The Goldsboro Sta

"Hear Instruction and be Wise, and Refuse it Not."

VOL. I. GOLDSBORO, N. C., SATURDAY, AUGUST 6, 1881. N

Entered at the Postoffice at Goldsboro, N. C., as Second-class Matter.

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REPAIRING THE CRIPPLES.

Queer Contrivances for Strengthening the Human Frame--Appliances That Are in Constant Demand by Old and Young--Dealing with the Deaf.

"Now that your little boy is fixed all right, don't you want something in my line for yourself?"

"No, I do not. I am perfectly sound."

"You may think so, but if you should let me hunt you over I've no doubt I should find that you need some sort of apparatus. Eight out of every ten men who walk the streets of New York wear some mechanical appliance or other and women too, for that matter, though they look so fine," said the proprietor of a manufactory of surgical instruments and appliances for the relief and remedy of numerous physical ailments and defects. The walls, showcases, tables and windows of the salesroom were covered and filled by queerly-shaped and mysterious contrivances of steel, nickel, celluloid, wood, gold, brass, leather, tin, china, silk, rubber, and seemingly of every other material that could be molded, carved, sewed, hammered, cut, filed and bent to fit some part of the human anatomy or do something forcible to some refractory or defective member. Among them were electric belts, chains, medals, girdles, bracelets, necklaces and hair brushes. There were all sorts of articles needed in sick rooms. There were many strange contrivances for the relief of paralyzed persons. One, called the dynamometer, or paralytico register, is a steel instrument which is placed in the patient's hand in order to test the power of moving his fingers. There were many instruments and apparatuses for [illegible] and hip diseases, and for extending the limbs of cripples. There was a very queer arrangement in which the sufferer lies on his back.

In the showcases there was stock valued at $5,000, consisting mainly of surgical instruments. In showing these and explaining their uses the proprietor said: "We do a large business in the sale of syringes for hypodermic injections of morphine."

"To physicians mostly?"

"Oh, no, by no means; the sale is comparatively small to them. The general use of opium is a growing evil, and more women than men are addicted to it. Those who have become accustomed to it cannot live without it. The relief it gives from pain is instantaneous, but it lasts only two or three hours. We sell the hypodermic syringe to persons in every sort of life, from the fine lady who comes in her carriage to the poor laundress with a basket of linen on her arm. How so wide a knowledge of the subcutaneous application of morphine has spread about I am at a loss to conjecture; but even young school misses make use of it. One girl will tell her companions and they will come by twos and threes to purchase instruments. To such, however, I refuse to sell, although it is alwa[illegible] their sick aunt or grandmothe[illegible] sent them, they say. A gentle[illegible]ay rushed in here, pale, hagg[illegible]nd trembling, and [illegible]re suffering with [illegible]ad broken the [illegible] syringe, and [illegible]could hardly [illegible]djusted. He [illegible]n adjoining [illegible]ents returned [illegible]osed. He had [illegible]is dose, and was consequently tran[illegible]nall ladies come to have [illegible]ments repaired who were in such [illegible] of nervous excitement that they [illegible]ot leave their carriage, and the [illegible]ent had to be arranged in the [illegible]t haste and taken to them. An [illegible]ess of national reputation has for [illegible]rs been addicted to morphine, administered by herself in this form, and could not act, nor now even live, [illegible]thout it."

"I infer, from the immense number [illegible] trusses I see, that rupture is not uncommon."

"It is very common," the proprietor [illegible]plied, "especially among a class of [illegible]n who seem to be physically perfect [illegible]he athletes, who strain and injure themselves by violent exercise. The great majority of circus performers are ruptured. Children, too, are liable to accidents, in running or by falling. It is easily outgrown by children, but not so easily cured after maturity. We have an endless variety of trusses. Each physician has his own pet theory of a truss to suit the case of some particular patient, and we are always making something new after physicians' directions. Then there are many men who only invent new apparatus of this nature, and their improvements and patents are countless. As in the case of the sewing machine, somebody is always getting out a new attachment. The lean run to ruptures, the fat to relaxation of the muscles. Children may outgrow their strength, and need support for weak ankles and knees and back, and so do elderly persons, from the weakness of old age."

"Who are the purchasers of the steel back shoulder braces that figure in such profusion in your stock?"

"The sale is immense throughout the whole country to young girls who stoop over their desks until they become round-shouldered, a difficulty, strangely enough, boys are seldom troubled with. Among small things that men—and women, too—are always trying to improve upon and invent new, are garters. Of the numerous styles now in vogue there is nothing that gives entire satisfaction. The same may be said of corsets, although fortunes have been made by various persons who have patented every conceivable style of corset. Each new thing of the kind has its run, if well advertised, and during the craze for it much money is made."

"And what and for whom are all those elastic bands, stockings, heel and toe pieces, armlets, waistbands, etc.?"

"They are for two kinds of people—those who need them for some physical defect and for those who wear them to enhance their personal appearance."

"Are not the two contradictory?"

"Not at all. For the improvement of the figure we have apparatus to gir[illegible] in the waist and to hold back the shoulders and throw out the chest. Their use is almost equally divided between the sexes. There are few stout persons in this city who do not wear some sort of mechanical support or other.

"A gentleman recently brought his son in for a truss. He seemed to think it an astounding thing that any one should require such articles, and glancing curiously around at the stock expressed his wonder that I could make a living at such a business. There was something about his appearance which led me to suspect that he himself stood in need of some of my wares, and I questioned him as to whether he did not feel more comfortable when he sat with his feet up. He confessed that he did, and, turning up the bottoms of his trousers, he asked me what was the matter with him. I said 'varicose veins,' and though I had been in the business twenty years I had never seen a man who needed elastic stockings more than he did. He bought a pair, and, after walking about the store a little, he declared that he had not felt so comfortable for years; that he had never known what ailed him, but now, that he did, he would wear the stockings the rest of his life. He took his leave, saying that he now fully understood how I could make a living at such a business. Persons are very reserved about their wearing an appliance for an infirmity. We are generally requested to deliver our parcels without our address on them, so that their contents may not be suspected even by their dearest friends and relatives, and those who wear anything for the improvement of their figures are even more secretive and mysterious.

"There are seasons in this as in every other business. We sell twice as many crutches in winter as in s[illegible]mer, for winter is the season fo[illegible]res and accidents by slipping o[illegible]steps, in the streets, and fal[illegible]ng on [illegible]e ice when skating. Dislocations and broken arms and legs increase the demand for splints and crutches. In summer the heat injures elastic stockings, shoulder braces, bust supporters, the leather of trusses and the like, and they have to be repaired or replaced. Then, also, ladies who wear improvement appliances wear them while bathing, so that no difference shall be detected in their forms whether in a walking or bathing suit, and water is very damaging to all such appliances; thus the demand for these is greater in summer than in winter. Who buy crutches? We sell them to those who have not lost [illegible] lamed by rheumatism, or broken legs. Those [illegible] leg are generally s[illegible] supplied by the gove[illegible] ficial limbs, and there [illegible]p. for the sale of them, but th[illegible]ale is becoming less and less year by year, as the maimed victims of the late war are gradually dying off. Crutches very often need to be repaired if in constant use. They are made of maple, lance, and rosewood, and cost from $2 to $20 a pair."—*New York Sun.*

Some people can invent awful mean slurs. When the Jenkins girl was whaling away at the piano, and pestered the next-door neighbor, the next-door neighbor came out on the steps, listened to the noise a minute, looked up to the Jenkins' girl's mother, who was at the window, and said: "Got plumbers at work in your house, haven't you?" No wonder those families don't speak now.

A CHAPTER ON VEGETABLES.

How to Cook and Prepare Them for the Table.

Beets are familiar enough boiled and sliced, either served hot with butter, pepper and salt, or pickled, but a novelty is a beet pudding, made by mixing a pint of cooked sugar-beets, chopped, with four eggs, a quart of milk, a little salt and pepper, a tablespoonful of butter and baking them about half an hour; cold boiled beets sliced and fried with butter are palatable; to cook them so that none of their color shall be lost, carefully wash them without breaking the skin or cutting of the roots or stalks, and boil them until tender, about an hour, in boiling salted water.

Turnips, either white or yellow, stewed in gravy, are excellent. Choose a quart of small even size; peel them, boil them; boil them fifteen minutes in well-salted boiling water; drain them; put them into a frying pan with sufficient butter to prevent burning; brown them; stir in a tablespoonful of flour; cover them with hot water; add a palatable seasoning of salt and pepper and stew them gently until tender. Or peel and cut them in small regular pieces; brown them over the fi[illegible] with a little butter and a slight sprin[illegible] of sugar; add salt and pepper an[illegible]oiling water enough to cover them, a[illegible] gently stew them until tender; serve [illegible]em hot.

Parsnips are not su[illegible]iently appreciated, perhaps because [illegible] their too sweet taste; but this can be overcome to a palatable extent by judicious cookery; they are excellent when sliced, after boiling and warmed in a sauce made by mixing flour, butter and milk over the fire and seasoning it with salt and pepper; as soon as warm they are served with a little chopped parsley and a squeeze of lemon juice. For parsnips fried brown in an old-fashioned iron pot with slices of salt pork and a seas[illegible]ing of salt and pepper, several good [illegible]ords might be said.

Carrots boiled and mashed and warmed with butter, pepper and salt, deserve to be known; or sliced and quickly browned in butter; tossed for five minutes over the fire with chopped onion, parsley, butter; or tossed for five minutes over the fire with chopped onion, parsley, butter, seasonings and sufficient gravy to moisten them; or boiled, quartered, heated with cream, seasoned, and, at the moment of serving, thickened with the yolk of eggs.

Onions are capital when sliced and quickly fried in plenty of smoking hot fat, or roasted whole until tender, and served with butter, pepper and salt; or chosen while still small, carefully peeled without breaking, browned in butter, and then simmered tender with just boiling water enough to cover them; or boiled tender in broth and then heated five minutes in nicely seasoned cream.

Oyster plant, scraped under cold water, boiled tender in salted water containing a trace of vinegar, and then heated with a little highly seasoned melted butter is excellent; the [illegible]nder leaves which it often bears make a nice salad. Somewhat like oyster plant are Jerusalem artichokes, which are good and cheap in this market. Like oyster plant they must be peeled under water, boiled tender, and then served with melted butter, or quickly browned in butter, either plain or with chopped herbs, or served with an acid sauce of any kind.

Celery we know best in its uncooked state, but it is very good stewed in any brown or white gravy or sauce, or rolled in fritter batter and fried brown.

Squash and pumpkin are very good either boiled, sliced, and broiled or fried, or made into fritters like oyster plant.

Potatoes, most important of all hardy vegetables, must close the list. Lives there a cook with soul so dead as not to be willing to expend all the powers of fire, water and salt to produce mealy potatoes? If so, the writing of her epitaph would be a cheerful task. And if cold ones are left they can rehabilitate themselves in favor by appearing [illegible]opped moistened with white sauce or [illegible]eam, and either fried in butter or [illegible]ked quickly, with a covering of bread crumbs. Steam fried, that is sliced raw, put into a covered pan over the fire, with butter and seasoning, and kept covered until tender, with only enough stirring to prevent burning, they are capital. To fry them Lyonnaise style they are cooled in their jackets to keep them whole, sliced about a quarter of an inch thick, browned in butter with a little onion, sprinkled with chopped parsley, pepper and salt, and served hot. Larded, they have bits of fat ham or bacon inserted in them, and are baked tender. Note well that the more expeditiously a baked potato is cooked and eaten the better it will be.

London covers 700 square miles, has 7,000 miles of streets, more than 4,000,000 inhabitants, of which 1,000,000 are foreigners, has a birth every five minutes and a death every eight minutes.

FARM, GARDEN AND HOUSEHOLD.

Don't Boil Your Milk.

The animal albumen which milk contains, and by which the nerves in the human body are made, is hardened and destroyed by boiling. In milk used by children whose systems are being built up and formed, this is of vital importance, but it is to be seriously considered by adults whose nerves are repaired and strengthened by this albumen or nerve food. The above applies also to eggs and to all food. The French, who rarely suffer from disorders of the stomach, never boil their food. Their cooks are taught to cook slowly and gently, so that their dishes are tender, nutricious and easy of digestion. I am quite aware of the tendency of milk to hold and even promote the growth of germs, as well as of the typhoid fever some few years ago in Marylebone and Paddington, and of the source to which it was attributed; nevertheless, except under extraordinary circumstances and for a short time only, do not boil your milk. *English Agricultural Gazette.*

Salt and the Grub Worm in Strawberry Patches.

One of the worst enemies to strawberry fields which have been set for a year or two, is a white grub which preys upon the roots and often comes in such numbers as to destroy whole patches in a few days or weeks. Besides these is another insect, called, in some places, the "crown borer," which is also very destructive to the strawberry plant. While there is nothing known which will rid strawberry fields of these two scourges, which will not at the same time poison the swelling fruit or burn or kill the growing plants, it has been found that salt will work wonders when used in what might be called heroic doses. A barrel of salt to the acre is little more than a homeopathic dose to insects, boring in the crowns or burning or eating the roots beneath, but where that dose is doubled and 560 pounds are sowed evenly broadcast, it soon tells. However, we would not advise any one to try that much salt beyond a few square rods, because all soils are not alike, and all plants have not the same power of resistance; but try salt on a few rods, and see if it does not work wonders in destroying worms and insects of all kinds.

The Cow Pea.

The cow pea, says an exchange, i[illegible] worthy of being introduced to every farmer. Its value as an article of food for man and beast, the large crops of fodder (bushy vine) it produces, its adaptation to the lightest and poorest soils and its usefulness as a green manurial crop place it far above many other plants that are grown to its exclusion. It has no enemies among the insects, and is in that particular free from damage. A heavy crop of it will so completely cover the ground that not even a ray of sunshine can enter, and it is often necessary to pass over the vines with a heavy roller in order to get them plowed under. From twenty to forty bushels of the peas are usual[illegible] produced to an acre, and if they have [illegible]en well manured previous to seeding the crop of hay will be very large. One of the most important advantages the pea confers on land is the shading it gives, some experienced farmers contending that by this method it rather improves the soil than injures it. A small outlay will enable any one to try the cow pea, and those who have not grown it should do so. The cow pea, though called a pea, is properly a bean. It will grow on soil that scarcely produces anything, but is, however, sensible to the effects of good manuring, and rewards the farmer for such treatment with bountiful yields. It is indigenous to the Middle States and the South, preferring a warm season and a dry soil. There are a great many varieties of it [illegible]e most prolific being the Crowder, but the "black-eyed" is preferred for the table. As a renovator of the soil next to clover it has no equal. Growing with a heavy, dense foliage, plowed under just at the period of blossoming, it makes a splendid green manure, rotting quickly and reproducing lasting effects. It can be grown for this purpose on land that will not produce clover, and that is a very important item. On inferior land that has had a crop of cow peas turned over, if a light sprinkling of lime is added, a venture may safely be made with clover the following year. It is planted about the same time with corn. It can be sown for hay, but care must be taken in harvesting it properly. If allowed to get too ripe the leaves will crumble off after it is stowed away in the loft; but if cut when in full blossom or just as the young pods begin to form, and then cured like ordinary hay, it will keep well all the winter. Cows eat it with relish, and for sheep nothing is equal to it; they eat it up clean, being very fo[illegible] of it. The seeds are more n[illegible] than our ordinary white bean, ferring it when cooke[illegible]

while calves are raised [illegible] ease when it is desirable t[illegible] For the table they are coo[illegible] when dry, but also when g[illegible] favorite dish on Virginia and Carolina tables. There is a prejudice against it with those not familiar with it on account of the dark color it takes when cooked, but if the nutritious qualities of the pea were fully known no difficulty would be experienced in making it a staple article of food.

Household Hints.

Many persons iron towels, fold them and put them away before they are thoroughly dry. This is an error, and sometimes leads to results not expected. In their damp condition there is a mould which forms on them called oidium, one variety of which causes numerous skin diseases.

To obtain a glossy skin pour upon a pint of bran sufficient boiling water to cover it. Let it stand until cold, and then bathe the face with it, only patting the skin with a soft towel to dry it.

Lemons may be kept fresh a long time by putting them into a jar of water and changing the water every morning.

The reason why cabbage emits such a disagreeable smell when boiling is because the process dissolves the essential oil. The water should be changed when the cabbage is half boiled, and it will thus acquire a greater sweetness.

To destroy cockroaches scatter powdered borax about the places they infest, and it will soon exterminate them.

To make frosting smooth on the [illegible] and sides of a cake dip your kn[illegible] hot water.

If a little vinegar or cider [illegible] with stove polish it will not ta[illegible] rubbing to make the stove bri[illegible] the blacking is not likely to fl[illegible] fine dust.

The little Japanese paras[illegible] can be bought for four or [illegible] make very pretty hair rec[illegible] them about half their exte[illegible] sary to make them say half [illegible] them with a few stitches. [illegible] of ribbon around the handle a[illegible] them up.

When dressing a fowl do not let it [illegible] in the water in which it is rinsed. Was[illegible] it perfectly clean; rinse as much as you please, but do not let it soak in the water; put it on a platter to drain; if it is not to be cooked at once, sprinkle a little salt over it.

Towels with handsome, bright borders should not be boiled or allowed to lie in very hot water; they should not be used till they are so much soiled that they need vigorous rubbing to make them clean. It is better economy to use more towels than to wear out a few in a short time. A gentle rubbing in two suds and then conscientious rinsing in warm water, and then in cold, ought to be all that is required to clean them.

Curious Facts About Fishes.

Much interest is now being taken by scientists in regard to the habits, instincts and emotions of fishes. Naturalists have generally accepted Cuvier's view, that the existence of fishes is a silent, emotionless and joyless one; but recent observations tend to show that many fishes emit vocal sounds, and that they are susceptible of special emotions, particularly such as regard for their young, attachment between the sexes, and [illegible] Among [illegible] monogamous fish [illegible] decided evidence [illegible] their yo[illegible]ng, in v[illegible] frequently act [illegible] Among nest-bui[illegible] often prepares t[illegible] who do not bui[illegible] ried about in the [illegible] male. Cases have [illegible] male fishes have remained in [illegible] spot in the river from which the [illegible] had been taken. A case is noted wh[illegible] after a pair had been separated, b[illegible] appeared miserable and seemed nig[illegible] unto death, but on being united again both became happy. In fish battles i[illegible] is sometimes noticed that the con[illegible] queror assumes brilliant hues, wh[illegible] the defeated one sneaks off with [illegible] colors, the change evidentl[illegible] brought abo[illegible] by emotic[illegible] ings. There are certain [illegible] of fish that are capable of [illegible] organization for acti[illegible] common defense or to[illegible] enemy. The remarkabl[illegible] has of late attended the [illegible] has shown that as a matt[illegible] an acre of good water is [illegible] a farmer than the sam[illegible] arable land. This [illegible] bearings, is one [illegible] more attentiv[illegible] ceive[illegible]