THE EVENING NEWS.

Saturday, November 20, 1869.

FRUIT AS FOOD.

No subject is of more importance to us than that of food, as it has to do directly with human health and happiness. We condense a few thoughts from scientific and reliable sources as to the value of fruit for food. Though not containing so much solidity and nourishment as the usual diets of meats, etc., yet it often supplies a want of the system far better than those articles, and with none of their injurious effects. Good, ripe fruit, in proper quantities and at proper times,—*i. e.*, meal times,—tends to keep the blood cool and prevents feverishness. It keeps the kidneys and liver in a healthy state, and the free use of it will often cure diseases which arise from the derangement of these organs; and the same may be said of the bowels. It is an excellent diet for children, and as experience proves, the best of medicines for worms, which are often so troublesome and sometimes fatal.

It is thought by some physicians, that in those districts where water is bad, and health consequently precarious, the habitual use of fruit would counteract all or nearly all of the evil results. But it must be *good* fruit; not the half-ripe or over-ripe and half-decayed stuff that the poor of our large cities buy at low rates, than which no food is more injurious. Fresh, uninjured fruit, clean and in good condition, particularly that which *may* be gathered in abundance around every country home, to add to the other luxuries and plenty; and also in the backyards of our towns and large villages—even of the poor man's—from June to November, and which comes on the table bright and beautiful in all its fragrance and aroma. But we should not always be gobbling down fruit, nor use it in excessive quantities; nor would we advocate the sudden turning to a fruit diet; but use it judiciously, introduce it gradually into the regular meals and increase the proportionate quantity as taste and good results may dictate, and always provide the best. Buy fruit if you must, but raise it if you can.—*Small Fruit Recorder.*

WHAT SLEEP WILL CURE.

The cry for rest has always been louder than the cry for food. Not that it is more important, but it is often harder to get. The best rest comes from sound sleep. Of two men or women, otherwise equal, the one who sleeps the best will be the most moral, healthy, and efficient.

Sleep will do much to cure irritability of temper, peevishness, uneasiness. It will cure insanity. It will build up and make strong a weary body. It will do much to cure dyspepsia, particularly that variety known as nervous dyspepsia. It will relieve the languor and prostration felt by consumptives. It will cure hypochondria. It will cure the blues. It will cure the headache. It will cure neuralgia. It will cure broken spirits. It will cure sorrow. Indeed, we might make a long list of nervous maladies that sleep will cure.

The cure of sleeplessness, however, is not so easy, particularly in those who carry grave responsibilities. The habit of sleeping well is one which, if broken up for any length of time, is not easily regained. Often a severe illness, treated by powerful drugs, so deranges the nervous system that sleep is never sweet after. Or, perhaps, long continued watchfulness produces the same effect; or hard study, or too little exercise of the muscular system, or tea and whisky drinking, and tobacco using. To break up the habit are required:

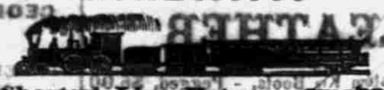
1. A good clean bed.
2. Sufficient exercise to produce weariness, and pleasant occupation.
3. Good air and not too warm a room.
4. Freedom from too much care.
5. A clean stomach.
6. A clear conscience.
7. Avoidance of stimulants and narcotics.

For those who are overworked, haggard, nervous, who pass sleepless nights, we commend the adoption of such habits as shall secure sleep, otherwise life will be short, and what there is of it sadly imperfect.

AFRICAN SPORT.

A party of Englishmen returned to Grahamstown, C. G. H., last August, after a hunting expedition of eighteen months in the Lake Ngami region. They succeeded in bagging eighty-two elephants, eleven white rhinoceros, thirty-seven black rhinoceros, six giraffes, twenty-eight buffaloes, four koodoos, nine oryx, seventeen elands, twenty-one sea-cows, two leopards, ten lions, and a host of smaller game. Their wagons were heavily loaded with tusks, horns, skins, &c., of these animals. One of the party had a narrow escape from a lioness. He had shot an eland and some other game, and while dressing it, to take back to camp, his horse ran away. After a long chase the animal was recaptured and mounted. The rider's subsequent adventure is thus described: 'I reached the drift and caught a glimpse of my game, with a lioness and two cubs in possession, growling fearfully. My horse had been drinking in the drift as I walked quietly through, but no sooner did we reach the side than, catching the scent, off he went with a mad bound. I managed to hit him in the right direction, and turning round, I saw, to my horror, the old lady close at my heels, and tearing along like mad. With my knife I cut the thongs that held my koodoo reflex, and thus lightened, my horse bounded along more freely. Her majesty stopped for an second to smell the skin, but evidently wanting something more in the French taste (hippology) she again gave chase. I held my nag in as well as I was able, letting her come tolerably close, and then giving him his head, enjoyed her some little. My rifle was not loaded, but even if it had been I should not have dreamed of firing, as I should have only enraged her with a wound that was not fatal, and what chance could I have of thus fleeing at a break-neck pace over ground that was rough, in many places circumvallating holes of ant-eaters or wild dogs? I had still four miles to run at least, and you may be sure my eyes were strained to catch a glimpse of a rifle in the rapidly declining twilight. At last I saw the wagon tops over the bush, and the fire blazing, and didn't I shout and no mistake; and just as I felt myself secure, my horse fell with a quivering shudder, and I over his head. I gained my legs unhurt, but my poor horse was dead. His over exertion to save either his life or mine had cost me dear.'

CHICAGO AND NORTH-WESTERN RAILWAY!



Shortest Line Between Omaha and Chicago.

The Old Established Line.

Fast Trains and Sure Connections

The only Line running the celebrated

PULLMAN PALACE SLEEPING CARS

BETWEEN OMAHA & CHICAGO.

TWO DAILY TRAINS

In connection with Trains on

UNION PACIFIC RAILROAD,

And make sure connections at Chicago with all the

EASTERN AND SOUTHERN ROADS.

☞ Through Tickets and all information in regard to FREIGHT obtained of David O. Calder & Co., Agents, Salt Lake City, or Agents of Union Pacific Road.

WM. B. STRONG, Ticket Agent, Council Bluffs & Omaha.

H. P. STANWOOD, Gen'l Tkt. Agent, Chicago. G. L. DUNLAP, Gen'l Supt., Chicago.

d201 6m

A PAMPHLET

CONTAINING

Three Discourses

BY

PRESIDENT GEORGE A. SMITH,

AND

ELDERS ORSON PRATT and GEORGE Q. CANNON,

ON

PATRIARCHAL MARRIAGE

DELIVERED

In the New Tabernacle, Salt Lake City, October 7th, 8th and 9th.

FOR SALE

AT THIS OFFICE.

☞ Every Missionary should have a supply.

PRICE 20 Cents Single Copy,

Large reduction made to wholesale buyers.

d289-tf

KEITH BROTHERS,

68 & 70 WABASH AVE., and 3 & 4 DEARBORN PLACE,

CHICAGO.

Manufacturers, Importers & Jobbers in

MILLINERY and STRAW GOODS,

HATS, CAPS,

FURS,

BUCK GOODS,

UMBRELLAS.

OUR STOCK is the largest and most complete of any in our line in this country. Buyers who have formerly bought at the East are guaranteed the same or better terms than they have obtained there. We import direct from the Manufacturers in Europe our

RIBBONS, SILKS, SATINS, FLOWERS, LACES, NETS, TISSUES, CRAPES, PATTERN BONNETS, &c.,

And can, therefore, sell at Importing Package House Prices.

All orders will receive prompt attention, and Goods invariably warranted to please.

d211-6m

BLANKS! BLANKS!!

—:o:—

We have for sale at the DESERET NEWS *the following—*

STATEMENT BLANKS

For filing before Judges of Probate Courts by owners of Town Lots where the Town Sites have been entered at the U. S. Land Office.

WARRANTEE DEEDS

For the sale of Land.

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For the transfer and sale of Claims.

DECLARATORY STATEMENTS

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HOMESTEAD BLANKS.

AFFIDAVITS

Required of Pre-emption Claimants.

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DECLARATIONS of INTENTION.

Certificates of Citizenship.

☞ A large supply always on hand, which we sell at low rates.

Orders by mail will meet with prompt attention

Blanks not enumerated above will be furnished according to order.

d8dw

California Trade.

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LINFORTH, KELLOGG & BALL

(Successors to L. B. Benchley & Co.,)

IMPORTERS AND JOBBERS OF

American, English and German

HARDWARE,

Agricultural Implements,

And

MINING TOOLS,

Nos. 3 and 5 FRONT STREET,

Near Market,

SAN FRANCISCO.

d205 tf

Theo. J. Millikin, Sacramento. Jno. M. Millikin, San Francisco

MILLIKIN BRO'S.,

60 and 62 K Street, Sacramento.

WHOLESALE GROCERS,

Importers of all descriptions of CHOICE JAPAN TEAS.

Agents for Home Mutual Fire and Marine Insurance Company.

d173-tf

ADAMS, McNEILL & CO.

Wholesale Grocers,

93 & 95 FRONT ST., COR. L,

Sacramento, California.

DEALERS IN

BUTTER, BACON, HAMS, LARD and all kinds of California Produce.

WINES, LIQUORS, TOBACCO, TEAS, QUICKSILVER and FUSE.

Agents for the California Powder Works, Santa Cruz.

This Powder was used exclusively by the Central Pacific Railroad in all their operations.

Particular attention paid to packing goods for the Salt Lake Market.

d173-3m

MAIN & WINCHESTER

Wholesale Saddlery

AND

LEATHER WAREHOUSE

214 AND 216 BATTERY ST.,

SAN FRANCISCO, CAL.

We wish to call the attention of the trade of Salt Lake and vicinity to the facilities we have for furnishing them with every article in our line on more favorable terms than can be found elsewhere.

We have by far the largest and best selected stock of Saddlery, Hardware, Leather, Whips, Collars, Harness, Saddles, &c., on the Pacific Coast. Very many of these articles are made in our own factories, and others are procured from the best manufactories in the United States and Europe, and we are enabled to offer every article at New York prices.

We make a specialty of Collars, Whips, and Saddles. *Please send for list of prices.*

d186-3m

SEWING MACHINES!

SEWING MACHINES!

—:o:—

THE

Folsom Noiseless Sewing Machine

Is considered the CHEAPEST and BEST ever brought into this Territory, and may be had of

GEORGE GODDARD.

They are the LOWEST in PRICE, and every family should have one from Geo. Goddard.

They are so simple and easy of management.

They are unsurpassed in strength and beauty of stitch.

They will sew with ease and rapidity any kind of goods, of any required thickness, using any kind of good thread.

The stitch is not liable to rip in wear, and is more durable than the strongest kind of hand sewing.

No family should be without one. Send to GEORGE GODDARD for a circular, which contains all PARTICULARS and PRICE.

A supply has just arrived, nicely packed ready for shipment to any part of the Territory.

Flour, Grain and Produce taken in exchange.

☞ This is the best and cheapest chance for every family to get a First-class Sewing Machine.

GEORGE GODDARD,

d301-tfw4l-1 Sole Agent for Utah.

TARRANT'S SELTZER APERIENT.

The Instinct of the Stomach. Take no medicine that the stomach loathes. The instinct of that dominant organ may be trusted. It accepts TARRANT'S EFFERVESCENT SELTZER APERIENT—and why? Because in the delicious tonic it recognizes a toning, purifying, regulating preparation. The refreshing remedy permeates with the system, and invigorates the stomach, while it gently relieves the bowels, induces a healthful flow of bile, and restores the appetite.

SOLD BY ALL DRUGGISTS.

d192-6m

OMAHA TRADE.

HURFORD, LEHMER & CO.,

Wholesale Dealers in

Hardware, Iron, Cutlery, Nails, Miners' Supplies and

AGRICULTURAL IMPLEMENTS.

Proprietors of the

WESTERN DEPOTS,

ST. LOUIS, MO., and OMAHA, NEBRASKA,

FOR THE

BEST!

Manufacturers and Jobbers in

White Lead, Colors, Varnishes,

OILS, BRUSHES, WINDOW GLASS,

Mineral and Cottage Paints, Puttys, Etc.

Special Brands of Lead

Made for the Trade at Factory Prices.

N.B.—We would call special attention of the Trade to our Brands of HURFORD, SWEET & Co.'s and BANNER LEADS, which we guarantee to be equal to any Lead in the Market, and our long experience as corroders, and acquaintance with the manufacture of our line of goods, enables us to give special inducements to our customers.

Being manufacturers of our own Lead and Colors we can supply them from St. Louis, or Omaha, Neb., at Factory Prices by addressing us at Omaha.

E. SHOEBRIDGE & SON

Are our Agents in Salt Lake City, through whom we will be pleased to receive orders.

d22-1y

G. H. & J. S. COLLINS,

BOOTS & SHOES, LEATHER,

Dealers in

Leather, Saddlery,

HARNESS, WAGONS AND BOOTS & SHOES.

234 Douglas & 236 Farnham St

OMAHA, NEB.

d15-1y

FRESH OYSTERS!

H. L. LATEY respectfully informs the citizens of Utah Territory that he is now prepared to fill all orders for

Fresh Baltimore Oysters,

Steam Manufactured CANDIES,

And all kinds of

CONFECTIONERY, CRACKERS, &c.

At the Lowest Wholesale Rates.

All orders promptly filled.

Refers to J. H. LATEY, with W. S. Godbe.

Address H. L. LATEY,

Cor. of Douglas and 12th Streets,

d16-1y OMAHA, NEB.

WOLCOTT & CO.,

Wholesale Dealers in

Paints, Brushes, Varnishes

Window Glass,

And all articles used by

PAINTERS & GLAZIERS

Also,

OILS of all kinds, COAL OIL

In Barrels and Safety Cans.

ROSIN, TAR, Etc.,

Which we offer to the Trade at New York and Chicago and St. Louis prices, Freight added.

WE are also the only Western Agents of the SMITH & RAND POWDER COMPANY, and keep constantly on hand a full Assortment of their celebrated

ORANGE SPORTING POWDER.

And all Grades of BLASTING POWDER and FUSE.

229 Farnham St. Omaha.

d186 tf

ST. LOUIS TRADE.

BUCK'S PATENT

COOKING STOVES

Bake Quicker, Better and with less Fuel than any Stoves made.

EVERY STOVE WARRANTED.

They were awarded the Premium at last Louisiana State Fair, also at last St. Louis Fair, Oct., 1868, after actual trial in Baking with the leading Stoves made East and West.

We also Manufacture the Celebrated

PARAGON COAL COOKING STOVE,

which is superior to any Coal Cook Stove made.

BUCK & WRIGHT,

720 & 722 N. Main St., St. Louis.

Manufacturers of all varieties of

COOKING & HEATING STOVES.

d67-1y

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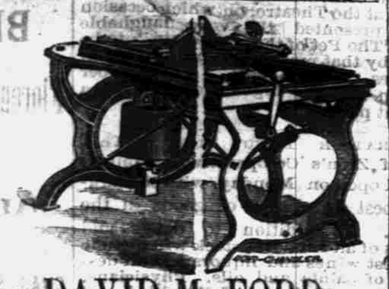

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IRON AND BRASS FOUNDRY, AND MACHINE SHOPS,

Manufacturer and Dealer in

Wrought and Cast Iron Pipe and Fittings, Finished Brass Work, Brass Castings, Babbitt Metal, &c.

PATENT SHINGLE, STAVE AND BARREL MACHINERY,

And PORTABLE SAW MILLS,

Soda & Mineral Water Apparatus, &c.,

AGENT FOR

Cincinnati Saw Works, Lee & Leavitt's Saw Mills, Dimpfel's Fan Blowers, American Meter Company, Condict's Patent Steam Pumps Schaffer & Budenburg's and Ashcroft's Steam Gauges, and other manufactures.

My SHINGLE MACHINE has a capacity of from two to four thousand Pine Shingles per hour, which sell in the Chicago Lumber Market at 25 to 50cts per M higher than the best shaved shingles.

FACTORY—50 to 62 *West Washington Street and 47 Clinton Street,*

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STANDARD

SCALES

OF ALL KINDS.

FAIRBANKS, GREENLEAF & CO.,

226 & 228 Lake St., Chicago. 209 Market St., St. Louis

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FAIRBANK, PECK & CO.

No. 14, La Salle Street,

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PACKERS OF

PURE LEAF LARD

EXPRESSLY FOR FAMILY USE,

Packed in Patent Air Tight Caddies of 3 lbs., 5 lbs., 7 lbs. and 10 lbs. each. This package is entirely new and found the most convenient ever introduced, both for dealer and consumer. The trade are invited to give it a trial.

Also, Manufacturers of

EXTRA LARD OIL

FOR LUBRICATING,

EXPRESSLY FOR

Flouring Mills, Saw Mills and Woolen Mills

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PURE NEATSFOOT OIL.

Special attention given to orders from UTAH

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Manufacturer of

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Of all kinds, by steam, and Wholesale Dealer in NUTS,

CIGARS, CANNED AND GLASS GOODS

Raisins, Figs, etc.,

38 Randolph St., - CHICAGO.

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P. L. GARRITY,

Manufacturing Confectioner,

AND JOBBER IN

FRUITS, Fancy Groceries & CIGARS

33 & 35 RIVER STREET,

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"P L G" AND "GARRITY'S OWN" CIGARS!

Having exclusive control of the above brands of Cigars, I can offer liberal inducements to the Jobbing trade.

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WHEN CHANGING WATER & DIET USE

Red Jacket Bitters

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C. A. & C. H. Barnum & Co.

Successors to Barnum, Dorr & Co.,

WHOLESALE DEALERS IN

NOTIONS, GLOVES,

HOSIERY,

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UMBRELLAS, PARASOLS, FANS,

White Goods, Laces, Edgings,

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Which we shall at all times offer at the bottom of the market.

Prompt attention will be paid to Letter Orders and satisfaction guaranteed in ALL CASES.

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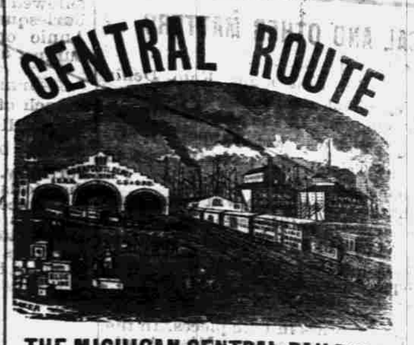
GREAT

CENTRAL ROUTE



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Unite in running FOUR EXPRESS PASSENGER TRAINS DAILY between Chicago and New York, Boston, and all intermediate points in New England, New York and the Canadas.

The renowned Pullman Palace Sleeping Cars are run on this line, exclusively, from Chicago east, and are fully supplied on all night trains.

The famous PULLMAN HOTEL CARS leave daily on evening trains running directly through to Rochester, N.Y., without change.

The passenger equipment of this line is unequalled by any other in the country, and will be found by patrons to possess all the requisites of "SPEED, COMFORT and SAFETY."

Connected with the

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The Blue Line

Established January 1, 1867, for the carriage of

Through Freight without Transfer

This Line is owned and operated by the Michigan Central; Illinois Central; Chicago, Burlington and Quincy; Chicago and Alton; Great Western of Canada; New York Central; Hudson River; Boston and Albany; Providence and Worcester; Worcester and Nashua; Housatonic and Jackson, Lansing and Saginaw Railroads.

THE "BLUE LINE"

is the only route that offers to shippers of freight the advantage of an unbroken package of track from Chicago and the Mississippi river to the Seaboard, and is of the

SAME GUAGE AS THE UNION PACIFIC,

over which these cars will run on completion of that road.

THE BLUE LINE CARS

Are ALL OF UNIFORM BUILD, thus largely assuming the chances of delay from the use of cars of a mixed construction, and the consequent difficulty of repairs while remote from their own roads.

The Blue Line is operated by the Railroad Companies who own it, without the intervention of intermediate parties between the Roads or Line and the public.

The facilities of the Line for making uniformly quick time are unequalled.

All claims promptly settled on their merits.

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d167 1y

FROM OCEAN TO OCEAN!

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AND

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THE

Great Central Iowa Route

IS NOW OPEN BETWEEN

OMAHA & CHICAGO

VIA DES MOINES & ROCK ISLAND.

This Great Central Route

IS OVER 100 MILES SHORTER than via St. Joe, and no change of CARS.

THIS LINE IS WELL STOCKED WITH

Elegant New Cars

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PALACE SLEEPING COACHES

FOR ALL THROUGH TRAINS.

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SPEED, COMFORT and SAFETY COMBINED.

Both Trains connect at Chicago with East Express Trains for the East.

Through tickets via this Line can be had at all Through Ticket Offices of the Pacific Railways, at Wells, Fargo, and Co's Office, Salt Lake City, and at Company's Offices at Omaha and Council Bluffs.

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d202 1y