## THE HOME CIRCLE.

#### The Old Types.

The country-bred men and women who have reached the age of fifty years are all able to recall a picture - lying now far back in the mellew atmosphere of the past -of a band of children, standing hand-in-hand by the side of the dusty highway, and greeting with smile and bow and "curtsy" every adult passenger whom they met on their way to and from school. They were instructed in this polite obeisance by their teachers. It was a part of the old New England drill, which, so far as we know, has been entirely discontinued. We do not remember to have seen such a sight as this for twenty-five years. It would be such an old-fashioned affair to witness now, that multitudes would only reward it with a smile of amusement; yet with all our boasted progress can we show anything that is better or more suggestive of downright healthy good breeding? Are the typical boy and girl of the period better mannered, more reverent, more respectful toward manhood and womanhood, more deferential to age? Do they grow up with more regard for morality, re-ligion, law, than they did then? Alas! with all our books, and our new processes of education, and the universal sharpness of the juvenile intellect of the day, we miss something that was very precious among the children of the old time—reverence for men and women, systematic courtesy in simple forms, and respect for the wisdom of the pulpit, the school-room and the fireside. If we were called upon to describe the model boy or girl, we should be obliged to call up the old type—the rude, healthy lads and lasses who snow balled each other, battled with each other in spelling-bouts, and imbibed the spirit of rever-ence for their elders with every influence of church ence for their elders with every influence of church and school and home. We have made progress in some directions, but in some we have sadly re-trograded. Our boys are all young men, and our girls are fearfully old. Our typical child has no longer the spirit of a child. Occasionally, we meet what are popularly de-nominated "gentlemen of the old school," We

have only enough of them among us to make us wish that we had more,—men of courtly dignity, of unobtrusive dress, of manners that seem a little formal but which are, nevertheless, the manners of gentlemen. They remind us of the worthes of old colonial time, and of the later time of the Revolution—of Washington and Madison and Franklin of men whom all revered, and to whom all gave obeisance. Into what has this style of men grown, or into what have they been degraded? Looking where they would congregate if they were in existence, we see them not gate if they were in existence, we see them not. Has any one seen them at Newport during the past season? Have they abounded at Saratoga? Have they been found in dignified and graceful associations with the President of the United States at Long Branch? Are they presiding over muni-cipal affairs in our great cities? Do they enter largely into the composition of Congress, even af ter we have subtracted the gamblers and carpet baggers! If we have them in considerable num-bers where are they? Certainly they have either ceased to be reproduced in our generation, or they are so much disgusted with the type of men met in public life and fashionable society that they studiously hide themselves from sight. There is little comfort in either alternative, but we must accept one or the other.

Progress has doubtless been made in many

things. We are richer, better clothed, better housed, better fed and better educated than we used to be. Our railroads run everywhere, our well nigh exhaustless resorces have been broach ed in a thousand directions; we count the increase of our population by millions; the emigrations of the world all move towards us: colleges, church-es and school houses have gone up with the build-ing of the States, and the States themselves have multiplied so rapidly that not one American in ter knows exactly how many are in the Union. All this is true; but during the past twenty-five years we judge that we have made no improvement in the typical American gentleman. If the old men with their breeches and knee-buckles and cocked hats could have looked in upon the President and his chosen friends at Long Branch last summer, we are inclined to think the latter would have been embarrassed with the situation. If they could have walked through the prazzas of the Grand Union at Saratoga, how many equals would they have met?—how many men who in manners, dignity, culture and spirit would have felt at home with them? The old type of merchants—the old type of statesmen—the old type of gentlemen—surely we have not improved upon these. The restless, greedy, grasping, time serving spirit of our generation has vitiated and degraded this type, and in our efforts at improvement we may well g back to the past for our models.

What shall we say about the old type of women as compared with the present representatives of the best of the sex? The saintly, heroic, fragal, industrious wives and mothers of the eather days of the Republic - have we improved upon them). Have the latter day doctrines of women's rights made them more modest, more self-denying, more virtuous, better wives and mothers, purer and more active Christains, better heads of the institution of home, more lovely companions for men. We are aware that the answer to those question involves the approval or the condemnation of the doctrine themselves, and it is well that the men and women of America be called upon to see and decide upon those doctrines from this point of view. Is the type of the American woman improved? Has it been improved in the last twenty ears, especially inside the circles that have taken the improvement of the position of woman upon their hands? America is full of good women. As a rule they are undoubtedly better than the men, but certainly the men whose instincts are true are attracted most to those women who ap-proach nearest to the ancient type.

The final result of our civilization is to be reckoned in character. If this is not satisfactory, no-thing is satisfactory. If we are not rearing better If we are not rearing better hildren and ripening better men and women then we were a century ago, then something is radically wrong, and the quicker we retrace our steps to see where we have diverged from the right track, the better. The typical American — man, woman and child — is the representative product of all the institutions and influences of our civiliza-As the type improves or degenerates, do these institutions and influences stand approved or condemned before the world. Progress cannot be reckoned in railroads and steamboats, or countin money, or decided in any way by the census tables. Are we producing better children and better men and women? That is the question which decides everything; and we have called attention to the old types in order that we may arrive at an intelligent conclusion.— Serioner.

In this selfish, material and money changing age it is rare that we come upon an exhibition of that heroic spirit which makes martyrdom possible, and when we do get a glimpse of the self-sacrifice whose our rengion, it is well to forget less worthy things long enough to pay a tribute to a wirtue so sublime. That virtue was exemplified in the death of one James Marr, a seaman who was swept overboard from divinity was asserted by the Founder of emplified in the death of one James Marr, millions—commerce stimulated and wealth a scaman who was swept overboard from a accumulated, and intelligence disseminated schooner in Australian waters. The same wave that bore him from the vessel's The leaf does it all.

deck carried with it the mainmast also; and the brave fellow, seeing the ship's danger, motioned to his comrades to cut away the mast and save themselves, knowing, of course, that in doing so they sent him to certain destruction. "We bade him goodcertain destruction. "We bade him good-bye," the mate of the wrecked schooner simply records, "and he nodded to us." How seldom do the last acts of the world's greatest men equal the nobleness of that poor sailor's nod! - Boston Advertiser.

#### About Reading New Books.

We heard a school-girl say of a "girl-graduate," the other day: "O she has grand times, now that she has left the Academy. And she doesn't spend her time foolishly, either. She reads all the new books!"
"I don't know about that," said an old

"O it's true, sir," said the school-girl, flushing; "that is, I mean she reads as

many of them as she possibly can."
"Just so, my dear," said the old gentleman, kindly. "But I'm not sure about
the wisdom of the lady who reads all the new books. It seems to me that she often must spend her time very foolishly—very

foolishly indeed, my dear. The old gentleman was right. It would be better to read no new books at all than to read too many of them. A man might live to be as old as Methuselah, and read a good book through every week-yes, at the end of a few centuries become really a well-read man without once looking into a new book. Ever since the days of a grand old poet named Chaucer, books have been old poet named Chaucer, books have been coming and going. Fortunately, that carcless old saying, "the good die young," cannot be applied to books. Those that are worthy to live do live; and it would be quite a safe thing for our Methuselah to look only at twenty-year old works.
"Ah, but he would be so far behind the

True, my dears, and very knowing of you to say it. So, to save you from such a fate, we shall try now and then to point out as they appear, the new books that are worthy of a boy's or girl's attention. But, first of all, here is a word of advice. not read only the new authors. For hundreds of years great and good souls have been saying beautiful things to us all those who come early and those who come late—and their words are as precious now as they ever were. It is a good rule for young persons not to read any two new books in succession. Always put a good, standard work between them; something that has stood the test of time and that lives, which your new book may not. There is such a long list of these that you must ask your parents and friends to help you make a suitable choice, according to your age and tastes.—St. Nicholas.

#### Little Miseries.

There is no being so disagreeable to encounter as a man who seems to have everything that he ought to want, but who is constantly assuming a hypochondriacal mien, and talking in such a manner that any one might be excused for thinking that he had been nourished in his infancy upon cayenne, chillies, or something of that he had been nourished in his infancy upon cayenne, chillies, or something of an equally warm and irritant nature. Who is unacquainted with that aggravating besieves and other, to be kindly and agreeable ing who is constantly imagining himself ill, and goes into paroxysms of ill temper upon the subject of draughts; who will snarl for ten minutes if by some mis-chance you enter the room and forget to close the door after you? Just as familiar is the individual who flies into a passion if any one meddles with his books or pa-When such a man has a garden, it is to him a source of endless discomfort. He is continually in a fume because some thoughtiess wight had entered his vinery and let the chill air in, thereby running a good chance of spoiling the grapes, in which he takes so much pride. He is ofthe slugs and insects which destroy his strawberries, his flowers, and blight his apple trees. With his gardener he is constantly at loggerheads because that functionary has done this or has omitted to do Yet in all that which he complains of, the pain endured on his part is more imaginary than real. As a matter of fact. he would suffer no bodily inconvenience were everything he grows destroyed by his enemies. But then he persuades him self that he is deeply aggrieved, and that is the main thing. An aimless, donothing life has an unmistakable tendency to make a man become effeminate and a general whiner. He may at the commencement of his career be affable and agreeable, but having, unfortunately, too much time in which to develop that love of carping and grumbling which seems inherent in us all, he too often ends by becoming a crotchety, cranky old wasp. Thus is it that old people are frequently less easy going than young ones. They have allowed their failings in this respect whatever they may do in other sespects— to grow until they are beyond control, while their juniors, if exhibiting the cloven hoof, do so in an unobtrusive manner. While unprepared to give much consideration to those who have allowed their vices to get the upper hand of them, we feel that there is some excuse for them and that it is therefore a good thing that the majority of people have no time to devote to causeless complaining. - Satur-

WHAT THE LEAF DOES .- It pumps water from the ground, through the thousands of tubes in the stem of the tree, and sends it into the atmosphere in the form of unseen mist, to be condensed and fall in showers; the very water that, were it not for the leaf, would sink into the earth and find its way perchance, through subterra-nean channels, to the sea. And thus it is that we see that it works to give us the "early and latter rain." It works to send the rills and streams, like lines of silver, down the mountains and across the plain

day Review.

IGNORANCE OF FUTURITY A BLESSING .-You know as much as is good for you. For it is with the mind as it is with the senses. A greater degree of hearing would terrify us. If our eyes should see things microscopically, we would be afraid to move. Thus our knowledge is suited to situation and circumstances. Were we informed beforehand of the good things provided for us by Providence, from that moment we should cease to enjoy the blessings we possess, become in-different to present duties and be filled with restless impatience. Or suppose the things foreknown were gloomy and ad-verse, what dismay and despondency would be the consequence of the discovery, and how many times should we suffer in imagination what we now only endure but once in reality! Who would wish to draw back a veil that saves them from so many disquietudes? If some of you had formerly known the troubles through which you have since waded, you would have fainted under the prospect. But what we 'know not now, we shall know hereafter."—Jay.

## Yойра Folks' Согирр.

### That Boy.

I pity a boy. As a general thing he is considered an unmerciful offender. If there is any mean little trick done outside of law and corn exchange offices, that is, among the smaller por tion of humanity-it's "that boy" did it.

No one likes to see a lad go shuffling along the treet, head down, stealing glances out from behind his ears; looking altogether as fresh as a cast-off paper collar in a back alley, or as suggestive as a wad of a woman's hair on a basement window sill. One usually makes up his mind that "that boy" is one of Providence's blue bles sings to the public, and he doesn't fall far short of the truth.

But, making due allowance for the interest taken in the juvenile class at the present day, the attention paid to the rising generation, the boy, Do generally speaking, has to make his way up in the world at a disadvantage. He is given the simple word, unvarnished and unadorned; his manliness, his taste-and it lies not all in his mouth, as many seem to infer-his sense of honor, his politeness, is not appealed to.

A boy is sent on an errand, with the injunction to be as speedy as possible. On entering the store he finds the clerks all busy with customers, and he expects to wait his turn; but, just as he is stepping up to make known his errand, a young lady sweeps in. For soms reason or other young clerk does not see the boy, and immediately begins to deal out his "lavender scent-bag" civilities to said young lady. If the boy does not make a general stampede, tread on the poodle's tail, knock little children down, step on the lady's rain, tearing it half off, he waits until the final "Is there nothing more that I can have the pleasure of showing you?" Then the familiar, "Well, what do you want, youngster?" sounds on his ear. Perhaps he mopes home, knowing e is too late for supper.

In the parks, concert rooms, street cars, churches he is every where welcome to the invitation to "get up" and "stand out of the way."

generally, as to treat them as men, with deference generally, as to treat them as men, with deference to their wishes, and an appeal to all that is noblest in them. And many a man occupying a position of influence and usefulness has often said, with tender gratitude, "All that I am or hope to be I owe to him who in my boxhood, spoke many an encouraging word, an advising word—remembering that he, too, was once a boy."—Ex.

## A Brave Lad.

ten driven to the verge of distraction by but this boy had been in bad company, and got

On looking over the paper he noticed that a merchant on Pearl street wanted a lad, and he called there and made his business known,

"Walk into my office," said the merchant; I'll attend to you soon."

When he had waited upon his customer, he took a seat near the lad, and espied a cigar in his hat, "My boy," said he, "I want an honest, faithful lad, but I see you smoke cigars, and in ny experience of years, I have found cigar-smoking lads to be connected with various evil habits, and if I am not mistaken you are not an exception. You will not suit me."

John hung down his head and left the store; and as he walked along the street, a stranger and to have recourse to rain or ice water, riendless, the counsels of his mother come forcible to his mind, who, upon her death-bed, called him to her side, and placing her hand upon his head, said "Johnny, I am going to leave you. You well know what misery your father brought apon us, and I want you to promise me, before I lie, that you will never touch one drop of the on that killed your father, nor tobacco

The tears trickled down Johnny's cheeks. vent to his lodgings, and throwing himself upon his bod, gave vent to all his feelings in sobs that vere heard all over the house.

But Johnny had moral courage, and ere an hour had passed he made up his mind never to taste another drop of liquor, nor smoke another cigar. He went back to the merchant and said, "Sir, you very properly sent me away this morning for habits I have been guilty of; but I have neither father nor mother, and although I have done what I ought not to, I have made a solemn promise never to drink another drop of liquor nor smoke another eigar; and if you will only try me, it is all 1 ask."

The merchant was struck with the decision and energy of the boy, and at once employed him. At the expiration of five years, the lad was a part-ner in the business, and is now worth ten thouand dollars. - Fouth's Companion

BE always at leisure to do good; never make asiness an excuse to decline the offices of human-

## GOOD HEALTH.

## Phosphorus as a Nerve Tonic. In the course of a paper upon the results of

overwork, read before the London Medical Society, Dr. Routh said: The symptoms of metal decay resemble the gradual change that comes over old people, and yet are very similar to those induced by venereal excesses. In both cases, the tendency is to the production of idiocy from softening of the brain and insanity. He said there was reason to believe that the immediate cause of these symptoms was deficiency of phosphorus in the brain, and endeavored to prove this by considering seriatim the following points: 1st. It is proved chemically that a man grows older and mentally weaker, or becomes idiotic, as the brain contains less phosphorus; this is shown by the analysis of Hentier. 2d. The solidity of the brain is in a measure dependent upon protagon, a phosphorized compound; and those foods which were richest in phosphorus were found by experience to renovate most speedily weak-ened brain-power, such as shell-fish and fish generally. 3d. The assertion made by some generally. 3d. The assertion made by some that phosphorus could only be assimilated by previous conversion into phosphoric acid, was combated, the effects of the two being shown ccmbated, the effects of the two being shown to be perfectly different; phosphoric acid producing, in large doses, fatty degeneration of the heart, liver, and kidney, whereas phosphorus produced necrosis of the jaw-bone, and excited the nervous and sexual systems. The opinion of Dr. Von Bibra was also quoted in evidence of this. Phosphorus also reduced or removed congestion of the brain. 4th. Dr. Routh next showed that those diseases produced by softening of nervous matter were precisely those which were cured sometimes by the internal administration of phosphorus—namely, some forms of paralysis, eczema, and namely, some forms of paralysis, eczema, and other skin affections, cerebral congestions, with great debilityand insomnia. The authority of several writers was cited on these points—Delpech, Prof. Fischer, of Berlin, Dr. Eames (in the Dublin Journal), Dr. Burgess, and Dr. Ham-mond, of New York. 5th. The special treat-ment indicated in these cases was next consid-ered: 1st. Complete rest of mind, especially abstention from all occupations resembling that upon which the mind has been overworked; 2d. The encouragement of any new hobby or study not in itself painful, which the patient might select; 3d. Tranquility to the senses, which expressly give in these cases incorrect impressions, putting only those objects before them calculated to soothe the mind; 4th. A very nourishing diet, especially of shell fish; 5th. The internal administration of phosphorus, whether in its al otropic form, or as the " Solutio Phosphori Medicati," prepared according to Dr. Hammond's formula.

#### Hygienic Properties of Hard Water.

The Journal of Applied Chemistry remarks apon the popular prejudice that hard water is dangerous to the health, and on that account we are constantly warned by physicians to beware of it, but in England, one of the leading authorities on this subject, Dr. Letheby, after devoting many years to an investigation of the properties of the water introduced into Engish cities, and to a study of the sanitary reports on the subject, comes to the conclusion that moderate hard water is safer and healthier than soft water. Hard water is not only clearer, colder, more free from air, and soft water, but is less likely to absorb organic substances, to sustain the life of zymotic organisms, or to exert solvent properties upon salts of iron or upon leaden conducting pipes. The lime salts exert a beneficial influence upon the animal economy, and even protect the system from dangerous outward influences. Dr. Wil-son of Edinburgh has also collected much valuable material on the subject, and comes to the same conclusions as Dr. Lethoby. He takes the ground that the human body requires A few years ago a boy who was left without a father or mother went to New York alone and friendless, to get a situation in a store as errandboy, until he could command a higher position; but this boy had been in bad company, and got in the habit of calling for "bitters" and cheap city of lime in our animal and vegetable food, but not from water we drink. Carbonate of lime, however, is not contained in adequate of lime, however, is not contained in adequate quantities in our solid food, but generally ob-

quantities in our solid rood, our generally ou-tains in spring and well water.

It has been incontestably shown that in mountainous districts, where the water is more or less hard, the inhabitants exhibit the best physical development. On the other hand, it is believed that in large cities the mortality is inversely as the hardness of water supplied to the inhabitants. A water which contains about six grains of carbonate of lime to the gallon is six grains of carbonate of lime to the gallon is suitable for use in all household purposes. As a drink and for cooking food, such a water offers the necessary carbonate of lime for the support of life in the simplest, most natural and most easily digested form, and is at the same time more agreeable, fresh and sparking. It is evident that our preonectived popular no-It is evident that our preconceived popular no-tions on the subject of hard water need revising, and that it may be better to use such water than

ADVANTAGE OF CRYING .- A French physician is out in a long dissertation on the advantages of groaning and crying in general, and especiof groaning and crying in general, and especially during surgical operations. He contends that groaning and crying are two grand operations by which nature allays anguish; that those patients who give way to their natural feeling, more specifity recover from accidents and operations than those who suppose it unworthy a man to betray such symptoms of cowardice as to either groan or to cry. He tells of a man who reduced his pulse from one of a man who reduced his pulse from one hundred and twenty-six to sixty, in the course of a few hours, by giving full vent to his emo-tions. If people are at all unhappy about any thing, let them go to their room and com-fort themselves with a loud bochoo, as they fort themselves with a loud bochoo, as they will feel a hundred per cent better afterward. In accordance with the above, the crying of children should not be too greatly discouraged. It it is systematically repressed the result may be St. Vitus' dance, epileptic fits, or some other disease of the nervous system. What is natural is always useful; and nothing can be more natural than the crying of children when anything occurs to give them either physical. thing occurs to give them either physical or mental pain.

ZINC GREEN SUBSTITUTED FOR ABSENTA GREENS. - Elsmer now makes zinc greens which Greens.—Eismer now makes zinc greens which promise to displace the poisonous greens made of arsenic and copper. In order to make a substitute for the very dangerous Sweinfurter green, he takes twenty parts oxide of zinc, mixes it with one part sulphate of cobalt, and the complete the state of cobalt, and the complete water to make a past. This best way to take care of brooms is to have a screw with an eye or ring on its end: this can be screwed into the end of the handle of each new broom. It is handler to hang up by than a string, though the latter will do it always used. It is bad for a broom to leave it standing upon the brush. If not hung up, always set it away with the stick end down.

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