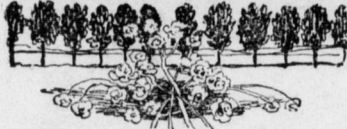


HORTICULTURE



MARKING ROWS.

Unique Method Followed by an Ohio Gardener.

The old saying, "More crops grow in crooked than in straight rows," may find favor with some growers, but celery growers get best results from straight rows. Straight rows look more workmanlike and in cultivating, blanching, and harvesting straight celery rows are a necessity. To enable one man to mark out straight rows in the quickest possible way, we stretch two strong cotton lines, which costs us about 25 cents apiece, where the first two rows are to be, say three feet apart.

From a garden drill we remove all the seeding attachments and run the drill wheels over the first line from a to a. Before running back on second line (b to b) we put the stake of line one from a to c. When we ar-

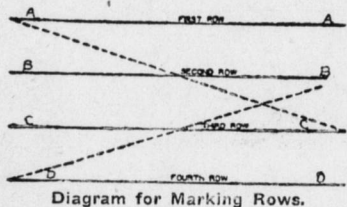


Diagram for Marking Rows.

rive at b, stake of line one is moved from a to c, which puts the line in position for marking the third row. Before running the wheel on the third row from c to c, stake of line two at b is moved to d. When arriving at c, stake at b is moved to d, which puts line two in position for the fourth row, etc.

For long rows, continues the writer in Orange Judd Farmer, we use one measuring stick at each end of the rows and one in the middle. The middle stick is pushed in the ground against the line to prevent the wind from displacing the line. When we plant day after day we do not take up the lines at night, but simply loosen one end to prevent their breaking from shrinkage. The time to wind up the lines would cost far more than they are worth. We can better afford to buy new lines, say every two years.

BLACK LOCUST.

It Supplies the Best-Lasting Post Timber to Be Found.

Black locust is one of the most persistent deciduous trees that we have to reproduce itself from the roots, and hence it is essential that one study this particular variety so as to know the right time to cut it if it is to be killed at the root. Grubbing out the trees and cutting them down at different seasons of the year has been tried. If you want the timber to last long in the ground locust should be cut in August or September, but if you desire to kill the trees they should be cut in July and then in September the stumps should be peed. The next spring an occasional sprout will show from the roots. These will have to be treated the same as you would weeds to get rid of them. The black locust, says, Farmers' Tribune, is one of the best lasting post timbers we have and should be planted out on the prairie farms more than it is, for this one item of post timber. We do not think it will last equal to the osage orange, but it is equal to red cedar and can be produced on ground at a much lower price than we have to pay for posts at the lumber yard.

PRUNE NOW.

June is an Excellent Month to Trim the Trees.

It may be all right to advise pruning whenever your knife is sharp, but really the best time is during May and June, for during these months trees make their quickest and most vigorous growth, and the wounds made by pruning will heal quicker now than at any other season of the year. The quicker the wound heals the better for the tree. Many old horticulturists say, prune when the leaves are as big as squirrels' ears. If pruning is done before this time the wound is apt to "bleed," and will not heal so readily. If large limbs are taken off paint the stubs so that they will not dry out and crack open. Here is where many make a blunder, says Indiana Farmer. They leave too much stub in the first place, and it is probably split down one side. Before the wound is healed over this stump is cracked and decay sets in. While you are at it do a good, clean job, and sharp knives and sharp saws will help you do it.

Do Good Work.

A word about spraying. Be particular about it. Do good work. Know what you are going after, and then use the stuff that kills. To do a good job of spraying one must know all about insects and fungus diseases, their habits and then know what remedies to use and when to do the work.

Eating More Fruit.

Speaking of the future possibilities of orchard products an old nurseryman says: "Where a dollars' worth of fruit was consumed ten years ago, ten dollars' worth is wanted now. Unless all signs fail, one hundred dollars' worth will be required in ten years from now."

DO YOU SPRAY?

It's the Only Protection Against Diseases and Insects.

Plant diseases and insects are doing so much damage to the orchards and gardens in Oklahoma that it has become necessary to protect the plants by some artificial means, says a communication from the Oklahoma station. The method of destroying the diseased and wormy fruit and foliage is of great value if persistently carried out. This cannot be done in so thorough a manner, however, as to destroy all the diseases and insects present, and a few left over and those that will come from neighboring farms will produce a dangerous number next year. The cheapest and most practical method of protecting plants from diseases and insects is spraying. The ideal method is to spray thoroughly and then destroy all diseased fruit, leaves and trash about the orchard and garden. Either method is good when used alone and the value of each is greatly increased when used together.

Spraying solutions are divided into two general classes. Those designed to prevent the attacks of fungus diseases are called fungicides, and those designed to destroy or prevent the attacks of insects are called insecticides.

Fungicides protect the plants by preventing the fungus diseases from gaining a foothold on the plants. The solutions are composed of materials that destroy the germinating spores where it comes in contact with them. The copper and sulphur compounds are the most effective materials used in these solutions. Most of the fungus diseases of plants that can be prevented by spraying reproduce by means of two kinds of spores. One kind of spore is produced in the spring and summer and germinates soon after maturity. If the spore finds lodgment on tender growing parts of the plant and a favorable amount of heat and moisture are present germination and growth immediately follow. If these spores do not soon germinate they lose their vitality. This process of germination, growth and fruiting goes on during the spring and summer. Late in the season another kind of spore is produced, which is capable of passing through the winter and germinating the following spring. The germinating spore sends the roots directly into the tissue of the plant unless it is a surface growing fungus, in which case the roots spread over the surface of the plant. If the plants are covered with a good fungicide when the spores germinate the spores will be killed.

BLIGHT OF PEAS.

The Green Varieties Are Most Strikingly Affected.

In 1904 the damage in Ohio from this blight was apparently greater than in previous years. It was first noticed on French June peas which had been sown with oats as a forage crop on the experiment station farm. A close examination of the diseased plants showed that the stems had been attacked at many points, frequently as high as one and one-half feet from the ground, though most severely near the ground, where the disease starts.

On the leaves were orbicular or oval dead spots one-eighth to one-half inch in diameter.

Perhaps the most important thing in connection with the life history of the fungus is that the vegetative part,



Blight Fungus on Leaves.

or mycelium, infecting these spots of the pods grows through the husk into the seed. Frequently it grows entirely through the pod, forming similar spots on both sides. When the fungus grows into the seed, brown spots may be formed on the surface. In the worst cases half the surface is frequently discolored and the seed adheres to the pod. These areas are much more striking on green colored peas, such as the Market Garden variety, than on the yellowish varieties, such as the Admiral.

Care of Spruce Plantation.

The trees require no cultivation after planting. Their great tolerance enables them to survive the shade of brush and weeds and eventually to overtop them. The greatest enemy of the spruce is fire, which should be carefully excluded from plantations. Spruce stands should never be severely thinned, as the shallow root system renders the trees liable to be thrown by the wind. This damage is especially great in exposed situations. In case such destructive agencies as insects or fungi appear, specimens, accompanied by an account of the character of the injury, should be sent to the department of agriculture for identification and recommendations for their control.—U. S. Forestry Bureau.



ELIZABETH JORDAN

Health Hints for Women

By Elizabeth Jordan

Present Pace Too Fast for Average Woman's Physique—Famous German Authority Advises Daily Ten Minute Bath—Two-Mile Walk Every Day Should Keep One in Condition—"Red" Meat Only Twice a Week—Little Nourishment in Bread and Potatoes—Drink Two Quarts of Water a Day.

(Copyright by J. H. Bowles.)

(Miss Elizabeth G. Jordan, editor of Harper's Bazar, formerly held a prominent position on the staff of a New York newspaper. She is the author of a number of popular books including "Tales of the Cloister" and "May Ivaone, Her Book." She was born in Milwaukee.)

In reading from month to month the great mass of material on the subject of women which appears in the various periodicals the writer of this paper has been struck by one extraordinary fact. The topic of health—most important to women and of vital interest to them—is rarely touched upon. Women's achievements in every line of art and industry are admirably set forth. Experts advise them along the lines of their professions and ambitions, but rarely does a great doctor lift his voice in the friendly warning so many of them need.

Every one knows that the ideal physical life is the life lived out of doors in the sunshine and fresh air. But women who work need a compromise between this ideal system and the dull routine into which they so readily fall. Every woman needs to know, not "What is the best hygienic system for me to follow?" but, "What is the best system to which I can adapt my daily life, with its exactness in the way of indoor confinement and sedentary occupations? How can I get myself and keep myself in such condition that nerves and body are more than equal to the strain I must put upon them?" For women should have more than the power to endure grimly. They should have the robust health, the cool and steady nerves that give zest to mere physical existence.

To begin, then, with the morning bath—the function with which every woman should begin her day as regularly as she leaves her bed. More nonsense has been written about the bath than about any other hygienic topic. Women have been advised to take ice-cold baths, cold sprays, hot plunges and cold packs. Again, some doctors have protested against the bath habit, urging women to confine themselves to one bath a week and thus avoid the drain on the vitality which a daily bath entails. In answer to all this hear the words of one of the greatest physicians in Germany when a distinguished American woman consulted him:

"Madam," said he, after the history of her nervous breakdown had been modestly related, "you do not bathe enough. Do not be indignant; the failing is a national one. The Americans talk a great deal about their baths, but they do not take them daily. Every human being who is up and about should get into a bathtub once a day and stay there ten minutes. Take your bath in the morning, immediately after rising. Have the temperature of the water 98 degrees—exactly—neither more nor less. This is the normal temperature of the blood. See that the temperature of the room is the same. Never get into a cold bath on rising. Cold baths have killed thousands. Lie in your bath of 98 degrees; get down into the tub; immerse the body thoroughly; the warm water on the surface of the body has an excellent effect on the mucous membrane throughout. Then, little by little, lower the temperature

and finish your bath with a cold rubbing down, if you wish. The blood called to the surface of the body by the warm water is then ready for the shock. It is not ready for that when you first awake."

"That advice," said the American woman to the writer, "cost me over \$1,500, and it was worth it. Pass it on to others for what it will be to them. I was under that physician's charge six weeks. I went to him a wreck and came away cured. He gave me no medicine. His remedy was that daily bath, followed by a gentle massage. I now take both as regularly as I eat my breakfast and I attribute my perfect health to them."

The question of exercise is of the utmost importance. A walk of two miles a day in the fresh air should keep one in good condition, with the additional moving about that is done in the usual routine. If, for any reason, this walk is not practicable, the windows should be thrown wide open and one should practice faithfully for at least ten minutes night and morning the ordinary calisthenic exercises with which every one is more or less familiar. Special attention should be given to breathing exercises—drawing in ten or 20 long, deep breaths and exhaling them again slowly.

Every one realizes the value of this as an aid to health. We all know that to flush the lungs with pure air is as necessary as to bathe the body. Yet not one woman in 20,000 makes a daily practice of the exercise. One need not make elaborate preparations for it. It should be done immediately after arising, before putting on corsets, and in a room which has been freshly aired. But it can also be done at any time during the day and in any place where the air is pure and the seker after health is free from curious and interested observation.

With baths, proper clothing, fresh air and exercise comes the problem of food—a most vital one and bearing more than any other on the general health of the individual. Here again eminent authorities fiercely disagree. But out of the smoke of battle one big truth is rising—the general acknowledgment by the best physicians that we all eat too much meat. In recent years one of England's greatest specialists has expressed the theory that the alarming increase of cancer in that country is due in large part to the increased consumption of meat. In cases of gout, rheumatism and kindred diseases arising from the presence of uric acid in the system, meat is stricken from the patient's dietary as a recognized factor in the cause. According to the new theories, no one should eat meat more than once a day. "Red" meat—roast beef, steak, chops, etcetera, should not be indulged in more than twice a week. All kinds of fish and game may be eaten, especially the white meat of chicken and turkey. The dark meat is rich and not especially wholesome.

The whole matter can perhaps be summed up in the words of a woman who is in great demand as a physical trainer for eastern society women.

"As to diet," she says, "no meat, no bread, no potatoes, no coffee, tea, alcohol or sweets."

"Two quarts of hot water every day."

"Five miles of walking; two miles at least."

"Eight hours of sleep for every one; more in certain cases where the individual must decide."

"A tub bath every day."

"Fresh air in the living and sleeping rooms."

And she should add, an optimistic spirit and a contented mind. But perhaps she made the omission wisely. For what more natural than a sound mind in a sound body? And what more easy than to be optimistic when mind and soul are well and the strings in one's harp of life are in tune with nature's orchestra?

Marital Happiness.

Love, sense and patience. These are the three important elements necessary to happiness in marriage, says Ella Wheeler Wilcox.

63, BUT PERFECTLY WELL.

The Happy Experience of a New Castle, Pa., Woman.

Mrs. John Mansell, 614 So. Jefferson St., New Castle, Pa., says: "For years I was running down with kidney trouble without knowing what it was, and finally got so bad I was given up. The urinary passages were painful, sometimes scanty and again very profuse. My limbs, feet and ankles bloated dreadfully, and sometimes my whole body. My heart palpitated and I had smothering spells. A week's treatment with Doan's Kidney Pills helped me and a few boxes cured me. At 63 I am strong and well."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

CHOICE OF TWO EVILS.

Request That Was by No Means a Compliment for Papa.

A New York scientist, the father of a large and growing family, has his troubles. One evening his youngest was holding forth in her best style. The mother could do nothing with the child, so the man of science went to the rescue.

"I think I can quiet little Flora," he said. "There's no use humming to her in that silly way. What she wants is real music. The fact that I used to sing in the Glee club at Yale and sang well, too, may make a difference."

Accordingly, the professor took the child and, striding up and down the room, sang in his best manner. He had not finished the second verse of his song, when a ring was heard. The door was opened, and there stood a girl of 14, who said:

"I'm one of the family that's just moved into the flat next to yours. There's a sick person with us, and he says, if it's all the same to you, would you mind letting the baby cry instead of singing to it?"—Success.

ECZEMA COVERED BABY.

Worst Case Doctors Ever Saw—Suffered Untold Misery—Perfect Cure by Cuticura Remedies.

"My son, who is now twenty-two years of age, when four months old began to have eczema on his face, spreading quite rapidly until he was nearly covered. The eczema was something terrible, and the doctors said it was the worst case they ever saw. At times his whole body and face were covered, all but his feet. I used many kinds of patent medicines, to no avail. A friend teased me to try Cuticura. At last I decided to try Cuticura when my boy was three years and four months old, having had eczema all that time and suffering untold misery. I began to use all three of the Cuticura Remedies. He was better in two months; in six months he was well. Mrs. R. L. Risley, Piermont, N. H., Oct. 24, 1905."

Wonderful Engineering Work.

The admirable accuracy of the work of civil engineers of the best class is shown in the wonderfully slight deviation of the great Simpton tunnel from the calculations of the men who planned it and executed the work. The tunnel is 12½ miles long. It proved 31 inches longer than it was expected to be. When the two headings came together in the depths of the mountain their levels were less than ¾ inch apart.

Amendment Not Accepted.

Mrs. Jagaway—I wish I knew where my husband was?—

Mrs. Kawle—You mean, I presume, that you wish you knew where your husband is?—

Mrs. Jagaway—No, I don't. I know where he is. He's up in his room, sleeping off a headache.

FITZ, St. Vitus Dance and all Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. Send for Free \$2.00 trial bottle and treatise. Dr. R. H. Kline, Ld., 931 Arch St., Philadelphia, Pa.

A wise woman never quarrels with her husband till after pay day.

PAT SET ONLY ONE LIMIT.

Would Quit When He Was Done With All Things Earthly.

A rich man out in the suburbs who owns a large place has among the many people employed to keep it in shape an Irishman of whom he is particularly fond on account of his unconscious wit, says Harper's Weekly. This Irishman is something of a hard drinker, and, as his income is limited, he is more particular as regards the quantity than the quality of his liquors. The other day the employer, who had been awaiting a good opportunity, remarked in a kind tone, as the closing sentence of a friendly lecture:

"Now, Pat, how long do you think you can keep on drinking this cheap whiskey?"

To which Pat instantly replied: "All my life, if it doesn't kill me."

It Cures While You Walk.

Allen's Foot-Ease is a certain cure for hot, sweating, callous, and swollen, aching feet. Sold by all Druggists. Price 25c. Don't accept any substitute. Trial package FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Glass mirrors were known in A. D. 23, but the art of making them was lost and not recovered until 1300 in Venice.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Many a fellow sows his wild oats and reaps a grass widow.

AFRAID OF PARALYSIS

A NERVOUS SUFFERER CURED BY DR. WILLIAMS' PINK PILLS.

The Medicine That Makes Rich, Red Blood and Performs Wonders as a Tonic for the Nerves.

Why are nervous people invariably pale people?

The answer to that question explains why a remedy that acts on the blood can cure nervous troubles.

It explains why Dr. Williams' Pink Pills for Pale People are also for nervous people.

It is because of the intimate relation between the red corpuscles in the blood and the health of the nerves. The nervous system receives its nourishment through the blood. Let the blood become thin, weak and colorless and the nerves are starved—the victim is started on the road that leads to nervous wreck.

Nervous people are pale people—but the pallor comes first. Enrich the blood and the nerves are stimulated and toned up to do their part of the work of the body. Dr. Williams' Pink Pills make red blood and transform nervous, irritable, ailing people into strong, energetic, forceful men and women.

Mrs. Harriet E. Porter, of 20 Liberty avenue, South Medford, Mass., says: "I had never been well from childhood and a few years ago I began to have dizzy spells. At such times I could not walk straight. I was afraid of paralysis and was on the verge of nervous prostration. Then neuralgia set in and affected the side of my face. The pains in my forehead were excruciating and my heart pained me so that my doctor feared neuralgia of the heart. I tried several different kinds of treatment but they did me no good."

"One day my son brought me some of Dr. Williams' Pink Pills and I found that they strengthened my nerves. I took several boxes and felt better in every way. There were no more dizzy attacks, the neuralgia left me and I have been a well woman ever since."

Dr. Williams' Pink Pills are invaluable in anemia, rheumatism, after-effects of the grip and fevers and in sick headaches, nervousness, neuralgia, and even partial paralysis and locomotor ataxia. Our booklet "Nervous Disorders, a Method of Home Treatment" will be sent free on request to anyone interested. Write for it today.

Dr. Williams' Pink Pills are sold by all druggists, or will be sent, postpaid, on receipt of price, 60 cents per box, six boxes for \$2.50, by the Dr. Williams Medicine Company, Schenectady, N. Y.

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LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Is acknowledged to be the most successful remedy in the country for those painful ailments peculiar to women.

For more than 30 years it has been curing Female Complaints, such as Inflammation, and Ulceration, Falling and Displacements, and consequent Spinal Weakness, Backache, and is peculiarly adapted to the Change of Life.

Records show that it has cured more cases of Female Ills than any other remedy known.

Lydia E. Pinkham's Vegetable Compound dissolves and expels Tumors at an early stage of development. Dragging Sensations causing pain, weight, and headache are relieved and permanently cured by its use.

It corrects Irregularities or Painful Functions, Weakness of the Stomach, Indigestion, Bloating, Nervous Prostration, Headache, General Debility; also, Dizziness, Faintness, Extreme Lassitude. "Don't care and want to be left alone" feeling, Irritability, Nervousness, Sleeplessness, Flatulency, Melancholia or the "Blues." These are sure indications of female weakness or some organic derangement.

For Kidney Complaints of either sex Lydia E. Pinkham's Vegetable Compound is a most excellent remedy.

LYDIA E. PINKHAM

Women suffering from any form of female weakness are invited to write Mrs. Pinkham, Lynn, Mass., for advice. She is the Mrs. Pinkham who has been advising sick women free of charge for more than twenty years, and before that she assisted her mother-in-law Lydia E. Pinkham in advising. Thus she is well qualified to guide sick women back to health. Her advice is free and always helpful.