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H. B. MASSER. ATTORNEY AT LAW, SUNBURY, PA. Business attended to in the Counties of Northursterland, Union, Lycoming and Columbia.

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and Fancy Goods, which will be sold wholesale at the very lowest prices. N. B. Looking Glasses insured to any part of the country, without charge. Nov. 1, 1845 -6m

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WHERE all kinds of leather trunks, valises and manufactured, in the best manner and from the best materials, and sold at the lowest rate. Philadelphia, July 19th, 1845 .- 1y.

NEW CARPETINGS. THE subscribers have received, and are now opening a splendid assortment of the following

Saxony, Wilton and Velvet Carpetings Brussels and Imperial 3 ply do Extra superfine and fine lograins do. English shaded & Damask Venetian do ING. American twilled and fie'd do English Druggetts and Woolen Ploor Cl. ths. Stair and Passage Bockings Embossed Piano and Table Covers London Cheuille and Tufted Rugs Door Matts of every description,

A large and extensive essentment of Floor Oil Cloths, from one to eight yards wide, cut to fit eve-

Also, low priced legrain Carpetings from 311 to 624 cents per yard, together with a large and extensive assortment of goods usually kept by carper The above goods will be sold wholesale or retail

at the lowest market prices. Country merchants mine our stock before making their selections CLARKSON, RICH & MULLIGAN,

Successors to Joseph Blackwood, No. 111 Chesnut, corner of Franklin Place. Philadelphia, Feb. 224, 1845,-

UMBRELLAS & PARASOLS. CHEAP FOR CASH.

J. W. SWAILT'S Umbrella and Parasol Manufactory.

No. 37 North Third street, two doors below the CITY HOTEL. Philadelphia.

LWAYS on hand, a large brock of UM-A BRELLAS and PARASOLS, including the atest new style of Pinked Edged Parasols of the hest workmanship and materials, at prices that will make it an object to Country Merchants and otherto call and examine his stock before purchasing Feb. 22, 1845 .- 1y

SHUGERT'S PATENT WASHING MACHINE.

FIGURE Machine has now been tested by more E than thirty families in this neighborhood, and cos given entire satisfaction. It is so simple in its construction, that it cannot got out of order. It cutains no iron to rust, and no springs or rollers to line. get out of repair. It will do twice as much washng, with less than half the wear and tear of any of he late inventions, and what is of greater imporance, it costs but little over half as much as other

The subscriber has the exclusive right for Nortumberland, Union, Lycoming, Columbia, Lu-Price of single maerne and Clinton countres. H. B. MASSER The following certificate is from a few of those he have these machines in use.

Sunbury, Aug. 24, 1844. We, the subscribers, certify that we have now we, in our families, "Shugert's Patent Weshmost excellent invention. That, in Washing, will save more than one half the usual labor,hat it does not require more than one third the usi quantity of soap and water; and that there no rubbing, and consequently, little or no wentg or tearing .- That it knocks off no buttons, and at the finest clothes, such us collars, laces, tucks, Ils, &c., may be washed in a very short time thout the least injury, and in fact without any parent wear and tear, whatever, We therefore cerfully recommend it to our friends and to the ty so, blic, as a most useful and labor saving machine.

CHARLES W. HEGINS, A. JORDAN. CHS. WEAVER. CHS. PLEASANTS, GIDEON MARKLE, Hon, GEO, C. WELKER. BENJ. HENDRICKS,

GIDEON LEISENRING. un's Hotel, (formerly Tremont House, No. sian boundary! 16 Chesnut street,) Philadelphia, September

have used Shugert's Patent Washing Machine ny house upwards of eight months, and do not tate to say that I deem it one of the most useand valuable labor-saving machines ever inven-I formerly kept two women continually ocied in washing, who now do as much in two s as they then did in one week. There is no ir or tear in washing, and it requires not more o one-third the usual quantity of soap. I have a number of other machines in my family, but is so decidedly superior to every thing else, and ittle liable to get out of repair, that I would not vithout one if they should cost ten times the e they are sold for. DANIEL HERR. e they are sold for.

PERIOR Port wine, Maderia and Lisbon wines. Also superior Brandy and Gin, Lemon sup. Also a few barrels of BLUE FISH, for sale HENRY MASSER. Sunbury, July 19th, 1845.

SUNBURY AMERICAN.

AND SHAMOKIN JOURNAL.

Absolute acquiescence in the decisions of the majority, the vital principle of Republics, from which there is no appeal but to force, the vital principle and immediate parent of despotism .- JEFFERSON.

Sunbury, Northumberland Co. Pa. Saturday, April 11, 1846.

By Masser & Elsely.

OREGON DEBATE.

The following is an abstract of the important debate between Gen. Cass and Col. Benton, on the Oregon Boundary :

review of the positions assumed, and the argu- boundary between us and Great Britain as to ments advanced, than from a perusal of the e- affect our claim to the whole of Oregon. laborate speeches of the distinguished Senators themselves :-

corpet-bags, of every style and pattern are this city, in which it is contended that the Com- ing for the acquisition of Florida.

at the lowest market prices. Country merchants and others are particularly invited to call and example of 49 was one of that country, and claimed only the end of it for one of the most prolific sources of disease. In all people. The troth is, she is peevish and fretthe lines established. The applicability of the her subjects, in common with those of Spain. trenty of Utrecht to the question of boundary Letween the United States and Great Britian, grew out of the puchase of Louisiana, and was coeval with that purchase. He proceeded to then Secretary of State, to Mr. Monroe, Minis-Jefferson, and the negotiations and correspon- right has any British statesman, to contend that ring the last stages of pulmonary consumption, managing young people. Now your fretters on it your uncle's coat of arms, so I beg you not the two countries in 1807, that the two-fold fact was disclosed, that the commissioners did not under the treaty of Utrocht, and established the 49th parallel as the boundary between France and Great Britain, from the Lake of the Woods indefinitely west. In the course of the negotiations both parties actually proposed articles, addepting the Utrecht line from the Lake of the Woods, with a proviso against its applicability to the country west of the Rocky Mountains. In adopting this line both articles were indentical -the provisions were the same-the only difference was a modification as to the extent of the

> Mr. Jefferson gave his consent to this arrangement, but in doing so, says to Mr. Monroe. it is much to be wished and pressed, though not made an ultimatum, that the proviso to both articles should be omitted. This is in no view whatever nessessary, and can have little other effect than as an offensive intimation to Spain that our claims extend to the Pacific Ocean. However reasonable such claims may be, compared with these of others, it is impolitic, especially at the present moment, to strengthen Spanish jealousies of the United States, which it is probably an object with Great Britain to excite by the claims in question."

This, Mr. Benton contended, was clearly Mr. Jefferson's opinion of the title of 49-he was for it throughout, in its whole extent, 'indefinitely,' as settled by the treaty of Utrecht, and not only for it, but earnestly and pressing-

Thus General Cass, Mr. B. said, by relying on Mr. Greenhow's book, instead of going to the authentic documents, had constituted himself a prisoner in the hands of the Porty-niners -doorned to dwell at 49-but should be allowed liberty of person, on his parole of honor given, never to use again that name of omen, the Rus-

To this General Cass on Thursday rejoined, that he still thought that Mr. Greenhow had established the point, and Mr. Benton had failed to prove that the line had been established. But it was a matter of no importance whether the fact in dispute were established or not. It was a mere historical fact, which had no bearing whatever on the question at issue as to our title to Oregon. The real question was, whether the parallel of 49, as a boundary line between England and France, ever was intended to extend over the Rocky Mountains-that was the true and important question, and it was on that question, and not as to whether the line had been established or not, that he (Mr. C.)

The Senator from Missouri had said, in regard ! to the treaty of Utrecht, that Commissioners were appointed, and did establish the parallel

of 49, but he did not say that line ran over the "As the recent 'episode' in the debate on the Rocky Mountains, and that was the only part Oregon question is now the all-absording topic of any importance to this Oregon question. of conversation at the scat of government, and There was no difficulty as to what was our will probably be discussed with the same inter- boundary-East of the Mountains-our difficulty est throughout the country, the points at issue lay wholly West of them-and the question will probably be better understood from a brief was whether the parallel of 49 was such a

Mr. Cass then proceeded to review the authorities quoted by Mr. Benton. The construc-Gen. Cass, in his speech in the Senate on tion given to the motives of Mr. Jefferson, he Tuesday, said that great doubts existed as to considered entirely erroneous. The very part whether the line of 49 was established by the of the treaty which Mr. Jefferson wished to Commissioner's appointed under the treaty of strike out, was the part which extented our ti-Utrecht in 1713 for determining the boundry the to the Pacific Ocean, and this he wished between the possessions of France and Great out, that it might not alarm Spain with the idea Britain on the North American continent. And that the United States had any pretensions to to prove this, he quoted, among other authori- the Territory on the Northwest Coast, and operties, the book on Oregon of Mr. Greenhow of ate unfavorably on the negotiations then pend, men who cat animal food twice or three times

missioners never acted under that treaty, and The ground taken by Mr. Cass was, that the exempt from pulmonary consumption." It is had never established the limits between the treaty of Utrecht established no boundary line necessary, he says, to furnish the food which British and French possessions in North Ameri. | west of the Rocky Mountains, and that therefore ca. Mr. Cass thought the view of Mr. Green. our claim was not limited by any such line in the lungs, in order to protect the already too with them. But they cannot love them more how was correct. But whether the line was ev. Oregon. The country on the Pacific was ener so established or not, was unimportant, tirely unknown and unclaimed when the treaty When it could be shown that the boundary of 49 of Utrecht was formed. British negotiations ran over the Rocky Mountains westward to the in 1826, and Mr. Pakenham in 1844, fix the ocean, so as to bound our claim to the whole of commencement of the British title at the voyage Oregon, he would thenceforward agree to close of Capt. Cook in 1778. The treaty of Utrecht his lips and never say another word as to any only provides for establishing laws between rights of the United States north of that paral. the French and British colonies, including the To this, Mr. Benton in the Senate on Wed. nothing west of that company's possessions, nesday-Mr. Cass being absent-undertook to which by the charter included 'lands, countries 'vindicate history and the intelligence of the and territories' on the waters running into Hud-Senate from an error into which the Senator son's Bay. Neither France nor England could from Michigan had fallen.' He would show, claim the country to the Pacific, so as to divide by the highest evidence that the commisioners it between them, for so late as the Nootka lid act, that they did establish the limits be- | Convention, in 1790, the British government tween France and Great Britian in North A. had expressly recognized the Spanish title to

Gen. Cass, in concluding his remarks, said that he would now state to the Senator from disease; and, in order to do this, the dietetic Missouri what was the condition under which and other habits must be regulated. It is often ting. he said he would stop at the parallel of 49 de- supposed that all we have to do, in many cases. show, from the instructions of Mr. Madison, grees. He would read it precisely as he had is to give a large amount of nourishment. Hence delivered it in his speech :- 'I now ask, sir, the common expressions, "generous diet. ter to England, during the administration of Mr. what right has any American statesman, or what "strengthening diet," &c., &c. Du- and love. Indeed this is the great secret of shall sale my lether wid black salin-wax and put factorily, I, for one, will consent to stop there ; march, if we can, to the Russian boundary. This is my position, and I am willing at all times blood, flesh, bone, &c., so great an amount of to adhere to my pledge."

> the two distinguished Senators, and may probubly have an important bearing in the ultimate determination of the question of boundary."

> > The Mines of Lake Superior.

EAGLE RIVER, Feb. 5, 1846.

\* \* \* \* \* My brother, Joshua Child, has a prospect now that looks more flattering than any thing ever struck on the Lake. The world cannot beat it -- or rather, I would say, never has beaten the show he has now in sight. After sinking forty feet, he struck a sheet of pure solid copper, extending the whole length of the shaft, ten feet, how much farther we cannot tell, for it is solid in each end of his shaft, and at the top from three to four inches thick, widening out to twelve inches thick in going down a few feet. He has sunk down on both sides of it twelve feet, to the bottom of it, and it is supposed from what is seen, to say nothing of what is running in the hill from each end of the shaft, that it will weigh at least four tons. He has sunk down several feet under this big sheet, and there over head is this large mass of native copper, suspended, as it were, by large masses at each end, unseen because uncovered. My brother came up this evening, and tells me he has struck another sheet of solid capper, not quite so thick at top, directly under this big one. -How large it is be cannot yet tell, as he has only sunk down a foot along each side of it. He has also started another shaft some two or three hundred feet down the hill, struck the vein, and is getting out chunks of pure copper, that will weigh from twenty to fifty pounds. He is tracing it down the hill, with the view of bringing up a level on the course of the vein.

I will mention one other discovery made on a location adjoining and close on this location, where they have made a discovery rich in sil-They are taking out some fine silver specimens, one of which I am told will weigh a

pound, and it was nearly all pure silver. Our winter, thus far, has been remarkably mild-snow about four feet deep."

If every child were from the first, nourished with pure healthy milk, invigorated by morning and evening ablutions daily, and by pure air to

From the Water-Cure Journal. January 28th, 1846.

logy, the change which has taken place within a few years in regard to the treatment of diseases of the chest and lungs. He says, (page 173, Harner's edition,) "The second requisite to the well being of the lungs and to the free and salutary exercise of respiration, is a due Jour.] supply of rich and healthy blood. Where, from defective food or imparied digestion, the blood is impoverished in quality and rendered unfit for adequate nutrition, the lungs speedily suffer, and that often to a fatal extent. So certain is this the case, that in the lower animals tubercles can be produced in the lungs to almost any extent, by withholding a sufficiency of nourishing food. The same circumstances operate to a lementable extent in our manufacturing towns, among the poorly fed population; whereas it is proverbial that butchers-a class of a day, and live much in the open air, are almost

weak tissues from its attacke, nutritious, while the blood is being still more impoverished by copious draughts of cold water. Fearing to occupy more of your time, I will

REMARKS.-Our correspondent is mistaken of it? When this question is answered satis- there is any appetite; and this is done with the view of sustaining the individual. We should but until then I am among those who mean to alway bear in mind one fact, that a weakened system cannot receive and change into healthy food as a strong healthy system. We may then These are the real points at issue between easily overtax the system, and thus oppress and weaken it by too much ford. Ne ther men nor animals live but a short time if the food is of a rich concentrated character, as sugar, oil, or fat; and even wheaten bread, in which the bran has been separated, is so rich that it soon de-Letter from Thos. Child, published in Galena Gaz. stroys life, whereas, if the coarse innutritious bran is left unseparated, no such result ce-

Individuals have been sustained for a long time upon coarse bread and water alone, but never upon fine. Magendie, the celebrated experimental physiologist of Paris, nonrished does upon fine bread and water, and found that invariably the animals died in 7 weeks, varying a day or two; but on substituting coarse bread, the dogs thrived perfectly well. It is a law, then, of the animal system, that food must consist in part of inautritious matter.

In hypodropathy we often find that patients increase in flesh, although the amount of food inken is diminished. In No. 5, page 71, of the present volume of the Journal, will be found a case, (that of Mr. Allen of Trov.) in which there was a remarkable increase of flesh, while, at the same time, the diet was of such a character as would generally be supposed to be insufficient. The true fact of the case is, that the weakened energies of the system were aroused into vigorous and more vigorous action by water externally and internally applied, and a natural increase of the flesh was the result. The food was more perfectly digested, and an improved state of all the fluids and solids of the system was brought about.

It is an erroneous notion that water impoverishes the blood. Water is a powerful agent, and may be made to affect the system very injoriously, as every one knows; and it will hereafter be found true, that, as a general thing, those undergoing water treatment do too much, especially in the drinking of water. It never does good, and may cause harm, to take the enormous quantities of water that some do. The best general rule, as we have elsewhere said, will be to drink as thirst demands. Cause is advantageously taken.

Concerning the diet and health of butchers, we do not believe that, as a general thing, they your ignorant, low-bred people that are guilty of to eight hours, according to the size - Waterbreathe how few indeed would suffer from disease. I eat any more animal food than people in gener- I such things.

ai; and probably they do not as much, for they are more or less cloyed by the constant efflu-Mr. Editor,-I could not but remark, while via arising from the meat: nor do we believe looking over Dr. Combe's Principles of Physin- that butchers are any more healthy than the generality of persons who have as much outdoor exercise as they. It has long been a fashion to quote butchers, as affording an example in proof of the good effects of flesh eating. But

Vol. 6--No. 29--Whole No. 289.

The sin and Folly of Scolding.

Fret not thyself in any wise to do evil."

Psalms xxxvII-12 1. It is a sin against God. It is an evil and only evil, and that continually. David understood both human nature and the law of God. He says "Fret not thyself in any wise to do evil." That is, never fret or scold, for it is always a sin. If you cannot speak without freting and scolding, keep silence.

2. It destroys affection .- No one ever did, ever can, or ever will love an habitual fretter, fault finder or scolder. Husbands, wives, children, relatives, or domestics, have no affection for prevish, fretful fault-finders .-- Few tears are shed over the graves of such .- Persons of high will most easily combine with the oxygen in moral principle may tolerate them-may bear than the sting of nettles or the noise of musqui-Now, the treatment seems to be, especially toes. Many a man has been driven to the with hydrobathists, to reduce the amount of tavern, and to dissipation by a peevish, fretful food to the lowest point, and that too the least | wife. Many a wife has been made miserable by a neevish, fretful husband.

3. It is the bane of domestic happiness .- A fretful, poevish, complaining, fault-finder in a close, with the hope, that as this is a subject in- family is like the continual chafing of an in-Hudson's Bay Company. The British held teresting to many, you will give it a few words flamed sore. Wee to the man, woman or child who is exposed to the influence of such a temper in another. Nine tenths of all domestic in his impression, that we, as hydropathists, re- trials and anhappiness spring from this source. duce the amount of food to the lowest point. As Mrs. D. is of this temperament. She wonders physiologists, we say, that in this and every her husband is not more fond of her company, country, and in all periods of time, wherever That her children give her so much trouble .human beings have had the means, the habitual That domestics do not like to work for her .taking of too great an amount of food, has been That she cannot secure the good will of young systems of healing, it should be a prominentob- ful. Children fear her, but do not love her .ject to remove, as far as possible, the causes of She never yet gained the affection of a young person, nor never will, till she leaves off fret-

4. It defeats the end of Family Government - Good family government is the blending | who were kill in the last war. authority with affection, so as to secure respect our claim, whatever it may be, is not just as patients are often recommended to take freely may inspire fear, but they always make two to brake the sale whin you open the lether, and child, fretting at a child, sneering at a child, save it, by which time you will be prepared for tounting a child, treating the child as though it the sorrowful tidins. Your owld swatchart had no feelings, inspires dread and dislike, and sinds her love to you unknowns to me. Whin faster those very dispositions, from which many | Tarry M'Gee arrives in Amerika, ax him for of the faults of childhood proceed. Mr. G. and this lether, and if he disn't know it from the and Mrs. F. are of this class. Their children rest, tell him its the one that spakes about your are made to mind; but how! Mrs. F. frets uncle's death and saled in black. and scolds her children. She is severe enough upon their faults. She seems to watch them in order to find fault. She sneers at them. Treats them as though they had no feelings, She seldom gives a command without a threat and a long-running fault-finding commentary. When she hides, it is not done in a dignified manner. She raises her voice, puts on a cross look, threatens, strikes them, pinches their ears, snaps their heads, &c. The children cry, pout, sulk, and poor Mrs. F. has to do her work over pretty often. Then she will find fault with her husband because he does not fall in with her ways, or chime with her as chorus.

ection so no one likes to tell them anything lisagreeable, and thus procure for themselves fretting. Now, children conceal as much as they can from such persons. They cannot

with nottics and immenitoes. will always have enough to feet at. Especially t he or she has the bump of order and neatness largely developed. Something will always be out of place. There will always be some dirt some dirt somewhere. Others will not eat right, look right, sit right, talk right; he will not do these things so as to please them. And fretters are generally so selfish as to have no times the length of the longest bridge in Europe, regard for any one's comfort but their own.

7. It is a mark of a vulgar disposition -

Some persons have so much gall in their disposition, are so selfish, that they have no regard to the teelings of others. All things must be done to the technigs of others. They make their husbands, wives, children, domestics, the conductors by which their spleen and ill-nature are discharged. We to the children who are exposed to such influences. It makes them callous and unfeeling, and when they grow up two of milk, answers well; all milk may be they pursue the same course with their management, and thus the race of fretters is perpetuthirst by exertion of body, and then the water ated. Any person who is in the habit of freiting or sneering, taunting their husbands, wives, children or domestics, shows either a bad disposition or else ill-breeding. For it is generally also be added. It should be baked from four

Every subsequent insertion, . Yearly Advertisements: one column, \$25; half column, \$18, three squares, \$12; two squares, \$9; one square, \$5. Half-yearly : one column, \$18 . half column, \$12 ; three squares, \$8 ; two squares, \$5; one square, \$3 50.

Advertisements left without directions as to the length of time they are to be published, will be continued until ordered out, and charged accord;

Sixteen lines or less make a square.

An Irish Letter.

Tullymucclaburg, Parish of Ballyragget, near Ballysluchguthey, Jan. 22, 1846.

My dear Nephew .- I haven't cent you a le-

ther since the last time I wrote to you, because we have moved from our former place of living and I didn't know where a lether would find you; but I now wid pleasure take up my pin facts are often entirely misapprehended.-[ED. to inform you of the death of your own livin' uncle Kilpatrick, who died very suddenly last week after a lingering illness of six months. The poor man was in violent convulsion the whole time of his sickness, lying parfectly quate and spachless, all the while talking incobarently and crying for wather. I had no opportunity of informing you of his death sooner, excipt I wrote to you by the last post, which wint off two days before he died, and thin you'd had postage to pay. I am at a loss to tell what his death was ockasioned at but I fear it was by his last sickness, for he niver was tin days thegither during the whole time of his confine. ment-and I belave his death was ockasioned by his atin two much of rabbits stuffed wid pays and gravy, or pays and gravy stuffed wid rabbits, I can't tel which; but be that as it will, as soon as he brathed his last, the docthers gave over all hopes of his recovery. I needn't tel you anything about his lage, for you well know that in March nixt, he would have been twinty five years owld, lackin' tin months; and had he lived till that time, he would thin hav bin jist six months dead. His propherty now devolves to his next kin, who all died some time ago, so that I expict it will be devided between us, and you know his propherty was very consitherable, for he had a fine estate, which was sowld to pay his dibts, and the remainther be lost in a horse race; but it was the opinion of ivery body at the time, that he would have won the race if the horse he run aginst hadn't bin too fast for him. I niver saw a man, and the doothers all say so, that observed directions or tuck medicine bether than he did. He said he would as lave bither as swate, if it had only the same taste-and Ipicakianna as wiskey punch, if it would only put him in the same humor for fightin. But, poor sowl, he will niver ate not dhrink more: and ye have't a livin relashion in the world excipt mysef and your two cousins

I can't dwell on this mournful subject, and its where they correct one. Scolding at a | don't opin it till three or four days afthur you re-

I remain your affectionate owld Granmother, JUDY O'HOOLIGAN.

To Larry O'Hooligan, late of the town of Tullymucclescrag, Parish of Ballyragget, near Ballysluchguthey, in the county of Kilkinny,

P. S .- Don't write to me tall you a save this. N. B .- Whin you come to this place stop and don't rade any more till my next.

THE LONGEST BRIDGE IN THE WORLD .- The land of the Celestials boasts the largest bridge in the world, and this, according to travellers, is the bridge of Layang, over an arm of the sea in 5. Fretting and scalding make Hypocrites. China. It is built, says that instructive periodi--As a fretter never receives confidence and af- cal, "The Builder," in a similar way as its length is said to extend to 26,800 Paris feet, and comprises 300 arches, or rather opening of pillars. These are not overspread by arches. but there are placed above them large slabs of nake up their minds to be frank and openhear- stone. Which, from the roadway 70 feet broad. ted. So husbands conceal from their wives and The distance of the pillars is nearly 743 feet, wives from their husbands. For a man may the latter being 70 feet high, and 15 broad, and brave a lien, but he likes not to come in contact strengthened with stone facings, of the form of triangular prisms, which extend over the whole 6. It destroys one's peace of mind.-The height of the pillars up to the transversal slabs, more one trets the more he may. A fretter The latter (of course more than 70 feet long) extend in breadth to 15 feet in thicknes. Other reports, however, assign no more than 43 feet, old Paris measure, to the distance of the pillars, and only 41 feet to breadth and thickness of the transversal slabs by which, of course, the length of the bridge is reduced one-half, even so, it would be an astonishing structure, being six viz: the Pont de St. Esprit, at Lyons. The parapet is, according to ome reports, a railing, according to others, a ballustrade, and every pillar supports a pedestal on which a lion, 21 feet long, and made of one block of marble, is placed.

BAKED INDIAN PUDDING .- This should always be mixed up awhile, an hour or two or more, be fore baking. One part water, one of meal, and used, which, however, makes the pudding but little, if any, better. The milk, or milk and water, after boiling, should be poured upon the meal which is to be well stirred; sweeten with good molasse's, syrup or sugar; fruit may .. re for Ladies.