

FARM NOTES.

Why harmful insects have greatly multi-plied. In destroying birds and small wild animals, the farmer does away with the

guardians of his crops. The great increase of insect pests in or-chards and gardens entails an enormous expense upon the farmers of this country, and yet it is possible that the farmer him-self is at fault, to a certain extent, by as-sisting in the destruction of animals and birds that would perform for him valuable service if permitted. Beasts and birds of prey are sufficient to prevent any alarming increase of the birds that are capable of doing harm, but all birds ore carnivorous to some extent, as they can subsist on animal food. Birds prey upon worms, and the natural increase of all kinds of insects would soon render the earth uninhabitable by man but for the assistance given him by the creatures which he ruthlessly destroys without regard to future consences. The carnivorous animals and birds do not increase as rapidly as the smaller kinds, and a single lion or tiger may serve to prevent a district from being overrun with graminivorous animals. If such condition did not exist the result would be famine. As the forests are clear-ed the destructive animals and birds are driven away or restricted in their capacity to do harm, but man seems to become him-self a beast of prey and wantonly destroys for the pleasure of so doing. He considers certain animals, such as the fox, hare, rac-coon, opossum and mink as "game," the hawk and owl being always regarded as his foes. He adopts the dog and cat, the latter being more destructive to useful birds than any other, as it is not only active, is somewhat nocturnal in habit, but also climbs trees. The fox, opossum and raccoon are among the most useful animals known, as they seek their food where field mice and ground insects abound. The little damage done by them is not worthy of consideration compared with the service performed. The only apology for their destruction is the loss of poultry occasion-ally, but no careful farmer will leave his destruction is the loss of poultry occasion-ally, but no careful farmer will leave his poultry unprotected from danger at night. The slowness with which this is done

devotes more time to seeking the lives of his friends, the owl and hawk, than he gives to the insects which he can control. The damage to a portion of the corn or fruit by animals and birds is insignificant compared with the almost complete destruction of crops by insects. The mole, which ridges the earth, simply does so while destroying grubs, as moles consume them in large numbers. The quail, which is harmless, is forced by necessity in the fall and winter to search for food under every leaf and in every spot where an in-sect or worm can be found, during which time so spent they destroy thousands of insects, but in some sections the quail has been exterminated simply for sport, which is one of the most expensive luxuries enjoyed by man if he only knew it. The birds that remain over winter, or which do not leave until late in the fall, to appear early in winter, feed not only on insects but on the seeds of many plants which the farmer does not desire in his fields, and the reduction in the number of these birds is

David City, Net., April 1, 1900 Geniesce Pure Food Co., Le Roy, N. Y.: Gentlemen :--I must say in regard to GRAIN-O that there is nothing better or healthier. We have used it for years. My brother was a great coffee drinker. He was taken sick and the doc-tor said coffee was the cause of it, and told us to use GRAIN-O. We got a package but did not like it at first, but now would not be without it. My brother has been well ever since we started to use it. Yours truly, LILLIE Sochoe. 45-27 45-27 The following exercises are beneficial to almost anyone toning up the muscles and aiding the circulation : In a good standing position, head up, chin in, shoulders back, hips back and toes out, extend the arms forward and parallel, ROCK FARMS.

Coal in Japan. FOR AND ABOUT WOMEN.

The development of the coal mining in-dustry in Japan is remarkable. A few You must certainly wear an Aiglon belt You must certainly wear an Aiglon belt if you wish to be in fashion these days. The newest consists of narrow bands of gold cloth, mounted on black velvet, and fastened with Aiglon clasps. A belt of this description, sure to delight the heart of the swagger girl, is fastened in front and at the back with a round gold buckle, with a raised medallion in gold of Bernhardt's head as L'Aiglon. At each side there are a raised medallion in gold of Bernhardt's head as L'Aiglon. At each side there are two narrow gold clasps decorated in the same way. The belt is wider at the back than in the front, and is made this way to accentuate the long waist line which the divine Sarah was the first to introduce. In addition to the buckle in front there are a number of long black velvet dangling ends, each finished with a spike ornament of glistening crystal and gold. These buckles, clasps and spike ends are now sold in the shops in sets and are called L'Aiglon belt sets. The spike ends are shown in an unusual variety; some of the prettiest are of the turquoise in the matrix set with

Whichever our particular tendency may be, to grow too thin or too stout, a normal state or "happy medium" may be acquired

gold.

by judicious exercise. Too stout persons may use apparatus— dumb-bells, rope pulls, stools etc., to ad-vantage, but those who are working up tissue had better take exercise without thes

The average woman who finds herself growing stouter than comfort or aesthetic taste would permit has generally two points of attack her shin and her him The average woman who finds herself taste would permit has generally two points of attack—her chin and her hips. Exercises to reduce the double chin and the hip girth are much in demand.

A mild exercise for a double chin and one which if persevered in will successfully ——Dr. Louis Schneider, a leading phy-sician of Williamsport, died at his home in that city Saturday morning at 12:30 o'clock. The cause of his death was reduce it is dropping the head forward upon the breast and rolling it around upon the shoulders and back in a circular move-ment. This exercise should be taken from right to left and from left to right.

pneumonia, aggravated by asthma. He was stricken a week previous, and it soon became evident that the struggle was an unequal one. Dr. Schueider had long been a sufferer from asthma, and compli-There are a number of good abdominal exercises. Two of these in particular, while generally quite harmless, are also cated with the dread pneumonia little hope was entertained of his recovery. Deeffective. From a position lying flat upon the floor slowly raise both legs until the ceased was born at Huntingdon on June 22nd, 1844.

works the charm. Any stout person who WINTER BIRDS. The farmer has not yet discovered a method for preventing the destruction of his crops by field mice and insects, but he devotes more time to seeking the lives of his friends, the owl and hawk, than he strength and trimness is the desired result. The other exercise from the same position is to slowly rise in a sitting position and recline at full length again, as with the first one. Either of these exercises tried for the first time had better not be per-formed more than three times. The newly awakened muscles next morning will tell the source of the sector of improves Appetite, gives perfect health. Only 50cts. at Green's drug store. the reason why.

Thinness is perhaps harder to remedy than the opposite trouble. However, mod erate exercise and massage with sweet al-mond oil will effect wonders sometimes. A good exercise for filling out the chest is to take a deep, full breath down to the bottom of the lungs and up to the top, and retaining it count in a moderate tone as high as is possible to go until the breath gives out. With about the rapidity of waltz count to reach seventy is very good.

reduction in the number of these of this is largely increased by cats, which feast upon the young in the nests in spring, and which also destroy the eggs. This is a disturbance then together move them upward, back

MONEY TO LOAN on good security and houses for rent. J. M. KEICHLINE, Att'y at Law years ago that country was dependent up-on other countries for this article in order 45-14-1yr. to drive industrial machinery, to provide fuel for her merchant marine and her navy. Now this order of things is completely Real Estate. changed. Sufficient coal can be obtained from the native mines to supply the whole country's necessities. The principal coal mining centers are in Ackaido or northern JOHN C. MILLER. Pres. J. THOMAS MITCHELL, Treas. island and in Kynshu in the south of Japan. Some idea of the present propor-tions of the industry may be gathered from the fact that the Hokaido Colliery Com-REAL ESTATE, LOAN AND TITLE COMPANY pany during the first six months of the ----OF----present year earned a profit equivalent to about \$775,000. Of this amount, \$160,000 CENTRE COUNTY was set aside for the purpose of installing the necessary plant to manufacture coke, since the coal has been found to be excellent for this purpose. But the high price of European coal has caused considerable discontent in mining circles in Japan. At the present time Cardiff coal on the Japan-Real Estate and Conveyancing. Valuable Town and Country property for sale or rent. Properties cared for and rents collected ese market is sold at \$22 per ton, while the native product fetches only \$6 per ton. This state of affairs has been proved to be Loans Negotiated. Titles Examined. Certified Abstracts of Title furnished upon application. entirely due to the reckless competition that exists among the small coal merchants; If you have a Farm or Town property for sale or rent place it in our hands. and with a view to surmounting the diffi-culty, it was decided to form a combina-tion among the colliery owners, and to suspend the sale of coal for two months, so

If you wish to buy or rent a Farm or House consult us. that a consequent rise in price might ensue in the retailing of the coal. It was also decided that the minimum price of the coal If you wish to borrow money call Is your title clear? It is to your inter-est to know. It is our's to assure Office Room 3, Bush Arcade, owners anticipate will result in a substan 45-47-1v

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Sallefonte, Pa., Jan, 4

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Sprinklers Etc.

profits of the farmer by destroying the guardians of his crops. The English spar-row in the country could easily be kept in check by the little sparrow hawk and the his natural friends he seizes the shotgun and puts an end to their usefulness, yet deploring the damage to his grain crops in the growing season by the sparrows, which he protects and allows to multiply without hindrance.

PROTECTION TO FRIENDS.

The subject most to be considered by farmers at their meetings is not so much the destruction of insects and field mice as the protection of the birds that destroy the pests, and this protection should be exended to the owl and hawk, as well as to those animals which keep rabbits in check. The loss of poultry cannot happen if the fowls are given the same care and attention as other stock, and if the farmer will consider the matter carefully he will notice that he loses but few chickes by the hawk compared with those appropriated by cats, yet he destroys the one and pets the other. A single dog in a community will do more damage to sheep in one night than all the wild animals in a year, and the losses to farmers from depredations of foxes are so small as to be hardly noticeable. The song birds that are said to be driven away by the English sparrow would return if the hawk and owl were unmolested, from the fact that the large majority of birds migrate, the sparrow remaining as food for the carnivorous birds, but the willy spar-row is sufficiently wise to remain close to the haunts of men, where he is safe from his enemies. In winter no crops are grow-ing, and there are but few, if any, small chicks. But little damage can be done the farmer by hawks, crows and owls at that season, while in summer they can secure and there are but few house they food in abundance elsewhere; hence they should be given opportunities for keeping the sparrows within bounds.

-We have seen it stated that there are some people who are of the opinion that cut green bone is of no advantage to lay-ing hens, and even lean to the belief that the feeding of it is frequently attended with injury. You can find people who will contend that about every article of food which has ever been recommended by ex-perienced poultrymen is unfit for that pur-pose, and it is likely to make serious trouble if so used. There are people in the world who find pleasure in being contrary, and some of them have gone into the poul-try business. It is to be regretted if they have convinced any beginner that cut green bone cannot be fed to laying hens in rea-sonable quantity with entire safety.

-The growing animal requires more lime in its food than one that is matured, as the bones are composed of phosphate of lime. Corn and oats contain but very lit-

and down again, describing as nearly as possible a complete circle. Reverse this exercise by beginning the movement downward

With the hands on the hips describe an imaginary circle in the air with the head, well-known screech-owl, the latter preying upon them at night and the former during the day, especially in winter, if the farmer would allow them, but on the approach of a circle in imagination, using the centre of the abdominal region as the centre of actio

With arms up and knees held firm extend the arms downward until the finger tips touch the floor. The success of this exercise depends upon holding the knees unyielding. Some persons cannot reach the floor within a half yard when first try-ing this arcsing. For such it would be ing this exercise. For such it would be as well not to use it more than three times until it gets more familiar and easy. All these exercises should be taken in gymnasium suit or loose gown suited to the purpose and in a well-aired room.

In laying the table, dust the table and cover it with an undercloth of canton flannel or an old blanket. Next put on the tablecloth, with the centre of the cloth to be the centre of the table. Lay a small knife and fork for each person, the knife at the right, with the sharp edge toward the plate, the fork at the left with times up, a teaspoon across the top of the plate, the napkin and the butter plate at the left, napkin and the butter plate at the left, and the tumbler top up at the right. If meat is to be served, the plates are put in a pile opposite the father's place. Put a tray cloth in front of the mother's place, and arrange the cups and saucers at her left, the tea or coffee pot, cream pitcher, sugar bowl and hot water pitcher at her right. Put the bread plate at one side of the table and the butter on the opposite side. If possible, put a vase of flowers in side. If possible, put a vase of flowers in the centre.

The day of the flannel waist is not over by any means. It will be worn as much as ever this winter. Serviceable, comfort-able and practical, women are naturally loathe to banish it from their wardrobe. The charm of the flaunel waist is in its simplicity. A tendency to over elabora-tion nearly always threatens its attractiveness. Stitching, strapping and pleats are the favorite methods of trimming. The fronts of some of the waists are finished in fronts of some of the waists are finished in clusters of vertical tucks; others are finely tucked all over, and still others are ar-ranged in box plaits. A great many wom-en whose dress is synonymous with style prefer the severest cut in their flannel shirt waists, no yoke being allowed and very little hint of anything like trimming. very little hint of anything like trimining. Indeed, it is a question whether the most chic waist is not, after all, the well-fitted, absolute plain shirt waist with plain French back and bishop sleeve. With a correct stock and cravat such a waist has more style than the majority of more elab-orate confections

orate confections

The blouse front is coming back, but as lime. Corn and oats contain but very lit-tle lime, while clover, bran and linseed meal are rich in that mineral. A strorg and vigorous animal cannot be produced from an exclusive grain diet. In some sec-tions where hogs were fed almost exclusive-ly on grain investigation resulted in the discovery that disease was due to a lack of the foods rich in the mineral elements. Many cases of supposed "swine cholera" have been traced to the feeding of corn to the exclusion of other foods.

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