The Insurgent States in the East.

The war between Turkey and its disn intelligible account of Montenegro Season with pepper, salt and nutmeg. Herzegovina, or possibly of Bosnia

Servia is the most important province among the disturbed districts, for it is peopled only by a Slavonic race, proud of their purity of blood and of their he-roic history. Their ancestors migrated from Asia in the sixth century, and found a home on the banks of the Danube, in a region laid waste by war. They built up subsequently a strong empire, and their most warlike Emperor was leading an army to make Constantinople his capital, when his ambitions plans were foiled by a sudden death. In the next century the empire was conquered by the Turks. and only since this century came in, and more particularly within a few years, has this small section of the old empire recovered independence. It is selfgoverned, but pays an annual tribute to the Porte. It comprises 12,000 square miles, about as large as the State of Maryland, and has a population of over 1,000,000 souls.

Hersegovina is a narrower and more mountainous district, near the Adriatic Sea, having an area of 7,000 square miles, a trifle smaller than Massachusetts, and a population of over 200,000, nearly one-half of whom are Mussulmans, and the other half nearly equally divided between Greek and Roman Catholic Churches. This division puts the province at great disadvantage in the struggle with the Turks, for Cathoand action, and their strength is neutralized by the large Turkish element surrounding them.

Montenegro, having 1,500 square miles-about the size of Rhode Island -joins Herzegovina on the southeast, but has no seaport, the adjoining seacoast belonging to the Austrian province of Cattaro. This lack of a seaport is a serious hindrance to the commercial growth and prosperity of the little province. It is a mountainous region, and mountain fastness, have never been conthe Turks.

possible, and subjects the province to rubbed with saltpeter, bloody domestic strife in all attempts to threw off the yoke of Turkey.

The same is true to a larger extent of Bulgaria, where such horrible atrocities have been committed in the present war. It is a large district, of 33,000 square miles, lying to the east of Servia. and stretching to the Black Sea. Of its population of 5,500,000 only 1,500,000 are nominally Christian, and these are at the mercy of their more numerous and powerful Turkish neighbors. They can render, therefore, little help of value in the present struggle.

Wallachia and Moldavia, lying north of Bulgaria, and also bordering on the Black Sea, form an important principality called Roumania, with an area of 45,000 square miles and a population of 4,000,000. They are virtually independent, like Servia, paying only an annual tribute to the Porte But, unlike Servia, their people are not of a single race or of a pure blood. The chief stock is Dacian, anciently sub-dued by Rome; but mixed with this are Roman and Gothic and Hungarian and Slavie and Tartar elements, defying the most skilful ethnologists to discriminate in the strange mixture. If Roumania should take part in the war, as some complications seem to indicate, it would bring valuable help to Servia and Montenegro, which are vastly overmatched by the Turkish power.

The sympathies of American Christians must run strongly with the provinces in their doubtful struggle. They are nominally Christian, and Servis is pervaded by an earnest religious spirit, which leads to general Bible study. They are all oppressed by the Turk, and no justice can be had at a Turkish court, or at the hands of a Turkish official. Any true prosperity or rapid its re-establishment is at an end. How the splendid provinces now weak and nat impoverished from long misgovernment

Dr. Hans Von Bulow.

may enter on a brilliant future.

SEASONABLE RECIPES.

Minced Veal .- Pick up cold veal fine, ontented provinces will add much to or cut into small bits. Add i pint of ar knolwedge of Southeastern Europe.
Many well-informed men would have spoonfuls of flour. Strew thickly with been pazzled a few months ago to give bread-crumbs, and bake in a deep dish.

To Relieve Burns or Scalds .- Take 1 Servia. Now there is a busy search- dram of finely powdered alum and mix ag of maps and geographies and en- thoroughly with the whites of 2 eggs velopedias, for one is ashamed to be and I teacup of fresh lard; spread on guorant of countries whose revolt a cloth and apply to the parts burned. against Turkey may change the history It gives almost instant relief from pain, and, by excluding the air, prevents inflammatory action. The application should be changed at least once a day. Hon east

Sponge Cake. - To make good sponge cake in round layers take 1 coffeecup of white sugar, I teacup of flour, and 5 eggs; beat the whites and yelks separately; when the whites are beaten stiff, mix in the sugar, then the yelks, and lastly the flour, which should be sifted; do not stir the mixture much after the flour is added. I think plum

or crabapple jelly makes the best cake. Preserving Tomatoes .- In order to preserve tomatoes through the year it is not necessary to resort to the expense of canning them. If stewed in the ordinary manner but without butter or crackers, only a little salt and sugar, they can be put into jugs-two quart or gallon, according to the size of the family-and if corked up tightly they will keep for a year. To make assurance doubly sure, some melted wax may be poured around the cork. Tomatoes may also be dried easily. Skinned and prepared with a little sugar they make a good substitute for figs, and are sold under the name of tomato figs.

Apple Puffs.-These are nice for party suppers, and, in fact, are good any time, but rather too tedious to make for frequent use. The quickest way of Agents wanted. making them is to roll two large sheets of dough on separate boards, and put lie and Greek are not united in council as many tiny spots of mashed or sifted sauce upon one of them as you judge there will be room to make puffs; then cover it all with the other sheet, which should be a trifle larger, and cut out with the biscuit-cutter wherever there is a bunch of sauce. If too much sauce is put in, it will stew out badly and disfigure them; print around them with a three-tined fork-if you have nothing better-to press the edges together and keep in the juice.

Boiled Corn Beef .- It should be put its brave inhabitants, exulting in their into cold water and skimmed till no more scum arises. It should boil slowquered by the Turks. The population ly, and a piece weighing 5 pounds re-is small, numbering only 100,000, but quires 34 hours to boil. Nothing is every man among them is a warrior, poorer than under-done corned beef. trained to the use of arms, and inspired Now let me tell your readers how to with a deadly enmity to the Mussulman. make the nicest corned beef. The fol-In their difficult passes and inaccessible lowing will be found a very superior heights they have won signal victories over the invader, often defeating armies tenfold larger than their own. The way of preparing it: Meat to corn or pickle should always be of the best quality. It is poor economy to pickle poor along. For sale by all Druggists. chief successes of their present cam- beef. To 1 gallon of water take 12 paign have been won by their heroic pounds of salt, a pound of sugar, a army, and it is certain to make a good ounce of saltpeter, and i ounce of potreport of itself in every encounter with ash. In this ratio the pickle to be increased to any desired quantity. Let Bosnia, which borders on Servia on these be boiled together till all impurithe east and Herzegovina on the west, ties rise from the sugar and are is larger than both united, comprising skimmed off; then pour into a tub to an area of 23,000 square miles and a cool. When cold, pour it over the beef, population of 1,400,000. But the races to remain the usual time-three or four are greatly mixed, 450,000 of the peo-ple being Turks, and only 370,000 Bos-ered with the pickle; should not be put nians, of true slavonic descent. This down for at least two days after killing, mixture makes a united movement im- during which time it should be well

Experiments with the Coca Plant.

Mr. Dowdeswell has been making some observations on the coca-leaf, an abstract of which has found its way into the English scientific journals. The coca-plant, which is cultivated at the present day exclusively on the slopes of present day exclusively on the slopes of the Andes, is a bushy shrub from six to eight feet high. The leaves are gathered with great care, and, when dried, are chewed by the natives of the country; they are used both to sustain strength and appease hunger in the absence of other food, and as a stimulant or narcotic in the same manner that opium, tobacco and alcohol are used in other countries. A little lime is added to the leaves, and somewhat less than an ounce is chewed every day. All accounts agree in attributing great powers of endurance to the use of the drug.

Miners, for instance, chewing it every three hours, are able with a handful of maize to work for 12 hours in the mines, while an Indian runner will carry a THE LOCOMOTIVE, over rough roads in eight hours by its use alone. Some travelers assert that the natives of the Andes, if supplied with it, require no other food for several days while performing work. There is considerable doubt whether it exerts any deleterious influence on the human system or not.

A Woman's Sharp Practice.

Twenty years ago a Liverpool steam packet company wished to buy land from a woman. She sold it cheap, but got a clause in the agreement that during her whole life she and a companion might growth is impossible until the Turkish at any time travel free in the company's yoke is utterly broken and all fear of vessels. The day after the bargain she sold her furniture, let her house, and this good is to be reached it needs a went on board the outward-bound ves bold prophet to foretell. The jealousies sel. Since then the has always lived of Christendom keep the Turk in on some ship of the company's, accom-Europe; but internal decay is so rapid panied by a woman companion, for that no outward bolstering can long whom she advertises, and whose passave the Empire. When it falls a sage money she pockets. She has made Christian State may be possible, and over \$10,000 in this way. - Albany Jour

Ara shooting match in Savannah, Ga., the other day, Mr. I. W. Moore, The London Athenaum of the 15th at a distance of 16 paces, shot from the ult. announced the dangerous illness of mouth of Constable Frank P. Fox a pipe, twice in succession.

Promise and Performance.

The proprietors of Ho-tetter's Stomach Bitter promise nothing in behalf of this famous tonic and regulating clixir which it will not perform. Ne pretensions irreconcliable with common sense are made in refrence to it, but evidence of the most positive nature has been accumulating for over a quarter of a century in its behalf which proves it to be a reliable preventive and entative of malarial diseases, an efficient and genial bonic and general corrective, and pretally taluable in cases where the bowels, liver, stomach or urinary organs are affected. Debillity, the source from whence so many bestily cycle spring, is entirely remedled by the invigorative action of the Bitters, which arrests premature decay and repairs losses of nervous and muscular power while improving the appetite and rendering diges-

GOING INTO A DECLINE. How often we hear this expression about people who have some disease that few medeal menseem to understand. Some call it liver complaint, some kidney disease, some dyspepsia, and others consumption. None of them afford relief. In the course of the disease the patients have the following symptoms—A tired, weak feeling, dizziness in the head, with a faint, all gone sensation at the pit of the stomach, after eating a feel-ing like a heavy load on the stomach, pain in the shoulders, sides, and back at times, scanty, high colored urine, depositing a sediment after standing, skin dark and swarthy, covered in places with brown spots, hands and feet cold and clammy at times, at other times hot and burning; sometimes there is an itching over the whole body, appetite changeable, but food distresses and affords but little nourishment; bowels irregular, after a time a cough sets in, at first dry, but after awhile it is attended with expectoration, and the body begins to waste. The truth is that in such cases the liver, stom-ach, kidneys and blood are all diseased, and for this combination of diseases we must ad-minister a remedy that will act upon all of these organs at one time, or else, while one is being cured the others become worse. The best article to meet such cases is the SHAKER EXTRACT OF ROOTS (not a patent medicine). This article generally removes the disease. The article we mean is sold by A. J. White, 319 Pearl Street, New York.

MANY who are suffering from the effects of the warm weather and are debilitated are advised by physicians to take moderate amounts of whicky two or three times during the day. In a little while those who adopt this advice frequently Increase the number of "drinks," and in time become confirmed inebriates. A beverage which will not create thirst for intexicating liquors and which is intended especially for the benefit of debilitated persons, whether at home or abroad, is Dr. Schenek's Sen Weed Tonic. Containing the juices of many medicinal herbs, this preparation does not create an appetite for the intoxicating cup. The nourishing and the life-supporting properties of many valuable natural productions contained in it and well known to medical men have a most strengthening influence. A single bottle of the Tonic will demonstrate its valuable qualities. For debility arising from sickness, over-exertion, or from any cause whatever, a wineglassful of Sea Weed Tonic taken after meals will strengthen the stomach and create an appetite for wholesome food. To all who are about leaving their homes we desire to say that the excellent effects of Dr. Schenk's seasonable remedles—Sea Weed Tonic and Mundrake Pills—are particularly evident when

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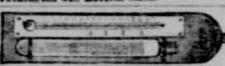
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