

FARM NOTES.

Most kinds of fruit trees thrive best in rolling lands.

If mildew appear on the rose bushes, dust with sulphur.

With an ordinary fowl we believe the hatchet remedy the cheapest and best in case of sickness.—Commercial Poultry.

There is nothing more ornamental to the front yard than an evergreen hedge, if it is kept neatly trimmed, but there is, on the contrary, nothing more unsightly if the hedge is neglected. All hedges should be kept in shape and well cut back.

For worms on cabbage, lice on collards, curculio on plum trees, spray with old sour buttermilk. Keep the milk until it is a week old and use it freely. It is quick and sure death to bugs and worms and not at all hurtful to trees, plants or man, as some other remedies might be.

The best mode of renovating old, worn-out farms is to raise sheep on them. But in raising sheep the land should be divided into fields and something grown thereupon; the crop only reaching a height sufficient for the use of the sheep. The animals should never be compelled to hunt for their food. No profit can be made on sheep unless they receive care and assistance. With the production of wool, mutton and lamb, and the gradual enriching of the soil, the profit is sure in the end. Do not expect too much in one year, but keep on, and good results will surely follow.

A peck of lime, air slaked in fine powder, may be advantageously scattered about each apple or pear tree for a distance of 10 feet in each direction. This should be done at once, and it will soon be carried down by the rains. Unthrifty fruit trees that are in grass land should be plowed so as to break and turn under the sod before the lime is applied. The grass tends to exhaust the soil and starve the trees. But in plowing care must be taken not to break the larger roots; the smaller roots may be broken with advantage, as it is sort of root pruning which is beneficial to the trees, but large roots are apt to throw up suckers when they are torn, and the check to the tree is too great.

There are two ways of completely destroying weeds. One is to let them have an opportunity to grow, and, by frequent cultivating turn them under as fast as they make their appearance; the other being to crowd them out by growing some crop which will not give the weeds a chance to grow. No system of cultivation will kill all the weeds if a crop is desired—such as corn—for the grass and weeds will only be kept down so long as cultivation lasts, especially as corn is usually "laid by" at a time when the weeds are producing seeds, thus establishing them for the succeeding year. As a test of what is proposed, clean culture of corn may be, simply cut down a row of stalks and a row of weeds will remain. As a single weed produces thousands of seeds the labor of destroying the weeds must be repeated next season.

A mistake is often made by setting the lawn mower to cut too short, and there is sometimes not enough of leaf growth left to give strength to the roots of the grass. A more natural condition is given by cutting a little higher, the lawn is made more like velvet, and the danger of the danger of the earth below being dried or burnt by exposure to the sun. Owners and gardeners are sometimes puzzled to know what to do under the shade of trees where grass will not grow freely. The best remedy is a free seeding with Kentucky blue grass, which will endure shade better than most other lawn grasses. Another mode of treatment is to cover the ground around the trees and beneath their shade with some hardy evergreen running plant, as the periwinkle or ivy; or it is well to keep the lawn and shade trees in separate allotments.

There is always difficulty in removing a broody hen, and unless much care is taken she will leave the nest. She ought to be moved in a very low box or basket, with plenty of soft straw to keep her warm. Put false eggs into the basket, and cover her over with a heavy cloth, to keep the light out. If she intends to sit, she will, when the basket is uncovered carefully by night, no lamp or lantern—show unmistakable signs when you happen around next day. If she does not mean business she will leave her eggs. If she shows a disposition to remain in the nest leave her on the dumb eggs (artificial ones if you have them) for a day or two, and she will put them under her, keeping her well covered with a heavy cloth till she thoroughly takes to the nest.

Popcorn is a good crop to raise, especially if the grower is able to keep it a season or two in case of low prices. Only the white varieties are suitable for market, as most of the corn goes into popcorn balls, and the nearer white these are the better. The brand of colored varieties is sure to spoil the effect and sale of the popped article. In culture some readily available fertilizer should be used with the seed, the young plants are not so sturdy as the sprouts of other corn. A good start does wonders for the crop. Too much hoeing can hardly be given. The drill system is the easiest and most profitable, and three feet between the rows is sufficient. Rice corn, which is the most desirable of any for planting, can stand 15 or 16 in. apart in the drill, and do well if the soil is good. Buyers' demands are imperative and must be met. They are that the corn must be at least one year old, to pop well, and entirely free from mold, staining by mice and insect odors, free from silk and husks, and in every way sweet and bright.

In raising pigs remember that exercise develops the muscles and has a tendency to produce lean meat.

Plenty of good water is as essential to the health of the hogs as good food.

When a pig is a suckling is when the foundation is laid for its future prosperity. Sunshine, fresh air and ground are all necessary to the health, growth and development of pigs.

In many cases a quart of charcoal given to a brood sow that has taken too much feed will relieve her.

The true value of a sow as a breeder cannot be fully known until she has farrowed two or three litters.

To a very considerable extent the health and thrift of the pigs depends upon the health and thrift of the sows while carrying them.

Thrift, not hunger, should prompt the pig to take exercise.

The pig should never be compelled to squeal for his food.

Sows that have a very nervous temperament should be avoided.

FOR AND ABOUT WOMEN.

A fashionable linen gown which is worth studying, because there is so much that is new and pretty about it, is made of lawn colored linen. The skirt is cut to show the approved outline, snug fitting over the hips and full and flaring below the knees. Toward the hem the trimming is introduced, which consists of medallion shaped inserts of the linen thickly studded with hand embroidered French knots worked in baby-blue silk, and with each medallion finished with a border of Paraguay lace. The skirt was made up over a drop skirt of baby-blue silk, the color of which showed through the meshes of the lace. The bodice was a collarless blouse with fine tucks forming a yoke, and also used on the upper part of the sleeve and with the embroidered and lace edged medallions introduced as a decoration.

Another fashionable form of the collarless blouse is shown in a dainty dress of starched taffeta in the same shade. The skirt is made with flounces at the bottom, each edged with a band of taffeta. The blouse is a graceful, pleated model cut with a V-shaped neck and trimmed with a broad cape collar of cream color crocheted lace, fitting well over the shoulders, being finished in front with stole ends.

A too florid complexion should be treated by careful dieting. With some persons blemishes are hereditary, but in almost all cases undue richness of the face may be moderated by hygienic methods. With regard to animal foods, for instance, preference should be given to mutton, poultry, rabbits and game. Beef, pork, made dishes, rich soups, and all stimulating foods should be avoided. Fish, milk puddings and fruits, especially those of an acid kind are to be recommended. No wine or spirits should be taken, and tea should also be placed upon malt liquors and strong coffee. Mental excitement, heated rooms, tight lacing and undue physical exertion are all to be avoided as tending to increase the trouble. Daily walking exercise is most necessary, and a course of physical exercises may, in many cases, be recommended. Local remedies are, of course, only palliative, but a florid complexion can be toned down by the judicious use of a good face lotion or cream, and either of these may be used as a basis for an adhesive face powder.

Among the smartest of the traveling costumes are the skirt and coat suits of either taffeta or light weight Wooltex garments in shepherd's check. In black and white these costumes are exceptionally good style, made with a three quarter length jacket and an inset length skirt, which shows a velvet binding. They are worn with a black patent leather belt and both the skirt and the coat show applied straps. Sometimes the jacket is in Russian blouse style and then again it is a Norfolk, or is made to copy the lines of the corset coat.

It is the smart shirtwaist that which the vacation girl wears when starting off on her journey. She is just as particular about this as she is that her shoes and gloves are comfortable. If the sailor hat is becoming to her she may wear that. The new sailor hat this summer shows a much wider brim than last year, which, in a way, is due to the fact of the popularity of the shoulder cape. Nothing could be more incongruous than the young woman with her coat made with very broad shoulder capes and wearing upon her head a narrow brimmed little sailor hat. Proportion and the correct relation of each garment she wears to the other should be a serious study with the young woman who wishes to be effectively dressed.

Basques range from mere strips of materials to long skirts almost to the knees.

Fish effects finish some of the prettiest summer dresses. The more obnoxious the material the daintier the effect.

White canvas shoes are the prettiest to wear with white linen morning suits in the country or at the seashore.

Though well drawn in, the deep girdles are quite full.

It is whispered that many an old curtain has been sacrificed to trim a new dress with "antique lace."

Quaint, old time ruffles are a feature of many of the dresses that might well be called picture gowns.

Where there is a yoke effect used for bodices it always extends well down over the shoulders to show in its most exaggerated form the fad for the long shoulder line.

Sleeves that fit closely above the elbow finishing with a band of lace, then falling into all bishop sleeve below the elbow, finishing again at the wrist with a second band of lace, are among the most fashionable models for morning bodices of very thin materials.

The all white coat is a prominent feature of the summer fashions. It is always loose fitting, but comes in varied lengths. Made of white mohair and trimmed with stitched bands of the white taffeta, it is exceedingly smart in style. Of course, in a coat of this sort, it is the little touches which give it its note of originality. It may be the way the cuff is made, the cut of the shoulder cape, or the trimming. In a particular coat of white mohair the full sleeve was laid in pleats and finished with a very deep Continental cuff, bound with white taffeta. The coat was collarless and made with a deep shoulder cape, so trimmed with stitched taffeta bands that it had a double effect. Down the front were two long stoles, edged with taffeta silk and decorated with white silk cord pendant ornaments. This same model coat is stylish in all black and is made up in tulle, as well as mohair.

A ultra touch of Paris origin, finishing many smart toilettes, is a dainty little pelerine.

Hand drawnwork effects are in the front rank of separate stocks of thin white lawn or linen.

Paquin is giving much attention to his sleeves, which is quite a feature on his gowns. Nearly all the new tailormades in that establishment have sleeves composed of a full "pon" from the shoulder, gathered just below the elbow into a deep cuff, stitched or embroidered, and rather loose-fitting, from whence falls a closely gathered frill of hemstitched muslin or lawn.

All sorts of gathered skirts are in the highest favor.

Embroidery is applied to finest lace with good effect.

Triple capes are over the sleeves of some charming cloth suits, the capes disappearing under a graduated box pleat at the back.

Drink Water Freely.

Few people realize the importance of free water drinking says the Health Culture Magazine. Yet the large proportion of water, not only in the body, but elsewhere throughout the earth, would of itself indicate the importance of water. The human body contains about three-fourths water, while most of the articles used as food contain from three-fourths to nine-tenths water. In the human system there is no structure or organ which does not contain water. The teeth, the hardest and densest tissue in the body, contain 10 per cent. of water; the bones are 13 per cent. water, the muscles are three-quarters water and the blood is four-fifths water. Gastric juice is 94 per cent. perspiration, 98 per cent. and saliva 99 per cent. water.

The blood stream, consisting of about seven quarts of fluid, circulates through its tubular conduits, the arteries, capillaries and veins, at the speed of about seven miles an hour, or 198 miles per day. The blood is in reality only a solution in water of certain matters out of which, by a complex system of filters, all the other fluids of the body are formed. In other words, the blood holds, in solution, all the elements out of which the gastric juice, the saliva, the intestinal fluids, the synovial fluid and a dozen other fluids are produced.

When it is mentioned that during twenty-four hours these wonderful little filter cells secrete from the blood about four to eight quarts of gastric juice, about one quart of saliva, about two quarts of intestinal and pancreatic juice, as well as smaller quantities of many other fluids—when this is understood, some idea may be gathered of the immense importance of water, which is as has been said, the real fluid of the body. A great authority on physiology has said: "Water is a very important food element, and all physiologic changes take place in a watery solution. Water is the medium through which the body is nourished."

Water is constantly leaving the body through four avenues, the skin, the lungs, the bowels and the kidneys. Of the total amount of water leaving the body, about 5 per cent. or one-twentieth, is excreted through the alimentary tube. One-fifth, or 20 per cent., is carried off by the lungs in the form of aqueous vapor. About one-third is lost by way of the skin, the fluid known as perspiration, while nearly one-half is voided by the kidneys. The water thus carried out of the body is heavily laden with various poisonous matters, the retention of which would be not merely injurious, but fatal. For instance the perspiration contains about one-half of 1 per cent. of urea, besides other poisons, lactates, and oxalates and inorganic salts. Urine contains about 2 per cent. of urea, also uric acid, creatin, exanthin tyrosin, lyppuric acid, leucin, cystin and taurin, besides many other excrementitious poisons.

As one of the greatest pathologists now living said: "The body is a factory of poisons." And upon the ability to relieve itself of these poisons—upon the incessant activity of the organs intrusted with such work of elimination depends not only the health, but the very life of the individual. There is a story to the effect that some where a great patient was given, a feature of which was a beautiful little boy who was to pose as a cherub. Somebody thought it would be a good idea to cover the little boy with gold paint. So the skin was covered with the paint, and in less than an hour the little boy was a real cherub, but it is to say, he was dead. The story may or may not be true. The point is that if the skin and thus obstruct the pores would mean the retention of a quantity of poison sufficient to cause death in a very short time.

Now from the foregoing, we see that all the vital processes take place in a watery solution, and that the excretion of waste poison of the body is accomplished by a process of washing out with water through the four avenues of elimination known as skin, lungs, bowels and kidneys.

From what has been said it can readily be understood why it is that, although a man can live for six or eight days without food, as has been proved on several occasions, yet if deprived of fluids for six or eight days he dies a terrible death. In these cases death would result from two causes; first, retention of poison for the elimination of which water in the forms of sweat, vapor from the lungs, urine, etc., was necessary; and, second, from a stoppage of those vital functions in which water is used.

The most striking and distinctive peculiarity of water is that it is a solvent—a cleanser. The function of water in the body or elsewhere is to loosen, dissolve and carry off such matters as can be detached from their environment—in other words, dirt and impurities. The water taken into the human system has peculiarly this effect: It goes in clean; it comes out dirty.

In the prevention and treatment of disease this elimination of waste is the most important factor. An ounce of elimination is worth a ton of medication. Aid in securing this elimination is the most important measure is the free drinking of pure water—water which shall flush the system of those poisons the retention of which is so deadly.

Recipes Worth Trying.

BEATEN BISCUIT.—Into a quart of sifted flour rub a teaspoonful of lard, add a little salt and wet to very stiff dough with a gill of water and one of milk. Put through a biscuit beating machine, putting it in again and again until you have worked it for about ten or fifteen minutes, then out into biscuits, having the dough about one-quarter inch thick. Bake for fifteen minutes in a flower tin, after picking each biscuit with a fork.

Some people add one-quarter teaspoonful of baking powder to the dry flour. It improves the biscuit.

ANGLE'S FOOD.—Sift one cup of flour six times with a teaspoonful of cream of tartar. Beat the whites of six eggs until they stand alone, and beat into them gradually a half cup of sifted powdered sugar; add the flour in the same way, and turn the mixture into a clean ungreased pan with a funnel in the middle. Bake carefully in a steady oven. At the end of twenty-five minutes take the loaf with a broom-straw. When baked, remove the cake from the oven and let it stand in the tin for ten minutes before loosening it gently from the sides and turn it out upon a clean cloth. Cover with a white icing.

DEVIL'S FOOD.—Half a cup of chocolate, grated; half a cup of sweet milk; half a cup of brown sugar. Boil these together until as thick as cream, and let the mixture cool. Cream a half cup of butter with a cup of brown sugar, add two beaten eggs, two-thirds of a cup of milk and vanilla flavoring. Mix well, then stir in the boiled mixture, add two cups of flour sifted with a heaping teaspoonful of baking powder. Bake in layers and when done, put together with boiled frosting.

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Medical.

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