

EUGENE CITY GUARD.

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EUGENE CITY, OREGON.

GENERAL.

The highest mountain in the world is now said to be Mount Horeules, in the island of New Guinea, soaring to the altitude of 32,786 feet.

Brooklyn has a rheumatism club. Its object is more cheerful than its name would imply, being "to promote social intercourse among young people."

A second official report sets the number of building and loan associations in New Jersey at 156, with 37,730 shareholders and \$9,349,000 net assets.

The rule is unerring—giving two men of equal talent, health and fortune; the one who laughs will live longer than the other and accomplish more work in the world.

"Every tree is subject to disease," said a member of a tree-planters' convention. "What ailment can you find on an oak?" asked another member. "A-corn," was the reply.

"It seems to me that there's a horrid draft coming from the parlor," said a mother to her son. "Yes," was the reply; "father is in there, and he's raising a breeze about that new sofa."

Doormats made from scrap leather made into links and strung on metal wires are a novelty. The appearance of these mats is good while they are at the same time flexible, durable and afford a firm footing.

The immigration to California during the past year is reported to have amounted to about 100,000 persons. Southern California got most of them, and it is estimated that the money spent in advertising that section has been returned, multiplied by 1,000.

Polite Passenger (in street-car)—"Where are you going, my pretty maid?" Pretty Maid—"I'm going shopping, sir" (she said). Passenger—"Won't you have this seat, my pretty maid?" Pretty Maid—"O, yes, thank you, sir" (she said).—Boston Budget.

Superintendent Warner, of the Allegheny County Workhouse, near Pittsburgh, reports that the net cost of that institution, from its organization in January, 1870, until the close of the last fiscal year, has been \$315,791.56. Of \$999,767.45 received from the license fund, \$996,389 has been returned to the county.

A subscriber to the *Altoona Tribune*, W. T. Marriott, missed his paper repeatedly, and being on the watch to detect the thief, discovered a dog running up when it was delivered one morning and taking it from the door made off with it. Mr. Marriott called to the brute to drop the paper, which it did. The owner of the dog is too respectable a man to suspect of having trained it to steal papers.

How to Ripen Bananas.

Being very much of a democrat, not to say Bohemian, I stopped yesterday to purchase some bananas of a bright-eyed son of Italy in the neighborhood of the Providence railroad station. The negotiation was about completed when a horrified voice behind me exclaimed: "What are you doing?" "Buying some fruit," was my meek response. "Well, don't buy bananas of an Italian, whatever else you do." "And why not, pray?" "Only this and nothing more," replied my mentor, drawing me away, "these descendants of Dante pack the green bananas into bed with their families because the heat of their bodies ripen them, that's all." "All right, the method is a perfect success," I said; but I ordered some strawberries instead, my mentor giving full and substantial reason for his singular information in regard to the banana trade.—Boston Herald.

The Place to See Life.

Edward Everett Hale told the students of Cornell that the best opportunity of studying human nature was to be had by entering the profession of the schoolmaster. Mr. Hale is a keen observer, but his judgment is not entirely sound in this matter. The ideal opportunity for studying human nature in an almost infinite variety of phases and under almost every conceivable circumstance is enjoyed by a reporter for a metropolitan journal. There is no other way of "seeing life" and learning to know men that compares with this.—N. Y. Tribune.

The Latest Conundrum.

"Can you tell me," inquired Softley, "why an egg is like a song?" "I must confess," answered Nilson, "that I can perceive no resemblance between an egg and a song." "Well, sir, an egg is like a song because it is roundelay." "I still fail to see the resemblance. Where does it come in?" "I can only say that an egg is the roundelay that I know of."—*Drake's Travelers' Magazine*.

He Earned His Money.

"It's one hundred dollars in your pocket," whispered the defendant's lawyer to the juror, "if you can bring about a verdict of manslaughter in the second degree." Such proved to be the verdict, and the lawyer thanked the juror warily as he paid him the money. "Yes," said the juror, "it was tough work, but I got there after awhile. All the rest went in for acquittal."—N. Y. Sun.

WHOLESALE BREAD.

Elementary Principles and Important Points in Bread-Making.

Bread of some kind forms an article of diet for all nations, and that it should be of the best quality is of the greatest importance, the health and welfare of the family depending so largely upon it.

In making bread, as in every other branch of cooking, the main thing is to become acquainted with the elementary principles. Few things that belong to the department of housekeeping have been so much discussed as bread-baking, and possibly it is because there has been so many different theories advanced upon the subject that housekeepers are bewildered and uncertain as to the best made.

Of course perfect bread can be made only from the best material, combined with the most scrupulous care and attention throughout the process. There should be no delay when the sponge is well mixed, and obtains the proper degree of lightness, or placing the loaves in a hot oven when ready to bake.

Certain chemical changes must take place in some of the components of the mixture, and as it is very important that all the necessary conditions for aiding these changes should be perfect, it is of course plain to every housekeeper that both knowledge and skill are required to become successful in the art of bread making.

After the quality of flour, indeed some cooks say in advance of it, the first thing to be considered in bread making is the yeast. Without good yeast it is impossible to make good bread, and it should be the ambition of every housekeeper to acquire the art of making good home-made yeast.

When ready to make bread the first step is mixing the ingredients. Atmospheric changes affect the sponge, and it is, therefore, best to mix it in a stone vessel and keep it excluded from the air. In summer no artificial heat is needed, but in winter it should be kept warm.

The length of time required for kneading is materially affected by the quality of the flour and the kind of yeast used, the better the quality of both the less time for working the bread will be requisite.

The most important point in bread-making is reached when the loaves are put in the pans for the last time. To decide when dough is sufficiently light to bake is a matter of great consideration to the cook, as it varies in different temperatures and at different seasons of the year, but practice will soon teach the length of time required. It is seldom less than half an hour, or more than two hours. A loaf of bread should be nearly double in size after it is put in the pan. The heat of the oven should be moderate when the bread is put in to bake, and should be gradually increased in intensity.

There are various methods of testing bread to ascertain when done. A loaf of hot bread when well baked will not burn the hand; if it does, there is more hot steam within than is consistent with perfect baking, and the bread should be replaced in the oven. The crust of a well baked loaf of bread is a rich brown. If any doubt is entertained of the bread being well done, it is better to leave it in the oven a little too long than not long enough. Bread, as soon as baked, should be taken from the pans and placed uncovered in such a position as will expose the greatest possible amount of surface to the air. This prevents the crusts from being hard, as well as permits the rapid escape of gas involved in the process of fermentation.—*Eliza R. Parker, in Louisville Courier-Journal*.

GOOD COUNTRY ROADS.

Why Every Farmer Should Take an Interest in Their Maintenance.

I have been driving through a fine section of country to-day, but I was not favorably impressed with the character of its settlers, though I saw but few of them, and spoke to only one. I formed my idea of them from the condition of the roads. They were in very bad shape. It was impossible to drive off a walk in many places. In some places, it would be unsafe for a stranger to attempt to drive in a dark night.

This is not as it should be. Every farmer should take pride in having good roads along his land. If the assessed amount of road work is not sufficient to put them in good shape, let the property owners turn out with teams, and picks, and shovels, and make them good. It is for the interest of every man living in the neighborhood to have a good road and keep it so. When it is once made as it ought to be, but little labor will be required in keeping it so. If there is a swampy spot, drain it, and raise the roadbed. If there is a big stone or stump in the road, or near it, dig it out. Never crook about to avoid such obstacles, but get rid of them, once for all. Cut down the bushes along the fences, and see that the fences are in good condition, if cattle are allowed to run in the road. This may not be part of a road-master's duty, but it ought to be, so far as road fences are concerned.

It is for the interest of every farmer in the road district to elect to the office of road-master the man who will do the work best. Too often, qualification for the work is left out of consideration altogether in electing a man to the position.

This is a mistake. Select the man who keeps things as they should be about his farm, and the probability is that he will want to put the roads in the same condition. If so, give him your hearty co-operation, instead of trying to shirk out of "working on the road," as some men do.—*Cor. Our Country Home*.

THE GERMAN CAPITAL.

What an American Saw and Heard in and Around Berlin.

The endeavor to find some good reason for the location of Berlin has well-nigh wrecked my Yankee guessing powers. On the practical side of the Atlantic we think every large city must be evolved from some aggregation of natural advantages, but with the exception of the stream whose name exposes the capital to the accusation of always being on a spree, Berlin has none of these. From north, south, east or west, you approach it over a vast plain, and when at last you begin to suspect that the Government is abducting you to the wastes of some German Sahara, the usual uninviting suburbs of a great city come into view, and you alight in a town of nearly 1,500,000 inhabitants. Coming from the West, the Harz is the last hilly country from which a New Englander can derive even a crumb of comfort. Beyond is a region of low, wave-like hills, a mining country where every depression has its chimney stacks and every elevation a windmill, and where one is never out of sight of one or more of the little red-roofed mining villages.

There are phenomena to be seen in Berlin; for instance, a restaurant where waiters refuse fees, and horse-cars which have room "for one more" according to American ideas, but which will not carry one passenger, great or small, more than the number prescribed by law. It was very gratifying to meet such a regulation; it may prevent many abuses; at least it compelled me to walk a weary distance one rainy evening, and taught me the difference between the application of a rule in general and in particular. It also introduced me to another interesting German custom, for, reaching my lodging at a late hour, I found the street-door locked. Door-bells are unknown here, and I had no key. A kick at the door echoed up and down the quiet street so ominously that a descent of the vigilant police seemed inevitable, but it aroused no response from within, and a repetition was out of the question. I thought tremendously, then sought a neighboring restaurant, confided in a waiter and learned that after a certain hour of the night the citizens resign themselves to the guardianship of the "wachter," who locks all the street doors in his district and pockets the keys. He who arrives later, without a key and would enjoy the shelter of his own roof, goes up and down the street several times in search of this functionary, finds him probably at last drinking beer within a stone's throw of the starting place, and in consideration of a small fee induces him to give his key the double turn which the mechanism of German locks requires and admit him to his own dwelling.

Berlin is a well-paved town, especially on its principal streets, which are laid with asphalt. The comfort of this can hardly be appreciated without experience; it deadens the noise of the tremendous traffic, lessens draft and allows an unusual degree of cleanliness. A dozen strong boys armed with "pushers" following one another down Friedrichstrasse are able to clean its entire length of nearly two miles, and leave it perfectly dry in two hours after the cessation of a heavy rain. But even the ordinary pavements are kept in good order, and in general one can find few cleaner cities than this.

The police system is very efficient. The general law throughout Germany requiring registration at the police bureaus of not only citizens, but strangers as well, and even travelers, is here most rigidly enforced. Every newcomer must personally appear before the police and account for himself, and also notify them of intended departure. Suspicious people are summarily investigated, as a friend of mine experienced during the winter. The fact that he hails from the American Athens may have lent something to the mysterious air with which he promulgated the "Linden" in the neighborhood of the palace at a late hour while waiting for a friend. At any rate, he soon attracted the attention of the police, was scrutinized, followed and finally arrested and brought before an interrogator. In spite of protestations and the evidence of student papers he was subjected to some hours' detention, a most searching examination, and was finally sent to his lodging under police escort, with an injunction to be more prudent in the future. But in general one need not complain of his treatment by the public servants. In all Germany they are polite, attentive and efficient to a degree which prompts not wholly favorable comparisons with our own country.—*Cor. Springfield (Mass.) Republican*.

The Best Form of Locomotive.

The same diversity of opinion as to the best form of locomotive for general use appears to prevail in England as in America. While coupled wheels are mostly preferred for passenger engines, five feet to six feet six inches diameter, a few leading American engineers prefer single drivers, and are disposed to revert to even seven feet, a diameter which has been tried and abandoned in the past as not meeting the expectations entertained of it. About fifteen years is the estimated average life of an American locomotive. It is generally admitted that railway trains in England are driven at a faster rate of speed than in the United States—say about twenty per cent. in excess of the latter. There are express trains, however, between some of our principal cities, that compare favorably with those in England.—*N. Y. Sun*.

CANARIAN GOFIO.

A Simple Article of Food Possessing Superior Nourishing Qualities.

On a recent visit to the Canary Islands, one of the first things to attract my notice was the good development and fine personal appearance of the common people. I afterward found that travelers are generally impressed in the same manner on their first visit to the Canaries. If they have previously visited the Spanish Peninsula, they are apt to contrast the native Spaniards with their Canarian relatives, always in favor of the latter, whose greater height and better bodily forms are very evident. This superiority may be due, in a certain degree, to the admixture of the Spanish blood with that of the Guanche race, which was found in possession, when, in 1440, the Spanish undertook the conquest of the Canarian Archipelago. It required more than fifty years for the purpose, and not until, to the utmost efforts of Spain, then in the height of her power, the treachery of four native Kings had been added, did all the seven islands come under Spanish rule. The old chroniclers are fond of describing the mild dispositions of the Guanches, their tall, manly figures, and noble bearing in time of peace, as well as their great strength and valor when fighting to preserve their ancient liberty.

Even the women took part against the invaders, and proved themselves, in daring and prowess, no mean antagonists. One woman is especially mentioned who rushed upon an advancing column, seized the foremost soldier and fled up the mountain, bearing her victim as if he had been a child, outstripping her pursuers, till, coming to a precipice, she leaped down and both were dashed to pieces.

The conquerors not only mingled their blood with the conquered, as happens with the Latin races, but they adopted many of their customs, some of which are preserved to the present time. Perhaps the most important of these is in relation to their food, the principal article of which is of Guanche origin.

I have alluded to the excellent bodily development and proportions of the modern Canarians, and to the testimony left by the old chroniclers to the still fine characteristics of the ancient Guanches, who are indeed described as marvels of bodily strength, beauty and agility, because these facts have an important bearing on the question of their food. As there can be no such bodily growth, strength and activity, as is described as belonging to these people, without superior nourishment, it follows that the food used by the Guanches, and adopted and still almost exclusively used by the present inhabitants, must be highly nutritious.

This article, so evidently important, is the *gofio*. There is nothing mysterious about it, for *gofio* is simply flour made from any of the cereals by parching or roasting before grinding. The Guanches may have roasted their wheat, barley, etc., by the ready method of first heating stones, on which or among which the grain was afterward placed. As to that there are no precise accounts, but well-shaped grinding-stones are plentifully preserved. At present *gofio* is prepared by roasting the grain in a broad, shallow earthen dish, over a charcoal fire. It is kept constantly stirred, to prevent burning. One can hardly pass through a hamlet or village without witnessing some stage of the preparation of *gofio*. The grain is first carefully picked over and all impurities removed. The processes frequently take place in front of or just within the always open door, giving the traveler ample opportunity to see all steps of the preparation. The grinding is done at the wind mills, which abound everywhere. The roasted grain is ground to a very fine flour, when it becomes *gofio*. After grinding it is ready for immediate use. When it is to be eaten, milk, soup, or any suitable fluid may be mixed with it—any thing, in fact, to give it sufficient consistency to be conveyed into the mouth. Being already cooked, it requires no further preparation before eating.

Ultimately maize was introduced into the islands, and soon became an article of general cultivation, particularly on the Island of Grand Canary, where *gofio* from it is the staple article of food for the laboring population, and that from wheat or wheat mixed with maize is in Tenerife, wheat being more largely grown in the latter island. *gofio* is also made from barley, and especially in Fuerteventura. It is also made from Spanish beans; but this kind is not used alone, but to mix in the proportion of about one-fourth to three-fourths of wheat, barley, or maize *gofio*, as some prefer. Wheat and corn *gofio*, mixed in equal proportions, is very much used, and is preferred by many to either article alone.—*Popular Science Monthly*.

How to Keep Eggs.

Slake one pound of good lime in about three-fourths of a pail of water (eight quarts), stir it thoroughly and let it settle. Drain off the water and add a pint of the settlings into a four-gallon stone jar and set in the cellar or other cool, dark place. Put the clean, fresh eggs daily into this lime water, taking care to drop them in carefully, so as not to crack them; cover and they will keep good a year or more. No matter which end is down, and have no care about turning them. I have with in a few weeks cooked eggs, or used them for frosting, which were put down nearly one year ago. They are not so good to boil, as they are liable to crack, unless you make a pin-hole in the large end.—*Cor. Farm and Home*.

SOLEMN MOMENTS.

The Impressive Moments Following the Signing of the Federal Constitution.

Finally it was decided that the Federal Constitution, as now completed, should be presented to the Continental Congress, and then referred to special conventions in all the States for ratification; and that when nine States, or two-thirds of the whole number, should have ratified, it should at once go into operation as between such ratifying States.

When the great document was at last drafted by Gouverneur Morris, and was all ready for the signatures, the aged Franklin produced a paper which was read for him, as his voice was weak. Some parts of this Constitution, he said, he did not approve, but he was astonished to find it so nearly perfect. Whatever opinion he had of its errors he would sacrifice to the public good, and he hoped that every member of the convention who still had objections would on this occasion doubt a little of his own infallibility, and for the sake of unanimity put his name to this instrument. Hamilton added his plea. A few members, he said, by refusing to sign, might do infinite mischief. No man's ideas could be more remote from the plan than his were known to be; but was it possible for a true patriot to deliberate between anarchy and convulsion, on the one side, and the chance of good to be expected from this plan, on the other? From these appeals, as well as from Washington's solemn warning at the outset, we see how distinctly it was realized that the country was on the verge of civil war. Most of the members felt so, but to some the new government seemed far too strong, and there were three who dreaded despotism even more than anarchy. Mason, Randolph and Gerry refused to sign, though Randolph sought to qualify his refusal by explaining that he could not yet make up his mind whether to oppose or defend the Constitution, when it should be laid before the people of Virginia. He wished to reserve to himself full liberty of action in the matter. That Mason and Gerry, valuable as their services had been in the making of the Constitution, would now go home and vigorously oppose it, there was no doubt. Of the delegates who were present on the last day of the convention, all but these three signed the Constitution. In the signatures the twelve States which had taken part in the work were all represented, Hamilton signing alone for New York.

Thus after four months of anxious toil, through the whole of a scorching Philadelphia summer, after earnest but sometimes bitter discussion, in which more than once the meeting had seemed on the point of breaking up, a colossal work had at last been accomplished, the results of which were most powerfully to effect the whole future career of the human race so long as it shall dwell upon the earth. In spite of the high-wrought intensity of feeling which had been now and then displayed, grave decorum had ruled the proceedings; and now, though few were really satisfied, the approach to unanimity was remarkable. When all was over, it is said that many of the members seemed awe-struck. Washington sat with head bowed in solemn meditation. The scene was ended by a characteristic bit of homely plainness from Franklin. Thirty-three years ago, in the days of George II, before the first mutterings of the revolution had been heard, and when the French Dominion in America was still untouched, before the banishment of the Acadians or the rout of Braddock, while Washington was still surveying lands in the wilderness, while Madison was playing in the nursery and Hamilton was not yet born, Franklin had endeavored to bring together the thirteen colonies in a federal union. Of the famous Albany plan of 1754, the first outline of a federal constitution for America that ever was made, he was the principal if not the sole author. When he signed his name to the Declaration of Independence in this very room, his years had rounded the full period of threescore and ten. Eleven years more had passed, and he had been spared to see the noble aim of his life accomplished. There was still, no doubt, a chance of failure, but hope now reigned in the old man's breast. On the back of the President's quaint black arm-chair there was emblazoned a half-sun, brilliant with its gilded rays. As the meeting was breaking up and Washington arose, Franklin pointed to the chair and made it the text for prophecy. "As I have been sitting here all these weeks," said he, "I have often wondered whether yonder sun is rising or setting. But now I know that it is a rising sun!"—*John Fiske, in Atlantic*.

Entirely Too Economical.

Adelbert—We are engaged to be married, you know, Ethel?
—Ethel, Yes, I know.
—And with the full consent of your parents?
—Yes.
—Then why will you not allow me to place my arm around waist?
—I suppose it is the economic teachings of my father, Adelbert.
—What has that got to do with it, Ethel?
—He said I must never allow any thing to go to waist.—*Texas Siftings*.
—The Bellefonte (Penn.) News tells a story of a man who came to that town lately and ate, for the first time in his life, a slice of sponge cake. He liked it, and being assured that it was wholesome, went and bought a lot of sponges and took them home for his wife to make sponge cake of. But we don't believe it.

HYPNOTIC TESTS.

Wonderful Experiments Recently Performed by a French Physician.

M. Moutin does not put people to sleep, but makes them obey his will while thoroughly awake, says a correspondent, describing some experiments in hypnotism performed in Paris. He began by choosing his subjects among the people who presented themselves by placing his hand on the neck of the neck. While talking to them he inquired whether they felt an unusual heat under his hand. If an affirmative answer was given he knew he had a good subject, and, while telling him to stand up straight, soon brought him to his knees by simply placing one hand lightly on his back and another in front of his knees.

It was extremely curious to witness the efforts made by some people to keep their feet, but it was useless; they had to go down on their knees. One gentleman well known in Parisian society was dragged around the room among the spectators by M. Moutin, who put that gentleman's hand first on his shoulder and then on his head, and told him to follow him. When the gentleman, when sitting on the ground, that he forbade him to rise. Notwithstanding the most strenuous efforts he could not rise until he had received the magnetizer's permission.

One of the writers on the *Graphic* was operated on in a yet more astonishing manner. Placed at the extremity of the long hall, with his back turned to M. Moutin, he was told to walk backward toward the platform. He used what seemed to be almost superhuman efforts to stand where he was, but soon his legs began trembling so gently, and in spite of all he was walking backward toward the operator.

After that every body was made to laugh heartily by the same gentleman being made to dance in a most amusing manner. M. Moutin also fought a mock duel with him. Asking for two walking sticks, he gave one to the gentleman, and after crossing swords with him, paralyzed his arm by his will. After releasing his adversary from that disadvantageous position M. Moutin told him that he defied him to touch him with the stick. The operator failed in this instance, for, after a prolonged effort, during which the journalist seemed to strain every nerve and muscle in his body, he at last touched M. Moutin's chest.

The operator, however, won great applause by recommending the experiment. He stood perfectly still and offered, as before, no resistance but his will or magnetic power. The gentleman, with his stick, struggled, so to say against the air; but he failed to touch the operator. One of the ladies present was then told by M. Moutin, while she was sitting among the spectators, that he defied her to say "Nebuchadnezzar." It was ridiculous in the extreme to hear her try in vain, till the operator gave her permission to say the word.

The same lady was evidently a good subject, for M. Moutin, placing two chairs in the middle of the platform, sat down on one and then told the lady she could come and sit down on the other and lean her head on his shoulder. She protested, but in a few minutes she was seized with a most violent trembling in her outstretched arms. She got up and then threaded her way among the spectators in what seemed to be a nervous trance, for she trembled most violently. Some people thought she would trip on the platform steps, but M. Moutin, who was sitting quietly awaiting her arrival, reassured them by saying: "She can not fall; I forbid her."

She sat down on the chair, and when there seemed determined not to put her head on the operator's shoulder; but in a few moments she closed her eyes and let her head fall. At the same moment M. Moutin started to his feet, and, blowing in her face, restored her instantly to consciousness. Other equally astonishing experiments were made by M. Moutin on people who cannot be supposed for a moment to be accomplices to a trick.—*London Telegraph*.

How's Your Liver?

Is the Oriental salutation, knowing that good health cannot exist without a healthy Liver. When the Liver is torpid the Bowels are sluggish and constipated, the food lies in the stomach undigested, poisoning the blood; frequent headache ensues; a feeling of lassitude, despondency and nervousness indicate how the whole system is deranged. Simmons Liver Regulator has been the means of restoring more people to health and happiness by giving them a healthy Liver than any agency known on earth. It acts with extraordinary power and efficacy.

NEVER BEEN DISAPPOINTED.
As a general family remedy for Dyspepsia, Torpid Liver, Constipation, etc., I hardly ever use anything else, and have never been disappointed in the effect produced. It seems to be almost a perfect cure for all diseases of the Stomach and Bowels.
W. J. McLELLAN, MASON, Ga.