

A TALK ABOUT TEA.

Some It Affects Most Pleasantly, Others Are Seriously Poisoned by a Single Cup.

Among "the cups that cheer but not inebriate" tea and coffee stand prominent. Tea is, as a rule, the favorite in northern latitudes, while the consumption of coffee is greatest in warm countries.

Like most things in this world, especially like most stimulants, tea has its good and its bad side. When taken in moderation, and by one with whom it does not disagree—for some persons cannot drink even a small cup without symptoms of poisoning—tea is a stimulant, relieving mental and bodily fatigue, promoting intellectual activity, curing a "tired" headache and causing a most agreeable sense of well-being or even exhilaration.

Part of this effect is doubtless due to the hot water—in itself a powerful stimulant—yet not all, for cold tea acts almost equally well. When one feels cold, the heat and the alkaloid caffeine—or theine—in a cup of tea act as stimulants to the heart, increasing the warmth of the body. On the other hand, hot tea is asserted to be cooling in hot weather by reason of the profuse perspiration which it induces.

The evil effects of overindulgence in tea are greater than the good effects just mentioned. Taken in excessive quantity, or even in moderate quantity by one with whom it does not agree, tea causes marked dyspeptic and nervous disturbances. Tea drunkards suffer from catarrh of the stomach, flatulence, inactivity of the bowels—or sometimes the reverse—palpitation of the heart, nervous unrest, muscular twitchings and wakefulness.

Some people, who can usually drink tea without any evil consequences, find that they cannot do so if they happen to be worried or in mental distress; at such times the beverage, instead of cheering, aggravates the worry and adds to it the misery of indigestion. Some of the dyspeptic troubles produced by tea are doubtless due to the tannin which is contained in it in varying amounts, according to the kind and quality, and which is extracted from the leaves especially by long steeping or by boiling.—Youth's Companion.

TRAINING THE VOICE.

Beauty of Utterance, in Speech or Song, is a Mark of Culture in All Good Society.

Aristotle said: "It is not only necessary to have something to say, it is also necessary to know how to say it." A well-trained voice is a mark of culture in all refined society. This is as true in speech as in song; the same principles govern both, but are even more important in relation to speech. Song implies a distinct art, whereas speech is universal. Modern civilization exacts purity of speech and distinct articulation, but—

"Tis not enough the voice be sound and clear, 'Tis modulation that most charms the ear." Sir Morrell Mackenzie says: "It is a mistake to think that speaking requires no special training and exercise. Even in ordinary conversation speaking is an art, and a difficult one." For the club woman and the woman of society not to specially cultivate the speaking or conversational voice is to handicap them with a defect wholly unnecessary. A well-modulated voice may be acquired in adult life, but the preferable period of acquirement is in childhood and youth.

The generality of mothers are not awake to the beauty of utterance. If they were they would consider the acquisition of a well-modulated speaking or conversational voice should go hand in hand with piano-playing and singing. If the cultivation of the everyday speaking voice had been given the attention and study that piano-playing has received, the disagreeable element so often complained of in the American voice would have disappeared long ago.

Spurgeon said: "I believe that every one should train his voice and body under some system of elocution. First, for the health it affords; second, for its educating effects; third, for the advantage it gives over others for usefulness."—Chicago Post.

Cushions for Wicker Chairs.

In making cushions for the popular wicker furniture it will be found that nothing is more durable than velvet, and the different varieties of the fabric sold under various similar names. Being a cotton fabric, it does not gather moths, and both its dyes and texture are almost waterproof. The beautiful tints in which it is shown make it available for any scheme of decoration.

Nails Never Grow Equally.

The nails of two fingers never grow with the same degree of rapidity. The nail of the middle finger grows with the greatest rapidity, and that of the thumb least. It has been computed that the average growth of the finger nail is one-third-second of an inch per week, or a little more than an inch and a half per year.

The Little Muff.

Muffs of velvet and fur combined are finished at the opening with a ruche of finely plaited lace silk or lace which has been stiffened a little in the plaiting. The fancy for having them perfumed is going out of fashion, as the scent is not always agreeable to others.

A Trifle Severe.

Mr. Hunter (with a base enthusiasm)—I went south on a hunting trip this autumn, and found a most delightfully wild spot, perfectly swarming with game; such as deer, wild turkey, wild pig, wild cattle, and wild horses.

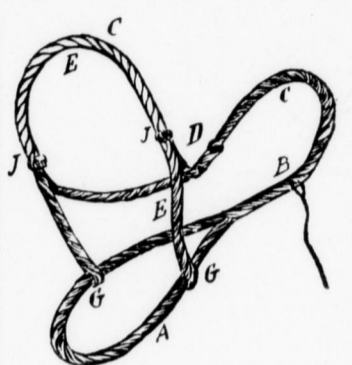
Miss Wittler (meaningly)—Indeed! Why, you must have been the only tame thing down there.—Life.



EASILY MADE HALTER.

Formed of Three Straps Only and Adjustable to the Size of Any Horse's Head.

A rope halter can easily be made so as to be adjustable to the size of any horse's head. It represents the nose strap, having its ends fastened to a ring (B). To this ring are also fastened the ends of the throatlatch straps (C C), which are made to pass over the back of the neck of the horse, and their ends form the cheek pieces (E E), with loops (G G), through which the nose strap (A) passes.



STRONG ROPE HALTER.

The throatlatch is a sliding loop (D), as shown, to make that part which goes over the horse's head larger or smaller. On each side the straps (C E) are held together by means of a loop (J), which is movable on them as required. It will be seen that the halter is formed of three straps only and that the straps can easily be adjustable, so that the halter will fit any horse by simply sliding or moving the loops D and J, as well as the loops G G of the cheek pieces. By sliding the loop D down on the throatlatch the halter can be put on the horse, and when put on the loop D is moved up again to fasten it. The three straps of the halter can be made of leather, rope or any other suitable material.—Farm and Home.

FATTENING HOGS.

Not Until Farmers Understand the Science of Feeding Will They Produce the Best Pork.

No country on earth can produce pork as cheaply as we can. No fault can be found with the hams and shoulders from American hogs, and only the absence of lean streaks prevents our bacon from taking first place. Under present conditions we cannot afford to produce bacon such as comes from Denmark and Ireland, because there is more profit in producing weight with corn. With all these advantages of cheap feed and favorable climatic conditions, we can produce pork very cheaply, but we should not be content with this. We should try to produce better pork than we do without adding to the cost.

Very few farmers would say they do not know all about raising hogs, but the truth is, very few really do know the best way to feed for the best results in quality, gain in weight and healthfulness.

Most farmers are inclined to think the best way to feed a lot of hogs is to put them in a lot and keep corn by them all the time. Corn and corn alone is enough for a hog, they think, and to feed this in unlimited quantities requires neither judgment nor sense. The average farmer does not read, nor does he bother himself much with thinking. The man who is above the average reads and thinks, and he knows there is much to learn in even so simple an operation as raising a hog. He knows that corn alone does not furnish all the elements that go to make perfect pork. The thinking farmer provides pasture of clover or blue grass for his pigs, and gets them up to 100 pounds or above with grass, wheat bran, skim milk and such nitrogenous feeds as to make lean meat and bone. Then he feeds corn and oats or bran, and toward the last feeds all the corn the animals will eat, with a good appetite, and goes into the market with a finished product that he may be proud of, which has not cost him any more than a full corn-fed hog would have cost. When all farmers follow this course, then will American pork have come into its own and the price will rise to its true value.—Farmers' Voice.

Alfalfa is a Good Crop.

In the localities where it succeeds, which are mainly in the arid regions of the west, alfalfa is much more productive than clover. It has also the advantage that once the ground is seeded with it the plant will live for years. The chief drawback is that it takes longer to get a start, the plant not making much growth until late in the first season. It is very impatient of wet, and cannot be grown where the ground during spring and late in winter is flooded. After the first year three crops of hay may be cut in a year, and as the plant has the power of disintegrating air in the soil by the nodules grown on its roots, the soil increases in nitrogenous fertility. But of course mineral fertilizers must be supplied when they are needed, as no disintegration of the air can furnish any of these.

Queens over two years old are not, as a general thing, profitable to keep. One-year-old queens are best.

Crusty lamp burners may cause heavy loss.

Our Naval Station at San Juan.

The new United States naval station to be located at San Juan, Porto Rico, will be of the utmost importance to this country as the key to the situation when the Nicaragua canal is constructed. The key to good health is Hostetter's Stomach Bitters. It guards the digestive organs from attacks of indigestion, biliousness and constipation, just the same as the new naval station at San Juan will ward off attacks upon this country by foreign foes.

Aunt Diana Heard From.

"Rastus!" yelled Aunt Diana in a loud voice, "yo' en Miami Snowflake cum in heah dis berry instance on stop playin' wif dem air white folks' chillun. All dey wants is t' learn a lot ob cakewalk fighns on den dey won't hab nuthin' mo' t' do wif yo'."—Ohio State Journal.

Oh That Delicious Coffee!

Costs but 1c per lb. to grow. Salzer has the seed. German Coffee Berry, pkg. 15c; Java Coffee, pkg. 15c. Salzer's New American Coffee, 25c. Cut this out and send 15c for any of above packages or send 30c and get all 3 pkgs. and great Catalogue free to JOHN A. SALZER SEED CO., La Crosse, Wis. [K.]

Making Sure of Her Ground.

He—Do you like classical music? She—Do you want my honest opinion or are you thinking of inviting me to the opera?—Chicago Evening News.

Many School Children Are Sickly.

Mother Gray's Sweet Powders for Children, used by Mother Gray, a nurse in Children's Home, New York, Break up Colds in 24 hours, cure Feverishness, Headache, Stomach Troubles, Teething Disorders, move and regulate the bowels and Destroy Worms. Sold by all druggists or by mail, 25c. Sample mailed FREE. Address: Allen S. Olmsted, Le Roy, N. Y.

Source of Great Annoyance.

First Cook (reading)—Wanted, to go to Connecticut, a first-class cook. Good wages. Second Cook—Niver, on yer loife. Sure, isn't that where they make alarm clocks?—Jewellers Weekly.

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that can not be cured by Hall's Catarrh Cure.

W. L. Cheney & Co., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by their firm. West & Traux, Wholesale Druggists, Toledo, O. Waiding, Kinnann & Marvin, Wholesale Druggists, Toledo, Ohio.

Hall's Family Pills are the best.

In No Danger.

McGonigle—The candidate's voice has played out. Heiler—Well, he can still sign checks, can't he?—Philadelphia North American.

From Baby in the High Chair.

To grandpa in the rocker Grain-O is good for the whole family. It is the long-desired substitute for coffee. Never upsets the nerves or injures the digestion. Made from pure grains it is a food in itself. Has the taste and appearance of the best coffee at 1/4 the price. It is a genuine and scientific article and is come to stay. It makes for health and strength. Ask your grocer for Grain-O.

Hard on the Collector.

The Merchant—Did he kick at the bill? The Collector—Yes, but I don't see what made him think I had it in my hip pocket.—N. Y. World.

You Can Get Allen's Foot-Ease FREE.

Write to-day to Allen S. Olmsted, Le Roy, N. Y., for a FREE sample of Allen's Foot-Ease, a powder to shake into your shoes. It cures chilblains, sweating, damp, swollen, itching feet. It makes tight shoes easy. Cures Corns, Bunions and Ingrowing Nails. All druggists and shoe stores sell it. 25 cents.

Waiter (yelling down the kitchen-tube).

"Hey, Alphonse, make that chop a steak." "Sacre! Vot you tink? I'm a chef; not a magician."—Tit-Bits.

Lane's Family Medicine.

Moves the bowels each day. In order to be healthy this is necessary. Acts gently on the liver and kidneys. Cures sick headache. Price 25 and 50c.

The best is the cheapest, but the cheapest isn't always the best.—Chicago Daily News. Quick time from the West to Port Tampa and other Florida Gulf Coast resorts via Plant System. Less than 41 hours from Chicago. No change of trains. Day's rest at Tampa Bay Hotel before embarking for Cuba is enjoyable.

HEALTH IN THE HOUSEHOLD.

Injurious Labors in Home Life and How They May Be Avoided.

Among all the health-destroying occupations in which the housewife may engage none is more productive of harm than is the back-breaking, muscle-wasting, nerve-destroying operation of washing and scrubbing clothes upon the ordinary wash-board. The woman who stands over the tub inhaling the hot, unwholesome vapors cannot hope to maintain good health, to say nothing of the effect of being confined to a stooping, unnatural position, which, in time, will wreck the strongest constitution. Do not wreck health and happiness over the wash-tub in this day of washing machines. Get the best mechanism in this connection and lease yourself from the galling slavery of the wash-board—that instrument of domestic torture which is answerable for nine-tenths of the diseases with which our woman-kind is cursed. Take, for example, the Rocker Washer, which is the representative product in this line, and compare its work and its results with the labors of the old-style "blue Monday" wash day. Not only does this washer do the work in a fraction of the time consumed by the old-fashioned methods, but it does it much more thoroughly, the clothes being whiter, sweeter and cleaner than could possibly be the case were the garments cleaned by hand.

For the convenience of our readers who realize that the highest class article in any department of domestic equipment is not only the most satisfactory, but in the end really the cheapest, we would state the washer in question may be had from the Rocker Washer Company, Ft. Wayne, Ind. The woman who insists upon this kind of general and widespread harm. The woman who discards the wash-board for the Rocker Washer will, at the end of the year, be brighter, better, healthier and happier for the change, and could never be persuaded to return again to the days of her more tedious and unnecessary slavery.—J. H. Meyers, M. D., in American Journal of Health.

The Nautical Woman.

He (an old hand)—They had dropped their anchor. She (a beginner)—Served them right. It has been hanging over the side all day long.—Tit-Bits.

Settlers Wanted on Michigan Farm Lands.

Choice cleared and stump lands in Central and Western Michigan, suitable for fruit and general farming. Very low prices and favorable terms to actual settlers. Excellent schools and markets. Write H. H. Howe, Land Agent C. & W. M. and D. G. R. & W. R.'s, Grand Rapids, Mich.

Often the Way.

Whenever some people are able to raise the wind they can't resist blowing themselves.—Puck.

Home Seekers' Cheap Excursions.

The North-Western Line will sell home seekers' excursion tickets February 21, March 7 and 21, with favorable time limits, to numerous points in the West and South at exceptionally low rates. For tickets and full information apply to agents Chicago & North-Western R. Y.

"Papa," said Benny Blobbumper, "why are days of grace allowed on a note?" "To avoid weeks of disgrace," replied the Blobbumper.—Judge.

The Grip of Pneumonia may be ward off.

with Hale's Honey of Horsehold and Pike's Toothache Drops Cure in one minute.

You can't tell about a boy's salary by the engagement ring he buys for his girl.—Washington (Pa.) Democrat.

CASTORIA For Infants and Children In Use For Over Thirty Years The Kind You Have Always Bought

ST. JACOBS OIL TWENTY-FIVE YEARS OF CURE, COVERING TENS OF THOUSANDS CURED, MILLIONS OF BOTTLES SOLD. ST. JACOBS OIL CONTINUES AND ALWAYS WILL BE THE GREAT REMEDY FOR PAIN. ALWAYS USE ST. JACOBS OIL.

There's Only One Standard of Quality in Athletic Goods—"Spalding." Accept no substitute.

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The Rocker Washer

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