

Feeding Worked Well.

When an animal moves certain muscles are contracted. When the motions are very active and great force is exerted, as when a draft animal works, these contractions are extensive and extensive. One of the conditions of animal life is, that when the fibers of which every muscle consists are contracted and the muscles set into motion, a certain portion of the substance of these fibers and connective tissue is wasted, or used up, or disorganized; for all these terms are equivalent ones in this sense. A portion of the living tissue of the muscle dies, and is changed into lifeless, dead, effete matter, just as though so much of it had been consumed in a fire, or added to the destructive action of corrosive acids or alkalis. The changed dead matter undergoes a chemical conversion by means of the blood which constantly circulates through the minute capillary vessels which connect the arteries with the veins. The blood, loaded with the products of this dead matter, passes through the kidneys, and there deposits a part of its load, which appears as the ammonia or urea of the urine. Another part is deposited in the lungs and exhaled with the carbonic acid and the water which are given off by every respiration. These matters deposited by the blood are thrown off from the system, and the blood relieved from them becomes again pure, and passes through the heart, thence to the arteries and takes up another load, returning again by the veins. This is the action which goes on incessantly in a living animal. As life can not exist without motion to some extent, if it is only motion needed to breathe and kept the heart in action, there is always this process of waste and building up going on. It is well known to every person that the waste of the body derived from the food, therefore, life can not exist without food without a decrease of the substance of the body, and this decrease of the substance is what we know as the wasting process of starvation, and that is only possible to exist by matter derived from the food. Therefore, life can not exist without food without a decrease of the substance of the body, and this decrease of the substance is what we know as the wasting process of starvation, and that is only possible to exist by matter derived from the food. Therefore, life can not exist without food without a decrease of the substance of the body, and this decrease of the substance is what we know as the wasting process of starvation, and that is only possible to exist by matter derived from the food.

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To Can Fruit

A correspondent of the Rural New Yorker furnishes some excellent ideas about canning fruit. Use only fresh fruit, and that which is perfectly ripe, not too soft, but just right to eat well. Fill your cans full of fruit, put the can in a kettle of cold water, put a few iron rings in the bottom of the can. A calm fire will cause the cans to break; then put over the slow fire at first, making it hotter after the can has become hot. Too great a heat at first will crack the cans at the bottom. Meanwhile, make a nice syrup of white sugar, and when your fruit is half done cooking pour your syrup over the fruit in the can, and continue boiling until done; remove from the fire and seal. Some people cook their fruit before putting it in cans, but it does not preserve its natural flavor as well, neither will the syrup be clear. Cooking the fruit in the cans is the proper way of canning.

Repose the Secret of Power.

A peaceful life is most likely to be a full one, with finer and keener sensibilities; better related to beauty and poetry and all higher matters; more dignified and self-respecting. Repose is the secret of power in persons, pictures, statues, architecture, books, and nature, as if it were a means of retaining as well as disclosing life; and health demands a frequent passing to restore the balance of the system, and keep up perfect circulations. The night, if spent in healthy sleep after proper evening hours, reduces the world's chaos, and we are new every morning. Who does not know the magic of a brief pause in the midst of the "worst of confusions"? A calm five minutes will write back our vagrant ideas and powers. So the home should be like a whirl and a lullaby in this headlong, hissing, noisy, furious and distracted world of the nineteenth century—a nook apart from the throes of the world, a grove or power under the sky, where the beautiful spirits of the air will hover and dance. Its atmosphere should be a little oriental and cheering, as if exhaling from poppies and balsams. A paper containing many fine points—a paper of needles.

THU for THU

A young lady, the daughter of the owner of the house, was addressed by a young man, who, though agreeable to her, was disliked by her father. Of course he would not consent to their union, and she determined to elope. The night was fixed, the hour came, the lover placed the ladder to the window, and in a few moments the young girl was in his arms. They mounted a double horse, and were some distance from the house. After a while the lady broke the silence by saying: "Well, you see what proof I have given you of my affection; I hope you will make me a good husband." He was a surly fellow, and gruffly answered: "Perhaps I may, but perhaps not." She made no reply, but after a silence of some minutes she suddenly exclaimed: "Oh, what shall we do? I have left my money behind me in my room." "Then," said he, "we must go back and fetch it." They were soon at the house, the ladder was again placed, the lady waited below. But she delayed to come, and so he gently called: "Are you coming?" when she looked out of the window and said: "Perhaps I may, and perhaps not," and then she shut the window, leaving him to depart alone.

ALPHINE HALL, CUMBERLAND, MD.

Homes School for Young Ladies and Little Girls. Misses Lucy N. and Mary Jones, Prin's.

STATIONERY

Which we will sell as cheap as the market. Please call, examine our goods at all times, and be satisfied from your own judgment. Don't forget where we stay—ON MAIN CROSS STREET, Somerset, Pa. Oct. 2, 1874.

Miss Josephine Brinker,

Wholesale and Retail Dealer in Dry Goods, Millinery, Trimmings, Notions, Gloves, Hosiery, Embroideries, Ladies' and Children's Underwear and Furnishing Goods, etc. Also, a well selected stock of Glassware, Stoneware, Woodware, Brushes, etc. at all times. 101 N. 2nd St., Philadelphia, Pa.

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