

Bellefonte, Pa., Sept. 15, 1905.

FARM NOTES.

-Balking is very often caused by abuse overloading or tight harness.

-A sow to raise a strong litter must in good flesh and well nurtured.

-The principal advantage in cooking food for hogs is in making up a variety.

-The older the pigs grow, the more food it will take to make a pound of gain.

-You can get no more power from a horse than you give him in his food.

-The man who will whip a frightened horse ought to have a dose of his own medicine.

-Keep the brood sow in an isolated place, away from noise and disturbance. If not overfat or feverish, she should then farrow without loss of the litter.

-A farmer who works with poor tools, when he can afford to have good ones, adds very much to his own labor without accomplishing much, or doing his work well, as if he were supplied with the best imple ments the market affords.

-It is shown by experiment that animals affected by tuberculosis are in a condition to communicate the disease to other stock, and that when slaughtered and used as beef the health of those who consume the meat is endangered, some scientists claiming that consumption may be communicated in such manner

-It takes a man that knows something about cattle to select the kind that will take the raw material and change it into high-priced beef that will be recognized as such when it comes into the hands of the man that is buying for immediate slaughter. In selecting an animal it should be viewed from all sides and not from one side alone. The animal selected should have good length, good width and be fleshy.

-Wood Ashes on Farm.-Wood ash is valuable as a source for obtaining potash, but as ashes vary greatly no correct esti-mate can be placed upon them, so far as the percentage of potash content is con-cerned. Ashes are derived from so many kinds of wood that one must depend upon the quality of the ashes rather than the quantity, and many disappointments arise from misplaced confidence in the quality of material that is not up to the standard of what is sought by the farmer. Pine wood ashes are considered inferior to the kinds from hard woods; but such is not always the case, as there are many varieties of pine, the small quantity of ashes yielded pine being a drawback. Of all things by on the farm, corncobs are considered the most valuable for ashes, as from 15 to 20 per cent. of the ash is pure potash, and yet corncobs are thrown away on all farms. Nearly 1000 pounds of hard wood ashes contain about 60 pounds of potash, or 6 per cent, of the whole, and when compared with corncobs, the latter are much more valuable in the shape of ashes. Ashes from hard woods also contain over 5 per cent. of phosphoric acid (equal to 50 pounds for every 1000), and 300 pounds of lime. to say nothing of magnesia and soda, which amount together to nearly 3 per cent., or 30 pounds. The seeming smallness of the percentage of soda and magnesia is magni-fied when one estimates the amount that is spread over the field when a large amount of ashes is applied for the benefit of the coming crops. Estimating the ashes from there a every 100

FOR AND ABOUT WOMEN. Better to hunt in fields for HEALTH unbought Than fee the doctor for nauseous draught. The wise for cure on exercise depend,

God never made his work for God to meno -DRYDEN, Cymon

Physiology is a subject with which every ndividual should be familiar for upon a knowledge of it largely depends the all important matter of health and this is after all the foundation of comfort and happi: ness in the home. The average woman in planning a meal does not always consider the different kinds of foods, their nutritive values or just which kind is necessary to best perform different kinds of work. This, of course, varies with the time of year. The difference between fats, carbohydrates and proteid's should be clearly understood and how much of each best insures health. Many people believe that the total amount of food eaten is the main thing but this is

a most erroneous idea. As you cannot run an engine with the wrong kind of fuel, neither can you keep the body in good condition without a proper amount of the right foods. Every woman who has to do with planning the meals should take into careful consideration this important matter. Most cases of indigestion; and [impaired vitality are traceable to ignorance of it. Find a list of the three kinds of food and in arranging a meal combine vegetables, meats and fruits in such a way as to give the proper amount of each necessary constituent. A little study will make this

an easy matter and is the best guarantee against all sorts of organic derangements. Marion Harland has the following to say on "Medicinal Value of Foods."

We spoke last week of the Medicine Chest stocked with drugs as a dangerous thing. I am disposed sometimes to think familiarity with what is technically known as "Materia Medica" is a snare to the housemother. She would better leave the selection and the handling of drugs, especially those that contain mineral matter, to apothecary and physician. She is passing wise for her generation if she makes a careful study of the properties, values and uses of the contents of larder and storeroom

It is not enough to say that this meat, that vegetable, or the other sweet disagrees with one. She should know why, and what to substitute for the unwholesome article. She should know, furthermore, what course of diet will correct stomachic, nervous and intestinal disorders; what to eat in hot weather, and what will supply fuel to the human system in mid-winter.

The ignorance of nine-tenths of our otherwise intelligent housekeepers upon the points I have indicated is appalling to one who has even a tolerable degree of famil-iarity with the remedial treasures stored in nature's pharmacopocia. It is not prac-ticable in the limits of a single chapter to do more than hint sketchily of these treasures. The mother who makes this branch of medicine a study converts her marketbasket into a dispensary, and constitutes berself the health officer of the district represented by her household.

Descending-or rising-to particulars, she will then know the curative properties of vegetables and fruits handled with habitual thoroughness and partaken of recklessly by those for whom she caters. For example, apple sauce, hominy, indian meal, mush and wheaten grits are excellent

September Weather, by Hicks. In his prognostications for the last two weeks in September Hicks says :

One of the most probable earthquake periods in September will be central on the 13th extending twe cy-four to thirty-six hours before and after that day. A mark-ed change to high barometer, westerly gales and much cooler will almost certainly follow general and severe storms at this time. Frosts in many localities, especially north-ward, between the 15th and 19th, may

reasonably be expected. The next regular storm period is central on the 21st, this being also the central day of Earth's autumnal equinox. This period will express itself in falling barometer, rising temperature, threatening storm clouds, with rain, wind and thunder, the crisis falling on the 21st to 23rd, progressively from west to east. It behooves all who navigate the lakes and high seas to keep vest triand on approaching neesibilities at eyes trained on approaching possibilities at this and other September periods. Another high barometer and change to decidedly cooler will come in from the northwest close behind these storms.

The 27th, 28th and 29th are reactionary storm days, not far from the center of the autumnal equinox, and with the moon at new and on the celestial equator on the 28th, and in perigee, or nearest the earth, on the 29th. We predict that within the period embraced between Wednesday 27th, and Saturday the 30th, many wide sweeping and violent storms will visit various parts of sea and land all around the earth. Localities exposed to the ravages of high tides, and violent inrushing of tidal waves, should keep in mind the probabilities of danger at this time. This same period is also one of maximum earthquake probability. Seismic disturbances and volcanic activity will be natural concomitants of all these phenomena. They are all alike the product of universal, cosmic forces that are perturbed and out of a state of normalcy at this particular time.

When you throw a friend a bouquet, don't throw it so he will catch the thorns in his hands.

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On a number of days this summer low round-trip rates to California points are of fered via the Chicago, Milwaukee & St. Paul Railway. Liberal return limits and stop-over privileges. Two through trains every day from Union Station, Chicago, via Chicago, Milwaukee & St. Paul and Union Pacific Line. The Overland Limited leaves 6.05 p.m., and makes the run to San Francisco in less than three days. The California Express, at 10.25 p. m., carries through tourist as well as standard sleeping cars, and the berth rate for tourist sleeper is only \$7. Complete information regarding rates, routes and train service sent on request. Colorado California Book sent for six cents postage. Folders free. John R. Pott, District Passenger Agent, Room D, Park Bldg., Pittsburg, Pa.

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Lewis and Clark Exposition.

Jewelry.

OR THE NEW YEAR

from 20 to 40 pounds of potash, 20 pounds of soda, 300 pounds of lime, 60 pounds of magnesia and 45 pounds of phosphoric acid. These proportions, however, are not reli-able, as ashes differ greatly. ASHES AND VEGETABLES.

Farmers regard all ashes as being alike in benefiting crops, but it may be mention-ed that good results can be obtained by applying all kinds of wood ashes to suc crops as potatoes and vegetables, while ashes from some woods do better on clover, owing to the larger proportion of lime they contain. Plaster is always a useful companion to ashes, especially on potatoes and clover. Ashes and manure should never be mixed together in a heap, as the ashes are caustic in nature and liberate ammonia; but no damage will occur when they are mixed and applied directly to the soil, and worked in with a cultivator, though it is not advisable to allow ashes to come in immediate contact with young and tender plants. It has been an old-time custom, which is still adhered to in some sections, to burn brush over land intended for tobacco, and, though many of the farmers could not give the reason, yet they knew that a plentiful supply of ashes did much in the way of producing a good crop. But as tobacco is a plant that also utilizes mag-nesia, it found that article ready for use in ashes. Containing a portion of all the in-gredients that make our costly fertilizers, except nitrogen, ashes are an excellent fertilizer. The main reliance in ashes is the fact that they contain nothing that can pass off in the atmosphere, and as many of the ingredients of ashes are soluble in water, plants can appropriate them for use immediately. Asbes are easily applied to the land, and they give results for several years, seeming to benefit all kinds of crops.

LIME A LARGE CONSTITUENT.

<text> As the forests are being reduced the sup-

correctives of constipation, and should not be eaten by adult or child who has a tendency to laxness of bowels. Rice, boiled plain, or with milk, or made into gruel or jelly, heals irritated intestines, and comforts by coating the inflamed lining of the stomach

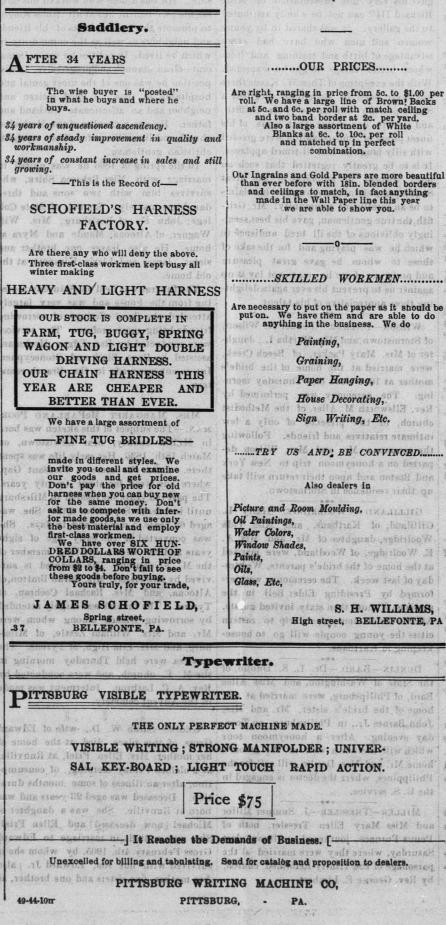
Boiled milk, when taken hot, is a gentle laxative. When allowed to cool it binds instead of lossening. These facts should be better known. Even physicians, in prescribing boiled milk for patients suffering from "summer complaint" or similar troubles, order boiled milk as a dietary without specifying the temperature.

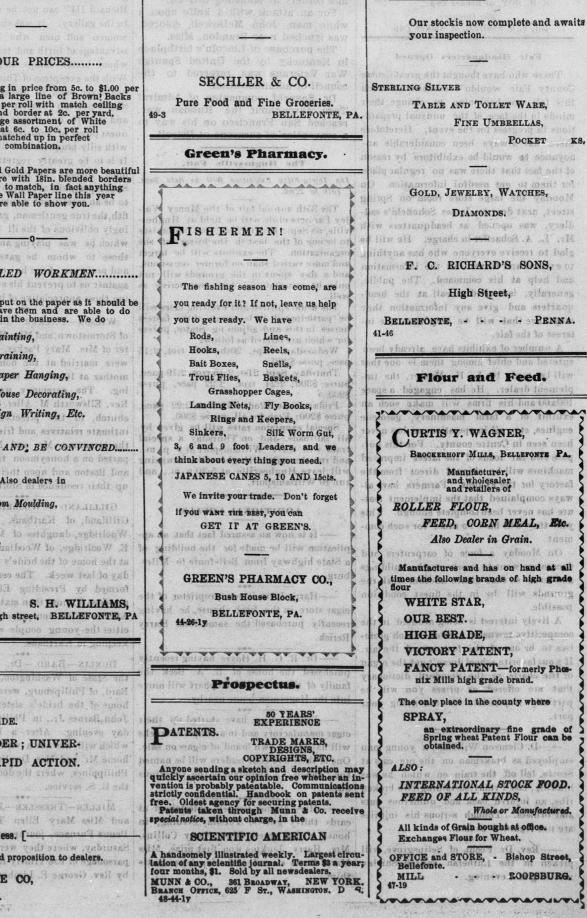
without specifying the temperature. The value of celery as a nervine is known to comparatively few. The hankering for it frequently felt by brain workers and "fidgetty" women is generally set down as a whim, when it is, in fact, an eloquent pointing of nature to a specific. The same esculent is useful in cases of nervous dys-portion and rhometic general to show the same esculent is useful in cases of nervous dyspepsia and rheumatic gout. It should be fresh and crisp and be eaten freely.

Onions are also an excellent nervine. They should be boiled in two waters and thoroughly cooked. For bilions disorders, influenza, insomnia-and muddy complex ions—their value as a steady diet can hard-ly be overrated. Lettuce is highly rec-ommended for insomnia. A light meal of fresh lettuce, not too sharply seasoned, and thin brown bread and butter, eaten just before bedtime, will induce drowsiness when the doctor's soothing draughts have no effect.

Tomatoes act directly upon the liver, cool the blood, are easily digested by dys-peptics—in short, are invaluable in all classes of disorders for which the old-fashioned doctors prescribed calomel.

Asparagus, properly cooked, is easily digested and a gentle sudorific, acting upon the skin and inducing a flow of healthful





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