

FOOD FACTS.

Maize, or Indian corn, is one of the most nutritious of the grains, and contains more of the fatty elements than the others.

The substitution of from four to six drams of glycerine for the amount of sugar usually added to cream, milk or water, is recommended in preparing food for infants.

The better qualities of flaxseed contain about thirty per cent. of oil, and if well masticated may be eaten freely by those whose system requires more fat—such people are recommended to use cod-liver oil.

Beans contain all the elements of true aliment excepting fat. To obtain this it is not necessary to bake beans with pork. A fat piece of corned beef is an excellent substitute and is extensively used by those who entertain a prejudice to pork.

During the first two months of an infant's life it should not be fed often than once in two hours. After this the interval between meals may be lengthened with advantage, and at the end of six months farinaceous or starchy food may be allowed in small quantity.

A writer in the *Lanes of Life*, speaking of pork parasites, tries to make the swine-eaters flinch by stating that an ounce of flesh may contain a quarter of a million of the infinitesimal larvae of the trichina, and that a pork eater may with a few mouthfuls fill himself with 50,000,000 vermicularia.

One who has made the calculations finds that as a flesh-producing food eggs are equal to meat; that they surpass it in ability as a heat and force-producing agent; and that a pound of corn will be more than twice as valuable if transformed into eggs by means of the hen, as when put into the form of meat by feeding to pigs.—*Dr. Foster's Health Monthly*.

The Use of Bank Checks. In the reign of William old men were still living who could remember the days when there was not a single banking house in the city of London.

But the increase of wealth had produced its natural effect, the subdivision of labor. Before the end of the reign of Charles the Second a new mode of paying and receiving money had come into fashion among the merchants of the capital.

This new branch of business naturally fell into the hands of the goldsmiths, who were accustomed to traffic largely in precious metals, and who had vaults in which great masses of bullion could be secure from fire and from robbers.

The great change did not take place without much opposition and clamor. Old-fashioned merchants complained bitterly that a class of men who, thirty years before, had confined themselves to the proper functions and had made a fair profit by embossing silver bowls and chargers, by setting jewels for fine ladies, and by selling pistols and dollars to gentlemen setting out for the Continent, had become the treasurers, and were fast becoming the masters of the whole city.

On the other side the conveniences of the modern practice were set forth in animated language. The new system, it was said, saved both labor and money. Two clerks seated in one counting house, did what, under the old system, must have been done by twenty clerks in twenty different establishments.

These little chaps are bright, handsome and full of vigor, and complete the list of as fine a body of youngsters as ever adorned a Congress.—*Washington Critic*.

General Torbet's Way. Torbet, of cavalry fame, who was lost at sea last year with the ill-fated *Vera Cruz*, was a good fighter and a hard worker.

A singularly interesting case was lately referred to by the *Brooklyn Eagle*. It was told by Mr. W. A. Davenport, connected with the house of Messrs. Butler, Pitken & Co., 476 Broadway, New York, and concerned the marvelous cure of Mr. Ezra D. Clarkson, near Newark, N. J., of a terrible case of rheumatism, which other remedies had failed even to alleviate.

A Paris milliner has concluded a contract by which a dealer in game in Berlin undertakes to deliver the skins of 30,000 pigeons during the season for the adornment of hats and bonnets. The birds are to be caught in all parts of Germany and taken to the railway yard, and their killed and immediately skinned, the skins being forwarded to Paris and the carcasses retailed for a small sum each on the spot.

The Newark (N. J.) Sunday Call says: One of our Cincinnati exchanges cites the case of Mr. Haldean, of the *Louisville Courier-Journal*, who was cured of rheumatism by St. Jacobs Oil. His wife was cured of neuralgia by the same article, and every member of his family of some pain or ache by the Great German Remedy.

Agricultural implements manufactured in the United States for the year 1881 were valued at \$69,374,086, and gave employment to 38,630 hands.

CONGRESSMEN'S CHILDREN.

How They Make Things Live in the House. Looking down from the reporters' gallery of the House, the wielder of the quill now and then has an opportunity of witnessing some very funny sights, and like a man up a tree, makes mental comments and says nothing.

To start with, there is Congressman Belford's boys, a pair of fiery red-headed cherubs. There is no mistake as to whose boys they are, for their "top-knots" pronounce them veritable chips of the old block.

The recent and sudden death of Hon. Clarkson N. Potter is one of the most serious warnings ever given in the long list of innumerable cases of fatal neglect. It is not sufficient to say that many of our brilliant men, including Everett, Sumner, Chase, Wilson and Carpenter, were swept away by the same fatal trouble.

Up to the latter part of last year Mr. Edward F. Rook, a member of the New York stock exchange, was doing business in Wall street, New York. He had everything to encourage him and make life happy, but it required a great effort to control his temper, and he would again relapse into his former morbid mood.

At a meeting of the Pot-Luck club each male member, according to promise, contributed a specimen of the handiwork in the culinary art, and the result was quite novel.

The carpenter now stepped forward and said he had prepared "a little plan board,"—placing the board on the table as he spoke.

The shoemaker said he thought some of the members needed a little brain food, therefore he had brought a "sole," also a "tongue." The former was pretty "scaly."

When the earth was very young, says Dr. Ball, astronomer royal for Ireland, it went round so fast that the day was only three hours long.

There is but one way to cure baldness, and that is by using Carboline, a deodorized extract of petroleum, the natural hair grower.

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PRESENTMENTS.

An investigation of the causes of these dark-colored spots on the face.

Such apprehension has been occasioned through America from the announcement made by Professor Proctor that the return in nineteen years of the great comet, such as it is called, will be the sign of the earth.

Bishop E. O. Haven, known to the entire land, was unconsciously awakened one night out of a sound sleep, and lay awake until morning.

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to be Bright's disease, masquerading under another name. In marked contrast to the sad cases which have been above described are the experiences of many prominent people who were as low as any of the persons mentioned, but who were remarkably restored to former health and vigor by this same remedy.

There are 21,356 flour mills in the United States, Pennsylvania has 2,786; New York, 1,942; Illinois, 1,285; Indiana, 1,163; and Missouri, 942.

Advice to Consumptives. On the appearance of the first symptoms—general debility, loss of appetite, pallor, only sensations, followed by night sweats and cough—prompt measures for relief should be adopted.

Dr. Pierce's "Favorite Prescription" is everywhere acknowledged to be the standard remedy for female complaints and weakness. It is sold by druggists.

There are prospects of an immense yield of wheat and other grain in Oregon and Washington Territory this season.

The huge, drastic, gripping, sickening pills are being superseded by Dr. Pierce's "Purgative Pellets." Sold by druggists.

As Iowa farmer who has both coal and wood on his farm warms his house with cornstalks, and claims that they make the best and cheapest fuel he can get.

Well Once More. 814 East Arch Street, POTTSVILLE, Pa., Sept. 22, 1881. H. W. WARNER & CO. SD-A-I have suffered for many years with inflammation of the kidneys and bladder.

On Thirty Days' Trial. The Voltaic Belt, Marshall, Mich., will send their Electro-Voltaic Belt and other Electro-Apparatus on trial for thirty days to any person afflicted with Nervous Debility, Lost Vitality, and kindred troubles.

HOW TO SECURE HEALTH. It is strange that many will suffer from derangements brought on by impure blood, and other ailments, and still neglect to take the most effective medicine.

Edley's Carbolic Troches prevent all contagious diseases, such as Diphtheria, Scarlet Fever, Whooping Cough, and cure Coughs and Colds. Pleasant to the taste and a good disinfectant.

Allen's Brain Food cures Nervous Debility and all cases of Nervous Exhaustion, 81-111 Broadway, New York.

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Altruistically Shaken and Scourged By the procyons of chills and fever, the wretched sufferer for whom quinine has been prescribed assays in vain to exterminate the dreadful disease with that fatal cathartic, which at best only mitigates the violence of the fit, and eventually proves highly injurious to the system.

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FACTS ABOUT UMBRELLAS.

Antiquarians say that the umbrella was invented shortly after the flood, and has been the least improved upon of all appliances for human comfort, the shape being now as it was in those youthful days of the world.

To carry an umbrella just high enough to tear out men's eyes and knock off men's hats, signifies "I am a woman." To go without an umbrella in a storm shows a man sure of getting rheumatism, and will have to use St. Jacobs Oil to get well.

The following communication to the editor of the Salem (Mass.) Register shows how an artist from his vantage point would have accepted your kind invitation to visit you in your new quarters with pleasure before this had not my sudden enemy, Mr. Rheumatism, pounced on me so unceremoniously.

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