Aemocratic Matchman.

Bellefonte, Pa., November 22, 1912.

THE CONOUEROR MAN.

PART I

There was once a man, Clay Montgom ery by name, who loved a girl and desir ed to marry her. This is a familiar be ginning, you will observe, and sets no winding rivers afire, but have patience, gentle reader, we proceed to tragedy. The girl, whose name was Delicia, and whose other name was Lang, returned that love. She liked Clay's low-voiced fervor; and his ties, inconspicuously agreeing with his silken socks, found

of mind to make clear her acceptance of the proposition. They were engaged, and for a matter of six months enjoyed an option of Para-dise; then they quarreled. It was a quar-rel of little beginnings, but assumed pro-portions. Her temper was fire, and his was tow. At the first sign of trouble the devil arrived with bellows, and soon all was over between them. Delicia took her frightfully lacerated heart to Virginia for the summer months, and Clay to his club, as outward and vis-ible sign of an inward and spiritual dis-solution.

Dresden shepherdesses will quarrel with their Corydons, and send them packing, Just at the first they exchanged a few burning words. She sent him back his ring and a welter of letters. He replied there is no conceivable reason why other ladies resembling tiger-lilies, or red roses, or rock-dwelling sirens, or anything else that is delightfully bad for young men, should not happen along and get the benefit of the mistake. that life would never be quite the same

Time went by, as it frequently does, down a long lane that seemed to have no turning. Then one day in July Mrs. Fal-Mrs. Fallet was frank in her sirenism. let came upon the scene and trailed her careless sweetness across Clay Montgom-Where her black-lashed eyes allured, her mouth spoke words of wisdom and reery's lonely path. Mrs. Fallet was a widow of some thir straint. "I am a great deal older than you

she said upon one occasion, "and I've been around a bit. I know most varieties of masculine emotion, and while from a collector's point of view they interest me, ty summers and of one winter of consid-erable discontent. She had been a wid-ow for three years; her dead husband had 

at a dance at the Country Club, and evinced his immediate appreciation of the "Between us va goods the gods provide, by writing his name wherever she would allow it upon her card.

At the thirteenth dance, which Clay corrected her briefly. "As old as she looks.' I wouldn't give you a day over also the fourth she had had with him, Mrs. Fallet chose to sit in the dusk upon the veranda, and rest. Having settled twenty-five. herself in a deep wicker chair, she unfurl-ed a small pale butterfly of a fan, and

"No moon," she said in a slow, amused drawl; her voice had cadences of com-pelling sweetness. "I'm glad of that. Silly staring thing, the moon, don't you think? Like a rustic at a Punch and Judy show, eternally gaping. You'd think its big white face would be dripping tears by this time—tears of boredom—shouldn't you

between you and-"

one's word for it."

tricks with his [voice.

"I thought," said Clay, "that women liked moonlight." Delicia had adored it. "Very young ones," said Mrs. Fallet; "perhaps they do. I'm thirty"—calmly "perhaps they do. I'm thirty"-calmly she ignored the winter of discontent-

Cases, wondered less strongly, and smiled to herself.
"You're a nice boy," she said, "and I like nice boys. I dare say, you know it.
Perhaps you'd like to come and see me. We might have other interchangeable views on the Great Game. Are you sufficiently—disengaged—to want to come?" Clay said he was; his tone carried conviction.
"I am at 34 Portiand Place," said Mrs. Fallet lazily, and dropped the little fan as she turned.
When Clay picked it up for her, she looked at him with a blending of curiosity and last, she laughed. First and last, she laughed a dood deal.
"That is not true," said Clay grimly.
"That is not true," said Clay grimly.
"Yes; oh, yes, it's true!" said Mrs. Fallet, still not looking up. "Men are like that, and women too. I know; I've been through the mill. That was why I married—no, wait! You don't see what I mean. There was a silly boy-and girl aftir when I was eighteen. My people interfered, and while I was still bewailing an empty life, I met—Hugh Fallet. You see? He liked my youth,—I wasn't badlooking, of course,—my freshness and belief in things. His own attitude—just a life. Afterwards when I got back my spring and could have been silly and if an work of those submitted at wife or family?" "Madam,' he indignantly replied, "do you suppose that I would don't work of a grant of the second is from the family?"

ity and liking; then she laughed. First and last, she laughed a dood deal. "Forgive me," she said, "but I must tell you. I knew all the time that your en-my hands were tied. So I got to see wife?" gagement was broken. I heard of it be-fore we met to-night. Now, I suppose, you will not care to come. I am a deceitthings as he did, and that jarred on him favor in her sight. When he spoke of ful cat." "To-morrow night?" said Clay without fusion, but retained sufficient presence of mind to make clear her acceptance of the proposition. They were engaged, and for a matter They were engaged, and for a matter They were engaged, and for a matter They were engaged an option of Paraday, perhaps,-who knows?-you may have your little Dresden lady again, quite comfy and happy. Then you'll be glad I didn't listen to you; then you'll be glad I

laughed-' You're not laughing," said Clay. Mrs. Fallet left the piano and went over to a silver bowl of gardenias gleaming whitely among stiff leaves. "Am I not!" she said, and stooped her

face to the flowers. Her eyes were full of tears.

Clay followed and stood beside her. He took her hand and lifted it to his lips. She allowed the caress with a sort of passive suffering.

lady, as you call her," he said honestly. She nodded, wordless, at that. "I'm not pretending I didn't. It broke me all up when she threw me over. I cared a lot. But that's all over and done with. It's you I care for now, and it's you I want to

"Between us yawns a gulf," said Mrs.

Fallet dramatically. Then she laughed again. "My dear boy, you drive me to bromidioms; as, for instance, 'A woman's as old as she feels'—what?" the same thing, not quite. Oh, I dare say you're altogether honest with your-self and me—"

Mrs. Fallet thanked him with a little They were sitting upon the small vine-

shadowed balcony of the sitting-room, and the light from lamps within, discreetly rose-shaded, aureoled Mrs. Fallet's head. know, I know." After five minutes Clay asked a ques-tion: "What difference in age was there

creased one corner of her mouth.

Kind hearts are here. yet would "the tenderest

FOR AND ABOUT WOMEN

DAILY THOUGHT.

1-

-A. A. Procter.

calls loudly for attention and treatment. We may find that it is an indication of ill

An old lady went to the Episcopal ful, we may find ourselves far afield, with

There is no difference between the constituents of bread crust and those of the inner part of the loaf. But the Lancet points out that the crust contains much less moisture, and so is richer in solid constituents. There is also an increased amount of soluble carbohydrates in the crust, owing to the action of intense heat upon the outside of the loaf during baking, and its flavor is more stimulating to the flow of the digestive juices. Crust and stale bread are more digestible than the soft interior of a loaf of new bread, because the talivary juices act readily upon the drier breads. Soft new bread is resistant to the salivary attack, and seldom receives the necessary treatment in the mouth. Persons who prefer the crust will be glad to know that in this case the more palatable food is also the more digestible.

The Saltest Ocean.

The origin of the salt in the sea is usually attributed to the constant washing of salts from the land by rain and rivers, and the gradual depositing of them in the sea, through evaporation. In every 100 parts of sea-water there are about two and onehalf parts of salt. It has been computed that there are 4,500,000 cubic miles of rock salt in the oceans, 141/2 times the bulk of the continent of Europe above high-water mark. The Atlantic is much salter than the other oceans. Prof. Alexander Woeikow of St. Petersburg believes that this is due to the large amount of water vapor that is carried on to the continents bordering this ocean, which are comparatively low where they front the sea .--- Youth's Companion.

Babies-Lean and Fat.

neither will come out until more soap has been put on. A drying with the warm palms of the hands and towels is far better for the scalp than the hot air from any machine. The sunshine at all sea-Weigh the baby every day. All you need is one of the automatic weighsons, and a little stirring breeze in the place for storing seed ears. it with the hands seems to polish the kitchen when doing up fruit, and an hair, and gives it the much-coveted gloss oblong basket with a flat surface. Any that makes it so beautiful. Rubbing the scalp gives it and the hair vitality and life. It stimulates the circulation in the roost. For the first feed grain scattered little arteries, feeding the hair roots, and in the litter in the morning is preferred, relieves the tension. Even after the hair the sooner the better. This induces is dry it is well to continue the massage them to exercise. In the middle of the

attend to the oiling all too soon.

#### FARM NOTES.

-If the sheep are kept on the pasture too late they will eat right down into the roots and do more harm than grass will do them good.

-The future of mutton crop depends upon the attention given the young lambs and the degree to which they are kept going from the start.

-A yield of 12 tons of silage may easily be obtained from one acre of corn. Allowing 30 pounds of silage as a daily ration, one acre of corn will furnish four cows with silage for 200 days.

health and a lack of vitality in the whole -Wireworms sometimes destroy seed system, or it may point simply to a con-dition of the scalp, which will yield readcorn. It has been found that they may be destroyed by the following: Dilute arsenate of lead paste to the consistency ily to local treatment. Nervous tension and strain, indigestion and constipation of paint. Put the seed in it and stir, then spread out to dry before planting. all affect the scalp very quickly. An im-poverished state of the blood, due to any one of these causes or to others, robs the

-Corn alone is not a satisfactory grain to feed ewes, as it produces too much fat, which apparently tends to accumulate internally and impair the breeding quali-ties and lesson the general vigor, instead roots of the hair of their needed store of nourishment as much as any other cell in the body. Consequently, in searching for a means of making our hair more beautiof imparting a tone to the system.

the necessity of curing organic troubles serious in themselves as well as in their -No form of lime should be mixed or used directly in combination with ma-nure, or with fertilizers containing or-ganic nitrogen or ammonium salts. These materials should be applied after the lime has been thoroughly incorporated

effects. When we come to local conditions we will find the treatment much more sim-ple. It is safe to assume that there is a plentiful supply of dandruff, and that the scalp is tense and drawn, while the hair is either abnormally oily or abnormally dry most of the time We can safely begin our treatment with a thorough washing and massage. That treatment with the soil. -Hen manure unmixed with absorbents or chemicals suffers very rapid loss of nitrogen, but this loss can be effectively prevented by the free use of fine, dry loam, or the admixture of such materials as kainit, acid phosphate, muriate of potwashing and massage. That treatment, repeated frequently, may be the begin-ning and end of our cure. When the dandruff is thick and "cakey." coming off ash or land plaster, or a combination of

some of these

either in scales or powder, it is better to either in scales or powder, it is better to precede the shampoo with a thorough soaking of the scalp in either vaseline, olive-oil, or lanolin. This should be left on twenty-four hours. It will soften the dandruff, and make it possible to wash it out the next day. When it has not been put through a preliminary treatment of this kind, the dandruff cannot be washed and the was furnished by the rain and soak the was furnished by the rain and the solution the was furnished by the rain and the solution the was furnished by the rain and the solution the was furnished by the rain and the solution the solution the was furnished by the rain and the solution the s put through a preliminary treatment of nitrogen was furnished by this kind, the dandruff cannot be washed 15 per cent. by the snow.

out without very vigorous scrubbing with a hard brush, and that is not good for the -France classes the worth of a hen delicate cells of the scalp. The washing itself may be done simply more for the production of meat and eggs than she does for fine feathers or stand-The washing itself may be done simply with hot water and olive-oil soap melted to a jelly or there may be first an egg shampoo followed by the soap-and-water cleansing. A good egg shampoo mixture may be made of the white of an egg, un-beaten, two tablespoonfuls of olive-oil soap jelly, and a teaspoonful of alcohol, if the hair is very oily. After this mix-ture has been thoroughly rubbed into the scalp, the yolk of the egg may be applied. Of course a very thorough washing of and looks. Some years ago the poultry-men aimed for show records, and, while no doubt gained their point, they at the same time ruined the stamina and thrift of the hen for commercial purposes. To-day it is different. Utility has taken a front seat, and all breeds are bred up to conform with the ideas of the market poultryman.

-The purposes of intercultural tillage are: First, to kill weeds: second, to keep Of course a very thorough washing of both the scalp and the hair with hot wathe surface soil receptive to raintall: third, to prevent the evaporation of soil moisture. Cultivating corn four inches deep as compared with two inches deep may reduce the yield 10 per cent, owing to pruning the roots. Four or five cultiter and the same soap is required after-ward. It is better to use a sponge for for rinsing too, until the end, when there may be a cold shower. The rinsing must be very thorough. It is almost better vations have not been shown to increase the yield when the soil is not unduly compacted from heavy rainfall, provided it is free from weeds. not to wash the hair than to leave soap

in it. The surprising part is that there is no better proof that the oil has not been —In storing seed corn the ears should be thoroughly dried before freezing weather, and stored in a dry, well-venti-lated room or building. They should be stored as as to cormit sectors thoroughly washed out than to have the soap stick tenaciously when we try to rinse it out. It is held by the oil, and stored so as to permit perfect ventilation about each one. Racks made by using six inches by one-inch boards as up-rights, with plastering laths nailed on opposite edges of the uprights so as to form shelves about four inches apart,

"I did care about the little Dresden

Clay. Mrs. Fallet laughed softly and un-

"You think you do, which is somewhat

"Yes," said Clay, "at *least* I am honest." At the hurt in his tone the woman be-side him turned suddenly and lifted her eyes. Behind the shadow of the lashes was love, and regret, and a great

longing exquisitely fused. "Hush!" she said. "I wouldn't hurt 

She let him take her in his arms and kiss her. Her face was very beautiful in the soft light. Not a line touched the satin smoothness of her skin; only after a moment she smiled, and then a shadow

"Between me and my husband?" said Mrs. Fallet calmly, when he stumbled. "A trifle of twenty years." "'Whom the gods would destroy'." she said. "Let me go. I must be mad; and I'm old enough to know better."

"You will marry me?" said Clay, ex-

Have limits to its mercy: God has none! Washing and Massage.-Hair that is glossy and full of color and vitality is beautiful in itself. When it is dull, colorless, and lank, it is inexpressively ugly. The latter condition tells its own story, and

"and I like the stars: they're less obvious

vant a cradle-robber?" Clay Montgomery, seated in another wicker chair of equal depth, crossed his legs, and nodded. For the first time since able. elicia had trod on his heart he exper-"It's quite true," said Mrs. Fallet.

ienced a sensation of comfort. "Was it you?" asked the widow sudden-died at forty seven. He would be fifty ly, then remodeled her question, closing now, if he were alive." "It's unbelievable," said Clay again, d unclosing the little fan. "Is it true I'm told you are engaged to that very stubbornly. You-Lilia-you weren't pretty Miss Lang?" happy with him?" Mrs. Fallet leaned back in her chair

"She is pretty, isn't she!" said Clay with an effect of coolness. "Adorably pretty," said Mrs. Fallet, "like a Dresden shepherdess or a Duch-

esse rose; I congratulate you.

And I," said Clay, "will have to return your congratulations unopened. I was engaged to Miss Lang." Mrs. Fallet conveyed an infinity of sympathetic regret by an infinity of

sympathetic regret by an upward look and a small, cooing sound.

"The engagement was broken three months ago," said Clay. He added with bitter pride. "She threw me over." When his companion did not speak, he went still further in a flare of confidence, "I

"You have my congratulations," said Mrs. Fallet again. "If you find a thing tort obvious!" of that sort's a mistake, you're well out of it." She even smiled. But Clay, who had been wearing his

by means of a long French window. "Sit in the big chair," she directed, "and I'll play to you. If the spirit moves desolation as a ribbon in the buttonhole, balked at that.

balked at that. "When there's just one girl in the world—" he began, shamefacedly stub-born. that are no more!""

"Hear! hear!" said the widow softly. Her smile grew to a laugh, prettily mock-ing. "Just one girl-my dear man! It's He had grown used to the widow's mockary world, and full of women. There are, I assure you, great quantities of girls. If there is one you could be happy with, there are half a dozen. They grow on bushes. The woods are full of them. Any road you take has a girl at the end Any road you take has a girl at the end of it, and a few others along the way. It's an exploded theory, this one-love-of-a-life thing; it's only—"

"I wonder," said Clay abruptly, "if you really believe it, or if you're ragging

me?" Mrs. Fallet sat upright and clasped her hands about her knees. She looked in-credibly slim and supple and young. Her voice lost its laughter quite suddenly. "Believe it!" she said. "I know it; that's all."

that's all.'

After a moment of silence Clay shifted in his chair, and Mrs. Fallet laughed. "Smoke if you really like," she said; "I

"I haven't smoked in over a year," said

Clay grimly. "Dear me!" said the widow "and also,

She lowered her eyes and set her teeth upon her lip. "Is that what you are asking me?" she said carefully. "That," said Clay, "is what I am asking you." Then he added, "Will you?" After all, and even considering fully his twenty-eight years, he was two thirds boy. In proof of which a sweep of emotion whit-ened his sun-tanned face and played queer tricks with his [voice. alas! A burnt offering?"

"The least a man can do," said Clay, "is to give up the little things—" And again Mrs. Fallet laughed. "The least a woman can do is to let him keep

"I haven't a cigarette about me." said

Clay. "If I were you," said Mrs. Fallet, "I should get some tomorrow, first thing." He considered briefly. "I don't know that I sha'n't."

"Do," said Mrs. Fallet. "After all, why hould't you?" She stood up to go back

to the dancers. "Don't %o," said Clay impulsively. "Twe been talking as if I'd known you all my life. I wonder why?" Mrs. Fallet, having encountered the same thing in a fair number of other it.

"He was fifty," said Clay in horror. "Obviously," said Mrs. Fallet; "othermasteriu "If you are quite beyond reason-" "Reason!" he laughed it to scorn. wise he must have been ten. Is thy ser-

can make you happy; I know it." "I told you," she said, "I told you, didn't I? It isn't my fault—" Then in the face of his "But fitty-an old man; it's unbeliev-

the face of his eager protestations she laughed with a tinge of recklessness. "Happy! Do you think we ahall be happy?" "If you love me," said Clay tenderly.

"It's because I do," said Mrs. Fallet, "that I have my doubts." That was in September; in October Delicia came back to town and received

and laid the backs of her hands against her closed eyes. "My head aches," she said. "With him from kindly disposed acquaintance. the news of Clay's defection. She met it with incredulity, followed successively by anger, distress, and dismay. Having con-sumed the time of her stay in Virginia support the support of the stay in Virginia profitably enough in an emotional way, it seemed to her inner eye altogether un-fitting that Romeo, at home, should have all there is to have. When it comes to happiness, I am finally and forever—if you'll pardon the phrase—from Mis-souri: you will have to show me. I haven't seen it, and I decline to take any it seemed to her inner eye altogether un-fitting that Romeo, at home, should have done likewise. She remembered the pas-sionate renunciation of the world, the flesh, and the devil which had been em-bodied in his last epistle to her; she re-viewed with considerable grief the scenes of their earlier attachment, and she held converse with a mutual friend, a man of gossion tendencies somewhat after this "Let me show you," said Clay, with a tremor in his voice. "Now that," said the widow, with a

rossipy tendencies, somewhat after this ashion She rose and entered the sitting-room "Such a rage for engagements, positively everybody is getting married!" thus Delicia warily.

[Concluded next week.]

Remember that your birthright is health. A diseased condition is unnatural. Nature hates disease. She is always working against it, trying to cleanse it as a blot on her dominion. But Nature But Clay came and stood by the shina blot on her dominion. But Nature cannot work without material. If you cannot work without material. If you do not eat, you will starve in spite of all Nature's effort. You must eat good food. Nature cannot make bad food into good fiesh and good blood. If you eat good food and your stomach is diseased the food you eat fouls. It is here that Dr. Pierce's Golden Medical Discovery finds its place. It is made to assist Nature; to give her what she lacks. It cures the diseased condition of the stomach and organs of digestion and nutrition, so that good food is not fouled being made into blood and fiesh. It eliminates poi-sonous and effete material, and so preeries, and sometimes saw beneath them. "Don't talk like that," he said, "you're unhappy now." "There were some people here to supbit. I should have known better." She began on a humoresque of Dvo-rak's very softly. It was a whimsical lit-tle thing with one recurrent sorrowful phrase that was always wandering off and losing itself, and while Mrs. Fallet played, she lifted innocent eyes to Clay's face. sonous and effete material, and so pre-pares the way of Nature and makes her paths straight. In the whole range of medicines there is nothing which will heal the stomach and cleanse the blood like "Golden Medical Discovery." "I'm not worth the truth?" he said re-"I'm not worth the truth." It takes sentfully. "H'mph!" said his hostess, who is?" "Any man," said Clay, "who loves a woman and asks her to marry him." Mrs. Fallet's smile faded abruptly. Her hands fumbled among unrelated keys. She lowered her eyes and set her teeth

-Don't read an out-of-date paper. Get all the news in the WATCHMAN.

### Working Women

Working Women who are exposed to the strain of daily labor, the changes of weather, and who must work no matter how they feel, are those most liable to "female troubles." Irregular periods, and suppression, lead to more serious diseases until the wan face, the shadowed eyes, the nervous twitchings of the body all tell the story of serious derangement of the delicate womanly organs or arrest of their func-tions. In all such cases Dr. Pierce's Favorite Prescription has wonderful effi-cacy. It quickly restores regularity, and gives health to the diseased parts. The nervousness ceases, the checks become full and bright. The whole body reflects the conditions of perfect health. Mrs. Fallet's own voice shook a very Mrs. Fallet's own voice shook a very little. "You don't mean that," she said; "it's just a passing fancy. It's dear of you, but you don't mean it. I should be a beast to take you up on it. You were lonesome, and I came along at the psycho-logical moment, and so you think you love me. It would have been the same with any other woman." She was pick-ing out the Dvorak phrase with one finger it.

old-fashioned housekeeper uses in the mechanic will find means of securely fastening this basket on the top of the scales, and when you have painted the entire contrivance white, made a pink which to temporarily deposit baby while its ordinary cradle is being aired.

Here's a Rara Avis.

A remarkable record is credited to a Saturday-night bath. Those of us who have oily hair are now advised to have it washed once a week, and those who have housemaid in New York who has completed fifty years of faithful service in one family during which she has had but one day off. Every member Plain common sense shows us the rea-sonableness of this point of view. Why of the family, to the second and third generation, was proud to show her honor, and the fiftieth anniversary was made a notable family celebration. Exactly as it should have been, Princess Eulalie of Spain said sometime ago that the American people were slaves of their servants. If this housemaid in New York has tyrannized over the family for fifty years the master and mistress and the children and grandchildren adopted a peculiar way of showing their rebellious resentment.

## Value of Responsibility.

Greater than the value of contact with facts is the value of responsibility. In a man's life it is the arrival of some responsibility which arouses his powers and makes durable the qualities of manliness. The effect of responsibility is instantaneous. It is like a magnet in its power to charge the individual with the faculties needed for the matter in hand; a light is generated among the fragments of information. Even after a systematic education these fragments seem to lie in the mind in a chance order until this light appears and shows them ready for use; then abilities develop which never would develop, even with practice, without responsibility .---

a perfect little gentleman until the dessert course. Then his mother found occasion to reprove him. "Harry!" she exclaimed, in such a loud whisper that everybody at the table could hear it, "what do you mean by wiping your spoon on your napkin? You never do that at home!" "No, mamma," answered Harry, in an even louder whisper, "but at home we al-

ways get clean spoons."

or blue nest of padded China silk for the inner side of the basket and is inclined to be too dry, it is the given, about what they will eat. And at trimmed its outer side with enormous bows of satin ribbon, you will have a charming-looking extra cradle into the hair is of the oily variety, nature will

-The country's feed supplies for the coming year promise to be much larger than those provided by the harvests of 1911. According to the July crop report Reasonable Point of View .-- Most of the hair specialists have now come to the conclusion that the old fashioned idea of we are promised 270,000,000 bushels more corn, 217,000,000 bushels more oats and 34,000,000 bushels more barley than last washing the hair only once a month was as heretical and unhygienic as that of the year gave us. This is a gain of 11,848,000 year gave us. This is a gain of 11,848,000 tons of feed grains over last year—if it all materializes. The pastures, too, are much better this year than last. The hay crop is estimated at 600 pounds per acre above that of last year. More of the corn are desired by the second second second second second area will be second second second second second second above that of last year. dry hair at least once in two weeks. crop will be saved because of the wonder ful increase in the number of silos built this year.

-Barley and peas furnish a satisfactory green crop to feed to cows during either the first two or three weeks of October. Light frosts do not injure either tion of superfluous oil, perspiration, and old cuticle. Logically if there were time and opportunity for so strenuous a plan of action, and if it did not take away too much of the natural oil, we should wash will not be as large as in the case of oats our heads every morning as regularly as and peas, six tons to the acre being about we take our baths. Dandruff is an accum-ulation of dried oil. When it collects the oats and peas were taken earlier in the season can be utilized, thus producing two crops in one year, equivalent to four tons of hay to the acre. Should the month of August be unusually dry, this crop might prove a failure, especially on light soils. It is stated that in the vicin-

ity of the seacoast peas will not grow late in the season, owing to the dampness of the atmosphere, due to numerous fogs. Barley may be grown by itself if it would thrive under such conditions.

The frosts at this time of the year give The trosts at this time of the option of winter. one an inkling of the approach of winter. It is estimated that annually the loss second by frosts will run into many milcaused by frosts will run into many mil-lions of dollars. In the spring the loss is caused mostly in the tree fruit crop, and ate crops in fall likewise fall prey.

Frost is a condensation of moisture on plants in the shape of minute ice crystals. According to scientists, the air a short distance above the earth is usually sev-

distance above the earth is usually sev-eral degrees above freezing at the time frosts occur. The plants and the earth itself, however, radiate heat very rapidly after sunset, and may touch a point where the surface is below the tempera-ture of freezing. At once the moisture in the air is deposited on these surfaces in the form of ice crystals. A clear, still night is apt to be frosty. Frosts are prevented by winds—they stir up the air which prevents it from form-ing in layers. In this stirring by the winds the cold air which is nearest the earth mixes with the warmer air above, Farina Gruei.—One tablespoonful of farina, one pint of water, one teaspoon-ful of sugar, one-half teaspoonful of salt. Put into one pint of boiling water the salt and farina; cook for twenty min-utes; strain, and add sufficient milk to obtain the desired consistency.

act as a blanket to the layers of air just above the earth and retain the heat. The radiation of heat from the earth and from plants goes on very much more slowly when the sky is overcast with

Oatmeal Gruel.—To three cupfuls of boiling water add one-half cupful of coarse oatmeal and one-half teaspoonful of salt. Cook five hours in double boiler. Dilute with hot milk, and strain.

Farina Gruel.-One tablespoonful of

Rice Water.—Wash two tablespoonfuls of rice. Add one pint of cold water and a little salt. Cook one hour. Dilute with boiling water, and strain.

March Atlantic.

Only Made It Worse.

Harry was taken out to dinner for the first time in his life. His mother kept him at her side, because his mother is a wise woman. But he acted like

Barley Gruel-Blend two tablespoon-fuls of barley flour with a little cold milk, and stir into one quart of scalded milk. Cook in double boiler two hours. Add a little salt and sugar. Strain.

should we expect our hair to keep any cleaner than the rest of our bodies? What would be the condition of an article of clothing worn a month without washing? The hair, with its oily texture and fine meshes, is a standing invitation to all the dust that flies. In addition to the dirt from the outside we have the accumula-

> our heads every morning as regularly as we take our baths. Dandruff is an accumit clogs the pores of the scalp, consequent-ly it should be washed out at once. Mas-sage between washings stimulates the cir-culation and helps to keep the dandruff

from forming. Use of the Iron .- We will probably

need to use the iron, but it must be with care, if we are to avoid numberless broken ends. Many of us will resort thank-fully to the use of a little additional hair, but let it not be overmuch. We must remember that, used in large quantities, it is not only in bad taste, but overheats the scalp, cuts off ventilation, and causes excessive perspiration, consequently dan-druff. The unsanitary rat should be thrown away, and the false hair kept as clean as the rest of the hair.

# the morning and the crop should never be quite full until it is time to go to

-Fowls should have empty crops in