been widely published and is one of the most remarkable illustrations of the value of careful marshalling and analysis of facts in presenting a subject to the public.

LEVELERS. The Mission of Whisky, Tobacco and Coffee.

The Creator made all things, we be-

lieve. If so, He must have made these. We know what He made food and water for, and air and sunshine, but

why Whisky, Tobacco and Coffee? They are here sure enough and each

performing its work. There must be some great plan behind it all; the thoughtful man seeks to understand something of that plan and thereby to judge these articles for their true worth.

Let us not say "bad" or "good" with-

out taking testimony. There are times and conditions when it certainly seems to the casual observer that these stimulant narcotics are real blessings.

Right there is the ambush that conceals a "killing" enemy.

One can slip into the habit of either whisky, tobacco or coffee easy enough, but to "untangle" is often a fearful struggle.

It seems plain that there are circumstances when the narcotic effect of these poisons is for the moment beneficial, but the fearful argument against them is that seldom ever does one find a steady user of either whisky, coffee or tobacco free from disease of some kind.

Certainly powerful elements in their effect on the human race.

It is a matter of daily history testified to by literally millions of people, that Whisky, Tobacco and Coffee are smiling, promising, beguiling friends on the start, but always false as hell itself in the end. Once they get firm hold enough to show their strength, they insist upon governing and drive the victim steadily towards ill health in some form; if permitted to continue

sical and mental ruin sets in. A man under that spell (and "under the spell" is correct), of any one of these drugs, frequently assures bimself and his friends, "Why, I can leave a week just to show I could." It is a sure mark of the slave when one gets week fighting every day to break the spell, was finally whipped, and began

to rule, they will not let up until phy-

his slavery all over again. The slave (Coffee slave as well as Tobacco and Whisky) daily reviews his condition, sees perfectly plain the cut out for us. steady encroachments of disease, how the nerves get weaker day by day and demand the drug that seems to smile for people to break away from the and offer relief for a few minutes and coffee habit and be assured of a return then leave the diseased condition plainer to view than ever and growing worse. Many times the Coffee slave realizes that he is between two fires. He feels bad if he leaves off, and a little worse if he drinks and al-

So it goes on from day to day. Every night the struggling victim promises himself that he will break the habit not the habit, but his own resolution. It is nearly always a tough fight, with disaster ahead sure if the habit wins.

lows the effect to wear off.

There have been hundreds of thousands of people driven to their graves through disease brought on by coffee drinking alone, and it is quite certain that more human misery is caused by coffee and tobacco than by whisky, for the two first are more widely used, and more hidden and insidious in the effect on nerves, heart and other vital organs, and are thus unsuspected until much of the dangerous work is

Now, Reader, what is your opinion as to the real use the Creator has for these things? Take a look at the question from this point of view.

There is a law of Nature and of Nature's God that things slowly evolve from lower planes to higher, a sturdy, steady and dignified advance toward more perfect things in both the Physical and Spiritual world. The ponderous tread of evolutionary development is fixed by the Infinite and will not be quickened out of natural law by any of man's methods.

Therefore we see many ilustrations showing how nature checks too rapid advance. Illinois raises phenomenal crops of corn for two or three years. If she continued to do so every year her farmers would advance in wealth far beyond those of other sections or countries. So Nature interposes a bar every three or four years and brings on a "bad year."

Here we see the leveling influence

at work. A man is prosperous in his business for a number of years and grows rich. Then Nature sets the "leveling influence" at work on him. Some of his investments lose, he becomes luxurious and lazy. Perhaps it is whisky, tobacco, coffee, women, gambling, or some other form. The intent and purpose is to level him. Keep him from evolving too far ahead of the masses.

A nation becomes prosperous and great like ancient Rome. If no leveling influence set in she would dominate the world perhaps for all time. But Dame Nature sets her army of "levelers" at work. Luxury, over eating and drinking, licentiousness, waste and extravagance, indulgences of all kinds, then comes the wreck. Sure, Sure,

The law of the unit is the law of the mass. Man goes through the same process. Weakness (in childhood), gradual growth of strength, energy, thrift, probity, prosperity, wealth, comfort, ease, relaxation, self-indulgence, luxury, idleness, waste, de-

Sure.

Nore. - The following article has bauchery, disease, and the wreck follows. . The "ievelers" are in the bushes along the pathway of every successful man and woman and they bag the majority.

Only now and then can a man stand out against these "levelers" and hold his fortune, fame and health to the end.

So the Creator has use for Whisky, Tobacco and Coffee to level down the successful ones and those who show signs of being successful, and keep them back in the race, so that the great 'field" (the masses) may not be left

too far behind. And yet we must admit that same all wise Creator has placed it in the power of man to stand upright, clothed in the armor of a clean cut, steady mind and say unto himself, "I decline to exchange my birthright for a mess of

potage. "I will not deaden my senses, weaken my grip on affairs and keep myself cheap, common and behind in fortune and fame by drugging with whisky, tobacco or coffee; life is too short. It is hard enough to win the good things, without any sort of handleap, so a man is certainly a 'fool trader' when he trades strength, health, money, and the good things that come with power, for the half-asleep condition of the 'drugger' with the certainty of sickness and "isease ahead."

It is a matter each individual must decide for himself. He can be a leader and semi-god if he will, or he can go along through life a drugged clown, a cheap "hewer of wood or carrier of

water.' Certain it is that while the Great Father of us all does not seem to "mind" if some of His children are foolish and stupid. He seems to select others (perhaps those He intends for some special work) and allows them to be threshed and casuzaced most rear-

fully by these "levelers." If a man tries flirting with these levelers awhile, and gets a few slaps as a hint, he had better take the hint or a good solid blow will follow.

When a man tries to live upright, clean, thrifty, sober, and undrugged, manifesting as near as he knows what the Creator intends he should, happiness, health and peace seem to come

to him. Does it pay? This article was written to set people thinking, to rouse the "God within," for every highly organized man off any time I want to. I did quit for | and woman has times when they feel a something calling from within for them to press 'o the front and "be to that stage. He wiggled through a about the Father's business;" don't mistake it; the spark of the Infinite is there and it pays in every way, health, happiness, peace, and even worldly prosperity, to break off the habits and strip clean for the work

> It has been the business of the writer to provide a practical and easy way to health and all of the good things that brings, provided the abuse has not gone too far, and even then the cases where the body has been rebuilt on a basis of strength and health run into the thousands.

It is an easy and comfortable step to stop coffee instantly by having wellmade Postum Food Coffee served rich and hot with good cream, for the coland next day when he feels a little or and flavor is there, but none of the had (as he is quite sure to), breaks, | caffeine or other nerve destroying elements of ordinary coffee.

On the contrary, the most powerful rebuilding elements furnished by Nature are in Postum and they quickly set about repairing the damage. Seldom is it more than two days after the change is made before the old stomach or bowel troubles or complaints of kidneys, heart, head or nerves show unmistakable evidence of getting better and ten days' time changes things wonderfully.

Literally millions of brain working Americans to-day use Postum, having found the value and common sense in

C. W. POST.

ASPARAGUS LONG A FAVORITE. Records Date Back Almost to Begin

ning of Authentic History.

Of all food plants there is none which has been so long known or beer possessed of so distinguished a line age as the asparagus. Its records reach back almost to the beginning of authentic history, and it is mentioned by the comic poet Cratinus; who died about 425 B. C. The Ro mans held the vegetable in high esteem. The elder Cato wrote a work which is still extant, "De re Rustica," and it treats at length of the virtues and proper cultivation of asparagus. Pliny, in his natural history, written about 60 A. D., has much to say about it. He feelingly observes: "Of all the products of your garden your chief care should be asparagus," and he devotes several chapters to its many good qualities and the best methods of raising it. He asserts that the soil about Ravenna was so favorable to its production that three heads grown in that district had been known to weigh a Roman pound. This pound seems to have been about equal to eleven ounces in our day, so it would apparently have taken four of the stalks to have reached a pound of our weight.

The asparagus being essentially a southern plant, it is possible that the stock growing in Italy was of a more vigorous growth than that of our northern clime. It is found all around the shores of the Mediterranean and branches off into four or five distinct species besides the one ordinarily used for edible purposes.

Many Sträwberries from an Acre. H. P. Woodworth of Westfield, Vt., has picked this year from a bed of less than an acre, 4,000 quarts of strawberries. The picking season

lasted from June 20 until Aug. 1.



A FEW PIGEON NOTES.

variety. It stands confinement well, squabs are large and never turn dark when dressed.

Common pigeons are not liked on account of their small size; besides, their squabs are inclined to turn dark when dressed. Pigeons are not believers in mor-

monism. Equal numbers of cocks and

hens must be procured. An odd cock is capable of much mischief. He will destroy the eggs and squabs. They are fond of a good bath. Dur-Fag nice weather they should be given fresh water in their tubs twice a

week. Pigeons that are penned up should not be fed new grain, as it does not agree with them. They require a variety of good, sound food. They are fond of wheat, millet, hemp seed, corn, buckwheat, etc. They will soon devour a salt codfish tacked up inside

their house. Keep fresh gravel before them always .- W., in Farm Journal.

WHAT THE PACKER WANTS.

The butcher pig weighing not over

WORTH OF THE FARM BOY. think that he is worth the raising.

But he is! when we are all tired out from the day's work.

Forty times a day he hears the call, can Sheep Breeder. 'Johnny, run and get the bammer or the auger." And he runs.

He never says a word back when folks call him "Bub" and tell him how "no account" boys are.

He is a great, big streak of sunshine wherever he goes all over the farm. He knows where all the hoes, axes, saws and other farm tools are. Sometimes people say he knows this because he scatters the tools around; but

it is not always so. He keeps the rest of us from getting old. We must keep thinking if we arswer the thousand and one questions he asks, and we must answer them or die, for he must know.

In short, the boy brings back two dollars where he costs a cent. If you do not believe it, just wait till he is gone and see what a hole it makes in the running of the farm. He fills a gap that no amount of money can fill.

Instead of figuring how much the boy costs. I think it is a great deal better to think how much he saves.-Farmer Vincent in The Farm Journal.

SELECTION OF THE BROOD SOW. intelligent selection of the sow can Herr Schrewe, of Kleinhoff-Papian. be made from early litters, to replace The experiments were made with 153 those that should be discarded. The fastest growers, best feeders and those having the best points can now varying from three to six years, not be seen. There may, however, be good growers that are of too lazy and sluggish a habit to ever make good mothers. Then, too, you must be sively demonstrate the influence of sure that the hearing is perfect, as the bulls on the milk yields of their lack of this quality is one of the female descendants."-Indiana Farms causes of overlaying and killing the young, and, furthermore, this defect is likely to be transmitted to the offspring. Always select with a view to uniformity of size, as an even bunch of hogs appeals the strongest to the killing was the experience of C: J. much to do with the uniformity of feet.

After the young sows are selected the cougar before the hunter came up, separate them from the ones designed and to have suffered for it .-- Portland for market, and when keeping on Oregonian.

pasture do not neglect to give them The Homer pigeon is more popular a sufficient grain ration to bring with squab raisers than any other about the greatest development of bone and muscle, but do not make and is a large, well-built bird. The them fat. The result of a few years' judicious selection will prove surprising to any one who has never had any system in this matter .- Farm, Stock and Home.

IMPROVING THE BREEDS.

What is the end and purpose of improvement in breeding? It is and cannot fail to be the improvement of any breed for the purpose for which it is kept and valued. The Merinos, for their special varieties of wood for distinct uses; the coarse wools tor their similar product, but for other uses; the medium or clothing wools in the same way, and it can be readily seen that as the fleece is the specially valuable product which can be varied only by special breed, and the mutton is very much the same in all sheep, varieties of sheep must ever and always be cultivated, changed and improved, for the fleece first, and for mutton, as it may happen, excepting that in this respect the most rapidly and early maturing varieties will always excel in desirability for the butchers' use as feeding lambs. We 270 pounds is the most profitable ani- must look forward very soon to the mal for both producer and killer. The fact that our fast increasing populareason is the same that won popu- tion will demand a large increase in larity for the handy-weight steer; pub- the production of mutton, in spite of lic taste has changed. Not many the fact that a large proportion of years ago we paid a premium of as our people are not as yet naturally much as \$1 a hundred-weight for big. mutton eaters. This taste, however, heavy bogs, known as French fat will soon be acquired, for it cannot backs, from which we got a back always be ignored that mutton is the weighing forty-five or fifty pounds; most nutritious, digestible and conbut they are not wanted now, even venient of all meats, and economy will by the French. Another cause of prevail over an undeserved and unbutcher pig popularity is the enor- profitable stigma, and when this hapmous increase in consumption of pens the use of the more convenient fresh pork. Retailers want a loin and more digestible and nutritious weighing ten or twelve pounds, and mutton will greatly increase. All the no heavier, and to furnish this 300 more reason for this because of the pounds must be the maximum weight greater convenience of it and the ease of the live hog. We find that these with which small flocks may be kept medium weights are the healthiest. for local use, to supply small villages They rarely show tuberculosis, the and farmers' families. And for all bulk of condemnations being exces- the varied uses of the sheep we have sive weights. Growers marketing breeds enough and to spare; and medium weights sell them at seven to rather than to found any new breed eight months old, reducing the loss for any reason whatever, it will be and making a quick turn. Hog rais- to mix the breeds we now have, so ers alming at maximum results will that the best sheep for the farmer and produce this grade, but they must be feeder, and for the more extensive matured to top the market. Any- use on the Western pastures, will be thing weighing 200 to 280 pounds- that one which will best adapt itself sometimes I stretch it to 300-will to its environments. And this we fill the bill, but a square back and cannot belp but think will be based good finish are essential to top price- on the Shropshire mixed with the getting .- Mr. Goepper, in Breeder's heavier Merinos. But anyhow, we cannot think that there is any place for any new breed of sheep either as a mutton or as a wool bearer, and Some folks figure out what the farm that the only efforts that have been boy costs, but they do not seem to made in this line for over twenty-five years past, one in Kentucky and one in New York, will doubtless be the He brings the cows twice a day, the last to be made by the most advenwood for night, and gathers the eggs turous and enterprising hunter after something new of this modern, practical age .- Henry Stewart, in Ameri-

GOOD BULLS IMPORTANT.

Prof. Hansen calls attention to the fact that greater stress is laid upon obtaining good milk cows than noted milking strains of good bulls, and "It is a matter of course that the

bull should exhibit signs of race. Its outward appearance ought to guarantee the transmission of its descendants of the desired conformation. Where the buyer has the yield of milk in view it behooves him to bear in mind that this is a matter that depends on the sire as well as on the dam. A good milch cow will not be the mother of good milch cows if the bull has not also belonged to a race of good milkers. This is a principle of breeding that deserves more attention than has hitherto been paid to it. Unfortunately, statistics have been waning hitherto; it requires time to collect the necessary data, and a herd of some size, in order to compare the milk yields of cows the progeny of a particular bull with the yields of other cows, the descendants The time is now at hand when an of other bulls. This has been done by cows, descendants of four bulls, and their yields of milk within a period merely in relation to the quantities. but also their richness in fatty matter and butter. The results conclu-

Cougar Killed in Coon Hunt.

A coon hunt that ended in a cougar buyer. In selecting bear in mind the Oglesby on Fall Creek a few days records of the dams as prolific and since. The dogs took up the trail of good mothers, for this quality is the coons and had run but a short dispassed along from one generation to tance when they came upon the mounanother. Then, too, always select tain lion, which they treed. The beast those that come nearest to conform had hardly crawled beyond the reach ing to your view of the type, provid- of the snarling pack when the hunter ing always that the animal is not came up and brought down the big lacking in the qualities pointed out cat with one shot. The hide, when above. The selection of the sow has greatched, measured 6 1-2 feet by 8 1-2

bunches of feeders from year to year. The coons are suposed to have met



SALT FOR THE BATHS.

restful sleep to an invalid or a little been added to the grand total. child. The salt should be dissolved take the place of sea bathing.

A NEW DOLL.

From Paris have just been received beautiful dolls that are more wonderful than the famous talking doils that lisp out when wound up with a key "papa" and "mama." The new dolls walk as well as talk. All that is nec- barley-water, a grain of salt and a essary to make the lovely little ladics walk in a most dignified manner is merely to touch a spring.

These dolls are almost as large as their small mothers and are dressed in real children's clothes. Their limbs are perfectly formed, and there is no tottering along like ordinary dolls on tiny feet.

PINEAPPLE BASKETS. A pleasing variation from the regulation methods of serving fruit is to utilize a basket fashioned from a pineapple or a melon for this purpose. The inside part of the fruit is carefully cut away, leaving a hollow case. The contents, free from core and seeds. are then returned to the shells, sweetened or flavored with liquid if desired. A sprinkling of sugar and liquor add to the flavor of the melon. Other fruits may be mingled in the basket, and, when the blend permits, served with whipped cream. Carefully prepared, these fruit baskets impart a boiled. decorative touch to the table, and are especially appropriate for luncheon.

ALWAYS RESOURCEFUL. The American woman is full of reweek, when the temperature was some syrup, rhubarb or honey. thing terrific, wearing a dark blue of dark blue mousseline de sole; she | 1f children's appetites are not which one imagines she had got made | Home Companion. to match the skirt or her tailor costume, was very prettily maneuvered dark blue embroideries, and it young and thin, or middle-aged and phia Press. given to embonpoint.-London Graphic

GOWNS THAT WEAR TOO WELL. of slightly soapy water. A small basin ror of things that wear too well; in swish it around the edge without fact, I think there is nothing more in- spreading the feathers too much. The convenient than gowns that will not soap should be in such quantity as to wear out, says a writer in the London just make light suds. Run the feather Graphic.

seems to damage, however antiquated of clear tepld water and drain. its "cut;" the lace robe that somebow lasts so miraculously, with the unwelling a feather and it is not to be laid come but not to be mistaken seal of a down from the moment it leaves the passe mode so plainly set upon it, or | basin until all the moisture has been that too durable tailor-made suit that we know is hopelessly old-fashioned, be partially dried over a stove, but the yet that is much too good to put away. sun is better. Fan it, but not too All of which drawbacks should remind | much, while the drying is going on. us-those of us, at any rate, who are est mistake to have clothes too costly of their kind.

is but an unsatisfactory economy, and order not to lose the curl. it is far wiser to have fewer dresses and wear them out straight away.

RICH WOMEN'S COSTLY RIGS. Mrs. Safford Barstow, the New York

woman who spends her entire time simply designing on paper new creations in the garb of American womanhood, was asked if the statement made in the dressmakers' convention that some women spend as much as \$25,000 on their clothes in a year was an exaggeration. "That is merely a fair average," she said. "Far from being distorted, the figure named is very conservative. Mrs. John Jacob Astor, I think, is admitted to be the bestdressed woman in New York. I am certain that she spends all of \$50,000 a year on her dresses. Mrs. Cornelius Vanderbilt is a close second. Her dressmaking bill certainly runs over \$40,000, while Mrs. Stuyvesant Fish and Mrs. Joseph Widener, for instance, are in a big class that easily part their husbands from upward of \$35,000 each year for the benefit of sizes. the dressmakers, shoemakers, glovers, etc."

WOMEN AS WHALERS.

The London Field describes a whale hunt in Shetland when several hundred of the animals appeared in the bay while all of the men and most of the women were away herring fishing. Several boats, however, went out,

one of them being that of the schoolmistress, who was accompanied by some of her pupils. The boats aucceeded in driving a large number of whales ashore. "I had nothing but an getting it, the work of spearing was ther embellished by goodly-sized bown entered upon till no fewer than eighty- of wide ribbon.

six whales were secured. A lady with A cupful of ordinary rock salt is an a pitchfork also helped for a time, but invaluable addition to the bath. It is her strength was soon used up, and I especially soothing to a person with had to desist from sheer exhaustion, jaded nerves, and will often ensure a else a few more might easily have

"The whales realized 2s. a head and and thoroughly mixed with the water. 3s. 6d. a hundredweight for the blubwhich should be moderately warm. ber. This is the largest 'hunt' for Baths of this kind will, in a measure, many years, and the unique feature is that the majority of the captors were women."

A WORD ABOUT BABIES.

Too much food and too little nourishment is doing a great deal of harm to many little ones. For infants who must be "bottled," milk diluted with pinch of sugar added, given lukewarm from an absolutely clean bottle and nipple every two hours (never oftener, is. I consider, a perfect food, and a fat, jolly baby will result. But common sense must be used. A mother can soon tell whether her baby crieg from hunger or from overfeeding. Don't ask any one; judge for yourself.

For children the simpler the meals, the fewer sweets, candles and unnecessaries, the better. For breakfast in the summer give them bread and butter, milk, sliced tomatoes or any fresh fruit but oranges, which would not agree with milk. Pineapple is indigestible, though the juice is good.

In winter give porridge, and be sure it is well boiled and that too much sugar is not added. The porridge may be made from oatmeal, rolled wheat, cracked wheat, hominy, corn-meal bread and milk or sliced bananas (no purgative medicine is ever needed if fruit be given in mornings when necessary). On Sunday an egg. poached or

For dinner give any meat but pork, soup or fish, all vegetables (except corn), a plain pudding, no pie or boiled paste.

For tea give bread and butter, milk source. I saw one the other day last or cocoa, occasionally preserve, maple

The more moderation is exercised in frock, that, on a second glance, showed eating, the better. The, 'ood should be itself to consist of a skirt of dark blue plain, good and appetizing, and the fine cloth and a tucked blouse bodice | children should be given all they want.

couldn't have thought of anything spoiled by sweets they will enjoy quieter or cooler. This blouse bodice, everything put before them .- Woman's

HOW TO CURL PLUMES.

If you have been wearing ostrich had such a nice quiet look and was so | plumes at the shore it is likely that very suitable, as she had a stout they will come back in a state of unfit figure, not one made for light garb. bedraggledness. You can curl them Many tricks of dress can be learned just as well as the professional if you by observing the ways of Americans. will take the pains, says the Philadel-

First of all, water will not injure a good plume. Wash it in a tepid bath Personally, I have the greatest hor- is the best utensil to use, as you can through your hands gently three or We all know them so well-the vel- four times to remove the dirt; when vet gown that no amount of wear it appears clean, rivoe it in two baths

Great care must be exercised in drydriven out. To hasten matters it may

When the plume is still a trifle moist not millionaires-that it is the great- hold it for about half a minute over a spout of a steaming kettle. This curls the feather, after which it is to be The cleaning and turning of dresses dried rapidly over a stove plate, in

Never brush a feather to get it to fall into place, shake it instead. If the ends of the feather prove refractory they may be given an extra curl with a curling iron, though you must be careful that the instrument is neither dirty with soot nor too hot. The hottest temperature the finger can stand is a good test.

FASHION HINTS.

Among novel weaves is the chiffon taffeta quadrille.

An armure weave has now been introduced in panne velvets; one can have it in both street and in evening shades.

A very smart velvet for tailor gowns is in small check shepherd's plaid in black and white. This has always an especially neat effect, and costs only from one and a half to two dollars."

Coin spots in white or black are seen on black and colored velvets Some show spots in three graduating

Oriental velvets show rich patterns in Persian coloring, with a preponderance of copper colored and other metallic effects, or with iridescent sur-

Plushes have returned in two-tone effect, and are intended for cloaks quite as much as for gowns. The zebra plush is, of course, decorated with striping of black. Metallic and changeable plushes are seen, some in

dainty evening shades. Besides the rows of bebe ribbon used through beading to draw up the neck of corset covers, the tops of the old bayonet," says the writer, "and arnivoles and the fronts are now fur-