NO. 36.

MIFFLINTOWN, JUNIATA COUNTY, PENNA.. WEDNESDAY, AUGUST 26, 1891.

A SUMMER THOUGHT: BY E' B IL IRELAND.

DAZZLENG the landscape lies,

Provently sinks the sun Orimson to rest; after his work is done, seeks he the west.

Hushed stand the lordly tre

Over the sky; Deep in a dreamless sleep Seen all things lie.

Sorrow seems lost in rest, Care in repose— Wrapt in oblivion biest Earth and her woes.

A GOLDEN BIRTHDAY.

birth-day.

To think that I, Helen Copithorne am actually fifty years old! I can not realize it, not even when I try to consubtracting the year of my nativity from this present anno domini. Once spon a time I looked upon fifty as a very advanced age --- couldn't really see much difference between fifty and eventy; but now I hold a vastly differest opinion on the subject,

When I was about twelve, one of my aunts was invited to dine at our house the big family Bible was less reticent, little subtraction gave forty as remainder; when auntie arrived she carried her best cap in flat willow asket; fancy me arrayed in a capl

No single woman except you. Helen, would have the courage to not merely announce her age but the the the eccentricity to make a festa of it and actually send out invitations to a golden birthday,' as you quaintly term it," said my old friend and former

self of her I try always to allude to her as Mrs. Lyford; I have not yet become ecustomed to "Marian," as she writes married into a severely aristocratic, o busband's position to maintain.

"Oh you know that I was always, even in my girl-hood, called as 'odd as Dick's hat-band, whatever that may "Oh he was an old friend of my nean, and my cranky ways do not father's I believe, though he has been have all the good times? As I, being

"Don't use that objectionable word,

"Then why should not I, being a single woman who can't possibly have centennial? If people wish to bring ne golden gifts, as they did to cousin sourse I do not expect them in many Just think how many wedding pres-

suts you have made!"
"Yes, and as I told Lou Hodges,

Mrs. Lawler, each time they were mar-tied—really, Heisen, I shouldn't won-

be flavored with orange and the water ce will be served in baskets of orange peel; oh I assure you I shall be an solden as it is possible for me to be." securred to me that as I still possessed very gift which I had received at my ast birthday party it would be good alan to arrange them on a table in my sosy little parlor, and here they lie, losed of:-two lace handkerchiefs, a white fan, a set of carved coral jewelry, turquoise and pearl ring, a silver inaigrette, a filigree silver bouquettolder, a set of Shakspeare, a writing tesk, and the copy of Longfellow thich Mr. Tremlett so awkwardly pre-

ented to me. s now, if he is alive and happy; his

Poor mamma never forgave him for is heartless desertion of me, as she alled it; but I think she was wrong, is never gave utterance to one word of ove and his air of seeming devotion nay have been only a little gallantry nherited from his Maryland mother. peak? He was rich, therefore our oss of money could not have influenced im. As for the disgrace which came pon us, dear kind Mr. Beaudette was secome nameless because he, my nother's second husband, had married nough that he had good reason to beied my mother; yet the shock of Mme.

oblivion when I fell back upon my own distress and perplexity plainly depicted father's name and, with my worse than on Mary A. — Marian's face, not an father's name and, with my worse than on Mary A. _____) widowed mother, started out into a ger nor jealousy.

selfish world to earn my daily bread. selfish world to earn my daily bread.

However, a truce to retrospections!
The hard times are passed, thank God, and mamma and I are once more living in what we call have a My writing. in what we call luxury. My writings are here after the shabby way he treate more than appreciated, my inkstand you, years ago."
has at last proved almost as paying as "Oh never mind," I answered, "the an oil well, and now that my name appears so often in the best magazines I as strangers now."

Did we meet as strangers?

The Lyfords condescend to know me,

what more can I ask?

Mid-day—Alice Lyford, the step-daughter and thorn-in-the-flesh of my old friend has just made me a little informal call to ask permission to bring your husband present?" a friends with her this evening. The friend is of the sterner sex, but I was so much occupied in trying to suppress the little witch's love of joking at her step-mother's expense that I would not ask even his name.

"Dear Miss Copithorne," Alice had

the idea you had taken a solemn vow never to speak to any male being who was too old to be an under-graduate." "Nonsense! Don't I just dote on our consin Oscar, who is forty if he

"Yes, I admit that you two do flirt most abominably; he is old enough to know better. Do you not fear that he may challenge your new 'mature

"I tell you he is not my bean! May I bring him?" I gave the required assent and she

rattled on: "Now that I have your consent will let you into a little secret. I tried to coax mamma to secure an invitation because it was her birthday. My for him, but to my surprise she would nother would give me no information | not agree to do so. Suddenly it flashis to the age of my elderly relative but | ed over me, for the first time, that mamma is just a little sweet on him

herself-"Now Alice you know I dislike gossip," I said warningly. "I know you do, my dear, but this it

too funny to be mere gossip. You know I told you some time ago that mamma is the least bit jealous of you -now please don't stop me till you hear the joke! Well, when I teased her she at last said, in just these words, 'I am not willing to take him school mate, Mrs. Lyford, a few days to Helen's; she is a very attractive woage.

to Helen's; she is a very attractive woman, in spite of her age, and I shall ever blame myself for having brought them together. A man of his wealth and culture might'—and here she bit her hp and was silent. After that I her Christian name, and to call her by he old familiar title "Mary Ann" our house, and I am convinced that he would never do! There is one com- will soon be-what relation will be be ort in being an old maid: vou've never to me if he marries my step-mother?" "He will, virtually, be your step-

conventional family and therefore have father, for you know you are your one. Where and when did you meet this rara avis?"

in Europe for twenty years, ever since sd lightly. "My cousin had a golden his wife died—I told you he is a widwedding, you remember, lots of fun ower, didn't I? A rich widower, without encumbrances. Oh, by the way, you'll be sure to like him for he has been living in Egypt for years and years, he has seen all those excava-tions, mummies and things that you my dear; single woman sounds much | are so daft on you know, and all you've got to do to entertain him is to sav mummy, or pyramid, and he is wound up warranted to run for an hour. I told him I had a wise friend who adored Egypt, and you should have seen him prick up his ears! 'Who is she? Mary, I'll not refuse them; but of he asked; and when I told him you were the well-known writer he expressed so much interest that mamma suddenly remembered that she had left her purse lying on her bureau, so I was sent off to search for what I'm sure was

in her pocket." Since Alice left me I have recalled t mind some peculiarities in Mrs. Lyford's manner the last time I saw her she was absent-minded and nervous, and had a good deal to say about some ter if you had quite a charming party after all!" said Mary Aun-Marian, I seed friends. She was inclined to appear, suddenly rousing from her usual prove of them, but I gave free utter-

ance to my sentiments, saying:
"For my part I must say that a the gown, a white crepe, which I wore it the last party I ever gave, the day I when she marries; if she is a widow, egregious fool."
"You don't approve of matrimony?"

"Indeed I do-for young people, who can grow up together and adapt their tastes and fancies one to the other's. But for old folks, never! 'sot' in her ways, tied for life to an equally cranky old bachelor, or a give way before this simple treatment widower who would be for ever trying to make me like the dear departed, my predecessor!

to marry? "Nothing!" I answered fervently. "I devoutly hope I shall never be afflicted with softening of the brain, for in that case I might be daft enough to think I

would be better off if married." Had I suspected that she was thinking of herself I might have spoken differently; at that time 1 fancied that she was doing as many of my married friends profess to do, pitying me be-

cause of my state of celibacy.

Pity, indeed! They should rather congratulate me that I am able to take care of myself.

MIDNIGHT. And my golden birthday is a thing of the past! What a prophetic name I did give to my little festivity! Each of my invited guests brought me a gold-colored gift, most of them were the precious metal itself; even dear mamma put her wits to work and presented me with a bracelet made of tiny gold half-dollars, issued from the San Francisco mint some years ago.

But my most precious and certain. most unexpected gift was this old seas ring which temporarily adorns the third finger of my left hand, and to it

hangs a strange tale.

Mrs. Lyford evidently did not know of Alice's mischievous plan until the girl sud enly entered and presented her guest, a tall, well-built, fine-looking man about my own age, whom I did not recognize until I gazed search-

Imiata Sentinel La and

Did we meet as strangers?
"I am very much surprised to fine that you are my hostess!" Hobar said in the course of the evening. understood that it was Miss not Mrs Copithorne whom I was to meet. I

I explained why I was known no

your birthdays, was it not?" he asked. "Yes, the day I was twenty-five.
Alice, please hand me that blue and "Dear Miss Copithorne," Alice had crisd on entering my parlor, she has none of the traditional Lyford dignity, "I shall take it as a immense favor if you will permit me to bring a most charming gentleman with me to your birthday party. No, you need not birthday party. No, you need not be supposed by the same would be not consider the supposed by the supposed bershrough excessive brushing, enveloped her shrunken limbs. Her tie, rich with starch, dazzling white swelled out like a cuiress over birthday party. No. you need not look so quizzical, he is not 'veal,' but is a new gold pen you can repair the omission now."

Identify the first tie, rich with starch, danking over white swelled out like a cuiress over ner heart. She had on her feet heavy ner heart. She had on her feet heavy those which always shone, however

a man of mature years."

I had long ago alluded to some of Alice's callow admirers as "vexl," and examined the blank fly leaf in front, then he opened the book at the back and—what did I see?

seems to have clung persistently to the lot the word; humility is what I mean. book. As he held the volume open towards me I tore the note out: a tiny drop of

mucilage, or other sticky substance had held it there all these years. Hobart had earless'y written my name in the back of the book, where I had never once looked for it, or I would have seen his note.
"Read it," he said persuasively.

I did so, for it was short, but oh, so full of meaning.
"It is not too late to answer it, is it

Helen? I have been a lonely widower for twenty-three years—you did not know it? Yes, I married a dear little invalid cousin in order to soothe her dying hours; she was fond of me; you were silent, so I thought you had re-jected me. Will you answer it now?" Hobart said rapidly in a low tone.

Alice, her eyes as big as saucers, had long sgo left us and discreedly begun to thrum a noisy tune on her inseparable banjo. I thought that her ingenuity had earned an affirmative reply to the words she whispered as she said good

"Oh, may I be bridesmaid? I think more of him than I did before." were any one but him I should run a same prop so constantly, that it has become somewhat warped and I am glad to relieve it of its burden and give it a chance to resume its normal condition. No unmarried woman is really happy, after all.
FRANCES ELLEN WADLEIGH.

The uses of ammonia and borax ar manifold and their value as hou ehold agents can scarcely be over-rated. the laundry, bath and kitchen the are growing positive y i dispensable to the progressive housekeeper. The first s a valuable cleanser and disinfectant at the same time. By those who wish to do their work in the quickest and most effective way, these remarkable facili-tating agents are employed. As toilet articles they have no superior. A little ammonia in the bath will keep the skin healthy, deliciously sweet and clean firm and fresh looking. It is found in many shampoo mixtures, and is a thorough cleanser of the hair and scalp Borax water is also excellent for wash ing the hair. Many prefer it for the face, as it renders the water very soft and leaves the cutiele smooth as velvet. Weak ammonia w ter will clean hair brushes very rapidly and keep the bristles white and stiff. weak bora-

water is a good dentrifice. Almost every housewife who has indination toward window flower culture knows the efficacy as a fertilizer of a few drops of ammonia put in water twice a week for plants. A tablespoonful of household, or prepared liquid, ammonia to a pailful of water in which flunnels are washed will keep them as soft as when new. It is a'so an excel lent cleanser and whitener of white

the yellow that time gives to white gar ments that have been laid aside for two or three years. It may not be general ly known, but finely powdered borax one of the best articles for a severe cold in the head. If a little is snuffed up

time. At house-cleaning time probably "Then nothing would persuade you more than at any other, the worth of am nonia and borax is thoroughly appreciated as wonderful lighteners labor. Painted w lis and other surfa es can be quickly cleaned by washing with weak ammonia water. Floor scrabbed with it come out white and sweet smelling. It is good for window washing, scrubbing sinks, general dish-

washing, in fact, for anything where the alkali of soap is needed to cut dirt or grease. Many housekeepers use ammonia water to clean carpets. If ammonia water to clean carpets. ingrains, it is put in the water in which they are washed, but if brussels, moquettes, or still costlier grades, after the carpers have been taken up and thoroughly beaten, the floors serubbed and the carpets again laid and tacked down, the surfaces are thoroughly gone over with clean white cloths rung out of warm weak ammonia water to remove any remaining dust and to freshen up the colors. Ammonia in the proportion of a teaspoonful to a teacup of water is a cleanser of silverware, silver and gold

jewelry. - Golden Rod. VENTILATING fans for passenger car are now operated by electricity. CLEVELAND, Ohio, will push its tun-nel under the lake two miles farther,

at a cost of \$35 per foot. A TALENT may be perfected in solitude, a character only in the world. Carbon, Wyoming, pays its Mayor \$

did not recognize until I gazed searching that I know he was demented then he pulled the fatal trigger.

How my life was changed! From sing known as Miss Beaudette, steping the most and idolized ward of a rich lik importer, I soon dropped into a year.

NADINE.

BY RUTH WARD KAHN. This strange name belonged to a no ess singular figure which I see pic-ured in a corner of my ante-chamber pocket lay them on the table saying, n Paris-the figure of an old negro woman. It half conceals itself behind the seat, and if no notice is taken of it, t remains there as mute, as motionless, is the little porcelaid negroes, cardiecearers, which are placed in the great salls of the Venetian palaces. You

'ed cushions-a costume half Oriental, m f Louis Quinze. This old negro slave of mine had seituer diadem nor bracelets, nor even sky-blue tunic. Neither had she s ect position; she was old and ugly-igly but exquisitely clean. She had formerly held, I know not what office -companion or nurse in a creoie amily, which had now disappeared.

shoes which always shone, however leep might be the mud. I said that Nadine did not speak. I'wo reasons closed her mouth-"Pray what are you doing with a "I not only wrote your name, but infamiliarity with our language and nature cavalier?" I asked her, "I had enclosed this tiny billet done which her excessive timidity. Timidity is

Some persons are humble from virue. To bring them to that point, nany struggles and prayers have been seeded. Not so Nadine. She was sumble because she naturally thought so good of herself at all. Her own person was a stranger to her. She did not look at her own actions, she did not hear herself speak, she did not pity aer own sorrows, she hardly realized hem. Her thoughts, in their perfect displicity, did not form the thousand sircles of which self is centre. She exected little, asked still less, and when my one aided her, her astonishment

ordered on eestasy.
From time to time she came, cauions, close-monthed, and crouched in he corner of which I have spoken. If, n passing by, I saw her, it was well; hat was enough. If I did not see her be remained silent. Without the provence of others she would have left s see came.

Now the effect which this reserve and leference, and these explosions of grat-tude, had upon me, was to shake my ny shame, thau ten tine sermons upon harity would have done.

great risk in marrying, at my age; but he serenity of which freezes my blood he is worthy of all trust. To tell the sharp questions of unavoidable direct truth, mamma has so long leaned on my judgment and I have also used the shadow, the result of which is confusitive was needed to make him as on tion, or more than that, a distress the old woman's head an eastern crown which only leaves us cast down with studded with jewels. he weight of our sin at the feet of Him vho pardons.

ection she gave my thoughts. To the respect with which all men uspired her, to her traditional deferce toward the aristocracy, was unied an incomprehensible veneration or the white race. Now, she, poor, black, and old as

he was, possessed a treasure of which he contemplation filled all her days.
It was a child, her grandson, fatherless and motherless-her very life. She was nothing. But her boy, her ceautiful boy, Hugo!

The child was a mulatto-a quadroon. o the race of masters. The grandnother pass dher feeble fingers through he somewhat obstinate hair of his litle head, and pulled out the corls-to er they were very silky. But that was nothing. She loved with all the what it was that the old pictures of arength of her poor solitary heart, she Luini and Francia, with their indismalyzed nothing, she enjoyed ardent

Nadine would have asked nothing to my mind. ustain her old existence, but for the sake of her beautiful boy she came to erform those duties for me, her silent lischarge of which moved my very

The old woman occupied a sunny ittle room on the Boulevard. It was ow, whitewashed—the poor negress and white everywhere—and in the decrations of these four walls was seen the pirit of her people.

At the windows were rose-colored mriains; on the walls were gay prints; wished, what had a poor negress to do he mantlepiece was strewn with toys.

Buttons, bits of mother-o'-pearl, shells, ittle looking-glasses, brass nails, ends blow! The torn heart held its treasure of bright wire, everything shone. I in a passionate embrace. God had for hought involuntarily of those charm- her withdrawn into the cold depths of ng birds which adorn their nests for an accessible heaven. Everything was heir wedding, Nadine had adorned falling to ruin.

The child turn

The beautiful boy was happy. How nany hours he spent in looking, one ofter another, at the wonderful objects which sparkled in the son like precious

ild on her knee and the sunlight littering among the glass, I also felt

im with a martial air and an instinct f command, which were not disagreeble. Good natured, ready with relies, somewhat proud-a veritable

auphin. Toward Spring, when the weather as, dry Nadine went to the Boulevard ith her charming boy. The grandother's legs could not earry her far. nev seldom went beyond the long oung eims, on the other by the stalls f marble cutters and the sellers of imnortelle As for trees Hugo knew only these

lender trunks, with their crown of gray rather than green leaves. For oufts which, when they are touched, rustle like paper, which never fade, it s true, and which grow all ready plaited into garlands. It was quite nough for him Ah, how delighted he was when pullng the old negress along by the road, he held her long before the urns and

workmen with rolled up sleeves valiant-

broken columns! There he saw the

pressure of the little hand, would ad- dibly,

"Then dazzled, perplexed, looking first at one and then another, and at and said in a low voice—"You may go last brought to a decision by the mer-too—Grandmother—you may go." chant, Hugo, hung the wreath on his Every instant he took it off in der to see it better, and bounded around his grandfather like a kid in the tedside and peered into his face.

April. It was joy enough for a whole For a moment sil was silent—it was tive lave seen them with their wooley heads, heir esciques diadems, their golden pracelets, their sky blue tunics, their

Hugo cared little for playing with other boys and as his grandmother bing cleared, a gleam of delight, of joy loved him, he loved his grandmother ex-

motion of bearing arms. In front was claimed: assumed a proud attitude. One day the little denizens of the street attempted some jokes at the ex-pense of the old grandmother, but they never tried it again. Hugo, singling out the most inscient, aimed a stone at the middle of his back so effectually

Hugo's learning was not extensive, Hugo's learning was not extensive, Life." It was not about guarding the but on the other hand it mounted very utterances of the tongue to avoid dis-

"Grandmother, who made the trees?" "The good God." "Who made the sheep?" "The good God."
"Who made the sun?"

"The good God." So it would go on for bours. The ideas were not extensive, and contained nothing complicated, but then the foundation grew in the child's heart. There are careless ways of sitting and Those words, "the good God," fell into standing that draw the shoulders forit like stones; on them one could build. ward and cramp the chest; as it is To understand the creation is the be-

gioning of everything. When Hugo and his grandmother had passed in review all that they knew of the physical world, beasts etc., Nadine spoke to the child of God. Her theology was short; her stories interminable. God loves little children, God pities sinners. Of doctrine she knew little more. But the love of God, his devotion, his goodness-O, she could tak forever of that!

Then she told him of the wise Kings of the East, and the child would imagine them with their golden coffers, censers in their hands, tiaras on their beads, and trailing brocade mantles,was black

"One like you grandmother?" The negress shuddered. To compare So I am to have a protector at last! In the presence of this silent and A noble, manly husband on whom I nodest creature, who received the mallest gift as heavenly manna, one of the wise men was of the color of ebony mallest gift as heavenly manna, one of the wise men was of the color of ebony mallest gift as heavenly manna, one of hose sudden questions rose in my mind her meditations the negress' heart

> One morning Nadine came to my Nadine, simple creature, would have she knocked loudly, and as soon as she can very much astonished at the di-Her face was agitated, her troubled is as pure and fresh as out of door air voice she cried:

My boy, my boy !" "Sick? She made a gesture of assent, and rushed from the house.

When I reached her little room, an hour later I felt that a tragedy was

taking place there. The little bed was drawn into the middle of the room. The child very pale, with eyes immensely dilated, was stretched apon it. Above his head a To Nadine he was white; he belonged rose tree extended two crimson roses. The coverlet was strewn with crowns of immortelles among which his little

fingers played feverishly.
It was a strange sight, terribly and of touching beauty. I can not tell what it was that the old pictures of tinct outlines, their faded tints, and their angels bearing lilies came into Nadine had heard me, but she did not

She remained seated and rigid, with folded arms and impassive face. a word, not a sign, not a tear, I approached. The old negress re-

tained the same attit de. In this gentle, genial nature it was frightful. The call was dying. His grandmother had pra ed but she prayed no longer. She had implored but she implored no more. God would do as He

The child turned his dark eyes on his grandmother. His body was convalued with anguish, the incoherent words of delirium gushed from his lips. Through all one thought, vague but tones. What long reveries, distant ourneys to the land of the sun, and absorbed there, his eyes intoxicated ly at the old face. The expression tertenncious, possessed his mind, a doubt, with gorgeous colors, he asked for the undredth time an explanation of this anguish of this heart, but he felt in it r that image.

In truth, when I entered this little have these intuitions; they read the thoughts. Words have passed away; ine had recovered from her embarra s- the noise of life has disappeared; so nen; when I saw her sitting with the meets soul. The looks of the child and between his brows a fold was traced I do not know what I said or how I said it. The name of death I dared not

whose arms enable us in the hour of by social pleasures, did not make up for them in the day-time.

His bosom, to His abode above.

"All the cosmetics, all the massage, he did not consent. On the contrary, growing more compressed, her glassy eyes gave token of that despair which

o ray of faith cullghtens. Alas words froze on my lips. This desolation bordering so closely on re-voit I knew only too well. By one of those vagaries of the memory which sometimes cause a sound or a refrain to ring in the ears during the deepest emotion, as if some old choir responded owers, he knew only the little yellow with melodious hymns to our cries of grief, two verses sung by our village children came continually into my

> mind—
> "We speak of its freedom from sin,
> Of that city so bright and so fair,
> Of its wonderful glories untold
> Ent what must it be to be theres"
> From my mind they rose to my lips.
> The child raised his dark eyes to my "Are there any grandmothers there?

mind-

he asked in a low, feeble voice.

Tears gushed to my eyes and I could The old negress, now thoroughly overcome, fell on her knees. She no longer rebelled, no longer sat rigid and

his heart full of mute envy, he counted | silent, and as her tears flowed freely SANDWICHES: MAKING THEM. the flowers and the crown; Some-times his grandmother, yielding to the in broken sentences uttered half inau-

"As thou wilt, O Lord-but you will no -you could not take him from me. Let me go with him-Oh, let me go!" The child half rose on one elbow; cultar light came into his eyes. The minutes of four. The old negrees threw herself across the bel, her sob-

Two minutes of four-the child So they went on. Sometimes the raised himself from his pillows and wed cushion. She crouched in an ab. grandmother walking behind with a clasped the old negress' hand and ex-

> "Come on grandmother-come on, shoulder, head erect, eves fixed. Proud and fell back exhausted. I hastened glances flashed from the old negress' to feel his pulse—but that strange eyes. For the first time in her life she thing men call life, had departed. The grandmother, too, lay quite still.
>
> The clock struck four. I was alone.

> > HOW TO BREATHE.

There was once a learned book written by the famous Indian traveler and that the whole troop considered it a student, Catlin, which was entitled, putes and troubles as one might sup-pose, but its great secret was in telling people how to breathe. The following extract from an article by Helen Clark Swazey in St. Nicholas, embodies the same ideas and quotes one of his stories of Indian experiences:

Tight dres ing, though the most serious hindrance to the habit of good breathing, is not the only obstacle. a copy of clear, graceful penmanship. Then there are lazy ways of breathing, and one-sided ways of breathing, and the particularly bad habit of breathing through the mouth. Now the nose was meant to breathe through, and is mar velously arranged for filtering the impurities out of the sir, and for changing it to a suitable temperature for en-tering the lungs. The mouth has no such apparatus, and when air is swallowed through the mouth instead of breathed through the nose, it has an injurious effect upon the lungs. A story is told of an Indian who had a ersonal encounter with a white man, much his superior in size and strength, and who was asked afterward if he not afraid. "Me never afraid of man who keeps mouth open," was the immediate reply. Indeed breathing through the mouth gives a foolish and weak expression to the face, as you may see by watching any one asleep

with the mouth open. It is well to establish a habit of deep breathing if it does not already exist, but, in addition to this, the reserve air which is left in the lungs after an ordinary expiration should be expelled and the lungs thoroughly ventilated at least twice every day. First, then, see to it that the air in the room superfluous clothing removed, lie flat on the back and, with the mouth firmly closed, take a deep breath. Hold it eight or ten seconds, and then let it out. Take another, and yet another

After that, take a breath into the lungs as slowly as possible, beginning to fill them at their lowest extremities and inhaling gradually until they are filled to their full capacity, when the air should be exhaled in the same slow and steady manner in which it was taken in. Repeat this exercise three or four times. Now watch and see if the shoulders are kept drawn down and immovable while the air is inhaled, as they should be, or if they are drawn up, and are thus robbing the diaphragm and muscles of forced breathing

half their exercise. When you have taken this movemen again to make sure that the shoulders are in good position, throw your arms vertically over your head and take another quick, ful inspiration, swinging the arms rapidly to the sides close to the body and back again over the head. Swing the arms up and down four times on the same breath, and repeat

the exercise three or four times. After this, it is a good plan to stand erect with the arms horizontal at the sides, and vigorously clap the hands times. When taking such movements in an erect position, always keep the chin two or three inches back of the

vertical. A few such exercises as these, for five or ten minute- at night and morning, will promote refreshing sleep and give increased vitality for duties and ocupations of the day; and it may be noted in conclusion that a low condi ion of the blood is seldom found where there is an established habit of full, deep breathing with the mouth

How to Keep Good Looks.

Ella Wheeler Wilcox condemns the practice of young girls being forced to rise early after a night spent in

social gaieties, and says:
"I never yet heard a woman declare herself a poor sleeper or an early riser were fastened on those dry, stern eyes, under all circumstances who did not wear s jaded and worn appearance. "I never yet saw a woman who was renowned or remarkable for having Hugo gave every promise of health pronounce. It would have been equivelent to murdering the old negress. Who was not a good sleeper, and who, and streng h. He carried his head alent to murdering the old negress. who was not a good sleeper, and who, and high and looked straight before I spoke of God, of our Friend, of Him if she lost her early hours in the night

> The child listened. The negress remained like marble. She submitted, ture in the world cannot do for fagged cheeks and hollow eyes, and fatigue her arms became more rigid, her lips blanched face what one good hour of sleep every afternoon will do.
> "I have seen pinched cheeks, hollow-

circled eyes, and blue lips transformed into piumpness, bloom and brilliancy by even half an hour of sleep. "If we can get enough sleep we will be surprised to find how much we can accomplish in a few hours. And if we do not sleep enough we wonder why we are so languid, and why everything

goes wrong.
"The parents of young daughters are

making a criminal mistake when they

urge their daughters up in the morn-ing after a night broken by social pleasures. Nothing they can do for their daughters afterwards will ever recompense them for the injury thus in flicted on outraged nature. "I think some enterprising being ought to rise up, and supplement our physical culture and 'Delsarte' and

massage' schools by a 'slumber school,

KEEPING THEM, AND EAT-ING THEM.

Republican.

BY ANNA BURROWS

The true sandwich is ever the most popular thing at picnics, s nee, whetted by fresh air and unusual exercise, the average appetite calls for something more substantial than the usual picnic assortment of cake. If sufficient food of the right sort was provided less evil how to use pockets again, would follow in the train of picnics, The graduates from

less profitable. Good bread is the first essential for a good sandwich. As there is usually twice as much bread as meat in a sand which, it is extremely important that it should be of the best quality. Even if the inside is tasteless, one can bear thics.

It is it is supported by good bread and butter; but the nicest of meats inside to the river. In the Indian language will not atone for sour, soggy, or dry it means shallow water. bread. This is true, in spite of the remark of a witty woman, making the best of a peculiar situa ion in which she was placed: "The best part of a

sandwich is always in the middle."

Having secured a loaf of the right kind of bread, out off the crust slice | dier brother twenty-seven years ago. on the end; then butter the end of the loaf. This is far easier than it is to butter a cut slice, for thin slices are often torn in pieces while attempting to butter them; but by putting the butter on the end of the loaf, very thin slices can be cut without any trouble. By all will pay the expenses of the wedding means let the butter stand for a time tour. in a very warm place, that it may be spread evenly; for nothing is more dis- preaker. This one is fifty years old agreeable than to find here and there a and is now safely caged in the peniton lump of butter and the rest of the

bread bare. Bread one day old is better for sandwiches than that just baked. The crusts may or may not be cut off; at any rate, do not do it until the sand-wich is put together; then trim off the edges evenly. To many tastes, how-ever, the sweet, tender crust is an improvement rather than the reverse. Sandwiches may be cut in the square, diamond, or triangular shapes; fancy cutters may also be used to give a for his invention of flashing light sig-greater variety of shapes. Whether mals. for picnics, afternoon t-as, or evening parties, do not make them too largenever over two or three inches square. Meat for sandwiches, whether beef,

ham or tongue, unless very tender, is best prepared by chopping and mixing the right proportion of seasoning with it, rather than hiding between the slices of bread tough meat, with here one like him is enough, and there a lump of fat, and almost covering it with dabs of mustard. A certain proportion of fat is an improve-bushels of wheat, while other crops will ment in chopped meat; but no one cares to find a sandwich half fat, or to bite unexpectedly into a mustard plaster. Oftentimes several kinds of mest may be chopped together for this purpose. Scraps may be utilized in this magnitude a single bair, way, and a plentiful supply of sandwiches prepared for a suddenly arranged excursion, when other meats chiefly Japanese, but many of them could not be cooked and canned goods Frenchmen and a few Englishmen. were out of the question. When slices of mest are used they should always be cut across the grain, and be quite

thin, Hard-boiled eggs have long been well be superseded by

be made by a recipe which once ap-peared for them: "Boil fresh eggs five minutes; peel, take a little white off from each end; cut the rest in four slices, and put between bread and butter." That compound would be but little better than the egg in its natural state. Hardboiled eggs, for any purpose, should be cooked in water below the boiling point not less than twenty minutes; then the yolk, mstead of being tough will be soft and mealy. To make sandwiches, use eggs the b iled; chop fine; add a tea-spoon full of butter for each egg and salt and pepper to season, mix well together. The butter in the mixture holds it toouttered bread, and put them together.

A little chopped ham may be mixed and pepper, and celery or celery sait, if liked. Boil the broth down to Boil the broth down to a small quentity; mix with the mest, pres-, so it can be cut in slices, and put between slices of bread, or the chicken may be chopped with celery and mixed

with a salad dressing and thus make chicken-salad sandwiches.

Cheese Sandwiches. — Grate the cheese and make into a paste, with a little cream or melted butter. If liked, 20 00 0. season with salt, cayenne pepper, and season with salt, cayenne pepper, and see in sleeping cars that promises to be

slices of bread, and put together.

Like hard-boiled eggs, sardines are egular picnic-goers, are even more access to up; er berthe. troublesome than the former; for. hough the yolk and white are always falling apart, and the bits of shells sure falling apart, and the bits of shells sure mained Russian territory by right of to appear when least expected, the oil discovery unt lit passed to the United from the sardines is sure to ruin some. States by purchase in 1867. body's dress, while somebody else cuts his fingers in trying to get the boy

Sardine Sandwiches may be made with bread. Drain off the oil; lay the Chicago and England, and ultimately sardines on soft paper to absorb all the to continental ports, oil possible. Pick over with silver The quarantine of knife and fork, removing the bones, forming Horticaliural Board seized 375 etc., and mincing fine. For a box of 100 orange trees from Tahiti, which sardines, use the juice of a small lemon, were infested with five different and one or two tea-spoons full of varieties of scale bugs. They were all melted butter a speck of cayenne pep- intended for San B rnardino county. per and salt. Sometimes the mixture is rubbed through a sieve, but that is and sometimes a slice of ripe tomato is story goes, and is prevented from c aimput in each sandwich.

Salmon Sandwiches. - Canned or ishment, fresh salmon may be prepared very much like the sardines, and makes very thinned them out remarkably. A few acceptable sandwiches. Slices of our years ago, Greenville, which is the cumber make an agreeable addition to very centre of the bear region, offere!

Lobster Mayonnaise Sandwich is This year only seven have been offered. nerely a convenient way of carrying

When preparing for a picnic, remem-ber that a combination of bread and whom "she marred at her folks incake does not form an agreeable sandwich, therefore, pack them separately, gold should not get out of the fam Also remember that sandwiches dry Hy." quick y, and are often broken by careess packing; so it is best to put them in a tox, or in oiled paper, or wrap a damp napkin around them. At a pienic, as at home, it is not an over-supply of expensive articles that furnishes he most comfort, but the careful preparation of the simplest materials

Soup is a coriosity in Ind'a. Chicago will have an L road. Arabla has a lou-hing plant. A nam's King has 579 wives, There are 155 974,000 watches. The first gloves were a bysen, NEWS IN BRIEF.

Editor and Proprietor.

There are no "fixed" stars, It costs \$33 to patent a carpet design. A cubic inch of cast aluminum weighs

It is said that the slot machine to over 150 years old.

The ordinary watch gives 116,144,000 ticks during the year. West Pointers sav they never learn

The graduates from Ann Arbor, and doctors would find such gatherings Mich., this year number 620. The banjo is a favorite instrument with the members of the English royal

family. At Eddy, New Mexico, a stratum of salt has been struck which is forty feet

Fifteen locomotives of the narrow gauge pattern with tender were shipped from Baltamore to Brazil recently.

A Reading (Pean.) man has just re-

Jupiter is the largest planet in the soiar system, teing 85,390 miles in diameter, while the earth is but 8000 miles. An Atchison (Kan.) siri who is about to be married has aunounced that

Brooklyn has another female house-

tinty. Berlin's suicide epidemic shows no signs of abatement. No less than 250 persons died there by their own hand in

The hallstones which recently fell at Arkansas City, Ark., were about the shape of a common soda biscuit and nearly as big. The British admiralty has resolved to give \$22,000 to Admiral Colomb

The greatest steam power using country in the world is the United States. Great Britain comes next, then Ger many and then France

highbinder and general terror named Wun Man, and according to accounts Manitoba and the Northwest Territory are expected to harvest 25,000,000

There is in Denver, Col., a Chinese

surpass previous years. There are spiders no bigger than a grain of sand which spin thread so fine that it takes 4000 of them to equal in

Buddha is worshiped in Paris in vari-

ous private temples, the devotees being

chiefly Japanese, but many of them are A boy of ten and a girl of twelve in one of the public schools at Portland, Me., are subjects of a great deal of curiosity, as both are bald as billiard

Egg Sandwiches, -These are not to vada, 10, 00 feet above the sea level, the waters of 211-kes may be seen glistening among the forests of the Sier The prevology list of Harvard College records the d athaor 133 graduates.

Of this number 119 occurred since last ommencement, against 111 deaths in According to a German authority 1 has been found that zinc will rapidly corrode when in contact with brickwork.

To prevent this roofing-felt is placed be tween the zinc and the brickwork. During a recent thunder storm is Maine the skin of a boy who was gether when cold. Spread on slices of struck by lightning turned purple and bas remained so ever since.

One wheat field in Colusa county. with the egg for a variety.

Chicken Sandwiches. — Boil the the chicken, remove all bones, etc., and choo the meat; season with salt bushels.

Cat., covers 572 square mides. This year it yielded in average of 15 bushels per acre, or a total of nearly 3,000,000 bushels. At North Adams, Mass., the other day a couple who were united in mar-

riage in church before the regular service went at once into the choir and assisted in the singing.

come popular. It is a ladder composed Alaska was discovered by Vitus Behr ing as late as 1741, and became and re-

It is reported that an English syndi-

ige jeweler has invented a devise for

cate will construct a line of freight steamships to carry grain between The quarantine officer of the Call

A Dane arrested in Meriden, Conn . not necessay in every case. Spr ad for thert is said to be helr to over a the bread with this paste. Oil would quarter of a million dollars. He was be preferred to melted butter by many, banished from Lenmark in 1869, the ing the property by the fact of his ban-

The Maine bounty of \$5 on bears ha for sale every year 50 or more skins.

Montreal recole have been furnished lobster saiad to a picnic, and is pre food for gossip b the marriage there pared like the chicken saiad. stance," in order that the family

> A Pousp of sulphur burnt in a tighty closed room will destroy every liv-Ing thing in it, from moths and bedbugs to possible disease germs. Remove first all gilded or brass orna-ments or lamps, and any delicate dress fabrics, but the ordinary furniture and clothing may be left without fear of in-jury, and should be as much exposed as possible to the fames. Put the sul-phur is an old dripping or tie pan good for nothing else; set it on bricks, pour over a 1 tile alcohol and set a match to it. Leave the room quickly, though you may peep in after to see if it is still burning. Leave burning all day, but air thoroughly for a day or

Blue, gold, and green-even to tear-tained eyes Beauteous, I ween. Blue sky, wide spreading trees, Green, still, and fall; Sunshine in golden case Stanting o'er all.

Happy hearts wandering, Sun on them too: Streamlets meandering Fair meadows through.

Homeward the happy hea Stroll o'er the lea: Sheat the stream departs, Bound for the sea.

Sentinels strong; Whispers the evening breeze Gently along. three tinted shadows creep

THURSDAY, October 11th, 18-. Hark that is the sun-rise gun, announcing obliged to you, good gunner at the navy yard, for thus saluting me on my

Even in writing or speaking to my-

and heaps of presents; why should she she has a husband and children

golden wedding, celebrate her semi-

who has been married three times, some people really owe me a pres-You remembered Dr. Berrien and

I mean to try to! I happen to have or now that fashions have changed it s quite in the mode. I plan to adorn ny rooms with yellow flowers, my arge birthday cake—gold cake—is to be iced in yellow, my ice areas is to be iced in yellow, my ice areas is to be iced in yellow, my ice areas is to be iced in yellow, my ice areas is to be iced in yellow, my ice areas is to be iced in yellow, my ice areas is to be iced in yellow, my ice areas is to be iced in yellow, my ice areas is to be iced in yellow, my ice areas is to be iced in yellow, my ice areas is to be iced in yellow, my ice areas is to be iced in yellow, my ice areas is to be iced in yellow, my ice areas is to be iced in yellow, my ice areas is to be iced in yellow, my ice areas is to be iced in yellow, my ice areas is to be iced in yellow. After Mrs. Lyford had departed it siled on my bureau waiting to be dis-

Hobert Tremlett, how much that thildren must be grown by this timerown! Yes, and married; Hobart may e a grandfather long ere this, for he ras married in less than a year from

Had he cared for me why did he not nly my step-father therefore I did not thile his first wife was still living. No leve himself a widower when he marseaudette's appearance at our house