

Democratic Watchman

Belleville, Pa., June 14, 1901.

FARM NOTES.

Watering the flower bed improves the opportunities of weeds and grass as well as of the flowering plants. The plant bed should be closely watched, and all weeds and grass picked out by hand until the flower plants are large enough to permit of working the plot with a hoe.

As flies will most annoy stock, all cracks in the stable should be closed and mosquito bars or mesh placed at the windows and doors. Flies will give more milk if thus protected and the horses be in better condition for service. Remove all manure promptly and keep the stables clean.

Careful examination should be made for borers in trees. The longer it is deferred the more difficult it will be to kill them, as they go deeper into the wood. The trees should be examined often in order to guard against missing a single one. They can be easily detected by the "chips" or refuse, at the entrances.

If there are any bare places in the pasture field scratch them with a harrow and sow seed upon them. If the pasture is thin take the stock off and give the grass an opportunity to grow, as it will otherwise be destroyed by close grazing and trampling. No pasture can last without having a rest from continual cropping.

If the garden plants are backward owing to cold rains, use a small quantity of nitrate of soda along the rows, close to the plants, but do not apply it on the leaves. As soon as a shower comes and dissolves it the plants will take on a green tinge and grow rapidly. It is the best substance that can be used where plants appear sickly or yellow.

By placing small boxes in trees one can have the birds come and stay. For worms the entrance to the hole should not exceed an inch in diameter. Keep no cats to destroy the birds, as they catch them on the ground. A bird box on a pole will be taken possession of by martens, which can be protected from cats by winding barbed wire closely around the pole.

The castor oil bean plant is one of the prettiest and most ornamental that can be used along borders, its leaves being a beautiful green. The cotton plant can be grown in this section to the blossom stage, but will not mature, though the seed should be planted in hot-beds early and transplanted. The canna is another very showy plant, and it makes a fine contrast with castor bean plant.

The spraying of kerosene, or kerosene emulsion, on trees, should be done judiciously. Pure kerosene will injure any tree, destroying peach trees almost instantly, and even when the emulsion is used it should be well diluted. No inexperienced person should use kerosene emulsion on orchard trees, though crude petroleum, applied in winter, has been recommended as efficacious and harmless.

The fact that there are hundreds of farmers who do not know one breed of cattle from another has caused many of them to make mistakes, or even to fail in their business. Some of them use the Jerseys when they wish to increase the quantity of milk yielded, instead of some breed that excels in producing milk. While the Jerseys are excellent producers of milk, yet they are preferred more for the richness of their milk rather than for yields.

The package will sell the goods in any market, even if the goods are not of the best, as appearances in market convey the idea of quality. Buyers are now extremely capable of discriminating between the best and the inferior, hence much depends upon the packing. It is claimed that Danish butter is no better than that produced in America and Canadian dairies, yet Danish butter holds the highest place in the English market because the Danish dairymen use extra care in shipping their butter to markets in a manner to attract attention and impress upon the buyer that it is of the best quality.

The young pullets that have been selected for lay next fall should not be forced by feeding too heavily on grain. They will thrive much better if allowed to roam at will and pick up their food but a mess of cut bone at night will be of assistance. The early hatched pullets only should be kept for winter laying, as the late ones do not usually begin to lay until spring. If buyers are now examine them carefully for the large lice on their heads, necks and bodies. Dusting with insect powder once a week will be an advantage, but the most important matter is to keep their quarters free of lice, which may be done by spraying the poultry house once a week with kerosene emulsion. The roosting places should be freshly with crude petroleum. It is the best plan, when raising pullets for winter laying, to cull out all the inferior ones and send them with the young cocklets to market.

The grass on lawns has been favored by the rains of May, and no doubt the lawn mower has been used frequently by many. Unless the soil is very fertile the lawn will become thin in grass in time, owing to the withdrawal of plant food every time it is mowed. Some persons who have beautiful lawns, which are kept clean by using the lawn mower every time the grass is high enough to be cut, do not understand why the grass begins to die and thin out in a year or two. To preserve a lawn it should be covered with horse manure late in the fall and raked over in the spring. If manure is not easily obtainable use a mixture of 50 pounds of sulphate of potash and the same quantity of superphosphate. Early in the spring apply 25 pounds of nitrate of soda. These quantities are for one-fourth of an acre. About 25 pounds of air-slaked lime may be also applied early in the spring, before using the nitrate.

Beginners in farming, especially those with limited capital, should endeavor to produce early and late crops, so as to have cash coming in all the time, if possible. One of the essentials for quick returns is poultry. The hens should lay every day, with good management. One or two good cows will also be found serviceable, as milk and butter are cash at all seasons. Small fruits, such as strawberries, currants, gooseberries, raspberries and blackberries, soon give returns, but grapes and orchard fruit require more time. On a small farm it may not pay to depend upon the cereal crops. Stock, fruit and vegetables give better profits and bring in cash long before the harvest comes for corn. There is nothing that will give larger and quicker profits in proportion to capital than fowls, and as they multiply rapidly the number can be increased every year. The fowls will also consume much waste material that cannot be otherwise utilized.

FOR AND ABOUT WOMEN.

It is said that Mrs. Elizabeth Cady Stanton so strongly disapproves of the unhealthy trailing skirts, to which her sex is devoted, that she has given positive orders to the elevator boy to show no woman to her apartments who sweep up the streets in this way.

The point to be remembered about foot-wear is to don the right shoe for the right occasion. For dressy walking wear, with the serge and woolen dresses, navy blue and black costumes, the proper shoes will be the patent leather walking shoe, with low heels.

Then for golf wear and outing the tan calf low shoe is the thing. Next to this comes the dressy, walking low shoe, worn with silk gowns, the foulards, the white, thin fabrics, and other extreme summer wear. These shoes are light kids, with patent vamps or toes, and have high French heels. The especially smart style is the Colonial tie, and these will be worn universally by well dressed women this summer.

The reigning fashion in the hosiery worn is the lace lisle stocking. Womanhood is particularly devoted to the very thin styles—absolutely more lace than hose. Next to these, very fine, thin, plain lisle and very thin silk hose, showing the white of the limb through the fabric, are being mostly bought by the fashionable set. No hosiery is solid or heavy for the summer fashion.

The white linen or pique skirt is a necessary article in the summer wardrobe, and the pure white shirt waist is the correct thing to wear with it. It may be plain, tucked or embroidered, but it should be white and worn with a white belt and a white stock. White waists are also worn with the beige colored linen skirts, and some of them have the embroidered corn batiste collar.

The bolero is far too becoming to lightly abandon, but it varies so infinitely in form that it bears little resemblance to the ubiquitous garment that one was accustomed to see some years ago. Some couturiers simulate the bolero effect by means of a deep corselet belt, pointed back and front, over which the bodice pounces a little. Again, the bolero is often simulated in lace and embroidery or ribbon, or chiffon, drawn round the figure; in fact it is a style that the Parisienne makes much of.

Nearly every skirt is plainly cut, nearly every waistband is simply punched into a narrow waistband, with no frills or furrowels whatsoever. The long basque coat is steadily growing in favor for gowns of thicker materials, and unless things take a sudden change it is likely to be the rage in autumn. Worth has introduced it on one of his latest gowns, a pastel gray cloth, covered with stitched strappings to form bolero, and the long basque belt shaped over the hips; the skirt of this dress has three shaped flounces, narrow in front and deepening behind, which gives it a trimmed appearance.

Foulards are being greatly worn, but always of the satin faced kind; they are profusely trimmed with lace and velvet ribbons, a prevailing idea being graduated bands of black velvet from the bottom of the skirt up toward the waist, where they are very narrow indeed. Blue and white, black and white and heliotrope and white are the most fashionable combinations in foulard patterns.

Every Parisienne is now wearing her hair dressed quite low. For day wear she adopts a middle course, the hair gathered into a knot of small curls and puffs, and in the evening, at theatre or restaurant, the hair lies in a heavy coil or loop on the nape of the neck.

This, of course, means the abandonment of the collar, and all the summer dresses, excepting, of course, the "costume tailleur," are being made with no collars at all except a transparent piece of lace. Such a mode is eminently becoming to the French women, who is usually inclined to be rather short necked.

At Phoenix, Ariz., last week, there was incorporated the Golden Rule Mining and Exploration Company, with a capital of \$350,000. The incorporators are eight unmarried women, residing in different parts of the territory.

Teach the children not to waste trifles, which they often throw away without thought and which, if saved, might be of use to others if not to themselves. Wrapping paper, pieces of twine, odds and ends of various kinds, may do service a second time if put away until the need for them arises. The habit of economy is one that ought to be cultivated, for careful saving makes lavish giving possible. Hoarding is not a vice of childhood, nor should it be encouraged, but the wise husbanding of resources for future expenditure is a valuable lesson that cannot be learned too early.

"No one wears bonnet strings any longer," nor any shorter, for that matter. These once inseparable accompaniments to the bonnet have now vanished, except in the case of very old ladies. To a matron however young, used to be the signal for assuming the bonnet, which replaced the hat worn by young girls. But hats are worn by women of middle age, and that useful compromise, the toque, is recommended by milliners to young and old women who "can't wear a bonnet" in the artist's opinion.

A great deal depends on the shape of the head. English women, or those having the Anglo-Saxon type of countenance, where the lower part of the face is heavy, often look extremely well in a bonnet. It is trying to any one with thin cheeks or where the forehead and upper part of the head is more developed than is the lower part, as it accentuates the triangular outlines.

It is used to be said that bonnet strings are becoming beneath the chin, but there are two opinions as to that. Bonnet strings are very warm in summer time, and the color is apt to discolor the soft white ruching or necktie worn about the throat.

The woman of 70 or 80 is conceded old enough to use bonnet strings, but they have vanished from the millinery of many grandmothers who might once have worn them.

Elderly women who have thin and insufficient hair on their heads may well assume bonnet strings, which help to supply the deficiency. But where the head is covered with a plentiful crop of thick, soft hair, white, gray or brown, no bonnet strings are required.

On the other hand, the Hebe-like debutante, with rosy cheeks and deep dimples, sometimes attends a garden party with a white picture hat and ostrich plumes, tied beneath the chin with soft white satin ribbons. But these are hat strings, not bonnet strings.

About Meat Eating.

The Effect on One's Nervous System of Heavy Diet.

It is a frequently discussed fact that Americans, as a rule, eat too much meat. In European countries, even in England, the land of four meals per day, there is not so much meat consumed as in the average American household whose inhabitants belong to the elastic class of "well-to-do."

In such homes meat at every meal is almost invariable. Chops, outfit or steak for breakfast, cold meat or potting meat for luncheon, roast, joint or "boiled" meat for dinner, and meat again frequently at the night lunch which in so many households immediately precedes the going-to-bed hour.

Taking the naturally nervous constitution of most Americans, the national lack of systematic exercise, the general preponderance of sedentary occupations, all of which operate against the digestion and assimilation of such quantities of meat it is not difficult to trace many of the ills which flesh is heir to back to the quantity of meat consumed per diem.

There are many scientists in the world who allege that all of us overeat regularly and systematically, consuming vast quantities of food over and above what the body demands, and suffering consequently. Physicians and dietists are constantly endeavoring to win the world over to ampler and more abstemious living, and it is almost common now for a physician who has had the advantage of the most modern teaching to advocate absolute fasting during illness.

It is unquestionable that if we could all follow Pope Leo's methods of eating a little for breakfast, a little soup and vegetable for dinner, and fruit again, with crusty bread for supper, we might live to be as old as he is. But such a reformation in our ways in a generation is hardly possible.

Particularly in summer weather, when every extra ounce put into the stomach does us just so much injury, should we make stringent reforms in our eating habits. Once a day from June to October for meat is more than sufficient, and is the first step toward reform. Three times a week is better; once a week still better, and if we could force ourselves to do without flesh entirely for that period we should be triply the better for it.

Vegetables, fresh and crisp, uncooked or simply prepared, with a little butter and seasoning; fruit, plenty of it, ripe and sweet; salads at all times and of all varieties and whole wheat or crusty brown loaves—these would work direct reformation in the summer health for most of us.

Do Not Forget.

The colder eggs are the quicker they will darken it.

Ammonia painted over woodwork will keep it white.

Lenons will keep a long time if covered with cold water.

All spices should be kept in tin cans and salt should be kept in dry places.

Soap and chalk mixed and rubbed on mildewed spots will remove them.

Always well heat a gridiron before broiling meat, fish, bread, or anything else.

Whole cloves will more effectually exterminate moths than camphor, tobacco or cedar shavings.

A spoonful of vinegar added to the water in which fish is boiling will make the fish firm and tender.

A lump of soda laid upon the drain pipe down which waste water passes will prevent the clogging of the pipe with grease.

Chloride of lime is an infallible preventive of rats. It should be put down their holes and spread about wherever they are likely to appear.

A little vinegar should be kept boiling on the stove while onions or cabbage is being cooked; it will prevent the disagreeable odor going through the house.

Some Exploded Food Fallacies.

Fish as a food of the brain worker must be consigned to the limbo of vanities, though certain forms of fish are the cheapest of all foods.

Oysters are frauds. It would take fourteen oysters to equal the nourishment of one egg, and 223 to provide the same amount of nutriment contained in a pound of beef.

Salt fish, especially salt flatfish, is the most valuable food for the poorer classes, and the whole races in the South of Europe live on the Newfoundland cod.

Canned salmon at twenty cents a pound is no more expensive than cod at ten. Millions of people live on it, and the North American settler who is well provided with cash finds it a good substitute and change from fresh meat at times.

Frogs' legs are not of high nutritive value, which need not surprise us.

Turtle soup, from the chemist's point of view, is not worth a tenth of the price paid for it.

Food and Character.

The importance of a duly proportioned and sufficient diet is shown by its great influence on health and character. An ill-proportioned or deficient diet is certain to lead to failure of health. The anatomy of an animal may be modified in the course of generations by altered diet, as well as its character; thus, the alimentary canal of the cat has increased in length to adapt it to its omnivorous habits. In the case of the bee we have a still more remarkable instance. If by any accident the queen bee dies or is lost, the working bees (which are sexually undeveloped) select two or three eggs, which they alkalinize in large cells, and then feed the maggot on a stimulating jelly different from that supplied to the other maggots, thus producing a queen bee. In making the railway from Paris to Rouen, it was found that 2 English workmen were equal to 3 French natives; on examining the cause, it was found that the former were fed on large quantities of meat, while the latter ate chiefly soup and lentils. The diet of the Frenchmen was altered to the English standard, with the result that the inequality in work soon disappeared.

Governor MacCorkle, of West Virginia, is fond of narrating the following story: "A colored man was telling a white friend about another negro who owed him \$2 and absolutely refused to pay the debt. The creditor dunned and dunned him, but all to no purpose. Finally the creditor went to his white friend, who is a lawyer, and poured his tale of woe into his ear. 'Well,' said the lawyer, 'if he positively refused to pay you what reason did he give?' 'Well, boss,' said the colored man, 'he said he had owed me ten dollars, so long that de interest had dun it all up, an' he didn't owe me a cent.'"

A Remarkable Grove.

Strange Trees that Hedge the Beach at Wildwood.

Wildwood, the resort on the Jersey coast where the ceremony of casting flowers upon the sea on Decoration day in memory of naval heroes was inaugurated, has a good reason for its name. It is located upon an island, which is separated from the main land by Grassy Sound. For about two miles a grove of trees, perhaps the most remarkable in the world, fringes the sound. The place takes its name from the trees, which have been shriveled and distorted into all kinds of fantastic shapes by the gales which have swept over it from the Atlantic for centuries. The coast is completely exposed to the full sweep of the southeast and northeast storms, which in the winter rage for several days at a time.

Some of the trunks of the trees have twisted into numerals, letters of the alphabet and weird forms, which give the grove the reputation of being haunted among some of the negro servants and ignorant white people who live in the locality.

One tree, which must be fully fifty years old, has been bent over until it forms the figure 8, looking at it from one side, while from another point of view it is a perfect oval. From the lower left-hand corner projects a branch which startlingly resembles a snake's head with the tongue sticking out.

Two of the largest trees started to grow up from the ground, then changed their minds and bent downward, shaping their trunks into the form of the letter W. Still another tree has grown in the form of the letter N, two trunks starting from the same root below ground, and a third growing from one to the other in a diagonal direction. Another consists of two trunks running straight up and parallel to each other. At no less than five different points branches or stubs have grown from one trunk into the other, forming a sort of natural ladder, for a distance of 30 feet from the ground.

The warm southeasters have brought nourishment to Wildwood, and vines and plants grow luxuriantly. Some of the grape vines are of mammoth size and, trailing along the ground, have run up into trees and expanded until they seem like immense boa constrictors. Even the upper branches of the trees have been twisted into curious shapes, and a number have been cut out in the form of different articles. Three of them are almost exactly the shape of a triangle, a harp and pitcher.

In walking through the grove one can scarcely find a tree which has not some odd form about it. A large holly can be seen which really consists of two trunks twisted about each other. Each trunk is fully a foot in thickness, and it is supposed that when young twigs were blown around in this way and have gradually grown together. The spiral separation can be traced from the roots fully forty feet from the ground.

SAVED TWO FROM DEATH.—"Our little daughter had an almost fatal attack of whooping cough and bronchitis," writes Mrs. W. K. Haviland, of Armonk, N. Y., "but when all other remedies failed, we saved her life with Dr. King's New Discovery. Our niece, who had consumption also used this wonderful medicine and today she is perfectly well. Desperate throat and lung diseases yield to Dr. King's New Discovery as to no other medicine on earth. Infallible for Coughs and Colds. 50c. and \$1.00 bottles guaranteed by F. Potts Green. Trial bottles free."

Two years after China invented bank notes the currency became so inflated that a \$100 note would only buy a pound of rice.

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