Highest of all in Leavening Power.—U. S. Gov't Report, Aug. 17, 1889.

Royal Baking Powder

ABSOLUTELY PURE

Breaking in a Naval Cadet.

Within a few days the cadets shake easily into their places. and by going over the mast-head every morning, sending up and down the light spars, and being ordered to get a pull here and a pull there and a long pull altogether everywhere, during the best part of their waking hours, they soon acquire a nautical air and a fairly good grip on the strange surroundings. Two or three days later the "Constellation" drops down the Annapolis Roads, stands into Chesapeake Bay, and the long-looked-for cruise begins. Practical work commences at once, and if the winds be unfavorable, and they are usually, the ship beats down the bay in the daytime and anchors at sunset. Here the new cadet sees the envied senior class men in charge of the deck, make and take in sail, tack, wear, box-haul, and chapel ship; sees him occasionally miss stays and box her off, heave to, get casts of the deep sea lead, shift sails and spars, reef and shake out reef, and bring the ship to an anchor. All this time he is doing yeoman's service himself; his white working-clothes are tarry, and he is so used to "stamping and going it" that when night comes he is glad to turn in early, and leave the hardships of anchor-watch to those who have enjoyed the triumphs of the quarter-deck. After Hampton Roads are reached, the vessel lies at anchor for a week or more; but this is a busy season, and all day long there are great-gun, company, pistol, or small-arm drills, fire-quarters, boats armed and equipped, or that stirring exercise when the crew and cadets are called to "abandon ship." This drill is usually executed without previous warning, exactly as it might be needed in any sudden emergency, as in a collision, or danger of foundering on the high sea; but within a moment after the order rings out, every man is at his station; some lower the boats, others stand sentry over the falls, so no unauthorized or panic-stricken person may enter without orders; the majority pass up provisions and water, cooking utensils, arms, ammunition, and nautical instruments; there is heard everywhere the rush of feet, the whimper of boat-falls as the davits creak and complain with the strain and the weight of the crews lowering themselves by stopper or halyards; from every gun-port willing hands pass stores into the cutters, and when ready, each reports its name and number. In less than five minutes, if the discipline be good, the crew is embarked in cutters, whale-boats, gig, launches, and dingy, all submerged almost to their gunwales, and the ship is abandoned—officially.—*Lieutenant Kelley in Harper's Magazine.*

Paralyzed at the Throttle.

"These fast trains have played the mischief with engineers," said a railroad man yesterday. "It is a fact that almost daily you hear of one of these royal knights of the lever suffering from a paralytic stroke. The rapid time made puts every engineer on such a strain that it is only a question of a few months until the nervous system collapses. I remember seeing the statement sometime ago, and I do not doubt its truth, that there is a train running from St. Paul to Stillwater, on the Omaha, that is called the hospital train, for every man who runs with it has either had a stroke of paralysis or has been injured in some way or another. But in this day and age, when everything goes at lightning speed, on railroads and in business alike, I suppose little heed is given to these poor fellows who drop by the wayside, in reality victims of the greed of their fellow-men."—*Chicago Tribune.*

Esthetic Chicago.

Chicago, notwithstanding its pork, is a city of considerable culture. Its papers laugh at the idea of esthetic Chicago, and when anything is said about the culture of the city the contrast is always drawn between hogs and art. It has, however, 200 resident artists, and its Academy of Fine Arts is self-supporting and is attended yearly by between 400 and 500 pupils. It gives art exhibitions each fall, and at the loan exhibitions a number of fine pictures of the city are brought forth. It is no wonder, however, that Chicago has many fine pictures. It is full of millionaires, and the millionaire of to-day, whether he makes his money out of pork or politics, or gets it by inheritance, straightway starts off to Europe and buys the prettiest things he can find. The Americans are the best buyers of the world to-day, and they pay higher prices, and, as a rule, demand good work. They want the finest of houses, and some of these Chicago millionaires' palaces would open the eyes of the Princes across the water.—*Frank Carpenter's Chicago Letter.*

The Kind of Candidate They Wanted.

An old settler tells this story about New Mexican politics: When Francisco Manzanares was running against Tranquilano Lunda for delegate to Congress some years ago I happened to be present at a meeting in Silver City, where Luna delivered a political harangue in which he compared his immaculate honesty to the alleged corrupt methods of Manzanares. "Fellow-citizens," he said, "I do not come among you to buy your votes. I want them to be given to me honestly. I am not like my opponent, whose loaded wagons, filled with goods of all kinds to be given for your votes, incumber every trail and road in the Southwest." He did not get further in his speech; the crowd yelled themselves hoarse with cries of "Viva Manzanares." He was the kind of delegate they wanted.

Buttermilk as Medicine.

With the rapid growth of re-constructive medicine, comes opportunely the re-introduction of old and well-known demestic remedies, among which buttermilk demands a respectable place, says the *Popular Science News.* A young lady patient of the writer was suffering from a severe consumptive cough. None of the usual antispasmodics, expectorants, etc., seemed to do any good, simply because her stomach was too weak to bear enough medicine to effect the purpose. Finally I suggested to her mother the use of hot buttermilk. It was adopted at once. Her first night's experience was one of comparative freedom from cough and pain, and pleasant slumber for several hours. It was continued for a long time, with an unvarying relief of all her previous distressing symptoms, and an almost perfect freedom from cough for several hours after each draught of hot buttermilk.

Lingering at one time for weeks from an attack of congestive fever, dosed with calomel and quinine almost beyond endurance, the writer began to desire buttermilk to drink. The physician "didn't believe in humoring the whims of patient," as he expressed it; besides, he contended that a single drink of the obnoxious fluid might produce death, as acids and calomel were incompatible dwellers in the same stomach. But I was a good persuader, and my mother was a susceptible subject. The buttermilk, "fresh from the churn," was procured and drank. No evil resulted; instead came a perspiration and a speedy recovery.

Many years afterward I had missed my usual noon meal. It was about 2 or 3 o'clock p. m.—dinner, of course, was over—when I reached a farm-house, weak, tired, hungry, and "all out of condition" for active work. Dinner was suggested by the housewife. "No, indeed!" said I, "not this time; I am nearly home. But if you have any buttermilk I will take a drink of that to stay my stomach." A good, kind-hearted woman, she soon brought up a pitcher of buttermilk from the cool spring-house, while I examined my patients and prescribed for them. Perhaps a pint was drank during the stay of nearly an hour. For months indigestion had held his unfriendly grasp on my stomach. From that notable day forward his reign was broken, my stomach was healed, and I could ride all day, if necessary, without feeling so woe-begone from the lack of food as before the drinking of the buttermilk.

There are people, however, who can not use buttermilk at all, and some who cannot use milk of any kind, nor butter; but to others it proves both food and medicine.

Fancy Cook Books.

Some young ladies who have attended cooking schools during the winter have collections of their favorite receipts. The little books, made by their own hands and illustrated in water color, are quite unique. The cover of one has a picture of still life, apples, nuts, raisins, and a glass of wine, while another has the portrait of a dainty cook, with sleeves rolled above the dimpled elbows and tumbled curls peeping out from beneath a lace-frilled cap. In one book the picture that illustrates salads is a lobster and lettuce leaves beside a pot of mustard and a bottle of pepper, with a teaspoon lying near filled with salt. Slices of lemon and curled lettuce leaves form a border, in and out of which receipts are written in rhyme. The picture of a salmon in another book is a genuine work of art. Curious little designs accompany each receipt, and the pretty affair shows so much skill one naturally wonders if the same hands can produce a real appetizing dish of escalloped oysters or an old-fashioned apple pie.

Our Eyes are Close Together.

The effort of the war department to secure a field glass for the service of greater power than the one they now use has discovered the fact that the eyes of the average American are closer together than those of men in foreign countries. The double glass, known as the field glass, now used is weaker than that used in the armies of Europe. It is only from five to six powers—entirely too weak for the purpose. The only glass they can get of sufficient power is a single spy-glass, which is defective in that it does not take in a broad enough field. The best military glass in use is that with which the German army is supplied. An attempt was made to adopt them by the war department, but it was found that the eyes of the glasses were so far apart that they could not be used by Americans. The department is studying now to overcome this difficulty.—*Pittsburg Dispatch.*

"These fish, my dear Mrs. Hendricks," remarked the minister, who was discussing a sunday dinner with the family, "are deliciously fresh. I am enjoying them very much." "They ought to be fresh," volunteered Bobby, who was also enjoying them. "Pa caught 'em only this morning."—*New York Sun.*

James Addington, of East Aurora, N. Y., has a meerschaum pipe that is probably the finest in the country, for it is valued at $500. The pipe is thirteen inches in length from the bowl to the tip of the mouthpiece, and is an exquisite piece of handsome carving. It took the workman three years to complete the task of making it.

Championship eating matches ought to be for large steaks.

Consumption Cured.

An old physician, retired from practice, having had placed in his hands by an East India missionary the formula of a simple vegetable remedy for the speedy and permanent cure of consumption, bronchitis, catarrh, asthma and all throat and lung affections, also a positive and radical cure for nervous debility and all nervous complaints, after having tested its wonderful curative powers in thousands of cases, has felt it his duty to make it known to his suffering fellows. Actuated by this motive and a desire to relieve human suffering, I will send free of charge, to all who desire it, this receipe, in German, French, or English, with full directions for preparing and using. Sent by mail by addressing with stamp, naming this paper. W. A. NOYES, 820 Powers' Block, Rochester, N. Y.

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