PHYSICAL CULTURE.

Some Valuable Suggestions in Regard to Breathing.

Some of our readers who may be far removed from any opportunity of gymnastic work in regular gymnasiums, may feel that there is little use in their trying to undertake such work, however much they may need physical development. But they are mistaken. If one really is in earnest, much can be done. It may be something like taking medicine, for certainly there is less fun in home exercise than in the gymnasium, but it will soon become interesting and enjoyable.

One of the first and most important things for any one to do is to put into your lungs, several times a day, as large an amount of pure air as possible. On this depends so much the absolute oxygenizing of the blood, which carries nutriment to every part of the body. The amount of impure air which people are willing to take into their lungs is perfectly marvelous. Half a dozen people will sit in an ordinary sized room, with one or two kerosene lamps, perhaps, which are eating the same vital principle from the air that the lungs need, a whole evening, with windows and doors tightly closed, and wonder why they feel so sleepy or headachey! Could they be required to measure the air capacity of the room, and compare it with the amount of air vitiated by one person in a given time, they would be surprised to find, perhaps, that, during the first hour, so much oxygen has been taken from the air, and so much carbonic acid and so many impurities thrown into it, that, from that time they had been breathing and rebreathing vitiated air, which each respiration renders more and more impure.

A PHYSIOLOGICAL EXPLANATION.

Could they only watch the change in the flow of blood, they would not only not wonder they did not feel brilliant, but they would be astonished that the brain worked at all, with such insufficient nourishment. The blood that flowed freely at first, and of a bright scarlet color, would gradually grow more sluggish in its action, and the color would change slowly to a more and more purple hue, indicating that it carried less and less oxygen, the life giving principle, and more and more of the clogging and poisonous elements. It is unfortunate this process cannot be watched, but, if you really want to be strong, see to it that you give your lungs plenty of good air, sleeping and waking.

Another point you may not have thought of. It is one thing, and the first one, to have the air you want to breathe pure and abundant; the next thing is to know how to take it properly.

"Why, we breathe all the time," you say.

Very true; but most people breathe very badly, giving only the upper cells of their lungs any refreshment, while the lower cells are panting, so to speak, or, rather, it is the middle cells which get the most nutriment, while the upper and lower lack it.

In ordinary inspiration the lower part of the lungs should be inflated first, and the upper chest should move little or not at all. While this process is going on, a certain set of muscles is constantly at work. There is another set that is not needed except in case of forced inhalation and exhalation. The lungs need this extra feeding, and forced inhalation and exhalation should be indulged in two or three times a day.

Unless you are sure you are a good breather, you will best accomplish the desired end by lying flat on your back. In this position the back muscles are kept stationary and the shoulders held down, while the diaphragm will more surely be depressed. When your forced inspiration is taken as it should be, the lower chest will rise strongly first; then the side muscles will swell, causing at the same time a slight depression again in front; then the muscles of the upper chest. Many people suck the diaphragm up, apparently, actually making the lower chest smaller. Raise the lower chest muscularly first, if you have this habit, and then force the breath in.

EXERCISES FOR THE LUNGS.

Here are a few movements:

Take a strong, full breath, as nearly right as may be, through the nostrils, hold a second, and expel the same way. Repeat several times.

Now, inhale strongly, hold, then, making a small aperture with the lips, as though you were going to whistle, blow it out vigorously, inhaling again the second it is out. Repeat several times, and you will probably find, by the time you have taken the third or fourth breath, you are breathing properly; the lower part of the chest will move normally at first, while the upper chest will move later without thought on your part.

Next, take a long breath, and hold it while you count twenty, then gradually increase the count to forty or fifty. Do not repeat this more than twice.

Again, take a full breath and exhaust very slowly. Then inflate as slowly as possible. Count while you are at work, thus diverting your mind and giving you an opportunity of testing your gain. After working on your back long enough to know you are working in the right way, try the same movements standing, raising the arms at the same time slowly over the head.

When the blood is circulating freely by this process, rise vigorously on the toes twenty or thirty times, increasing as you can; then lift the toes strongly, keeping the heels firmly down; then stoop very low, separating the heels, throwing the knees well apart and out, and keeping the back as straight as possible. This will keep up the circulation and develop the legs.

The Use of Perfumes.

The refinements of the ancients varied in almost every way from those of a modern age, except, perhaps, in some of the uses appertaining to the toilet, and the Scriptures, as well as other records of ancient customs, bear testimony that baths and clean linen, perfumes and sweet odors were regarded quite as much of a luxury then as now. Few are, perhaps, aware that the origin of the use of manufactured perfumes had a sacred character, yet they were an invention of the priests who officiated at the sacrificial altars in the olden temples, and, doubtless, great necessity must have been the mother of invention, for from the slaughtered beasts must have arisen most noxious emanations which all the water in the land would not have washed clean without the aid of the perfumes of Arabia. Moses leaves a record of the exact perfumes and incense which were used in the temples, although in biblical days the latter was termed frankincense, and was, moreover, with myrrh and gold, the most valuable article of commerce.

An official report by Colonel Majendie, Colonel Ford, and Captain Cundill, British Inspectors of Explosives, states that within the past year the dynamite trade in Great Britain had grown considerably, four new factories for explosives having been erected; that the number of licensed storage magazines had increased from 320 to 329; and that the total number of registered premises for explosives in the United Kingdom was 19,386. During 1883 there were 179 explosions, causing the death of 39 and the injury of 109 persons.

A sponge measuring eight feet in circumference has been taken off Key West, and is said to be the largest in the world.

FARM NOTES.

THE PINK OF THE GLACIERS.—Aside from the pinks usually seen in our gardens, there are several others rarely met with, either because difficult to produce at the outset, or because they require special treatment. Most of those we have in mind are Alpine species, and are possessed of such marked beauty that they are worth taking much trouble to possess them. Our success with the glacier pink this year has been so gratifying that we think it proper to mention it as an encouragement to others. It is a peculiarity of the flowers of the higher Alpine regions that they possess in color a remarkable intensity and brilliancy, and some of them a purity and clearness not found in lower regions. The several Alpine gentians well illustrate this in blues, while the glacier pink shows the same qualities in rose color. There is confusion among the authorities as to the proper name for glacier pink; some call it *Dianthus glacialis*, others regard it as a synonym of *Dianthus neglectus*. Those who regard them as distinct claim that they are found upon different ranges, *D. glacialis* being confined to Southern Europe. One writer says: "It is impossible to exaggerate the beauty of this plant." It forms dense tufts two to three inches high, its wiry stems clothed with grassy, blush leaves and surmounted by flowers about an inch across, the petals spreading level and of a firm appearance and toothed on the edges. The color is of the deepest rose, surpassed by no Alpine plant in purity or vividness of coloring. It is of remarkably easy culture; not only can it be grown on a rockwork, but in a border of very sandy loam.

NO PROFIT IN WINTERING POOR ANIMALS.—Now is the time to get rid of the poorer animals. It will not pay to winter them, as better animals will give larger returns for shelter, care and feed. It is not economy to keep a poor animal through any season; but it is most extravagant to keep it through the winter. It is the hight of folly in stock raising to sell the best and keep the worst. True, the best bring the largest prices; but if you sell the best and keep the worst, soon your best will be no better than your worst is now, and your worst will be such that the more you have the poorer you will be. You, by this plan, constantly make your animals poorer; and as the stock raiser makes his animals poor he makes himself poorer. If he keeps up the process, bankruptcy is as sure as fate. The opposite policy is the winning policy. Sell the poorest and retain the best. And sell enough of the poorer animals that you may buy a few better than the best you now have. This is making your animals constantly better and yourself richer. Soon your worst will bring as much as your best now. If you have not pure-bred animals, sell enough scrubs or grades to buy an animal of each sex, pure-bred. Hold fast to the full-blooded produce and to the highest grades. Almost before you are aware of it you will have only purebred animals. If once we start with pure-bred animals, the increase of breeding makes us rich in flocks and herds of the best blood in what, when the goal is reached, seems a very short time.

THE FARMHOUSE CELLAR.—As a breeder of diseases, there are few things that excel the average farmhouse cellar. It underlies the whole house, with nothing to prevent its exhalations rising into the upper rooms, except a thin board floor. In this cellar, all manner of things for family use are kept the season round. Meat, vegetable, milk, butter, bread, pastry, preserves, pickles and fruits are here stored in their various receptacles. There is very seldom anything to separate the fruit and vegetables from the other parts of the cellar, and there is usually more or less decaying vegetable matter to load the air with poisonous germs. At various seasons of the year the cellar walls collect dampness, or small pools of water lie under their loose board floors, sending up malarious odors into the rooms above.

FORCING CALVES.—The question comes to the stock-raiser, how shall I lessen the cost of producing calves? One way is to feed new milk almost wholly at the start. Give it to the young animal fresh from the cow, but never let it suck. Feed it well when young, at three or four weeks lessen the quantity, and at two months gradually wean it. In the summer season the calf will do well if weaned at less than two months' old. In winter, skim-milk, after two months, will help calves a great deal. They develop naturally and easily, learn to take care of themselves, growing fairly well. The green feed does most good to an animal when it is three or four years old.

IN developing cows for butter the feeder should be sure that he does not overfeed, but as he finds they eat with a good appetite he may add a little more to each feed, and so continue gradually to increase the feed as they will bear it. This power of digestion will increase, and he may gradually increase the milking capacity of his cows and their production of butter. The skill of that feeder has much to do with the result.

A WESTERN dairyman has hit upon a very simple plan of warming water for his stock to drink in winter. He put an iron plate, say eighteen inches square, on the bottom of his water tank, cutting away the wood, of course, where the iron was. Under this plate he used an oil stove. He says 10 cents' worth of oil a day would warm the water for sixty cows up to 70° or more.

THERE is no necessity for pampering a bull and allowing it to become vicious. It can be made to work, if desired, in providing power for fodder-cutters, grain-mills, etc. It is done in Europe, and is practicable here.

AGED horses should have ground grain at all times or they will not thrive, owing to their inability to masticate the whole grains. Where a horse is subject to heaves it is best to moisten all the chopped or ground food.

FEEDING red pepper to laying hens is not beneficial unless given very moderately, and not oftener than three times a week. It acts as a temporary stimulant, but if given continually causes injurious effects.

No flower is more popular than the aster, and few have held so high a place in popular esteem for so many years, and it is still growing in favor. For an autumn show of flowers we have not its equal.

The monks of St. Bernard have brought the telephone into their service of mercy. The famous hospice is now in telephonic communication with the Cantine de Proz and the villages of St. Pierre, as also with the Cantine de Fontinte and the village of St. Chemey on the Italian side.

It is true that milk of cows that are worried or frightened will sour much quicker than when not so worried. Infants fed with the milk of cows worried or heated by running (which is sometimes caused by boys in bringing them from the pasture) will suffer from colic, and often from diarrhœa.

POOR MEN'S LODGINGS.

A Beneficent Business Scheme to be Developed in Chicago.

"The Albemarle!" How high toned and aristocratic it sounds indeed! Visions of that most exclusive and expensive hostelry of the same name in New York, and of other "Albemarles" in London, Paris, Berlin and Vienna flash through one's mind. But this Chicago "Albemarle" will be of a different kind.

It will be nothing more nor less than a cheap lodging house on a more gigantic scale than exists anywhere else in the world. It will accommodate 700 lodgers. But though distinctly a cheap lodging house, the Albemarle will differ in most respects and most radically from other cheap lodging houses. Here is a list of things which 15 cents will buy for you in the Albemarle any time and in any part of the house:

The use of the general parlor, reading room and office during the day or evening, until you are ready to go to bed. This may be for as many hours out of the twenty-four as you choose. There is bright gas light; there are comfortable benches with backs; there are handsome tables; there are the newspapers of the day: there are dominoes; there are chessboards. You may make use of any or all of them without extra charge. There is good stationery and writing materials, free. You have read, played a few games, smoked your pipe or cigar, written a letter or two. You will go to bed. You register your name in the book kept for the purpose. You are assigned to a bed up stairs. There are six floors. You are given a Yale lock key, the number on which corresponds with the number on a small clothes press standing at the foot of your bed. Your key will unlock this clothes press, and no other key out of 700 will do it. You put your hat, your necktie and collar, and whatever other trifles you may have about you in a compartment at the top of the small wardrobe. You hang your clothes neatly and compactly on hooks underneath, so that they will neither crease nor soil. You put your shoes in the compartment below this. Then you lock your wardrobe and put the key under your pillow or hang it around your neck, as you choose. Your clothes are safe from everybody's interference during your sleep.

If you have other baggage with you—sachels or trunks or packages or parcels—you leave them in the baggage room down stairs, which forms part of the office, and which is constantly kept under lock and key. You will get a duplicate brass check, bearing a number and the engraved name of the Albemarle on its surface. This will secure your baggage. If you have other valuables, money, jewels, watch, or important papers about you, you may deposit them with the clerk, who puts them into the safe and gives you another check for them. You are as safe this way from robbery or thieving as you would be at the Palmer house. All this without extra charge.

PLENTY OF PURE AIR.

Next you climb into your bed. It forms the lower or the upper half of a double bedstead of iron. It affords plenty of room to move in and plenty of air to breathe. You will lie on a woven wire mattress, on which reposes another mattress, filled with wool and cotton, soft enough for tired limbs to stretch on. There are two clean sheets. There is a soft pillow, encased in a white slip, and there is a comfortable of good quality. The sheets are changed twice a week, and oftener, if necessary. You will have no difficulty in sleeping if you're tired. The ventilation of the room is good. In winter the big stove in the center will be heated. There is a watchman by day and another one by night in care of the six large dormitories. This watchman possesses two eminent qualities, honesty and bravery. He must be an A1 bouncer. If you begin to fight with your neighbor; if you curse and swear and won't desist; if you use indecent or foul language, or persist in talking at all; if you must smoke or chew and disobey the rules which are displayed on the walls in type big enough for the blind to see—if you do all or any of these things out you go! Within one mere twinkling of your evening star you will find yourself in the street, shot down the stairs and into the cool night air by the catapult of those two brawny arms hanging just now peaceably by the sides of the meditative night watchman. Therefore, beware!

However, as you're a sensible man, you won't do anything of the kind. You will, instead, take a good, sound snooze and wake up refreshed next morning and willing and able to begin the battle of life anew. You wash yourself thoroughly. There are good facilities for the purpose in each dormitory—six marble basins, with running water, an unlimited supply of soap, and clean, wholesome towels. Next you have the free use of the blacking brushes, of the combs, hair brushes and clothes brushes, and you look respectable. Then you can go forth to your work, or to seek work, as the case may be. The whole thing has cost you 15 cents. You will think that you've had the worth of your money. But you may stay another half hour and read the papers, go out and eat your breakfast and come back and have a smoke, still on the strength of that 15 cents. You may pay for your lodging by the week in advance, in which case it will cost you $1 for the seven days. You will save 5 cents, and may leave all your baggage and things in safe hands, just as you would in a more expensive boarding house or hotel.

It is true all this concerns only the lowly, the men of humble means, the men who may even be out of work and out at elbows. But it is nevertheless a thing which works for their good.

Notable Maine Trees.

The Lewiston *Journal*, in an article about notable Maine trees, says: An apple tree at Boothbay is still in active service, though 112 years old. Bowdoin students hold Class Day exercises each year under an oak over 70 years old, planted by a member of the first class of the college. An elm in Gardiner, set out by Mr. Josiah Sprague in 1815, measures 11½ feet in circumference at the ground and nearly 11 feet 3 inches higher up. But perhaps the most treasured tree of all is in the yard of Mr. Charles Parsons, of Kennebunk. It originally stood close to a stable, and, when it was desired to enlarge the building, instead of cutting the tree down the stable was built around and under it, and now two large branches of the tree are seen projecting through the roof, while the top spreads above and over the stable, looking like a gigantic plant growing in an immense pot.

Suppose we wish to know the largest square that can be cut from a circular sheet of given size. To ascertain without measuring multiply the diameter by .7071, and we have the size of the square that will be contained in the circle. This is a useful rule for all trades. Machinists very often have occasion to use it, so do boiler-makers and lumbermen.

Of cottonseed oil mills there were in 1879 only forty in the South. In 1886 there were 146, and the capital employed in them had increased from $3,504,600 to $10,792,450. Of the 3,000,000 tons of seed annually grown only 400,000 tons are yet made into oil.

—Heavy tinsel cord is used to edge the brims of felt hats and bonnets.

HOUSEHOLD.

NEW KITCHEN UTENSILS.—A new chopper, not alone a meat but a universal chopper has been recently patented. By its use pepper hash can be made in one half the usual time allotted for such work. I find also that it chops potatoes for hash, almonds for cake, cocoanuts for pies and cakes, and in fact everything that requires chopping.

The same company has also given us one of the most valuable little utensils in the shape of an ice shave. I remember a few years ago when called to nurse a sick friend it became necessary for us to have constantly on hand shaved ice. In applying to the house furnishing stores, I found the only implement for the purpose was an ice plane costing from $5 to $8. The price was not the only objection. To use it, one was obliged to take a piece of ice in the hand and pass it over the plane. This piece had to be sufficiently large to be easily grasped, and where only two or three tablespoonfuls of ice is required, makes a rather expensive operation. This simple and efficient tool only costs 75 cents, and will shave and collect the ice from the block without moving the latter from its place in the refrigerator. It is made from galvanized cast iron, and is constructed like an ordinary plane having in front of the knife a receptacle closed by a lid in which the ice collects as the tool is shoved forward over the surface of the piece of ice. When the receptacle is full the lid is easily raised, and the contents will be found as white as snow. An adjustable screw at the back of the plane regulates the knife, thus making the ice very fine, or coarser, as desired.

CASSEROLE. — Singe and draw two pullets, disjoint them as you would for a fricassee, arrange the pieces neatly in a large baking dish, a quarter of a pound of ham may be cut into dice and mixed through, dust with a saltspoon of pepper, and an eighth of a teaspoonful of powdered dmace, cover with water, put a lid over the baking dish, and bake in a moderately quick oven for one and a quarter hours. Put a half cupful of rice into a cupful of water, and boil rapidly for twenty minutes, drain in a colander and add a tablespoonful of butter, two tablespoonfuls of cream, a teaspoonful of salt, and a saltspoon of pepper. Remove the chicken from the oven, take off the lid, and, if the water has nearly evaporated add sufficient milk to nearly cover the chicken, dust with a teaspoonful of salt and form over it a rice crust, put this back in the oven for twenty minutes or until a nice brown.

DYSPEPSIA.—In many forms of dyspepsia, especially those in which constipation and "bloating" occur after meals, the following often proves an efficient preparation: Bicarbonate of soda, powdered rhubarb, sugar of pepsin, powdered tripennoid subnitrate of bismuth, and powdered cubebs, each in equal quantities. Any quantity may be ordered, but three drachms of each will be quite sufficient to prove whether or not the use of the remedy is judicious. Of this powder from one fourth to one half a teaspoonful may be taken in a wineglass of milk, water or coffee after eating, the dose being lessened if too great a laxative action is induced.

THIRST IN YOUNG INFANTS,—It is a mistake to suppose that because milk is a liquid food it is at the same time a drink which is capable of satisfying the thirst of infants. Although milk appeases hunger, it makes thirst more intense after it has remained some time in the stomach and digestion of it has begun. It is that thirst which causes healthy, breast nourished infants to cry for long periods of time in many instances. There are many cases of indigestion due to weakness or insufficiency of the child's gastric juice, which would be greatly benefitted, or even cured, if the child was allowed an occasional drink of water.

A BAGOUT OF OYSTERS.—Boil twenty-five oysters in their own liquor for one minute, drain (saving the liquor) and wash through several cold waters. Remove the hard parts, and throw them away. Peel a pint of fresh mushrooms, and cut each into four pieces, put them into a porcelain-lined saucepan with a large tablespoonful of good butter, simmer gently five minutes, add a saltspoon of salt and the same of white pepper, add the oysters, two tablespoonfuls of the oyster liquor, and a gill of thick sweet cream. Let them just come to a boil, and serve in paper cases on individual dishes.

ALMOST every mother keeps the essence of peppermint in the house as a remedy against wind colic. Not many however, know just what the proper dose is. If for an adult, it is ten drops; for an infant only a few weeks old, not more than half a drop. The question will naturally arise, how can I give one half a drop? Add one drop to two teaspoonfuls of water, and give of that one teaspoonful.

WATERPROOF GLUE. — To make glue waterproof, soak for twenty-four hours in water until reduced to a stiff jelly, pour in a dessertspoonful of linseed oil, and mix well with the jelly before boiling. It will then be impervious to damp, and woodwork, if previously mended with the above, will remain sound throughout the winter.

WHITE INDIAN GEMS.—One cup of Indian meal, one tablespoonful of flour, one teaspoonful of sugar, one teaspoonful of baking powder. Sift these ingredients together, add one teaspoonful of melted butter, one egg, milk to mix soft and bake in hot tins or roll pans.

THE distance which sewage matters will pass through the earth and still retain their virulent properties is something to marvel at; many hundred feet in certain kinds of soil they often penetrate. All drains in the neighborhood of wells, should, therefore, be made of glazed earthenware, the joints being thoroughly secured with cement.

THE SINK.—Be very particular about disinfecting the kitchen sink. Washing soda, two tablespoonfuls to a gallon of boiling water, makes an excellent wash to pour hot into the sink after you have finished using it.

NICE BREAKFAST DISH.—Break two eggs in a dish, and beat up with three spoonfuls of sugar. Dip slices of bread in the eggs, and fry in butter.

WHEN soaking salt fish before cooking add a little vinegar to the water, it improves the fish.

Peter Cooper was worth $6,000,000 at the time of his death.

A forgotten chemical product brought out by Dode more than 20 years ago is now preserved in a Paris museum. It is a transparent reflector, in which the image of an object may be viewed as in a mirror, or through which the object itself may be seen as through common glass. It is simply a piece of glass covered with a thin layer of platinum. It was prepared by combining a mixture of platinic chloride and essence of lavender with a flux consisting of essence of lavender and borate and oxide of lead, spreading the whole on the glass with a fine brush, and then baking in a muffle at a low red heat. This old discovery ought to serve some useful purpose.

"HOW MANY fathers had Solomon, pop?" asked little Harry.

Pop looked as puzzled as if he had been asked how many children Solomon fathered, and asked by way of escape:

"Why?"

"Only cos it says 'and Solomon slept with his fathers.'"

"Give it up, Harry," replied pop uneasily, You see, Solomon was so much of an old rounder he beggars all calculation. He probably had a dozen or thereabouts."

DEKETCHUM—Heard the news at the club?

Hismark—Nor what is it?

"Old Fuse has given up smoking."

"Actually?"

"Yes; he was visiting some Pennsylvania quarries, and he accidentally dropped his cigar ashes into a keg of blasting powder."

A FATHER had been lecturing his son upon the evils of staying out late at night and getting up late in the morning.

"You will never amount to anything, he continued, "unless you turn over a new leaf. Remember that the early bird catches the worm."

"How about the worm, father?" inquired the young man, borrowing the old sarcasm, "wasn't he rather foolish to get up so early?"

"My son," replied the old man, solemnly, "that worm hadn't been to bed at all. He was on his way home,"

SERVANT (to widow only recently bereaved)—There is an old clothes man at the door, mum, what wants to know have you got any cast-off garments to sell?

Widow (with a burst of grief)—Ah, no, Bridget, not now—not now. Tell him to call a few days later.

Catarrh in the Head

Originates in scrofulous taint in the blood. Hence the proper method by which to cure catarrh is to *purify the blood*. Its many disagreeable symptoms, and the danger of developing into bronchitis or that terribly fatal disease, consumption, are entirely removed by Hood's Sarsaparilla, which cures catarrh by purifying the blood; it also tones up the system and improves the health.

"Hood's Sarsaparilla cured me of catarrh, soreness of the bronchial tubes, and terrible headache." R. GIBBONS, Hamilton, Ohio.

"For 25 years I have been troubled with catarrh in the head, indigestion, and general debility. I never had faith in such medicine, but concluded to try a bottle of Hood's Sarsaparilla. It did me so much good that I continued its use till I have taken five bottles. My health has greatly improved, and I feel like a different woman." MRS. J. B. ADAMS, 8 Richmond St., Newark, N. J.

"I have used Hood's Sarsaparilla for catarrh. I received more permanent benefit from it than from any other remedy." M. E. READ, Wauseon, O.

Hood's Sarsaparilla

Sold by all druggists. $1; six for $5. Prepared only by C. I. HOOD & CO., Apothecaries, Lowell, Mass.

100 Doses One Dollar

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100 Doses One Dollar

Prof. Soxheit, of Munich, suggests the following plan for the ready detection of bogus butter: He proposes to make a law that all bogus butter must be mixed during the preparation with phenolphtalein, which is made out of one of the products of the dry distillation of tar, and one gramme of it will be enough for 100 kilogrammes of bogus butter. The butter can then be offered for sale, colored yellow or uncolored, or in any way desired, and the phenolphtalein will not be seen at all. But by adding a solution of soda or ammonia and water, or even a teaspoonful of water and the ash of a cigar, to a piece of butter the size of a bean the whole of the butter will become a nice red if it be bogus butter or if bogus butter be mixed with it.

Dr. A. B. Griffiths has demonstrated that iron sulphate, or copperas, acts upon the cellulose of the microscopic fungi which prey upon plants, but does not affect that of the higher plants themselves. It is therefore a remedy for the most virulent epidemics which attack field and garden crops and destroys such parasitic germs as fungi and the potato disease, wheat mildew, etc. In one English district this year's crop of winter beans has failed on account of a growth of fungus on the roots of the plants, a disease which a timely application of iron sulphate would have cured. It is also said to be an efficient remedy for poison by ivy: Dissolve two tablespoonful of copperas in two thirds of a teacup of boiling water, and when cold apply with a cloth to the poisoned places.

SCRIBBLES—You must see my great Chicago drama, "The Anarchist."

Parkay—You expect a great success, I suppose?

"You bet. In the fourth act I have an explosion of 200 pounds of dynamite."

"I guess that will bring the house down."

From the District Attorney of West Chester Co., New York.

WHITE PLAINS, N. Y., April 10, 1886.

I have received many letters in reference to my testimonial, lately published, commending ALLCOCK'S POROUS PLASTERS.

I cannot spare the time to answer them in writing, therefore would again say, through the press, that I have found ALLCOCK'S POROUS PLASTERS invaluable as chest protectors and shields against cough and colds. Furthermore, I have found ALLCOCK'S PLASTERS unequaled for pains in side, back and chest.

NELSON H. BAKER.

A correspondent of an exchange gives an account of how a chrysalis of the Monarch butterfly developed while pierced by a pin, the imago appearing in due time. He also pierced some chrysalides of the cabbage butterfly (*Pieris rapæ*), and they also brought forth perfect insects. One of these insects, when hatched, had the pin through the thorax, as if transfixed in the perfect state. Of course, they are badly deformed; but it goes to prove that injuries may be inflicted upon the chrysalides without preventing their development.

Lung Troubles and Wasting

Diseases can be cured, if properly treated in time, as shown by the following statement from D. C. FINNIAN, Sydney: "Having been a great sufferer from pulmonary attacks, and gradually wasting away for the past two years, it affords me pleasure to testify that *Scott's Emulsion* of Cod Liver Oil with Lime and Soda has given me great relief, and I cheerfully recommend it to all suffering in a similar way to myself. In addition, I would say that it is very pleasant to take."

HUSBAND (who has married for money)—My dear, I wish you would give me a little money this morning. I really haven't change enough in my pocket to get down town and back.

Wife—Certainly, my love; but do you think ten cents will be enough?

FITS: All Fits stopped free by Dr. Kline's Great Nerve Restorer. No Fits after first day's use. Marvelous cures. Treatise and $2.00 trial bottle free to Fit cases. Send to Dr. Kline, 931 Arch St. Phila., Pa.

A small flock of mutton sheep on every farm would add greatly to the agricultural wealth of the country.

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