confined to a narrow zone within which water can be reached within a depth of 100 metres and even here the borings that have been made since 1881 indicate a diminution in the yield of water, making it appear as if the limit of production of the underground reservoirs had almost been reached. Many of the French borings, too, are getting stopped up by sand, and are of too small caliber to be cleaned out and restored like the wider Arabic ones. It is believed that it will be absolutely necessary to set about the sinking of new wells with a wider bore.

A Suggestive Vignette.

[Western Letter.] For its private work the bank of Devil's Lake, Dakota, has adopted a rather peculiar but very suggestive vignette. The base is a sheet of wheat, on which rests a silver dollar, over the back of which Satan is climbing, holding in one hand the scales of justice and in the other a lance. At his left is a map of the lake, which forms the place for writing the amount of draft or check on which are the words, "Give the devil his due."

To Be "Cured Patient."

In a recent issue of a well-known French journal appeared the following advertisement: "Wanted, a distinguished and healthy-looking man to be 'cured patient' in a doctor's waiting room. Address, etc."

A Queen's Opinion.

J. M. Queen writes from Johnston, W. Va., that he has been sorely afflicted for several years, but he was urged to try PERUNA, which he did, and he now feels that he is about over his trouble, and considers it the greatest medicine in the world. He says he has to go or send a distance of fifteen miles to obtain PERUNA, but it will repay him for this. Ellwood Shallcross, former editor of the Saturday Journal, Wheeling, W. Va., says: "Gentlemen: Some time ago I was afflicted with a pain in my back in the region of the kidneys, and suffered considerably. Having read your advertisement, I went to Logan & Co., of this city, and purchased a bottle of PERUNA, which I took, and it resulted in the complete removal of the pain. I think I can safely recommend it as a superior panacea for pains."

Mr. Aaron Shreffler, Alma, Marion county, Ill., writes: "Dr. S. B. HARTMAN & Co., Columbus, O., Dear Sirs: Myself and wife have taken three bottles of your medicine and received much benefit by the use of them. My wife was troubled with neuralgia, headache and weak stomach. Her headache has not troubled her for the last two weeks, and her stomach is much better. She took only PERUNA. I used both medicines, and my general health is so much improved that I feel like a new man. My stomach is very much better, and the MAXALL keeps my bowels all right. We intend to keep taking the medicines until we are permanently cured."

Evans T. Jones, Prospect, Marion Co., O., says: "After having taken medicine from different physicians of this place without any relief, I was induced to try your PERUNA, which I purchased of Cook Bros., druggists, of this place, and after using some six bottles of the same, I feel very much benefited. Am sure it will finally work an entire cure."

T. J. Ewing, Cattletown, Ky., writes: "In the early part of last winter I contracted a severe cold, attended with a bad cough, then, being exposed during late flood, added to my disability. I have taken your PERUNA with good results. My cough has entirely left, soreness is gone, and am increasing in flesh."

Thomas Bradford, 714 Western Avenue, Allegheny City, Pa., writes: "I have had liver complaint for three years; I thought I would have to quit work; I have taken two bottles of your PERUNA, and am well."

S. Wolf & Son, Wilmet, Ohio, write: "We handle your goods, and they give good satisfaction."

PERUNA is sold by all druggists. Price \$1.00 per bottle, six bottles \$5.00. If you cannot get it from your druggist, we will send it on receipt of regular price. We prefer you buy it from your druggist, but if he hasn't it do not be persuaded to try something else, but order from us at once as directed. S. B. HARTMAN & Co., Columbus, Ohio.

Rough on Rats.

Clear out rats, mice, roaches, flies, bed-bugs.

Heart Pains.

Palpitation, Dropsical, Swellings, Dizziness, indigestion, Headache, Sleeplessness, cured by "Wells Health Renewer."

"Rough on Corns."

Ask for Wells "Rough on Corns" 15. Quick complete cure. Hard or soft corns, warts, bunions.

"Buchu-Paiba."

Quick complete cure, all Kidney, Bladder and Urinary Diseases. Scalding, Irritation, Stone, Gravel, Catarrh of the Bladder. \$1, Druggist.

"Bedbugs Flies."

Flies, roaches, ants, bed-bug, mice, gophers, chipmunks, cleared out by "Rough on Rats." 15c.

"Thin People."

"Wells Health Renewer" restores health and vigor, cures Dyspepsia, Impotence, Sexual Debility, \$1.

"Rough on Pain."

Cures Cholera, colic, cramps, diarrhoea, aches, pains, sprains, headache, neuralgia, rheumatism. 20c. Rough on Pain Plaster 15c.

Mothers.

If you are failing, broken, worn out and nervous, use "Wells Health Renewer." \$1 Druggist.

Life Preserver.

If you are losing your grip on life, try "Wells Health Renewer." Goes direct to weak spots.

Rough on Piles.

Cures Piles or Hemorrhoids, Itching, Protruding, Bleeding, Internal, or other. Internal and External Remedy in each package. Sure cure, 50c. Druggist.

Pretty Women.

Ladies who would retain freshness and vivacity, don't fail to try "Wells Health Renewer."

Rough on Itch.

"Rough on Itch" cures humors, eruptions, ringworm, tetter, salt rheum, frost-bite, chilblains.

"Rough on Catarrh."

Correct offensive odors at once. Complete cure of chronic cases, also unequalled as gargle for Diphtheria, Sore Throat, Foul Breath. 50c.

The Hope of the Nation.

Children slow in development, puny, scrawny and delicate, use "Wells Health Renewer."

Catarrh of the Bladder.

Stinging Irritation, Inflammation, all Kidney and Urinary complaints, cured by "Buchu-Paiba."

"Water Bugs Roaches"

"Rough on Rats" clears them out, also Beetles, An.

Have you visited the novelty store yet.

You would be surprised to see the large stock, and so cheap.

Do you buy your groceries at Harry Teats' grocery?

If you don't you are missing grand bargains.

THE COMPOUND OXYGEN TREATMENT.

For the cure of Nervous and Chronic Diseases by a natural process of re-vitalization, producing a healthy process of blood making, by which all diseases are overcome without the use of medicine by stomach.

CATABASIS, ASTHMA, BRONCHITIS, CONSUMPTION, DIARRHÆA, NEURALGIA, HEMIPLEGY, PARALYSIS, AND CONSTITUTIONAL DEBILITY cured by this treatment. PILLS AND OTHER DISEASES OF THE RECTUM, SUCCESSFULLY TREATED WITHOUT THE USE OF THE KNIFE. PATENTS CAN BE CURED AT A DISTANCE. CURE GUARANTEED. Send stamp for explanatory circular.

J. DODGE, M. D., No. 226 Penn Ave. [7-22-13] Pittsburgh, Pa.

For neat and attractive sale bills call at the Democrat office.

Straw hats, Garman's.

COMPARATIVE WORTH OF BAKING POWDERS.

Table comparing various baking powder brands: ROYAL (Absolutely Pure), GRANT'S (Alum Powder) #., RUMFORD'S, when fresh, HANFORD'S, when fresh, REDHEAD'S, CHARM (Alum Powder) #., AMAZON (Alum Powder) #., CLEVELAND'S (short weight), PIONEER (San Francisco), CZAR, DR. PRICE'S, SNOW FLAKE (Graft's), LEWIS', PEARL (Andrews & Co.), HECKER'S, GILLET'S, ANDREWS & CO. "Regal", BULK (Powder sold loose), RUMFORD'S, when not fresh.

REPORTS OF GOVERNMENT CHEMISTS

As to Purity and Wholesomeness of the Royal Baking Powder.

"I have tested a package of Royal Baking Powder, which I purchased in the open market, and find it composed of pure and wholesome ingredients. It is a fine tartar powder of a high degree of merit, and does not contain either alum or phosphates, or other injurious substances. E. G. LOVE, Ph.D."

"It is a scientific fact that the Royal Baking Powder is absolutely pure. H. A. MOTT, Ph.D."

"I have examined a package of Royal Baking Powder, purchased by myself in the market. I find it entirely free from alum, terra alba, or any other injurious substance. HENRY MORTON, Ph.D., President of Stevens Institute of Technology."

"I have analyzed a package of Royal Baking Powder. The materials of which it is composed are pure and wholesome. S. DANA HAYES, State Assayer, Mass."

The Royal Baking Powder received the highest award over all competitors at the Vienna World's Exposition, 1873; at the Centennial, Philadelphia, 1876; at the American Institute, New York, and at State Fairs throughout the country.

No other article of human food has ever received such high, emphatic, and universal endorsement from eminent chemists, physicians, scientists, and Boards of Health all over the world.

NOTE—The above DIAGRAM illustrates the comparative worth of various Baking Powders, as shown by Chemical Analysis and experiments made by Prof. Schedler. A pound can of each powder was taken, the total leavening power or volume in each can calculated, the result being as indicated. This practical test for worth by Prof. Schedler only proves what every observant consumer of the Royal Baking Powder knows by practical experience, that, while it costs a few cents per pound more than ordinary kinds, it is far more economical, and, besides, affords the advantage of better work. A single trial of the Royal Baking Powder will convince any fair minded person of these facts.

While the diagram shows some of the alum powders to be of a higher degree of strength than other powders ranked below them, it is not to be taken as indicating that they have any value. All alum powders, no matter how high their strength, are to be avoided as dangerous.

Walter W. Bayard,

HAS OPENED A

DRUG STORE,

the room lately occupied by W. H. Wilkenson on Allegheny street, and I will keep constantly on hand a full line of

DRUGS, MEDICINES, TOILET ARTICLES &c.

I have TUBE PAINTS for Kensington Work

ALL ODORS OF PERFUMERY and SACHET POWDERS.

Telephone in the store, and all orders shall receive my prompt attention.

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Prescription Prepared at all Hours, Night or Day.

Walter W. Bayard.

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R. M. McENALLY, Special Agt. Office—1 Door North of Post Office. BELLEFONTE, PA.

Quick Railway Time.

Rockford, Ill., Jan. 1880.

This is to certify that we have appointed Frank P. Blair, sole agent for the sale of our Quick Train Railroad Watches in the town of Bellefonte.

ROCKFORD WATCH COMPANY, BY HOSMER P. HULLAND, Sec.

Having most thoroughly tested the Rockford Quick Train Watches for the last three years, I offer them with the fullest confidence as the best made and most reliable time keeper for the money that can be obtained.

I fully guarantee every Watch for two years. FRANK P. BLAIR, No. 2 Brookerhoff Row.

All other American Watches at reduced prices.

DIGHTON, Jan. 27, 1882.

The Rockford watch purchased Feb. 1879, has performed better than any Watch I ever had. Have carried it every day and at no time has it been irregular, or in the least unreliable. I cheerfully recommend the Rockford Watch.

HORACE B. HORTON, at Dighton Furnace Co.

TAUNTON, Sept. 18, 1881.

The Rockford Watch runs very accurately; better than any watch I ever owned, and I have had one that cost \$150. Can recommend the Rockford Watch to everybody who wishes a fine timekeeper.

S. P. HUBBARD, M. D.

This is to certify that the Rockford Watch bought Feb. 22, 1879, has run very well the past year. Having set it only twice during that time, its only variation being three minutes. It has run very much better than I ever anticipated. It was not adjusted and only cost \$20.

R. P. BRYANT,

1859--1885.

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DRY GOODS, NOTIONS

AND GROCERIES!

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Satisfaction guaranteed in all cases. I would be pleased to have you call, and examine specimens of work. Instructions given in Painting.

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