

The New Bread.

ROYAL unfermented bread, made without yeast, avoiding the decomposition produced in the flour by yeast or other baking powder; peptic, palatable and most healthful; may be eaten warm and fresh without discomfort, which is not true of bread made in any other way.

Can be made only with Royal Baking Powder.

Receipt for Making One Loaf.

ONE quart flour, 1 teaspoonful salt, half a teaspoonful sugar, 2 heaping teaspoonfuls Royal Baking Powder, half medium-sized cold boiled potato, and water. Sift together thoroughly flour, salt, sugar, and baking powder; rub in the potato; add sufficient water to mix smoothly and rapidly into a stiff batter, about as soft as for pound cake; about a pint of water to a quart of flour will be required—

more or less according to the brand and quality of the flour used. Do not make a stiff dough, like yeast bread. Pour the batter into a greased pan, 4 1/2 x 8 inches, and 2 inches deep, filling about half full. The loaf will rise to fill the pan when baked. Bake in very hot oven 45 minutes, placing paper over first 15 minutes baking, to prevent crust from cracking on top. Bake at once. Don't mix with milk.

THE FUTURE.

How faded the vision of the sky,
The golden water pales,
And over all the valley laid
A gray winged vapor sails,
I see the common way of all;
The sunset fires will burn,
The flowers will blow, the river flow,
When I no more return.
No whisper from the mountain pine
Nor lapping stream shall tell
The stranger, treading where I tread,
Of him who loved them well.
But beauty seen is never lost—
God's colors all are fast;
The glory of this sunset heaven
Into my soul has passed—
A sense of gladness unconfined
To mortal date or clime;
As the soul liveth, it shall live
Beyond the years of time.
Beside the mystic sphinxes
Shall bloom the home-born flowers,
And new horizons flush and glow
With sunset hues of ours.
—Whittier.

The Alligator Man.

While visiting at Topeka, Kan., in the spring of 1883, I had the unique pleasure—
if pleasure it can be called—of seeing a thorough clinical examination of Moses Eskridge, locally known as the "Alligator Boy." Moses was a colored "boy" (in truth he was a young man of perhaps twenty years of age, and if living today is probably near his third of a century mile post of average intelligence and fair looking so far as facial features were concerned. But his skin! Even after ten years it makes my flesh creep to think of it. From his shoulders down he was as perfect an alligator as far as looks and appearance went as ever basked in the slimy ooze of a Mississippi bayou.

His shoulders, back and sides were as scaly as the corresponding parts of the saurian, for which his nickname was bestowed. The shoulders and sides were heavily pitted with true alligator scales, which, he said, were "shed" during the summer months. The skin of the spine and under the arms, as well as between the hips and ribs, while it bore the marked corrugation of the alligator's hide, seemed soft and pliable, and was without scales. He was born near Grenada, Miss., and had gone to Kansas at the time of the famous "negro ex" case.—St. Louis Republic.

Child to Get a Drink.

A teacher comments upon the ease with which a habit may be broken up if the incentive of fear or gain be strong enough. The remark was prompted by her school experience during the cholera episode. Everybody knows that "to go and get a drink" is the end and aim apparently of all school children, and few teachers have been able to combat the practice successfully. Cholera, or the fear of cholera, proved equal to the task. It was evident for the first fortnight of school that an extraordinary influence had been brought to bear upon the pupils. In lieu of the constant procession of thirsty children the coolers stood idle and unthought.

Parents, for once in earnest, had impressed their small people with a horror of any but boiled water and had evidently seriously warned them of possible consequences. Some children, unable to endure the long abstinence, brought bottles of boiled water to school every day, keeping them in their desks for occasional refreshment.—Her Point of View in New York Times.

Botanists in California.

California astonished the botanical world long before it began to play much of a part in politics or business. See, the botanist, was at San Diego and Monterey a hundred years ago, and his collections are still to be seen at Madrid. Dr. Menzies, whose portfolios are partly at Kew, partly at the British museum, spent several seasons on the coast a few years after New. David Douglas, one of the most devoted and successful of botanical explorers, reached the Pacific coast in 1825. Nuttall sent his herbarium to Harvard university. Pickering, Hartweg, Coulter and others were early in the field. None of them were more typical investigators than the late Dr. C. C. Parry, who first crossed the country with the Mexican boundary commission. At intervals for forty years after he was a familiar figure to hunters, prospectors, mountaineers and all sorts of outdoor people from the Arizona deserts to the Sitka pine forests.—Charles H. Shinn in Century.

Strange stories are frequently told of the doings of electricity, and there is no doubt that of all the forces of nature it is the most capable of eccentric manifestation.

ELECTRICITY CURES NEURALGIA.

The Vibratory Principle Applied to the Head by an Electrical Helmet.

Among all the methods more or less odd in appearance applied to the treatment of nervous diseases, there are few more original than the one that has been employed for some time at the Salpêtrière by Professor Charcot. It is the treatment by mechanical vibrations.

There is a serious disease of the nervous system, characterized by an incessant trembling of the hands, a stooping attitude and an odd gait, that makes it seem as if the invalid was going to precipitate himself head foremost. It is the trembling palsy, also called Parkinson's disease, a sort of painful nervous disorder that deprives the unfortunate who is afflicted with it of rest and sleep. Mr. Charcot a long time ago learned from some invalids who were troubled with this infirmity that they derived decided relief from long rides on a railroad or in a carriage. The more the vibrations caused in the compartments by the train running at full speed, and the more the carriage was jolted over an uneven pavement, the more the relief experienced. At the end of a day's journey they felt better and experienced an inexpressible comfort. One of them conceived the idea of having himself wheeled about for hours in one of those heavy carts used for carrying paving stones. Contrary to the experience of all travelers, those afflicted with trembling palsy felt fresher and more active on alighting from the cars. The longer the trip lasted, and the worse the line, the more durable was their improvement.

Such testimony, coming from various sources, was not lost. It was for Mr. Charcot the starting point of a most curious therapeutical application. Mr. Charcot had an armchair constructed, to which a band from motion was given by means of an electrical windlass. Long before the invention of the vibrating armchair Dr. Vigorous conceived the idea of submitting hysterical patients to the vibration of a huge tuning fork. In this way he cured anaesthetics and muscular stiff joints. Other physicians—Boudet, of Paris, and Mortimer, of Granville, applied vibrating rods to the treatment of neuralgias (facial neuralgia in particular) and headaches. Granville devised a small electric hammer, analogous to the hammer of electric bells, and that was applied to the painful point. Under the influence of the shock, repeated hundreds of times within a short period, the pain ceased.

The method was some time ago singularly improved by Dr. Gillis de la Tour-ette, a pupil of Mr. Charcot. He had an apparatus constructed for the treatment of migrains and nervous headaches: it was the vibrating helmet. Imagine a helmet of the model of that of old times, and very analogous as to structure, to the conformation of hats. It is in fact formed of steel plates that permit of its fitting the head perfectly. Upon this helmet, in lieu of crest, there is a small alternating current motor of peculiar construction that makes about 600 revolutions per minute. At every revolution a uniform vibration is propagated to the metallic plates, and is transmitted to the cranium that they embrace. The cranial walls thus vibrate in their ensemble, and the vibrations are naturally transmitted to the entire cerebral apparatus. The sensation is not disagreeable. The number and intensity of the vibrations, moreover, may be varied according to the tolerance of the subject. In a few minutes a sort of general lassitude is experienced, with a tendency to sleep.

The vibrating helmet has already been applied to a large number of neurasthenic invalids, the majority of whom have experienced good results from it. The process succeeds also against hemiplegia, and is in quite a common affection, for which no surely efficacious remedy is known, the helmet will in a short time be seen to come into vogue.—Nature.

Amazing Gastronomical Powers.

L. Trouvelot tells us of the astonishing voracity of a species of caterpillar, polyphemus, and some curious experiments made by him in ascertaining the amount of food consumed and its relation to the grub's growth and extraordinary development. When the young was first hatched it weighed but one-twentieth of a grain; when ten days old this weight had increased to a half a grain, or ten times the original weight; at twenty days old the weight had increased to three full grains, or sixty times its weight at the moment it left the egg. When the creature was a month old it weighed thirty-one grains, or 620 times the amount of the first weighing, and at the expiration of ten more days it had again almost trebled in weight, showing a full ninety grains of avoirdupois, or 1,800 times the original weight. At the fifty-sixth day she worm had attained its full size and now weighed 207 grains, 4,140 times the amount of the original one-twentieth grain weight.

If a man's adult weight was 4,000 times that of the average weight at birth his twenty-first birthday would find him carrying around something like twenty tons of surplus flesh. But this wonderful increase in weight and the curious calculations that can be deducted therefrom are not more remarkable than the food consuming powers of such creatures. When the worm is thirty days old it has consumed about ninety grains of solid food, but before this time has doubled itself, or at the end of fifty-six days, when the worm is full grown, it has consumed not less than thirty leaves, weighing three-fourths of a pound. Thus it will be seen that the food consumed by such creatures before they reach "their majority" equals the original weight of the caterpillar at least 86,000 times.—St. Louis Republic.

OH, SHOUTIN'S MIGHTY SWEET.

Oh, shoutin's mighty sweet
When yer shout when yer meet,
An' shik lan's room an' sky,
"Bliss for'd far de meetin'
Bliss for'd far de greetin'
Shoutin' comes mighty easy dat a-way.

But ter shout when yer part,
An' ter shout 'em yo' heart,
When yer swim far away, far away,
With a lettin' go lan's,
An' a-helm strange lan's,
Shoutin' comes mighty hard such a day.

"Glory" sticks in yo' throat
At de whistle o' de boat,
Dat cuts in a knife throo yo' heart,
As "Halleluiah" breaks
At de raise o' de stakes,
Dat laments up de ropes ter let 'er start.

But of yer fix yo' eye
On de writin' in de sky,
Whar de "goodbye" is all strucken out,
An read de promus clair
Of another go'th'in there,
You kin say far well, my brothers, with a shout.

Den shout, brothers, shout!
Oh, tell yo' vict'ry out,
Bow never stoat hur parts kin trade
Ever.
Look first at yo' loss,
But last at de cross.
Shout glory, glory, glory halleluiah!
—Ruth M. Stuart in Harper's Bazar.

Hard to Satisfy.

Some persons are hard to satisfy. The thing in hand is of little worth, but the object beyond reach seems all desirable. A clergyman in Maine, who lives near the seacoast, narrates an occurrence which gave him a moment of disappointment, but which has also supplied him with a very good story to tell.

He had planned a beautiful drive for the benefit of a lady from the west who was visiting his family—a lady who had never seen the ocean. The route was chosen in such a way that not a glimpse of the sea would be had until, at a certain bend in the road, the party would come out upon a high open space, commanding a magnificent view of the broad Atlantic.

As the carriage came out upon the plateau the clergyman turned a beaming face on the lady, expecting from her an exclamation of delight; but instead of happiness on her countenance, he saw a look of longing.

"Oh," she said, with a sigh, "how I wish I could see the Pacific!"—Youth's Companion.

Seen in the Metropolis.

A refuse cart was close to the curb on Thirty-seventh street, between Madison and Fifth avenues, recently, while the driver, a healthy young Irishman, talked to a woman who had on each side a little chap dressed in sailor costume. Most passerby must have taken her for a nurse out with her charges from one of the fashionable houses near by. After two minutes' talk the woman lifted the lady one by one to the side of the rough driver, who had carefully spread a piece of stout paper over his cargo to protect the clothing of the children.

One lad, tucked close under the driver's arm, was permitted to hold the reins, while the other poked the staid horse with a short stick. The three drove off eastward, smiling, while the woman followed on the sidewalk. The children were the driver's own, and they were as well dressed as half the children native to the locality in which the scene occurred.—New York Sun.

Books with Uncut Leaves.

A book, the leaves of which are uncut, possesses no value of an intrinsic character beyond one that is cut, but really less. For that matter, if it is to remain uncut, it is as valueless as it is useless. There is a class of book collectors, however, who place a premium upon books with uncut leaves, and so commend them in their advertisements and circulars. There are persons who load certain shelves in their libraries with uncut books. Of course they are not for use and are not used, and are valueless except for keeping.—Brooklyn Eagle.

How Fishes Multiply.

Piscatory authorities of the highest standard tell us that were it not for nature's grand "evening up" provision, the fishes of the sea would multiply so rapidly that within three short years they would fill the waters to such an extent that there would be no room for them to swim. This will hardly be disputed when it is known that a single female cod will lay 45,000,000 eggs in a single season.—St. Louis Republic.

Size of Families in Europe.

The average size of families in the various countries of Europe is as follows: France, 3.93 members; Denmark, 3.61; Hungary, 3.70; Switzerland, 3.94; Austria and Belgium, 4.05; England, 4.08; Germany, 4.10; Sweden, 4.12; Holland, 4.23; Scotland, 4.46; Italy, 4.56; Spain, 4.65; Russia, 4.83; Ireland, 5.20.

Honeymoon Cookery.

"And so my little wife cooked this all herself! What does she call it?"
"Well, I started it for bread, but after it came out of the oven I concluded I'd better put sauce on it and call it pudding."
—Exchange.

There are but 160 colored voters in North Dakota. There are 15,000 in the city of Baltimore. Baltimore has an area of thirty-two square miles; North Dakota has an area of 70,000 square miles.

Whittier, the poet, it is reported, said to the doctors in attendance a day or two before his death, "You have done the best possible, and I thank you; but it is of no use—I am worn out."

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