

**Agricultural Department**

The Elms Farmers Club. This Association pays special attention to dairy farming, and in its debates are found much information of great importance, as will be seen from the following selection.

**FEEDING WHEAT IN FALL.**

The following letter from Alonzo Sessions, of Iowa, Mich., is published in its entirety, as it is of great interest to the wheat grower, and it is of such a nature that it is well worth the attention of the farmer.

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**Educational Department**

Life, growth, health, and strength, are impossible without physical culture. Without health and strength of body, the mind can be but partially expanded. Activity and vigor of intellect, and accuracy of moral perception depend upon healthy brains, supplied with pure blood.

As the perfection of a function depends upon the vigorous action of its organs, so the integrity and capacity of the entire body, physical, intellectual, and moral, are based upon the entire organism.

Hippocrates, the founder of medicine, makes health depend upon temperance in food, exercise in air, and purity of blood. Exercise has been found an invaluable agency, also, in curing as well as preventing disease. And many contrivances and expedients have been devised and prescribed for securing its benefits. Yet exercise, and the laws of health, have been so woefully neglected, that it is quite impossible to find, among all the walks of man, one physically perfect. No one questions the importance of food, drink, and sleep, at regular and frequent intervals, and of given quantity and quality, as indispensable requisites of life, health, and happiness. Yet, while systematic exercise is no less essential, few consider of sufficient consequence to require the adoption of regular habits for securing it. Though to one would think it possible to go without food, drink, or sleep, even for a day, with impunity, the majority of people treat exercise as if it could be dispensed with without injury, as business, pleasure, or inclination may prompt. Hence, as business closes in the evening, the mind is left to wander, the usual exercise on these days is omitted, causing "Sunday headaches," "blue Mondays," sluggish circulation, dyspepsia, and general derangement. Whereas, some sort of physical exercise should be taken as often, and with the same regularity as food and sleep. It should not be neglected on Sunday, or any other day, and cannot be, without doing harm to the whole physical apparatus, by checking the functional work of all the organs; upon the free action of which depend health of body, activity of mind, and cheerfulness of spirit.

**PHYSICAL CULTURE**

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**DRUGS AND MEDICINES**

**DR. H. C. PORTER,**  
AT THE  
**OLD CASH DRUG STORE,**  
Corner Main and Pine Sts., Towanda, Pa.  
Wholesale and Retail.

**DRUGS, MEDICINES, CHEMICALS,**  
ACIDS, DYE-STUFFS, & GLUERS,  
PERFUMERY, TOILET AND FANCY GOODS,  
SPONGES, BRUSHES, HAIR-RESTORERS,  
SCARFS, COATS, FOLDERS, HAT DYES,  
TEETH, SKIN, AND HAIR PREPARATIONS,  
HAZARD POCKET-KNIVES,  
POCKET-BOOKS AND MEMORANDUMS,  
MACGARDY AND SCOTCH SNUFF,  
FOREIGN AND DOMESTIC CIGARS,  
GARDEN, FIELD AND FLOWER SEEDS,  
FINE WINES AND LIQUORS, FOR MEDICAL PURPOSES,  
BORAX, EUCALYPTI AND HOGMOSS-EXTRACTS,  
AND ALL GENERAL POPULAR PATENT MEDICINES,  
SERRAVALLO'S, SEVEN-STAR'S, HARRIS' PEARLS,  
NETTLE, NIPPLE-SHIELDS & SHIELDS,  
NURSING BOTTLES, TEething RINGS,  
SPRINGS, BED PANS, ETHIOPAS, THORNBERRY'S, FLAVOR STICKS, &c.

**KEROSENE OR COAL OIL,**  
KEROSENE, BATH SOAP,  
SPERM LARD, WHOLE NEARLY FOOT,  
ALCOHOL, AND STRITA TERPENTINE,  
Sash, Putty, Varnish, White Wash, Counter,  
Horn, Hair, Shoe, Scrubbing,  
And all kinds of brushes.

**WINDOW AND PICTURE GLASS,**  
of all sizes.

**PURE LINED OIL, PAINTS, PUTTY, AND VARNISH.**  
READY MIXED PAINTS  
OF ALL KINDS AND COLORS,  
BY THE POUND, PINT OR GALLON,  
GROUND IN OIL OR VARNISH,  
AND ALL KINDS OF ALL THINGS.

**ALL ARTICLES GUARANTEED AS REPRESENTED.**

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**AMERICAN CYCLOPEDIA.**  
NEW REVISED EDITION.

Entirely rewritten by the ablest writers on every subject. Prepared from new type, and illustrated with several thousand Engravings and Maps.

The Vocabulary is particularly fine in American biography, political science, and all those subjects that are most interesting to the mass of readers. The style is simple, transparent, and elastic, and the information is given in the most readable and concise manner. The discussion of disputed points is wisely avoided, and the space thus saved is devoted to the presentation of facts. The maps are admirable, and the illustrations are of the highest quality. It will form for years to come a complete family library on all standard topics, and it will doubtless have an abiding circulation.

We only enter in Dr. Strong's commendation of Appleton's American Cyclopaedia.

**EDWARD BRIDGE, D. D.,**  
Editor of the New York Tribune,  
DANIEL CURRY, D. D.,  
Editor of the New York Advocate & Journal,  
S. P. HIME, D. D.,  
Editor of the New York Observer,  
HENRY M. FIELD, D. D.,  
Editor of the New York Evangelist.

**FROM REV. DR. STRONG, Editor of McClure and Strong's "Cyclopedia of Biblical Literature."**  
"The preparation of our Cyclopaedia has been, indeed, a task to keep an observant eye upon the progress of knowledge in every new one. I find my eye from time to time upon the new edition of Appleton's American Cyclopaedia, and I am highly pleased by its character. The first edition was a masterpiece of the art of preparing a dictionary for the American reader, and no other of this kind has surpassed it. The articles have all been rewritten, and they are now in the most perfect condition. The effect of which is shown in their brevity, conciseness, and condensation of statement.

**STEVENS & LONG,**

**WHOLESALE & RETAIL**  
Dealers in  
**CHOICE FAMILY GROCERIES,**  
**COUNTRY PRODUCE,**  
**GRAIN, &c.**

Having a large and commodious store we are prepared at all times to carry a large stock.

**CASH PAID FOR BUTTER,**  
**GRAIN AND PRODUCE.**

Or taken in exchange for goods, on lowest cash price. Our long experience in the Grocery Trade gives us peculiar advantages in purchasing, and as we are not ambitious to make large profits, we favor our customers that we can offer

**GREATER INDUCEMENTS TO**  
BUYERS THAN ANY OTHER ESTABLISHMENT IN NORTHERN PENNSYLVANIA.

**STEVENS & LONG,**  
CORNER MAIN AND BRIDGE STS.,  
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**GROCERIES & PROVISIONS.**

Cash dealers in all kinds of Groceries & Provisions.

**ONE DOOR NORTH OF CODDING & RUSSELL**

**Watches,**

**Watches,**  
**JEWELRY,**  
**SILVER WARE,**  
**&c.**

Dealers in  
**M. HENDLEMAN,**  
Dealers in  
**FINE AMERICAN AND SWISS**  
**GOLD AND SILVER WATCHES,**  
**AND**  
**FINE JEWELRY.**

Also  
**STERLING SILVER**  
**AND**  
**SILVER PLATED WARE**  
**CLOCKS,**  
**FROM THE CHEAPEST TO THE BEST.**  
**GOLD, SILVER AND STEEL**  
**SPECTACLES & EYE GLASSES.**

One door north of Dr. Porter & Son's Drug Store, Main Street, Towanda, Pa., Jan. 5, 1877.

**TOWANDA, PA.,**  
**COAL,**  
**COAL,**  
**COAL.**

We keep on hand at our yard all sizes of Pittston and Wilkes-Barre coal, and Local best coal, from the Sullivan County Mine, also, Barclay Plaster, and all kinds of building materials.

We keep the best quality of Lime, Hair and Cement, Brick and Plaster, all of which we sell at bottom prices.

**PIERCE & SCOTT,**  
Towanda, Pa. Jan. 1, 1877.

**PURE GROUND PLASTER**  
**AT**  
**RUMMERFIELD!**

I have just received a large supply of FRESH GROUND CAYUGA PLASTER Manufactured from stone selected by myself, and warranted PURE.

PRICE—Cash, 60¢; on time, 75¢. Send in year orders.

**PETER LAMMESBERG,**  
Rummerfeld, March 1, 1876.

**CHEAP COAL AND LIME.**

From and after July 1, I will sell coal, lime, &c. for cash only, and the price list will be corrected monthly.

**TABLE OF COAL FOR JULY, PER TONS OF 2,000 LBS.**

Pittston Coal, Chestnut and Prime, \$4.00  
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**Henry Mercier,**

**Henry Mercier,**  
Dealers in  
**ANTHRACITE AND SULLIVAN ANTHRACITE COAL,**  
CORNEL PARK AND RIVER STREETS, TOWANDA, PA.

**YARD PRICES (CASH).**

**ANTHRACITE.**  
EGG..... 5 00  
STOVE..... 5 00  
CHESTNUT..... 5 00  
PEA..... 5 00

**SULLIVAN ANTHRACITE.**  
EGG..... 4 50  
STOVE..... 4 50  
CHESTNUT..... 4 50  
SMALL NET..... 4 00

Coal screened, and delivered to any part of the County, adding cartage to the above price. All orders must be accompanied by the Cash.

**STATIONS.**  
31 15 29 9

**STATIONS.**  
8 30 2 32

**WESTWARD.**  
New York..... P.M. 11:30 A.M. 11:30  
Pittsburgh..... 8:00 4:00 4:00  
Philadelphia..... 6:00 2:00 2:00  
Baltimore..... 4:00 12:00 12:00  
Washington..... 2:00 10:00 10:00  
Richmond..... 12:00 8:00 8:00  
New Orleans..... 10:00 6:00 6:00  
New York..... P.M. 11:30 A.M. 11:30

**PHILADELPHIA & READING RAILROAD.**  
ARRANGEMENT OF PASSENGER TRAINS  
DECEMBER 15th, 1876.

Trains leave Philadelphia as follows:  
(via Pottsville Branch)  
For Philadelphia, 7:30 a.m., 11:30 a.m., 3:15 and 5:55 p.m.  
SUNDAYS.  
For Philadelphia, at 8:10 p.m.  
(via East Pottsville Branch)  
For Reading, 7:30, 9:30, 11:30 a.m., 12:15, 2:15, 4:15 and 6:15 p.m.  
For Pottsville, 7:30, 9:30, 11:30 a.m., 12:15, 2:15, 4:15 and 6:15 p.m.  
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N. Y. HALL, ROADS—Arrangement of Passenger Trains, to take effect Dec. 15, 1876.

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