

W. C. T. U. COLUMN.

Motto: "God and Home and Native Land."

Mrs. May French-Sheldon, the African traveler, writes the *Union Signal* of her hygienic methods of travel in that country. Although, through the advice of experienced travelers, she had added several cases of wines and liquors to her requisite supplies, she gives this testimony: "During the entire period of my expedition, marching at the head of my caravan, enduring greatest hardships and fatigues, I did not partake of a single glass of spirits or wine, exclusively using coffee as a substitute. Hygiene, common sense, and forswearing spirits I hold as the guarantee of my immunity from the so-called inevitable African fever."

It is observed that, whenever native African tribes are saved from decimating inter-tribal war and alcoholic liquors, they thrive well, no matter how many whites are around them. The British government has completed its census of Basutoland, which not many years ago was being rapidly depopulated by intertribe strife and rum. This mountainous land is now well governed, and is a prohibition territory. In 1875 the black population was 137,000. Under the better auspices of to-day the population has increased to 213,000. In seventeen years there has been an augmentation of 81,000 in population, which is conclusive proof of the vitality of the black race in South Africa, surrounded as they are on all sides by white men.—*New York Sun.*

The new virtue claimed for the orange—that if consumed systematically it will wean the voracious stomach from all alcoholic potations—is being widely discussed in England. Six oranges per diem form the ration, to be consumed, at intervals of two or three hours. In answer to the inquiry propounded in daily newspapers, "What must a man do if he can't get oranges?" a correspondent says: "Let him take apples. Apples, even more than oranges, have the power to diminish, and if eaten systematically, to entirely eradicate the craving of stimulants. This is owing to the malic acid, which completely renovates and purifies the whole system. If fruit were freely taken as part of the daily meals we should hear far less of the troubles and ailments now so common. It may not be generally known that oranges are also specially valuable in lung complaints, the acid citrate of potash preventing the development of pneumonia."

Lane's Family Medicine Moves the Bowels
Most people need to use it Each day

The London hospital has been sounding a note of alarm regarding the extent to which the habit of tea drinking is indulged, no less a quantity than 207,055,679 pounds having been consumed in Great Britain last year. This paper states that "not only are we yielding, with all the weakness of an inebriate, to the diseases of nerves and stomach which excessive tea-drinking brings in its train," but, after instituting a comparison between teas of Chinese and Indian growth, it continues: "We drink more tea than our parents. We like it oftener, stronger, and of coarser quality. The results are less obvious than those of alcoholic intoxication, but not less serious."

One of the strongest forces that are working for temperance is the industrial development of the nation,—the rapid spread of railroads, the growing use of the steam-engine, the introduction of electricity, the development of delicate machinery, the increasing necessity of clear-headedness, and other similar tendencies, which lead off the course the man who is liable to get drunk, and in many industries give the preference to the man who never indulges in intoxicating liquors. The tremendous force these agencies is demonstrated by the fact that their effect is as clearly visible in license as in prohibition laws.

It was when travelers were wont to contrast the temperate habits of the French with the drinking customs of other nations, and to argue thereon the use of the lighter wines as conducive to temperance. But the inevitable result of the use of alcoholic spirits has occurred. The light wines no longer satisfy the alcoholic appetite, and are giving place to the assumption of the most insidious and deadly intoxicants. Absinthe is the lead, the amount consumed being more than doubled from 1885 to 1892.

A report upon insanity in Ireland, which has just been issued, enumerates among the causes of mental failure the innutritious dietary of the population, tending to protract and constitutional weakness, which favor the development of profuse and neurotic disease, the immoderate use of certain stimulants, particularly tea and tobacco.

Twenty-five temperance bills have been introduced in the British Parliament during its sessions since 1892.

LADIES' COLUMN.

FACTS ABOUT GLYCERINE.

Glycerine is one of the most useful and misunderstood of every-day assistants.

It must be applied to the skin undiluted, or it will cause it to become red and hard, but if rubbed well into the skin while wet it has a softening and whitening effect.

It will prevent and cure chapped hands; two or three drops will often stop the baby's stomach ache.

It will allay the thirst of fever patients and soothe an irritable cough by moistening the dryness of the throat. Equal parts of bay rum and glycerine applied to the face after shaving make a man rise up and call the woman who provided it blessed.

Applied to the shoes glycerine is a great preservative of the leather and effectually keeps out the water and prevents wet feet.

A few drops of glycerine put in the fruit jars the last thing before sealing them helps to keep the preserves from molding on top.

Half a teaspoonful every half hour will cure summer complaint or dyspepsia.

TO REPAIR MIRRORS.

For repairing mirrors accidentally scratched clean the bare portion of the glass by rubbing it gently with fine cotton, taking care to remove any traces of dust and grease. If this cleaning is not done very carefully, defects will appear around the place repaired.

With the point of a knife cut upon the back of another looking-glass a portion of the silvering of the required form, but a little larger. Upon it place a drop of mercury—a drop the size of a pin's head will be sufficient for a surface equal to the size of a nail. The mercury spreads immediately, penetrates the amalgam to where it is cut off with a knife, and the required piece may now be lifted and removed to the place to be repaired. This is the most difficult part of the operation. Then press lightly the renewed portions with cotton, and the glass presents the same appearance as when new.

Take perfectly ripe cucumbers, peel, extract the seeds, cut lengthwise, then once across, and steam until quite tender, or soak in salt and water for twenty-four hours, and drain, then soak in vinegar and water, half and half, for another twenty-four hours, drain and put into a jar. Boil one qt. of vinegar, two pounds of sugar, a stick of cinnamon and half a teaspoonful of cloves together, and pour it over them boiling. Then cover the jar with a saucer. Every second day for two weeks pour this off the cucumbers and boil up again, pouring it back over them in the same manner. Plums, watermelon rind, crab apples, grapes, tomatoes, pears, pineapples, quinces, peaches, raisins, strawberries, beetroots and rhubarb may be treated in the same manner. Sweet pickles, of course, are intended to be served with cold meats.

A gay school bag can be made out of ticking if it is new and stiff. Cut a piece large enough when folded to hold your large slate and book, the stripes running up and down or crosswise, as you prefer. Work all the white stripes with cat-stitch or feather-stitch in marking cotton. Line the whole piece with plain ticking, and across the middle line, where the piece is folded to make a bag, put two rows of stitching about two inches apart. Into this a lath or window-curtain stick is run to make the whole firm and prevent its sagging when the books are carried in it. Sew up the sides firmly, and put a row of stitching around the top, into which the top sticks can be slipped, one on each side of the bag.

Milk is now given in almost all forms in illness and especially those in which solid food is prohibited. The old fallacy that it raises the temperature, and thus proves injurious in inflammatory diseases, has long been dispensed. Hot milk is a valuable stimulant and proves a most excellent tonic. It should not be permitted to boil, but simply raised to a temperature as hot as proves comfortable in drinking. It should be drunk from a spoon, as this slow method insures better digestion. When pure milk disagrees with a patient, a tablespoonful of limewater added to a glassful or half a pint overcomes this objection.

GRAPE MARMALADE.—Put the grapes in a stone pot, and set the pot into a kettle with cold water; get this on the fire and boil until the grapes will mash easily; stir them often, and jam with bowl of the spoon. Take them up and strain through a sieve. To a quart of the pulp allow a pint of sugar, and boil 40 minutes.

Two or three drops of spirits of camphor on a lump of sugar will often quiet the paroxysms of cough in sleeping children. For this and its value as an external application in bruises, sprains, muscular soreness, etc., a fair-sized bottle should always be on hand.

HER PRIVATE LIFE.

How Little We Know of Each Other's Affairs.

Troubles and Trials Which We Keep To Ourselves.

Some Good Reasons Why it is Wise to Tell Our Experiences.

A story of great suffering comes from Middlesex, Vt. Mrs. B. A. Stockwell, a well known lady residing there, has endured the most intense agony from headaches. She continued to suffer faithfully without obtaining relief. Finally a friend who had recovered from a similar complaint told her just what to do to be cured. She is now well and wants every suffering woman to know about it. Here is her remarkable letter:

"About a year and a half ago," she says, "I had a time of very severe headaches, which, while they lasted were so bad that I could not sit up. They lasted from one to two days generally two, and after I got over them I was completely prostrated. I tried many remedies but could not find anything to relieve me. I became fearfully discouraged and down-hearted and feared I should never get well."



MRS. B. A. STOCKWELL.

"I finally began the use of Dr. Greene's Nervura blood and nerve remedy and in a very short time was much better. I am now entirely cured thanks to this wonderful remedy. I desire to recommend it to everyone who is suffering from any complaint for I know that it will cure them."

People everywhere are suffering from disease when if they would use Dr. Greene's Nervura blood and nerve remedy they would be cured. If you, reader, have headache, pain in any part, or any symptom of nervous or chronic disease take this great remedy and you will be made perfectly well. It is the discovery of Dr. Greene, of 34 Temple Place, Boston, Mass., the most successful specialist in curing nervous and chronic diseases. He can be consulted free personally or by letter.

Official Etiquette in Rome.

The *New York Sun's* Rome correspondent writes that the Liberal newspapers have found a new grievance against the Vatican in the fact that nearly all the foreign princes recently in Rome first visited the pope and afterward the king, while some did not go to the quinal at all. Prince Reuss recently followed the former course, and the Grand Duchess of Mecklenburg called on the pope and some cardinals and ignored the royal family altogether. The Liberal newspapers urge that the government protest against this sort of thing and put a stop to it, at any rate so far as the German princes are concerned. Signor Crispi is not likely to make a fool of himself by following such ridiculous advice, even when given by friends. There is a pretty well understood rule that if foreign princes visit Rome as such they call at the quinal first. When they are traveling incog., they please themselves.

Mr. Goetz's Wild Ride on an Avalanche.
A remarkable story of a ride upon an avalanche comes from Atlanta, in the Sawtooth mountains. Generally when a man is caught in a snowslide he is buried and either crushed or smothered to death, but in this case the imperiled man actually rode the avalanche half a mile and came out alive. Charles Goetz was hunting in the mountains near Atlanta when the snow started under his feet. He was unable to extricate himself from the moving mass, and in a few moments he was being carried along upon the breast of a roaring avalanche. The slide rushed down into a rocky, precipitous canyon, but Goetz went through alive. He was found 11 hours afterward by a rescuing party, and though terribly bruised he is in a fair way to recovery. —Boise City Dispatch.

London Prejudices.

One by one some London prejudices are disappearing. By the casting vote the lord mayor, in the common council, decided on opening the loan exhibition of pictures in Guildhall on Sunday afternoon. The disgraceful theological feud still rages in the London school board, but public opinion may find means of suppressing even that in the course of time. Another absurdity of the statute book just now is the object of popular revolt. An old law forbids the sale of any kind of food after 10 o'clock in the evening except by licensed victuallers. The result is that all the victims of hunger must patronize the saloons or higher class restaurants. The Rosebery government may address itself to this reform. —London Cor. *New York Sun.*

That Tempting Wedding Cake.

A country visitor to the metropolis was wandering along Oxford street agape at the many wondrous things that met his view. Passing a large confectionery establishment, he paused to look at the good things temptingly displayed in the window, a huge bride cake particularly striking his fancy. Unable to resist the temptation, he entered the shop and inquired the price.

"Ten pounds," replied the shopman, eyeing curiously the very unlikely purchaser, who looked not a bit like a prospective bridegroom.

"Ten pounds!" echoed the countryman in astonishment.

Then he pondered the matter for a few moments and fairly petrified the shopman by saying:

"Then I'll hev' a ha'p'orth." —London *Cor.*

A KIND THOUGHT.

Long years ago, when I was a girl at boarding-school, a silver-haired old lady was in the habit of coming into our advanced French class now and then. We girls all fell in love with Madame Closson for her kind face and gentle, placid manners, and used to think it a great privilege to sit by her, and find the place for her, and help her with her wraps after class was over. One day, when it was my good fortune to hold the place of honor beside her, the last one to recite was Miss Parks. She was a day pupil, a plain, awkward girl, and very dull. It was evident from her first sentence that she did not know the lesson; but Mademoiselle patiently heard her through, apparently desiring to see if there was anything in it she did know. When we had been dismissed, and I took up Madame Closson's shawl to lay it over her shoulder, I was thinking, "What a dreadfully homely, stupid girl Miss Parks is!" Could the dear old lady have read my thoughts? I think she had a soul too innocent for that, but this remark she made, "My dear, what a sweet-tempered disposition Miss Parks seems to have?" The words went through me like an electric shock. For the first time I realized my selfishness, and saw it contrasted with the goodness of heart which could see only goodness in others. My eyes filled with tears, and with a sudden impulse I kissed the hand she gave me as she said good-bye. Again and again, since that day, when some unkind thought has come into my mind, the memory of dear Madame Closson's kind face and sweet words have come to help me; and if I have learned to see more of God's image in those I meet than I did in my girlhood, I owe it in a great measure to the dear old lady's kind thought.—*Advance.*

Shiloh's Cure is sold on a guarantee. It cures Incipient Consumption. It is the best Cough Cure. Only one cent a dose. 25 and 50 cts. and \$1.00.

Suits for damages for breach of promise to marry, as well as for breach of contracts of all kinds, are now profitable legal work at all centers of population and capital, the greater amount of which litigations are in connection with corporations which have been mismanaged in their business relations. These suits are rich mines of profit to lawyers who are retained by both parties.

The supreme court of Alabama is in a shocking state theologically. It rendered a recent decision that a bequest left for the purpose of offering masses for the soul of the testator after his death was void. The ground taken was that there is no living beneficiary of the trust endeavored to be created, "the soul not being an entity in the law." This is dreadful. It shows that the law does not recognize the immortality of the soul, and that therefore the legal mind must be an absolute blank on this subject. The establishment of a mission to labor with lawyers and convince them that the soul does not die would be in order.

Don't imagine that to be conspicuous is to be well dressed.

Don't give all your attention to your outer garments.

Don't lose sight of suitability, whether in relation to age, position, occupation or weather.

Don't indulge in the mistaken impression that you are made for your clothes, instead of your clothes for you.

Don't trim a tailor-made dress.

Don't wear soiled clothes.

Don't put on shoes or gloves that need repairs.

Don't effect light colors if you are inclined to embonpoint.

Don't let your dressmaker's bill extend over the year.

Don't wear diamonds in daylight.

Don't wear any ornaments, ever, on the street.

Don't forget that a clean cotton is better than a frowsy silk.

Don't let your pride pinch you.

Is a frog a fish? This is a problem which the officials of the Dominion Fishery Department have recently had to consider. Petitions were forwarded to the department from the inhabitants of Northumberland, Ont., praying for a close season for frogs. A lucrative trade in the shipment of frogs' legs had been done in that country, but it was discovered that the very time when the frogs are spawning is one when the greatest havoc is wrought among them. Possibly a change will be made in the fishery laws so as to embrace frogs. The officers say that in their embryotic stage frogs are certainly fishes, but later on they take an amphibious character.—*Halifax Herald.*

When a man is through with his day's work and is sitting down resting in his home, he cannot read the advertisements on the fences, and the hand bills and circulars that were left on his door-step during the day have been blown away or destroyed, he calls for the paper, and there he finds the merchant's announcement, and with nothing to bother him he reads it carefully, and then calls his wife's attention to it, and they decide to go to the merchant's store and examine what is advertised.

John Jacob Astor's Thrift.

John Jacob Astor appears to have inherited the quality of thrift from his ancestors. The stories told about him in the vicinity of his office at Twenty-sixth street and Broadway are scarcely credible, in view of the enormous wealth of the present head of the Astor family in America. The general idea of a hundred millionaires is that when he gets shaved at a public barber shop he gives the barber a tip. Mr. Astor, however, is not misled by any false idea of pride. Hence, when he goes into one of the barber shops in the hotels near his office the boy is slow to assist him off with his coat, and the barbers glance at him indifferently. On one occasion when his hat had blown off in the street and become stained with mud, Mr. Astor allowed the boy to clean it up thoroughly with alcohol and soap and then thanked the boy for his trouble. He was poorer only in thanks.

He seldom eats in restaurants, though his cousin, William Waldorf Astor, nearly always ate his lunch at Delmonico's when he was an American. John Jacob Astor's tip, when he gives one, usually startles a Delmonico waiter—something that a large tip has never yet accomplished. Mr. Astor is tall, thin and rather amiable in manner. He reads the Italian, German and English papers, apparently with equal facility, and he is nearly always alone. It seems incredible of the man that he should be chary of his tips because he wishes to save money, for it is known that he entertains liberally on his yacht and in the country, and he has donated large sums to charity. It may be that he objects to tips on principle. It is certain that he does not practice tipping in any form whatever.—*New York Sun.*

New York Crowds.

The hurry and the bustle of a New York crowd! Everybody talks about it. Everybody feels rushed. It is a tradition that the whole population of the island of Manhattan is on the dead run fully 20 hours out of the 24. But sometimes just take the time to notice the crowd and your progress on the street and at the same time actually try to move rapidly. Don't try to move against the crowd. That isn't a fair test. Get on your own side of the walk and go with the throng. Have five minutes in which to get from Wall street to the postoffice. You can easily do it, you say. Try it.

See how many men you will stumble up against in your haste. Notice the number who are standing like trees in the middle of the walk admiring the pictures in the windows opposite. Watch the action of the whole mass of people when they come to a workman placing a stone in a new building. It will be evident to you then that the normal condition of a New York crowd is one of rest.

When one looks down upon the crowd, it seems busy. It is really a sluggish stream. Try to go faster than the current and you will find how slow it really is. Some people may move fast in the streets. But the hurrying crowd? There is no such thing.—*New York Tribune.*

He Swore In English.

Private Secretary Thurber was telling of an experience he had during a recent trip to Europe. "I was in Germany," he said, "and I had been traveling for a long time without meeting a man or woman who could speak English. I got out of my compartment at one station after listening to a party of Germans talk for a couple of hours in a lingo I did not understand and entered another in hopes of finding some one who spoke my mother tongue. But the only man there was a stolid looking German. I sighed and sank back to make the best of it. After a bit my companion, whom I knew by his looks could not speak English, felt the need of fresh air and raised the window. He did not raise it far enough, and missing the catch it fell with a slam and caught his finger at the bottom.

"I exclaimed in the very best English I have ever heard.

"I put out my hand to him. 'Shake!' I said. He did so, and we chatted gayly through the rest of the trip."—*Chicago Post.*

The Dandelion Road.

A certain railroad in the west is very much in need of an equipment of scythes, mowers and the like. In the proper season dandelions grow in such profusion on its right of way that the passing train mats them down on the rails and the moisture pressed out, which is very oleaginous, causes the wheels to slip badly. Passengers have been known to abandon the train and walk to their destination. The road has been staled by the facetious public as the "dandelion road," an appellation for which no reason need be given.—*Hardware.*

Primitive Woman as a Poet.

Professor Chamberlain, who has been looking up the record of "Primitive Woman as a Poet," finds that lullabies are known in every land and that "the folk poetry of all people is rich in songs whose texts and whose melodies the mother herself has imagined and composed." Primitive maidens among the Arabs and Bedouins also composed the love songs. It is largely through the telling of songs and stories by women that they have been transmitted from generation to generation.—*New York Post.*

Royal Friends.

The Princess of Wales spends much time with Princess Helene d'Orleans, who is a very great favorite with her royal highness and is not only an exceedingly pretty, graceful and stately girl, but the possessor of much fascination of manner and of the most charming disposition.

Conundrum Day.

Tailor—Say, when are you going to pay me that bill?

Chappie—My dear fellow, this ain't my day for answering conundrums. Come around next month.—*Detroit Free Press.*

Furniture, Furniture Wagons, Undertaker's Goods.

—All kinds of—
Carriage Repairing and Shop Work.

Have a lot of First-class
LUMBER WAGONS

Now on hand and can build just what a man wishes built.

First-class stock, both Wood and Iron, and work done thoroughly.

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WAGONS, FURNITURE, et c.

We keep a first-class man to do our Wagon Ironing and other blacksmith work.

PERRIN Bros.
Greensboro, Vt., May 25th.

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admitted to World's Fair Grounds



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If you can find a grocer in New England that does not sell "Seal Brand" Coffee, and will send the information to us, we will send you 50 half-tone views of the World's Fair free.

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Thanking you for past favors we hope to merit a continuance of your patronage.

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NOTICE.

Whereas my wife, Ina (Wilkie) Magoon, has left my bed and board without just cause or provocation, this is to forbid all persons harboring or trusting her on my account, as I shall pay no debts of her contracting hereafter.

Carroll W. Magoon,
Glover, Vt.,

September 10 1894.

NOTICE TO TAXPAYERS.

I will be at East Albany, Tuesday, Sept. 25; South Albany, Thursday, Sept. 27, for the purpose of taking in taxes. Time limited for paying into the hands of Treasurer expires on Saturday of same week. M. B. Chafey, Town Treasurer,
Albany, Vt.,

Sept. 8, 1894.

FOR SALE.

The residence of the late Samuel Morgan of Barton Landing consisting of
House, Horse Barn and 23-4 acres of land
in good cultivation, plenty of good fruit. A very desirable location. It will be sold at a bargain to close the estate.

F. H. Skinner,
Administrator,
Barton Landing, Vt.