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THE LEBANON EXPRESS

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CONGRESSIONAL NEWS

An interesting resume of the week's happenings in both branches of the Nation's Legislature.

Samuel N. Bixley has been appointed postmaster at Kaleso, Cowhills county.

James P. Starr has been appointed postmaster at Syracuse, Polk county, in place of Frank R. Hubbard, resigned.

A railway mail service has been established on the route from Woodville to Spohnish, six times a week to take effect from the 25th.

Governor-elect Hovey has left Washington for his home in Indiana. He will resign his seat in the House, which will be filled by a special election next month.

Senator Cullom has reported favorable bills from the committee on the salary of the surgeon general of the marine hospital service to \$6000 per annum.

The total income of the United States for the twelve months ending the calendar year of 1882 was \$513,816,414, divided as follows: Gold, \$31,380,080; silver, \$33,925,606; and minor, \$412,200.

The Secretary of the Navy has issued peremptory orders to hasten the work of preparing the United States ship Albatross, Vandalia and Mohican for sea. It is reported that the last two named will be sent to Samoa to reinforce the Nihoa.

A party of Dakota Democrats, recently elected delegates to the Mithelet convention, are now in Washington, their object being to secure necessary legislation to carry out the terms of the convention, and to express the intention of remaining there until that is accomplished.

The President gave a state dinner of forty-eight covers to members of the cabinet Friday night, the second of the winter's series of official entertainments. The White House was handsomely decorated for the occasion. A miniature lake, with banks lined with evergreens and red and white roses, was the principal floral decoration.

Clans Spreckels has made a statement before the Senate committee of finance, concerning his experiments in the manufacture of beet sugar in California, intended as an argument against the proposed reduction of duty on sugar and the substitution thereof of a bounty of 1 cent a pound. During the hearing it was intimated that the committee would insert in the bill a provision, making the bounty of one cent a pound operative until the year 1890.

A letter was laid before the Senate Friday by the Secretary of the Treasury in reply to a resolution of the Senate asking for copies of the ruling made by the department as to the classification of gill-nets made in Scotland, and imported for salmon fisheries on the Pacific Coast.

The Secretary says no decision has been made during the past year on gill-nets ready and fit for use by salmon fishermen.

The members of the Senate committee having charge of the tariff bill have decided to offer an amendment making the duty on lumber \$1.50 per 1000 feet, a reduction of 25 per cent in the bill as reported from the committee. It was first proposed to make the duty \$1.25, but a compromise of a \$1.50 rate was secured by the senators from the Northwest. A proviso will be inserted that this rate shall be conditional on Canada removing her export duty on lumber.

C. C. West, Governor of Utah, is now in Washington. He intends to appear before the House committee on territories to oppose the admission of Utah as a state. This sentiment, he says, is shared by nearly every gentleman in the territory. West places his objection on the broad ground that Mormons are unfitted to exercise the rights of citizenship. He says: "To give these people sovereign rights, as proposed, would be to give every Mormon in Utah completely at their mercy. Under the territorial form of government we are protected by Congress and the Executive. Confer the right of Statehood upon Utah and the Mormons would frame a constitution and laws so unjust and arbitrary in their character that an outsider could not live among them. I favor leaving it a territory, but so amending the law as to abridge the power of the church."

The National Woolgrowers' Association met in convention at Washington last week. Resolutions were adopted declaring that while Congress maintained a general policy of protection, the wool growers and wool manufacturers in the United States have a right to demand that the duties on wool and on woolen and worsted goods shall be adjusted and maintained so as to secure to them the American market. The resolutions protest against the Senate tariff bill so far as it affects wool, and providing for a committee of seven to formulate such schedule of tariff duties for wool as may be deemed just and necessary, and to present the same to the finance committee of the Senate and urge its adoption. They further declare that the determination of the economic and financial policy of this government is so important to wool-growing and all other industries and business of the nation to require immediate and definite legislation, and if this shall not be accomplished during the present Congress an early extra session of the 51st Congress is recommended.

David Hart, a blacksmith and training with the Salvation army at Portland, took morphine and told the sumnerd physician that he had had the drug for two years, but had not had the courage to use it before. He said he wanted something given him to make death easy, and when asked why he didn't jump in the Willamette river, he said he did not know how to swim.

PACIFIC COAST NOTES.

Matters of Local and General Interest Gathered from All Sources for the Benefit of Our Readers.

Fresno tailors are striking for better wages.

Albuquerque, N. M., built 300 houses last year.

Wallula and Walla Walla are now connected by rail.

John P. St. John will make his residence in California.

Traver, Tulare county, Cal., now boasts a cheese factory.

The penitentiary of Washington Territory is now heated by steam.

A gang of hoodlums at Victoria attacked the salivator army recently.

North Yakima is soon to have a system of waterworks to cost \$100,000.

Attempts have been made to rob people while getting on trains at Colton.

J. C. Leisner, of Pendleton, has resigned the position of deputy district attorney.

The sealing schooners are all preparing to leave British Columbia ports for the north.

The repairing shops of the Oregon and Washington Territory road are to be located at Walla Walla.

The love highwayman appears to be busily engaged in holding up stage coaches in northern California.

The wind from eastern Oregon blows alkali dust which settles on the glass of the Fort Canby lighthouse.

A colored man assaulted a pretty Pasadena girl last week, and if he had been caught the mob would have lynched him.

Large numbers of miners are flocking to the gold mines in the Harquahala mountains in Yuma and Maricopa counties, A. T.

John and Fred M. Z., who attempted to murder their father-in-law, Henry Coffey, at Santa Rosa, will have to serve one year in San Quentin.

A Chinaman at Sacramento attempted to take a stone from a railroad track, to prevent what he thought would be an accident, and was killed by a passing train.

The wife of Charles Allen, of Grass Valley, has been sent to the insane asylum. She fancies she is a bird, tries to imitate its twitterings and attempts to climb trees.

John Barry, a drunken scoundrel at Portland, was arrested recently for whipping his wife's dead body and dragging it from the bed to the floor, because it would not rise at his bidding.

At a recent meeting of the Columbia River Fishermen's Protective Union at Astoria, the price of salmon for the next canning season was set at \$1 per fish if caught in cannery nets and \$1.25 if caught in private nets.

The colored church in Sacramento had a sensation last week, when the janitor found a number of long cigar pictures in the seat which had been occupied the previous evening by a party of young female members.

John Foster, who stole a horse from the neighborhood of Elk Grove, Sacramento county, Cal., last month, and who let a piece of doggerel after him to induce a belief in the proximity of Black Bart, has been sentenced to ten years at San Quentin.

While passengers were being landed from the steamer Point Arena at Little River, Mendocino county, last week in a boat, the latter was capsized and Mrs. Kilday and the daughter of an assistant keeper at the light-house at Point Arena were drowned.

Last week, at Bonita, Graham county, A. T., several sheepmen were grazing their flocks near the range of some Chiricahua cattle-men, who wanted the sheepmen to go elsewhere. A bull ensued and five sheep-herders were killed and one cattleman wounded.

There is trouble over land claims at Los Olivos. Squatters are flocking in from all quarters and taking possession of land on the Brinkerhoff and Laguna extension, near the town. The land in dispute is claimed to be part of the B. B. ranch, between Los Olivos and Lompoc, Santa Barbara county.

The little daughter of L. S. Kennedy, living at Pilot Rock, had a narrow escape from death last week. Two school-boys were shooting at a mark, and while crossing a field on her way to school the child was struck by a bullet, inflicting a painful though not serious wound above the right temple.

Charles Johnson, recently an inmate of the British Columbia penitentiary, and now a resident of Portland, was engaged last week in circulating a paper in Victoria headed, "Prison reform and hidden secrets, a brief account of the tyranny, injustice and oppression practiced in the British Columbia penitentiary." The charges made against the officials are very serious.

George Vanderbilt, the millionaire son of the late Wm. H. Vanderbilt, has purchased a tract of 3000 acres of valuable land in North Carolina. It is believed he intends to erect a woman's college.

Western sportsmen complain that wild ducks are becoming scarce in many sections and attribute their scarcity to the use of duck eggs in making a new glue that is manufactured in Canada. Their eggs have become valuable, Canadian hunters despoil their nests and this materially reduces the supply of young ducks.

Hunters in Massachusetts concede that deer never were so numerous in the woods of Cape Cod as at the present time. It is unlawful, however, to kill them.

MISCELLANEOUS ITEMS

A Brief Mention of Matters of General Interest.—Notes Gathered from Home and Abroad.

Rice troubles are feared at Aroli, Miss.

Bernhardt gave ten performances at Cairo, Egypt, recently.

Last year 1356 people died of diphtheria tremens in England.

The Paris press will search the houses of all known anarchists.

The Sultan is one of the most enthusiastic chess players in Europe.

In Russia last year 80,000 diamonds were lost away with by law.

Lord C. Arden has collected \$35,000 for the widows and daughters of Matthew Arnold.

The British government states that a successor to Southville West will shortly be appointed.

Final preparations have been made for the official trial of the 15-inch pneumatic dynamite gun.

Another valuable coal deposit has just been discovered in Dakota, three miles north of Centerville.

The Italian railway system is undergoing a radical reform to facilitate the mobilization of troops.

The largest organ in the world is now being built in London for Sydney. It will cost about \$75,000.

France appears to be somewhat displeased over the debate in the U. S. Senate on the Panama canal project.

Eugene Wetherill, husband of Emma Abbott, the noted prima donna, died suddenly at Denver last week.

Mrs. Sheridan has accepted the design of Samuel H. Kitson, of New York, for the monument to General Sheridan.

President Carnot of France received nearly a thousand Christmas presents from his admiring fellow-citizens of the Republic.

Mrs. Parnell has decided to her son, Charles Stewart Parnell, the Ironsides, and other property at Bardonia, N. J.

Though nearly a million Lebel rifles had been turned out in France, the government workshops are still turning out 3000 a day more.

King Leopold, of Belgium, has instructed the bishops of his little realm to have prayers offered constantly for the safety of Stanley and Emin Pasha.

A celebrated team of bull-fighters from Seville, Spain, performed before 30,000 excited people at the City of Mexico recently. Four bulls were killed.

Articles have been signed by Sullivan and Kilrain for a fight near New Orleans for a purse of \$10,000 and the diamond championship belt now held by the latter.

The most prominent brigand in China, Ho Ta Lu-hu, has been captured and killed. He was a giant, being 7 feet 2 inches in height and broad in proportion.

Five negro murderers were drowned in Broad river, S. C., a few days ago, while struggling for the possession of money they had just taken from the body of one whom they had murdered.

Empress Frederick is understood to have made friends with her eldest son, the Emperor, but she failed to receive the customary Christmas present from him. It is given out that she requested him not to send it.

James L. Wright, R. N. Keen, R. C. McAuley and Joseph S. Kennedy, the four original members of the Knights of Labor, have issued circulars to the knights which are expected to overthrow the Powderly administration in the order.

The czar is said to have become reconciled to Prince Alexander of Baden, owing to the kindly efforts of a merrily Grand Duchess who takes interest in the Princess Victoria of Prussia, and wants to see the young couple happy and married.

Deputy Sheriff Moore, of Dallas, Texas, twice rescued a burglar from the hands of a mob last week, and was awarded a gold watch for his valor. A bull ensued and five sheep-herders were killed and one cattleman wounded.

The city council of Cheyenne, Wyo., has closed the deal with the Union Pacific and work-hops will be immediately established. The citizens of Cheyenne are overjoyed, a boom has set in, and land in the neighborhood has increased in value wonderfully within the last few weeks.

M. Lucien Gaulard, who had so large a share in the introduction of the transformer system of electric lighting, died recently in a lunatic asylum in France. His friends attribute his mental failure to the legal troubles he had experienced in connection with his various patents.

When Will Bright, son of John Bright, wanted to improve his father for the latter's severity for comment on a plan of water and must be served a plate of food.

It is expected that not more than one million pounds of tobacco will be raised in Egypt this year, although, three million pounds have been produced in former seasons. The decrease is owing to the recent action of the Khedive in putting a tax of \$157.50 on each acre of ground devoted to this crop.

Eggs are scarce this season, compared with the corresponding period of last year, and prices are higher everywhere. The operators of incubators find great difficulty in securing eggs that give good hatches, and after extra profit for eggs from home stock. Artificial incubation is being conducted now on a larger scale than at any previous time.

An increase of pension has been granted to Eusebio D. Carter, of Fort Gambel, W. T.; also to W. S. Carpenter, A. T.

THE AGRICULTURALIST

Newsp Notes Concerning the Farm and of Especial Interest to the Pacific Coast at Husbandman.

Georgia is to have an immigration bureau to encourage immigration to the State in instructions and intelligent farmers and mechanics.

Do not sell off your surplus hay or straw yet, or you may find yourself short of a supply before the winter is over. The amount to be retained depends on the condition of the stock and the severity of the weather between now and spring.

Every farmer's son should be educated to a knowledge of botany and to thoroughly understand all the points of the different breeds of stock, as well as be familiar with the nature of fertilizers and their fitness for certain crops and soils.

Do not be afraid to open the doors and windows of the cellar on clear days. It is much better to have fresh air in the cellar than to keep it close and damp. When the cellar is musty and a disagreeable odor noticed the entire house is likewise affected.

A farm must not only be self-supporting but should pay a profit. When the farmer reaches that stage when he is compelled to borrow, or depends on some income from another source, the farm is not a success and he should then endeavor not only to discover the cause of his loss but also aim to improve in some manner in order that the farm may be self-supporting.

The most disagreeable thing on the farm in winter is mud, and, although it can not be entirely avoided, yet it is not so disadvantageous as it is overcome by carefully draining every location that allows an excess of water to accumulate. When the cattle are compelled to stand knee deep in mud there is a loss of animal heat, and a great proportion of fat will be required to keep them in condition.

Churning cream when slightly sour, as is the custom in the West, yields but a cream of a peculiar and fine aroma. Butter made from very sour cream is destitute of this aroma, and has the taste which the Holstein butter acquires after keeping some time. Souring cream does not promote the creaming, but rather hinders it, and increases access of air; it may be advantageous in making the souring uniform.

For very early eggs warm, comfortable houses, proper feed, and good care are necessary. If the hens have comfortable warm, if they are not subjected to any cold, and if the material, and if the houses are not kept clean and well ventilated, the egg basket need not be a large one. The roof of the poultry house should be tight, the sides well battened and kept tight, and a deal of money is saved covered with tarred paper to prevent draughts, and the floor made in a way to take no drainage from the outside and be perfectly dry. For ventilation, any plan whereby the fowls can be supplied with pure fresh air without being subjected to draughts will answer.

On every place it is a pleasure to visit the hen house? Although there has been a great change for the better during the last few years, the average hen house is still lousy and all who are not obliged to visit it find this not surprising, as it is full of lice in summer, and in winter is foul with the year's accumulation of manure and filth. This need not and ought not to be. The poultry on a place, especially if a pure breed is kept, should be a "joy forever." They never lose their interest. Each has its individuality, its likes and dislikes, and it is a pleasure to see them present in watching them is always full of pleasure, and seldom without profit. Something new can be learned at every visit.

Wood ashes have too great a value to be wasted. Every farmer's family should make its own soap supply. It is cheaper for the farmer to make soap than to buy it. When not used on the farm, "soap grass" is either wasted or sold for a pittance. After the ashes are leached they are as good as before for manure, where the soil does not lack potash. If a teaspoonful of clean wood ashes is mixed with every quart of manure, the plants they will be very rarely need condition powders. The same amount given to cattle will have good results. Cattle, also swine, are frequently seen licking ash where rubbish has been burned. The ashes given to hogs may be mixed with their salt. Ashes correct acidity of the stomach and destroys some intestinal worms. Wood ashes are a valuable fertilizer for all crops, but especially for orchard crops. They contain all the mineral elements required by plants. The fine condition and peculiar proportion of their ingredients make their real agricultural value greater than the value computed from chemical analysis. Coal ashes are comparatively worthless, but wood ashes should never be thrown away.

Allowing each tree thirty feet of room (that is planting the trees thirty feet apart in checked rows), an acre will permit of about fifty trees. They will not be ready for market, or they will be sawed up as lumber, until they are about twenty years of age. Their value will then depend on the kind of trees and the number of feet of lumber that can be sawed from each tree. If the trees are twenty-five feet apart an acre, but the growth and the value of the wood are increased. No correct estimate can be made on the value of an acre of walnut. In Indiana recently trees sold at the rate of \$3000 per acre, but they were very large. If an application of ashes be given the trees every year the growth will be increased. The profit arises from the utilization of land that would remain idle if not occupied by trees.

PORTLAND MARKET REPORT

Provisions.—Sugars have fallen 40 since our last report. We quote C 73c, extra No. 1, granulated, etc., cut, crushed and powdered 75c. Coffee, Rio, Guatemala 18, 62c, Costa Rica 18, 62c, 100 lb. 18, 62c, Salvador 18, 62c, Arbutic 18, 62c, 23c.

PROVISIONS.—Oregon hams are quoted at 14c, breakfast bacon 13 1/2c, 14c, Eastern 14c, 15c, 16c, 17c, 18c, 19c, 20c, 21c, 22c, 23c, 24c, 25c, 26c, 27c, 28c, 29c, 30c, 31c, 32c, 33c, 34c, 35c, 36c, 37c, 38c, 39c, 40c, 41c, 42c, 43c, 44c, 45c, 46c, 47c, 48c, 49c, 50c, 51c, 52c, 53c, 54c, 55c, 56c, 57c, 58c, 59c, 60c, 61c, 62c, 63c, 64c, 65c, 66c, 67c, 68c, 69c, 70c, 71c, 72c, 73c, 74c, 75c, 76c, 77c, 78c, 79c, 80c, 81c, 82c, 83c, 84c, 85c, 86c, 87c, 88c, 89c, 90c, 91c, 92c, 93c, 94c, 95c, 96c, 97c, 98c, 99c, 100c.

GRAIN.—Wheat 1 1/2c, 1 3/4c, 1 5/8c, 1 7/8c, 2c, 2 1/8c, 2 3/8c, 2 5/8c, 2 7/8c, 3c, 3 1/8c, 3 3/8c, 3 5/8c, 3 7/8c, 4c, 4 1/8c, 4 3/8c, 4 5/8c, 4 7/8c, 5c, 5 1/8c, 5 3/8c, 5 5/8c, 5 7/8c, 6c, 6 1/8c, 6 3/8c, 6 5/8c, 6 7/8c, 7c, 7 1/8c, 7 3/8c, 7 5/8c, 7 7/8c, 8c, 8 1/8c, 8 3/8c, 8 5/8c, 8 7/8c, 9c, 9 1/8c, 9 3/8c, 9 5/8c, 9 7/8c, 10c, 10 1/8c, 10 3/8c, 10 5/8c, 10 7/8c, 11c, 11 1/8c, 11 3/8c, 11 5/8c, 11 7/8c, 12c, 12 1/8c, 12 3/8c, 12 5/8c, 12 7/8c, 13c, 13 1/8c, 13 3/8c, 13 5/8c, 13 7/8c, 14c, 14 1/8c, 14 3/8c, 14 5/8c, 14 7/8c, 15c, 15 1/8c, 15 3/8c, 15 5/8c, 15 7/8c, 16c, 16 1/8c, 16 3/8c, 16 5/8c, 16 7/8c, 17c, 17 1/8c, 17 3/8c, 17 5/8c, 17 7/8c, 18c, 18 1/8c, 18 3/8c, 18 5/8c, 18 7/8c, 19c, 19 1/8c, 19 3/8c, 19 5/8c, 19 7/8c, 20c, 20 1/8c, 20 3/8c, 20 5/8c, 20 7/8c, 21c, 21 1/8c, 21 3/8c, 21 5/8c, 21 7/8c, 22c, 22 1/8c, 22 3/8c, 22 5/8c, 22 7/8c, 23c, 23 1/8c, 23 3/8c, 23 5/8c, 23 7/8c, 24c, 24 1/8c, 24 3/8c, 24 5/8c, 24 7/8c, 25c, 25 1/8c, 25 3/8c, 25 5/8c, 25 7/8c, 26c, 26 1/8c, 26 3/8c, 26 5/8c, 26 7/8c, 27c, 27 1/8c, 27 3/8c, 27 5/8c, 27 7/8c, 28c, 28 1/8c, 28 3/8c, 28 5/8c, 28 7/8c, 29c, 29 1/8c, 29 3/8c, 29 5/8c, 29 7/8c, 30c, 30 1/8c, 30 3/8c, 30 5/8c, 30 7/8c, 31c, 31 1/8c, 31 3/8c, 31 5/8c, 31 7/8c, 32c, 32 1/8c, 32 3/8c, 32 5/8c, 32 7/8c, 33c, 33 1/8c, 33 3/8c, 33 5/8c, 33 7/8c, 34c, 34 1/8c, 34 3/8c, 34 5/8c, 34 7/8c, 35c, 35 1/8c, 35 3/8c, 35 5/8c, 35 7/8c, 36c, 36 1/8c, 36 3/8c, 36 5/8c, 36 7/8c, 37c, 37 1/8c, 37 3/8c, 37 5/8c, 37 7/8c, 38c, 38 1/8c, 38 3/8c, 38 5/8c, 38 7/8c, 39c, 39 1/8c, 39 3/8c, 39 5/8c, 39 7/8c, 40c, 40 1/8c, 40 3/8c, 40 5/8c, 40 7/8c, 41c, 41 1/8c, 41 3/8c, 41 5/8c, 41 7/8c, 42c, 42 1/8c, 42 3/8c, 42 5/8c, 42 7/8c, 43c, 43 1/8c, 43 3/8c, 43 5/8c, 43 7/8c, 44c, 44 1/8c, 44 3/8c, 44 5/8c, 44 7/8c, 45c, 45 1/8c, 45 3/8c, 45 5/8c, 45 7/8c, 46c, 46 1/8c, 46 3/8c, 46 5/8c, 46 7/8c, 47c, 47 1/8c, 47 3/8c, 47 5/8c, 47 7/8c, 48c, 48 1/8c, 48 3/8c, 48 5/8c, 48 7/8c, 49c, 49 1/8c, 49 3/8c, 49 5/8c, 49 7/8c, 50c, 50 1/8c, 50 3/8c, 50 5/8c, 50 7/8c, 51c, 51 1/8c, 51 3/8c, 51 5/8c, 51 7/8c, 52c, 52 1/8c, 52 3/8c, 52 5/8c, 52 7/8c, 53c, 53 1/8c, 53 3/8c, 53 5/8c, 53 7/8c, 54c, 54 1/8c, 54 3/8c, 54 5/8c, 54 7/8c, 55c, 55 1/8c, 55 3/8c, 55 5/8c, 55 7/8c, 56c, 56 1/8c, 56 3/8c, 56 5/8c, 56 7/8c, 57c, 57 1/8c, 57 3/8c, 57 5/8c, 57 7/8c, 58c, 58 1/8c, 58 3/8c, 58 5/8c, 58 7/8c, 59c, 59 1/8c, 59 3/8c, 59 5/8c, 59 7/8c, 60c, 60 1/8c, 60 3/8c, 60 5/8c, 60 7/8c, 61c, 61 1/8c, 61 3/8c, 61 5/8c, 61 7/8c, 62c, 62 1/8c, 62 3/8c, 62 5/8c, 62 7/8c, 63c, 63 1/8c, 63 3/8c, 63 5/8c, 63 7/8c, 64c, 64 1/8c, 64 3/8c, 64 5/8c, 64 7/8c, 65c, 65 1/8c, 65 3/8c, 65 5/8c, 65 7/8c, 66c, 66 1/8c, 66 3/8c, 66 5/8c, 66 7/8c, 67c, 67 1/8c, 67 3/8c, 67 5/8c, 67 7/8c, 68c, 68 1/8c, 68 3/8c, 68 5/8c, 68 7/8c, 69c, 69 1/8c, 69 3/8c, 69 5/8c, 69 7/8c, 70c, 70 1/8c, 70 3/8c, 70 5/8c, 70 7/8c, 71c, 71 1/8c, 71 3/8c, 71 5/8c, 71 7/8c, 72c, 72 1/8c, 72 3/8c, 72 5/8c, 72 7/8c, 73c, 73 1/8c, 73 3/8c, 73 5/8c, 73 7/8c, 74c, 74 1/8c, 74 3/8c, 74 5/8c, 74 7/8c, 75c, 75 1/8c, 75 3/8c, 75 5/8c, 75 7/8c, 76c, 76 1/8c, 76 3/8c, 76 5/8c, 76 7/8c, 77c, 77 1/8c, 77 3/8c, 77 5/8c, 77 7/8c, 78c, 78 1/8c, 78 3/8c, 78 5/8c, 78 7/8c, 79c, 79 1/8c, 79 3/8c, 79 5/8c, 79 7/8c, 80c, 80 1/8c, 80 3/8c, 80 5/8c, 80 7/8c, 81c, 81 1/8c, 81 3/8c, 81 5/8c, 81 7/8c, 82c, 82 1/8c, 82 3/8c, 82 5/8c, 82 7/8c, 83c, 83 1/8c, 83 3/8c, 83 5/8c, 83 7/8c, 84c, 84 1/8c, 84 3/8c, 84 5/8c, 84 7/8c, 85c, 85 1/8c, 85 3/8c, 85 5/8c, 85 7/8c, 86c, 86 1/8c, 86 3/8c, 86 5/8c, 86 7/8c, 87c, 87 1/8c, 87 3/8c, 87 5/8c, 87 7/8c, 88c, 88 1/8c, 88 3/8c, 88 5/8c, 88 7/8c, 89c, 89 1/8c, 89 3/8c, 89 5/8c, 89 7/8c, 90c, 90 1/8c, 90 3/8c, 90 5/8c, 90 7/8c, 91c, 91 1/8c, 91 3/8c, 91 5/8c, 91 7/8c, 92c, 92 1/8c, 92 3/8c, 92 5/8c, 92 7/8c, 93c, 93 1/8c, 93 3/8c, 93 5/8c, 93 7/8c, 94c, 94 1/8c, 94 3/8c, 94 5/8c, 94 7/8c, 95c, 95 1/8c, 95 3/8c, 95 5/8c, 95 7/8c, 96c, 96 1/8c, 96 3/8c, 96 5/8c, 96 7/8c, 97c, 97 1/8c, 97 3/8c, 97 5/8c, 97 7/8c, 98c, 98 1/8c, 98 3/8c, 98 5/8c, 98 7/8c, 99c, 99 1/8c, 99 3/8c, 99 5/8c, 99 7/8c, 100c, 100 1/8c, 100 3/8c, 100 5/8c, 100 7/8c.

NATURE OF FOODS.

The Difference Between Nitrogenous and Carbonaceous Articles of Diet.

Foods that supply material for growth and repairs are called nitrogenous foods. They are also called proteids, from a Greek word meaning "first," because in the living cells which are the first principle or form of life there is always nitrogen. A common name is albuminous foods. Albuminous substances exist in many forms, and are called by different names in different things. They are found largely in meat, fish, milk, peas, beans and grains. The albumen and fibrin in the juices and flesh of meat and fish, and in the juices and membranes of some vegetables and fruits, the casein in milk, the vegetable casein in peas and beans, and the gluten of grain, are all forms of nitrogenous substances, or proteids.

The carbonaceous foods are fats, including butter, the fat of meat or fish, oils, eggs, and some kinds of cheese. A small amount of fat is necessary in digestion, and indispensable to perfect nutrition. Starch and sugar are found in vegetables and fruits are also fat producing. Fats from the principal material of certain tissues giving rotundity and beauty to the form and being non-conductors of heat, keep the body warm. An undue accumulation of fat is a species of disease and is often dangerous.

This we see that the solid part of the flesh and blood is largely fibrin and albumen, substances similar to the fibers and juices of meat and fish, and that eggs, milk, peas, beans and grains also contain fibrin and albumen, and it is from these nitrogenous foods that the bodily substance is chiefly built up.

Age, occupation, climate and our finances should influence our choice of food. Persons whose occupation is taken from their muscular strength often think that they require a great deal of meat, when there are many foods that contain as much as, or more, protein matter than meat, such as peas, beans, cheese and grains.

Animal food is better diet for cold weather than for hot. It is not digested easily and the excess is taken from the muscular strength of the body. Fruits, vegetables and grains eaten with milk, butter or oil, furnish the carbohydrates needed in summer.

Those who labor or exercise in the open air need a large quantity of wholesome food, and it need not be the most digestible, as they require food that will stay by them.

Persons engaged in sedentary occupations or who take little exercise and live in close, confined rooms, can not digest as much or as easily as those who labor out-of-doors. Those who tax their brain severely should avoid fat. People who consume much starch or sugar are liable to grow fat. As a rule, the majority of people eat too much, and a great many people, fifty years of age or more, are liable to develop heart, liver and kidney troubles, which are more or less akin to dyspepsia. An excess of starchy food or of sugar or fat, causes obesity, not only of the body, but an accumulation of fat about the heart and other internal organs which is liable to prove very dangerous.—Building News.

FOREIGN GOSSIP.

—Kerosene oil is responsible for nine-tenths of the fires that take place in China.

—The Emperor of Austria is very fond of chamois shooting, and in that sport uses an old-fashioned muzzle-loading gun.

—The great game of Japan is "Go." It is something like chess, and the masters of it sometimes take twenty-four hours for a game.

—English girls are said to laugh at the idea of wearing stays while playing tennis. They mean business when they go into a court, and for the moment forget to worry about what sort of a figure they get.

—"Walking Day" is the odd and appropriate name of a holiday in Warwickshire, England, when children and teachers march in procession, and large numbers of the people take excursions to various points of interest.

—Old Emperor William as Jupiter, Emperor Frederick as Mars, Empress Augusta as Juno and Empress Victoria as Minerva are four statues of sandstone which have been placed in niches above the grand entrance to the Royal Schloss in Berlin.

—The Austrian Consul at Yokohama reports great difference in commercial morality between the merchants of China and Japan. The Japanese, he says, are neither enterprising nor upright, but the Chinese are solid and trustworthy in every respect.

—A few years ago the Argentine Republic did not raise wheat enough for home consumption. Last year it exported 7,000,000 bushels. Immense tracts of pasture are being converted into farm land, and the country is becoming a great grain-growing region.

—English business men who have to send large quantities of mail matter to distant parts of the world find that they can save a great deal of money by sending their mail in bulk to Belgium and posting it there, the rates being so much cheaper. It is said that the saving to one firm alone by this course amounts to \$5,000 a year, and there is a loud demand for reform in the British rates.

—An elevator for canal-boats, as a substitute for five or six locks, is in successful operation at Arques, near St. Omer, France. The boats are lifted to the height of nearly fifty feet by hydraulic pressure, enclosed in a reservoir made of wrought-iron plates, and separated from the rest of the canal by iron gates. When the required height has been reached, the gates are opened and the boat is drawn out into the main channel.

—A British agent at Cettinje, Montenegro, reports that there is only one road fit for a wagon in the "lole country, and that there is practically no industry, but that of arms. All the soldiers, carpenters, masons and other artisans are foreigners, and all goods except those which are the direct product of agriculture are imported, and are of the commonest description, except the green and white cloth used for men's coats.

—The English law carefully regulates the subject of the sailor's grog. Every ship must carry a quantity of lime or lemon juice as an antiseptic, containing fifteen per cent of palatable fruit syrups, that is, sound rum of a specific gravity fixed by the statute or sound brandy of a quality similarly fixed. The Board of Trade tells how the grog shall be mixed. One ounce of the lime juice is to be mixed with one ounce of sugar and at least half a pint of water and must be served a plate for dinner.

—What we are doing for the children to-day, we are doing for the Nation to-morrow. This is the teacher's field of work, and it is a grand one. Let the politician work upon the grown-up men all he may; he can do little, after all, that is improving them mentally and morally. They have passed the plastic stage. But there is hope in the children. Those who would do good to humanity will be most successful who take the children by the hand. The teacher is the true state-builder.

—Ferret breeding is a new and highly profitable branch of farming in Australia and New Zealand. One firm that has commenced the business on a large scale has contracted to supply 14,000 ferrets per annum for the government at 7s. 6d. per head, the creatures being delivered when they are three months old. They have on hand two hundred ferrets and thirty rabbits, and the net of three cows is required every day for their food.

A BEAUTIFUL HARBOUR.

It is a beautiful harbor, indeed. It lies behind Cape Sambre, and breaks the force of the sea completely. To the right and left are small light-houses and massive fortifications are everywhere soon. On the shore is Herring Cove, in which a glorious picturesque fisher's village is found. A little further on, Sallbury Head, a rocky point, and you enter the harbor proper between the Sallbury Tower on Meagher's Beach and the York redoubt. Leaving Meagher's Island, now a pleasure resort, behind, you pass under the frowning walls of Fort Clarence and the great fortress of George's Island, and the city and harbor with its fine groupings of shipping are before you. The chief features of the harbor is its magnificent Redoubt Basin, extending for five miles in shore between Halifax proper and its chief suburb, Dartmouth, where are many delightful villas. This basin is nearly a mile in width, a great depth, able to accommodate a thousand ships at anchor, and has gradually ascending shores whose highest elevations are about four hundred feet. The city of Halifax lies along the west shore of this basin, its wharves and lower streets circling away to the southwest where North-west Arm, another important body of water, extends behind and above the city. The city is built on a hillside, and the fortifications, bastions, and brown old structures, terminating almost in the city's center, in a lofty height. Above this rises the Citadel, upon whose soubre redoubts are forever pacing the red-coated British sentinels. From the sea, advancing upon the city, from Flessant Point, looking up the noble basin, from Dartmouth, gazing across the water, and approaching the fortified islands, or from the Citadel peering over the state roof sand grim chimneys of Halifax to the shining sea and the far horizon beyond, is a spectacle of unusual and reflective interest.—Edgar L. Wakeman, in Denver Republican.

WORTH REMEMBERING.