Home Rending.

A TURNED DOWN PAGE.

There's a turned down page, as some writer says,

In every human life-A hidden story of happier days Of peace amid the strife. A tolded leaf that the world knows not-

A love dream rudely crushed : The sight of a foe that is not forgot, Altho' the voice be hushed.

The far-distant sounds of a harp's soit strings An echo on the air; The hidden page may be full of such things. Of things that once were fair.

There is a hidden page in each life, and mine A story might unfold! But the end was sad of a dream divine-

It better rests untold.

ECONOMY IN FOOD.

During these hard times not a few people have found themselves straightened as to means But appetite will return ; the hunger of growing children will not be silenced by money ar ticles in the newspapers, nor by the hope of better times three months hence. They want something which will give them satisfaction, which will supply the material for growth and for exercise, and they clamor for bread, for meat, for whatever they like, and which they are accustomed to have.

Though we now write for the benefit of those who are hard pressed for means, and who cannot reason down their appetites, there is no law against the adoption of our suggestions by those who can live us they please. When we stand by the market or grocery store, and see what basket loads of crude articles of food are lugged home by thin, pale, careworn women, whose purses are as thin as their cheeks, and as empty, we take hasty inventory of their stock, and wonder that experience does not teach them a lesson of thrift in the administration of their enforced economy. There will be a few turn ips, which are over ninety per cent. water.-Perhaps there are some parsnips or beets, or a head of cabbage, or a pack of greens, which though large in bulk, are coarse and crude in character, and contain but very little nutriment, probably over ninety per cent. of all being water. There may be a loaf of baker's bread made of superfine flour, and raised to an enormous bulk, considering the amount of material. There will perhaps be one-eighth of a pound of tea, and a little butter. Buying in a small way the price paid, as in the case of potatoes, is enormous; but the dollar has been

Let us take a dollar and fill the basket for the next customer. Remember that she is a poor needle-woman with four or five children. She has to work hard the whole week for the small pittance she can expend on Saturday, and she has all she can do to keep the wolf of starvation from the door We would put in for her, instead of four quarts of petatoes, two quarts of wheat. Instead of paying four dollars a bushel for the wheat, we would buy it at the rate of two and a half dollars, and the wheat, cooked like rice, would be a delicious, naritious, and a most wholesome article of food; and considering the amount of nutriment it contains, it would be ten times cheaper than the potatoes. The wheat would subserve every purpose of the potatoes, except, perhaps. bulk. It would be much more nutritious than the baker's superfine bread. The cabbage, the parsnips, the turnips, and other trash, often wilted and unwholesome, could not compare with the wheat in any sense, except that of bulk. Another wholesome and exceedingly butritious article of diet is that of beans; and they do not sell at a price much exceeding that of potatoes, and they are five or six times more nutri ious. Another cheap and wholesome article of food is that of oatmeal, which can be cooked in plain water, and if anybody doubts the wholesomeness and nutritive qualities of the article, let him look at the Scotch and Irish aboring people, who are mainly raised upon it. Milk is the natural food of children, and contains all the necessary ingredients of food for men; it is consequently complete food. The squirrel, the turkey, the pig may be fed on wheat and water, and nothing else, and health, growth and bulk will be the result; and that which will build up such animals will build up a buman being.

When we come down to the very root and bones of the subject of nutrition, health and economy, there is perhaps not a man who reads this paper who can eat twenty dollar's worth of wheat in twelve months, or less than forty cents a week, though he may work at blacksmithing or stone-cutting. Corv-mesi is anoth er cheap and wholesome article, and it may be cooked plainly, and answer for a change. There are many people who live on white bread and potatnes, and there is not a great deal of change in that. Occasionally butcher's meat. Another excellent article of diet-and if it can be bought wisely it will be cheap—viz: the coarse

pieces of beef and mutton. In cold weather the forward quarters of the sheep's carcass could be purchased for a few slillings by a laboring man or woman. The ment could be boiled until the tough pieces tould be sucked through a quill; and cooked in this way, it would be still more wholesome for those who are not very strong in their digestive lower, if the fat could all be dipped off, as it lises to the top, and instead of making it into a

If it be complained that this would be a very monotonous diet, it might be argued that many aman who is well-to-do, and dines at restau tants, orders a steak for breakfast, roast beef or dinner, and perhaps griddle cakes for supper, fifty days in succession. And this is mothe diet is monotonous, they thrive and are sat- wrong we are always conscious.

isfled. Many a poor woman lives on baker's bread, butter and tea, which is not only monotonous but poor as a diet. But we venture an opinion that if a table be supplied with wheat, stewed mutton, stewed beans, indian mush, milk; or, on the contrary. If another were laden with cabbage, turnips, and baker's bread, it would soon be seen to which table the children would report themselves; and those who ate of the trash would look blue under the eyes and bony in face; while those who ate at the other table, dollar for dollar's worth would be ruddy, healthy, happy, and give promise of vigor and long life. But a family could be kept in good condition on the better kinds of food for one half the cost which would be required to feed themeas best they be fed on the trashy ar ticles of diet. We knew a college student who was poor, but hungry for knowledge, and he bought half a bushel of wheat for 75 cents, and by boiling it and using it with milk, or fruit for a change, he lived well on less than fifty cents a week.

If the poor would abandon whiskey and tobacco, and learn to buy and eat proper articles of diet, an immediate revolution would occur in their condition.

NELSON SIZER.

PECULIARITIES OF SPEECH.

It is very easy to acquire, but very difficult to lose, a peculiar trick of speech or manner and nothing is more universal. If we look round among our friends and acquaintances, we shall find scarcely one who has not his favorite word, his perpetual formula, his automatic action, his unmeaning gesture—all tricks caught probably when young, and, by not being corrected then, next to impossible to abolish now. Who does not know the familiar "I say" as the preface to every remark?—and the still more familiar "You know" as the middle term of ev ery sentence? Who, too, in these later times has not suffered from the infliction of "awful" and 'jolly?" - milestones in the path of speech, interspersed with even uglier and more obtrusive signs of folly and corrupt diction-milestones that are forever turning up, showing the successive distances to which good taste and true refinement have receded in this hidcons race after slang to which our youth is given .-Then there are the people who perpetuate ejaculations; who say "Goodness!" as a mark of surprise, and "Good gracious!" when surprise is a little mixed with reprobation; lower in the social scale it is, "Did you ever!" and indifferent to all stations, "You don't say so !" or in a voice of deprecation, "No!" and "Surely not!" To judge by voice and word, these ejaculatory people are always in a state of surprise. They go through the world in unending astonishment; and their appeals to their goodness and that indeterminate quantity called good gracious are incessant. In the generation that died with the Fourth George, the favorite ejaculations were "By Joye!" and "By George! with excursions into the regions of "Gad!" and By Jingo!" Before then we had the bluff and lusty 'squires who rejoiced in "Odsbodikins!" and "Swounds!" with other strange and uncouth ouths, that were not meant to offend the hearers, but were simply tricks of speech caught by the speakers, So, indeed, is the habit of swearing and using bad words generally. It is emphatically a habit, a trick of speech, meaning for the most part no more than the "Goodness!" and "Good gracious!" of the milder

SEND FOR MOTHER.

"Dear me! it wasn't enough for me to raise and nurse a family of my own, but now, when I'm old and expect a little comfort here, it is all the time 'send for mother !" " And the dear old soul growls and grumbles, but dresses herself as fast as she can, notwithstanding. After you have trotted her off, and got her safely in your home, and she flies around administering rebukes, and remedies by turns, you feel easier. It's all right now or soon will be-Mother's

In sickness, no matter who is there or how many doctors quarrel over your case everything goes wrong somehow till you send for

In trouble the first thing you think of is to send for mother.

But this has its ludicrous as well as its touching aspect. The verdant young couple to whom the baby's extraordinary grimaces and alarming yawns, which threaten the dislocation of its chin; its wonderful sleeps, which it accomplishes with its eyes half open, and no perceptible flutter of breath on its lips, causing the young mother to imagine it is dead this time, and to shrick out "Send for Mother!" in tones of anguish—this young couple in the light of the experienc which three or four babies bring, find that they have been ridiculous and giving mother a good many trots for nothing.

Did any one ever send for mother and she fail to come? Never! unless sickness or the infirmities of age prevented her. As when, in your childhood, those willing feet responded to your call, so they still do, and will continue to do as long as they are able. And when the summons comes which none yet disregarded though it will be a happy day for her, it will be a very dark and sad one for you. when God, too, will send for mother.

It is impossible to teach, even geography without teaching either religion or Atheism .-Philosophy cannot be taught without either infidelity or theology. To make our schools enbery liquid soup, it might be cooked down to a tirely secular, would call for such an expurgahiensse, and brend or vegetables could be put tion of our text books as neither Pope nor it and children would eat it as they would Council ever attempted. So that, whatever may be the intention, the war is against the schools themselves.

Words are good, but there is something better. The best is not to be explained by words. The spirit in which we act is the chief matter. Action can only be understood and representnotonous. Lions live on meat solely, cows live ed by the spirit. No one knows what he is doon grass, birds on seeds and grain; and though ing while he is acting rightly, but of what is LAWYERS' FEES IN ENGLAND.

Even the greatest lawyers here do not receive such fees as are frequent in America. Mr. Sergeant Parry told me recently that the fees he heard of in America were such as almost took an English barrister's breath away. The English litigant has to pay two firms in each case and the payments are, therefore, divided. There is not a barrister in England who gets more than seventy-five thousand dollars a yearwhich is about Mr. Hawkin's income-and there are only two, or at most three, that make over fifty thousand dollars a year. A thousand dollars for one case is considered a fancy fee.

Probably the low average of fees paid for the

every-day legal work done here is due in large part to the survival of the old theory that the lawyer is a learned friend of humanity in its difficulties whose advice is given solely for the reward of virtue. Theoretically they are sup ported by honoraria as the Pope receives Peter's Pence. They are not supposed to receive fees that being too gross a form in which to reward learning and beneyolence. The honorarium is really now a fee, but it cannot be sued for, and consequently it has to be paid in advance, if the retained counsel is expected to pay any at-

tention to a case. In one or two things this old theory of the barrister is actually operative. If a poor criminul comes up for trial he or she may ask for any lawyer present in the court to defend them and such lawyer must do his very heat for the criminal. He must take his chances of payment, which, in such cases, is rarely received, except that the court gives each lawyer so called on to defend a criminal the sum of two pounds-a nominal sum that seems to be a kind of precaution against any barrister ever making capital by boasting of unrequitted services to the poor and friendless. The courtealso wishes to preserve its attitude as the equal friend of all parties, and ready to assist the accused in their defence. The two pounds are never, I believe, allowed to be declined.

THE WEALTH OF SIBERIA.

It is needless, says the Paris Temps, to estimate all the sources of wealth pertaining to this immense region, which is at least three times as large as Europe; unfortunately very little of it is available owing to the scarcity of the means of transport. Russia has long been a ware of the necessity of creating routes in order to derive all the benefit she might expect from her Asiatic provinces, rich in gold, silver, platinum, copper, coal, marble, and, in the south wheat and rye. Great improvements already have been made in the navigable rivers, where the boats are now enabled to go against the stream by means of steam-tugs, whereas before they used only to be built for one trip down the river, and then broken up for fire-wood.-Still the number of steam-tugs is very small, and there is, therefore, no relying upon escaping the risk of being blocked up by ice for seven or eight months.

The problem of improving river navigation is a very difficult, one in that country; the Government is willing to provide the funds, but a feasible plan has not yet been hit upon. Some engineers propose cutting a canal thirty-five miles in length from the Kel to the Yenissei, so as to open a direct route from Tjumen to Kiachta by the Obi, the Tem, the Tchulin, and the Tell on one side, and the Angara on the other, so far as Lake Baikal, and thence by the Selenga to a point not twenty miles from Kiachta. But this plan would require the widening of seventy-eight narrows, which as yet none but the boats of the natives can venture to pass. Hence most probably railways will have to be executed, where periodical mundations and enormous accumulations of snow will present obstacles of a different nature.

For the present there is but one line in contemplation, that of the Oural, or Ekatherine burg, which will start from Perm and end at Tjumen, with branches to the several metallurgic al centers, such as Nijhi-Taghills, north of Nia ski, and south of it, Zlatuoust. Ekatherineburg is an important center where the iron of the Oural is worked, and amethyst, rock-crystal, and topaz are cut in establishment belonging to the Emperor.

FAMOUS HOUSES IN LONDON.

The Society of Art has, during the past month set up on seven different bouses in London small tablets commemorating the fact that the house has once been occupied by some famous inhabitant. In Gough Square, Fleet street, is the name of Samuel Johnson; in Gerrard street, Soho, that of Edmund Burke; and simitarly we are reminded that Mrs. Siddons lived in Upper Baker street; Faraday in Blandford street; Garrick in Adelphi Terrace; Canning in Conduit street: and Nelson in New Bond

The idea is a good one, and it is a pity that it cannot be more generally carried out. There is hardly a street or square in London that cannot boast some sort of history, and nothing can better serve to keep such traditions alive than a small commemorative tablet such as that adopted by the Society of Arts. In many irstances, of course, the whole house has been pulled down, and even its sight cannot be ascertained. We know, for example that Charles Lamb lived at No. 20 Russell street, Conyent Garden, but not a trace remains of the house inhabited by Mrs. Barton Booth, the Santlow famed for dance of Gay and the favorite of the great Duke of Marlborough. Similarly Thurlow's chambers still exist in Pump Court, but not a stone remains of the old building in 'Cheerful Crown Office Row," where Lamb was born, or of the Chambers in Inner Temple Lane, occupied by the great Doctor Johnson.

In their intercourse with the world people should not take words as so much genuine coin or standard metal, but merely as counters that people may play with.

If wisdom were conferred with this provise, that I must keep it to myself and not communicate it to others, I would have none of it.

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