Did you ever consider the effect that

# The Salt You Use

May have upon your health? Ordinary salt is composed of large per cent. of impurities of lime or plaster of paris which obstructs the delicate pillary action of the digestive organs and clogs them with the salts of such another organic coating the whole form of indigestion. The effect of

## Diamond Crystal Salt

is healthful for the imposition are removed. The difference in the cost is a trifle, not over fifty cents per year for each person but the difference in health and comfort may be incalculable. Ask your grocer for "The Salt that Salts."

DIAMOND CRYSTAL SALT CO., St. Clair, Mich.

## "CURIOSITIES" OF ARMY LIFE.

### How Newly Acquired Rank Was Used to Average a Petty Tantalus.

Notwithstanding the fact that the officers of the American army have the very pick of courtesy, they sometimes, in post and garrison life, have very unpleasant social experiences, says the Outlook. An officer in a garrison is assigned quarters, not according to the necessity of his family, but in accordance with his rank. It therefore comes about quite frequently, when a new officer is sent to a post, that there are many changes of quarters so as to make room for him. When a new major arrives, for instance, he selects the quarters that suit him best, it matters not who occupies them, provided the occupant is below him in rank. He can turn out a major lower on the list or any captain or lieutenant, and each of these when dispossessed can choose for himself what quarters suit him best if occupied by an inferior in rank. One move, therefore, may make a dozen others. The women of the army, it is said, are greater sticklers for these rights than the men themselves, while preserving all the forms of highest courtesy, sometimes push their authority to its fullest limits. For instance, at a two-company post in the West some years ago, a captain of infantry was in command, as his commission was of older date than that of the captain of cavalry also there. These two captains were mutually antipathetic. In their official intercourse all the forms were observed, but still it was plain to all that they cordially disliked each other. One day the senior captain ordered the junior to take a flag of men to the forest and cut the firewood decided for the winter. This duty ordinarily would have been given to a sergeant or a corporal. The cavalry captain had no occasion to and was obliged to obey. But as he got outside the post the mail which came only once a day then at intervals of a week or so, arrived, and the cavalryman stopped for his letters. One of these brought him his commission as major. He at once issued an order taking command of the post, and then another assigning the wood-chopping duty to the late commandant.

### Woodman Did Not Spare T. B.

Mr. and Mrs. Thomas Bailey Aldrich were intimate friends of Edwin Booth for years. Mrs. Aldrich's family resided at the Fifth Avenue hotel, and it was Booth who introduced "Tom" Aldrich, (always known as "T. B." in these days) to the beautiful Miss Woodman. Mr. Aldrich, then a young and soaring versifier, wrote a valentine, I believe, to the young girl, who was making desperate inroads on his heart:

Woodman, spare T. B.
Touch not a single curl;
He cannot shelter you
Thou most expensive girl.

But he did shelter her, and she turned out to be one of the most thrifty, cheerfully frugal and encouraging wives ever known. They were hospitable, funny and delightful. The drawing-room being small, they hung a long mirror on one wall and put straight folds of crimson velvet on each side. The illusion was complete and Edwin Booth, paying a first visit, and walking as he always did, into a second drawing room, stopped, into the glass, brought himself up against it with a round turn and a large bump on his classic brow.

### A Wonderful Western Moss.

One of the most wonderful specimens of vegetable life known to the botanist is the "life-moss" of Jamaica, Barbados and others of the West Indian islands. There are several species of tropical plants which have remarkable tenacity of life, but the "life moss" and the story of its vitality are almost beyond belief—its powers to live under adverse circumstances being certainly beyond that of any other known plant. It appears to be absolutely indestructible by any means except immersion in boiling water or the application of a red-hot iron to its roots and branching vines. It may be cut up and divided into infinitesimal particles and the very smallest shred will throw out roots and soon grow and form new branches and buds. Specimens of this extraordinary plant have been suspended in the air in a dry, hot room; they have been placed in close, airtight dark boxes, without moisture of any sort, and yet they lived, grew and flourished.

### Getting Rich Sleeping Boarders.

There is a certain young widow in New York who, within a few short years, has made a fortune at that usually the most unsuccessful of all occupations, the keeping of boarders. She has recently purchased a $100,000 house, with elevator and all hotel conveniences, and charges her very swell patrons the price of Waldorf or Plaza. Table napkins, with one's own initials upon them, and linen, also one's exclusive use are among the luxuries. And she boasts, that young men take their dinners at her house when they regret tired of Delmonico's."

### Betrayed Herself.

Ig,1895.—"You needn't tell me that Mary Farsay is not more than 23 years old. She is nearer 43, and I can prove it."

"But how?"

"Just you watch her when she goes to cross a muddy street. Just notice how she grabs at her trained skirts to hold them out of the mud—the way women did twenty years ago when they wore skirts."

### He Noticed It.

Smithtown—They say in the far West there are elevations where persons have the greatest difficulty in breathing. Did you notice anything Binwayy—Well, rather. Saw two lynchings the first week I was out there.—Buffalo Courier.

### RAISINS AS FOOD.

#### They Contain Four Times as Much Nutriment as Does Meat.

It has been the custom until very recently to consider raisins an article of luxury, and to deem them only suited to the tables of those who are able to indulge themselves in such things as serve merely to please the palate. In consequence, however, of marvelous growth of the raisin industry in California and the cheapness of the product to the consumer, the question has been raised whether the raisin does not possess an intrinsic food value, independent of its use as a luxury, and the argument seemed to favor the affirmative of the proposition.

It is asserted by those who have studied the question from a scientific and hygienic standpoint that the nutritive properties of raisins are compared to meat is as four to one. This, we imagine, may be taken with some grains of allowance, but, nevertheless, it is susceptible of demonstration that raisins, like other dried fruits, are genuine food, contain elements which are fully as necessary to good health as fibrine, dextrine and all the rest of the things which analytical chemists have discovered in fleshmaking and strengthmaking foods.

Those who have studied the question of raisins as food profess to have something like 100 receipts for the preparation of the raisin, and each of them, it is asserted, has an economic value. Whether this estimate be excessive or not, one thing is very certain, and that is that the world would be better off, from a hygienic point of view, if we were to eat more fruit and less meat.

The raisin, which is only the grape dried in the sun, should be a natural food, if there be any such thing. Sugar, which the dried grape contains in its natural state, has long been recognized as a nutritive agent, so much so that manufactured sugar—that is, sugar extracted from the sugar cane, sugar beets, horghum, the maple tree, or what not—is no longer regarded as an article of luxury, but as a household necessity. We leave to physiologists the technical explanation of this, but the fact is as well known as that water is needed to quench thirst. This being so, it would seem that dried grapes or raisins should furnish the sugar which the system needs in its purest and most concrete form, for nature's laboratory surpasses all the skill of the chemists and outdoes all the triumph of analysis, quantitative and qualitative. It is sincerely to be hoped that the subject of raisins as food may be thoroughly investigated and exploited, for, while raisins may not take the place of beefsteak or mutton chop, they may well stand up high in the second rank of food products.

### COSSACK HORSEMEN.

#### Their Most Daring Feats Equalled by West Point Cadets.

The principal sport in which the Cossacks excel reminded me very much of what I was familiar with at West Point when the boys were free to indulge their taste for gymnastics on horseback. Our cadets, at least a large proportion of every class, are quite as clever with the trapeze as the average Cossack. He has seen them stand on the horse's back in a gallop, in that position, vault in and out of the saddle while the horse is galloping, round down and up objects from the ground, hang him, with his horse's tail hitting from the animal just before the hurdle is touched, and assisting into the saddle as the horse clears the obstacle. I have seen West Pointers change places while at full gallop, or one take the other behind him. All these exercises I have seen done not merely with the saddle, but without; and not merely in the riding school, but while riding out on country roads.

These are the exercises in which the Cossack chiefly excels, writes Poultney Bigelow in the Century, and it may be added in parenthesis that the horse of the average Cossack resembles in many respects the degenerate beast which the government placed at the disposition of the United States military academy. The Cossack learns these tricks as a boy when he is allowed with his mates to ride the horses bareback to water, and incidentally is encouraged to indulge in every manner of sport on the way. He is encouraged also to persevere in exercises of this kind, and to be prepared to make an exhibition of himself when as a soldier he is garrisoned in towns, where such exercises smack of the circus rather than of the battle-field. The Cossack is so often pictured in the act of doing such things with his horse that it has become common to think that all Cossacks are up to this work. As a matter of fact it is only a small and select portion that keep up these exercises, and these are embodied in a special section of the cavalry regiment, designated "Dzhigits." The Russian regulations of war order the encouragement of these acrobatic cavalrymen, particularly when they indulge in any exercises which may be turned to practical account in war, as for instance, leaping over an obstacle and firing at the same time, or compelling the horse to stop suddenly half fall to the ground, so that its body may be a breastwork behind which the trooper may shelter himself.

### Afternoon Tea.

They were at an afternoon tea, and each held in her delicately gloved hand a cup of amber fluid, which she sipped daintily with a souvenir spoon. Little technical knowledge of tea would have made the sweet girls stand on end. I like Pedro best," one of them was saying sweetly. "Do you? I like the other; now I prefer Solong, because there is no nicotine in it." "Talking of tea brands?" asked a society bride fluttersingly, "I just believe Boohoo; it's made in China, you know." "Well, afternoon tea is good enough for me," warbled a society belle who didn't know anything but practical knowledge, and wouldn't bother her noddy head with the Waldorf. The hostess, who had served Hormosa, Souchong, and Bohea sighed to herself at the ignorance that sometimes existed in social circles.—Detroit Free Press.

### He Could Be Trusted.

A small colored boy who stole some time from in front of a new building was arrested and taken before a magistrate. The boy's father was very severely reprimanded by the magistrate, who instructed him to take back the stolen time, and, turning to an officer, required that he should see that the boy did it. "Dat's all right, boss," said the prisoner, "jes' wipe de taks off de bell an' I'll soon'l send no cop wid me, fo' I'se honest."—Philadelphia Call.

### A Give-Away All Around.

"I think," she said as she came into the room, "that I will give that poll parrot away."

"Yes," replied the young man who was calling. "It would be only fair. She has been doing as much for you."

### SELECTED SCRAPS.

A Chautauqua circle, the first ever formed among those of the Hebrew faith, has been organized in the New York "Society for Religious Study."

A balloonist who made an unexpected descent in the suburbs of Metz was found to have been engaged in making sketches, presumably for the French.

The new academy at Athens is built of marble from the same quarries which furnished the marble for the Parthenon, and its sculptures are beautifully decorated in red, blue and gold.

A recent strike of women in Vienna caused an investigation to be made, which elicited the fact that one of the workpeople in the factory there had labored daily for twenty-three years, and had never received more than is 2d a day.

Arnold man in a Cheshire, England, workhouse, lately admitted to the poor law guardians that he had £5 in his possession, to provide for his being buried beside his wife. The guardians decided that as he was not destitute he had no business in the workhouse, and ordered him to be turned out. At dinner the next day the poor man seized a knife, cut his throat, and so relieved the guardians of their embarrassment.

A story is told of a country clergyman who knew finances do not apparently extend to banking operations and experience. Going to a bank with a check, the clerk handed it back, with a request that he would endorse it, and it should then be cashed. After much deliberation the reverend gentleman came to the conclusion that he could, without violation of his conscience, accede to the request. So he took the treasured piece of paper and wrote across the back of it: "I heartily endorse this check."

### SPECIMEN CASES.

S. H. Clifford, New Cassel, Wis., was troubled with Neuralgia and Rheumatism, his stomach was disordered, his Liver was affected to an alarming degree, appetite fell away, and he was terribly reduced in flesh and strength. Three bottles of Electric Bitters cured him.

Edward Shepherd, Harrisburg, Ill., had a running sore on his leg of eight years' standing. Used three bottles of Electric Bitters and seven boxes of Bucklen's Arnica Salve and his leg is sound and well. John Speaker, Catasauqua, O., had been large Fever sores on his leg, doctors and all he was incurable. One bottle Electric Bitters and one box of Bucklen's Arnica Salve cured him entirely. Sold at Whitehead & Mitchell's Drug Store.

And by F Hagerman

### A HOUSEHOLD TREASURE.

D. W. C. Fuller of Canajharie, N. Y., says that he always keeps Dr. King's New Discovery in the house and his family always found the best results follow its use; that he would not be without it if procurable. G. A. Dykeman, Druggist Catskill, N. Y., says that Dr. King's New Discovery is undoubtedly the best cough remedy; that he has used it in his family for eight years and it has never failed to do all that is claimed for it. Why not try a remedy so long tried and tested. Trial bottles free at Whitehead & Mitchell's drug store and F. Hagerman's. Regular size 50c and $1. 3

### Notice of Train Letting

Notice is hereby given that I, Joseph Stanch, Township Clerk of the Township of Royal Oak, county of Oakland, state of Michigan, will on the 26th day of June, 1895, at the house of L. Collins, in said township of Royal Oak, at 1 o'clock in the afternoon of that day, proceed to receive bids for the cleaning of the certain drains in said township designated as the "Sprague Drain," located and established in said township of Royal Oak, and described as follows, to wit:

Commencing at the south-east corner of said township of Royal Oak, and the description of said drain, thence northerly on the east line of said township, a distance of one rod, as surveyed across the south end of the lands owned by Lewis Ward, and the lands of E. L. Baker on the north side thereof, and thence westerly on the south side of said drain, for a distance of three hundred and twenty-four feet, and thence westerly, a distance of one hundred feet, and thence westerly, a distance of one hundred feet, and thence westerly, a distance of one hundred