

FARM AND GARDEN



FARM NOTES.

It is necessary to have some sort of shade for the poultry during the warm days that we are now having.

The cows should always be driven quietly and at an ordinary walking gait to and from the pasture. This will insure the best results.

Put new straw in the hen's nest every week during warm weather. A little coal oil applied about the cracks now and then will keep the ice out.

The squash bugs, so troublesome in many cases, are said to be headed off with coal tar. A quart of this is to be well mixed with a peck of sand or loamy soil and the mixture sprinkled around the plants. The smell keeps the bugs away. This may need to be repeated at intervals.

Do not allow the milk cans to remain in stables while they are being filled, and avoid contamination of the milk bacteria.

Remove manure as far from the cow stable as possible, and above all things do not use musty or dirty litter for bedding.

It is said that one pound of oyster shells will furnish lime for the shells of about seven dozen eggs. It costs one cent per pound.

When the hens eat eggs they are in need of shell material. Get all the shells you can and feed them, and they will soon quit eating good eggs.

The farmer who adopts a wise rotation of crops, who raises upon the farm the products for the support of his stock and his family, who seeks to increase his stock of manure from every available source, applying it back to his land, will not likely complain of his farm running down.

In keeping a horse fat there is as much in the driver as in the feed.

The farmer should know how to do his work to the best advantage.

Vermin cause the hens to pick their feathers and otherwise to be restless.

The spray pump and disinfectants should be used freely around the pig pens.

Healthy and vigorous pigs are the only ones that have any chance to withstand cholera infection.

Loss of flesh and shrinkage of milk follows neglect, and starvation follows rations of improper food.

The way some people refuse to use whitewash in the poultry house would indicate that it was expensive.

It is wonderful how many people there are to be found who still persist in planting their crops "in the moon," and believe that failure is sure unless the seed is put into the soil when the sign is just right.

With dairy cows, as with other stock, a change of feed is necessary, both as contributing to the general health of the animal and as a means of stimulating the digestive organs, and thus increasing the secretion of milk.

BUTTER FAT IN MILK.

The contention that the butter fat of milk lies in the quality of food given to cows seems to be conclusively disproved. It depends on the cow and not the feed, otherwise any indifferent cow, scrub or "any old thing" might be made a good butter cow by enough good feeding. But this is not so. The New York station has gone pretty well to the bottom of this matter, and here are the facts from a recent bulletin: A cow fed during ninety-five days on a ration from which the fat had been nearly all extracted continued to secrete milk similar to that produced when fed on the same kind of hay and grain in their normal condition. The yield of milk fat during the ninety-five days was 62.9 pounds. The food eaten during this time was 11.6 pounds, 5.7 only of which was digested, consequently, at least 57.2 pounds of the milk fat must have had some other source than the food fat. The milk fat could not have come from previously stored body fat. This assertion is supported by three considerations: First, the cow's body could have contained scarcely more than sixty pounds of fat at the beginning of the experiment; second, she gained forty-seven pounds in body weight during this period of time with no increase of body nitrogen, and was judged to be a much fatter cow at the end; third, the formation of this quantity of milk fat would have caused a marked condition of emaciation, which, because of an increase in the body weight, would have required the improbable increase in the body of 104 pounds of water and intestinal contents. During fifty-nine consecutive days 38.8 pounds of milk fat were secreted, and the urine nitrogen was equivalent to 33.3 pounds of protein. According to any accepted method of interpretation, not over seventeen pounds of fat could have been produced from this amount of metabolized protein. This quantity of milk secreted bore a definite relation neither to the indigestible protein eaten nor to the extent of the protein metabolized. In view of these facts it is suggested that the well-known favorable effect upon milk secretion of a narrow nutritive ratio is due in part to a stimulative, and not only to a constructive, function of the protein. The composition of the milk bore no definite relation to the amount and kind of food. The changes in the proportion of milk solids were due almost wholly to changes in the percentage of fat.

NEW STRAWBERRY BEDS.

Upon the proper preparation of the strawberry bed and the transplanting of the young plants, largely depend success. The strawberry bed should receive attention as early as possible. The young plants set out in the spring are the ones that will bear the main crop next year, although beds two or three years old produce fruit, but, as such beds are difficult to keep clean of weeds and grass, strawberry growers find it more profitable to give good cultivation and an abundance of plant food to new beds, plowing under the old beds for some other crop. If the old bed was well cultivated last year there may be but few weeds, and for that reason all new beds should be kept as clean as possible; in fact, any cultivation the first year will save labor the next season. When applying fertilizers it should be done early and before the crowns begin to grow in the spring. If the land was well manured last fall, but little fertilizer will be necessary, but nitrate of soda, at the rate of 200 pounds per acre, nearly always gives good results on strawberries. After applying the fertilizer it will be an advantage to mulch around the plants, in order to protect against drought as much as possible. Success with strawberries depends largely upon the quantity of moisture in the soil, as the best crops are obtained when there is a plentiful supply of water to dissolve the fertilizer. By keeping the ground covered with a mulch evaporation of moisture is largely prevented. Under no circumstances must weeds or grass be allowed in the new beds, as they deprive the strawberry plants of moisture.—Philadelphia Record.

WHY DAIRY FARMING PAYS.

The advantages of dairying have been epitomized as below, by H. W. Potts, of the Hawkesbury Agricultural College, in Australia: It takes less fertility out of the soil than any other form of agriculture, and hence it is useful in following a well-regulated system of rotation. It can be combined readily with other forms of agriculture or horticulture. The dairy provides in winter a quantity of stable manure in which the straw from the barn is profitably utilized. The by-products from the cow, skim-milk, whey and buttermilk are a source of income in raising pigs and calves. Dairying gives constant and regular employment of a light character to every member of a farmer's family. Dairying inculcates habits of punctuality, industry, cleanliness and thrift on the farm. The demand for good butter and cheese on the world's markets is unlimited, and so long as the quality is maintained an all-around, even and profitable price can always be secured. The monthly check from the household, as against the precarious returns from yearly crops. In mixed farming, the income from the dairy is the most reliable. The farmer's household, as the result of dairy work, is always supplied with fresh milk and cream, butter, cheese, pork, bacon and veal. Storekeepers, traders, bankers, financial men and politicians all fully realize, after years of experience, that wherever dairy farming is conducted farmers are most prosperous, mortgages are rarely found and the value of landed property becomes considerably enhanced.

THE MOST IMPORTANT.

There is nothing that suits us better than to see a farmer give the best of care to his stock and see that they are properly fed. Those who belong to the better class of farmers will without doubt agree with us in this, but do not forget that there is still one other matter that is of a great deal more importance. We refer to the health of the farmer and his family. Anything that will be the means of affording either better health, or improvement of any kind in the rural life should always take first place. The dumb creatures on the farm are generally always a source of financial betterment or interest, but the human beings on the farm should always receive first consideration.

TO MAKE GOOD BUTTER.

To make good butter on the farm probably the most important thing is to have a good healthy cow that has been well fed. A cow in poor condition, badly fed, will never be able to furnish the quantity or even quality of butter-fat that is needed, and this means a bad mistake from the start. The milking should be nothing but cleanliness itself. The milk should be strained as soon as drawn, and, if possible, the butter-fat should be immediately separated by means of a centrifugal separator. Never add cream to other cream until it has been properly cooled, and when added stir the "cream" together thoroughly.

Miss Lizzie Johnson, the "shut-in," who lives in Casey, Ill., is reported to have earned over \$11,000 for missions by the sale of bookmarks which she has made.

In Reddington, England, hot oatmeal mush is delivered with the milk each morning to those who desire it.

However, the short-change man isn't necessarily short of change.

Mind and Muscle.

Influence of Former Upon the Latter Plainly to Be Seen.
By Dr. W. R. C. Latson.

In all feats of skill the influence of the mind is most important. To perform in thoroughly good style any difficult feat of skill it is absolutely necessary that the mind must be free from fear, anxiety, or nervousness. I knew once, years ago, a man who had been a bull fighter in Spain. During one of his glowing accounts of the sport I expressed my surprise that he should have left the life. His reply was: "One day I was about to enter the ring, and I had a little creepy feeling of fear. Then I stopped for good. The man who feels fear is sure to be killed."

And it is equally true that the man who fears is heavily handicapped, no matter what the contest may be. Anxiety and nervousness are closely akin to fear; and both are so powerful in their effect as to render it almost impossible for one to perform perfectly any difficult or delicate feat of skill. The man who is afraid or anxious or nervous is almost sure to fail.

All emotions when intense have a powerful effect upon the muscles. This is plainly seen in the tension of the muscles, clenching of hands and arms, and as well as of the face in anger, in the spasmodic breathing of excitement, in the muscular weakness and trembling of fear, and in many other conditions that might be mentioned. Now, in feats of skill of whatever nature, whether balancing, juggling, marksmanship, tumbling or shot putting, it is necessary that just the right muscles must be used at just the right instant, and to just the right degree. When, however, the muscles are disturbed by emotional excitement, such delicate adjustment is impossible, and the probable result is failure.

The mental state most conducive to success in games of skill is confident calmness. And by practice this state of mind may be made a habit—a habit most valuable in all games of skill, even in that game of skill called life.

Glasgow—A City Run Without "Graft."

By Frederick C. Howe.

There was a town council without corruption—at least we would smile at such irregularities as disturb the Glasgowian; a council which knows no party politics and elected a Conservative to succeed a Liberal as Lord Provost without a change in its political complexion. Here, too, was a city which knows no boss but itself; which takes the merit system as a matter of course, and without any law enforcing it; a city which keeps its officials in all the clerical duties of the city, hunting for the man, much as a German city looks for a lord mayor, or an American college or church searches for a president or a minister. The corporation was offering its most influential post to the candidate from all Great Britain best qualified to fill it.

Here, too, is a city in which all citizens are united demanding efficient service and securing it; a city in which the privileged few who own the franchise corporations in America and the unprivileged many who are seeking a job are united with the city rather than against it. For Glasgow offers no franchises whose values run into the millions as a tempting treasure to gamble for.—Scribner's Magazine.

Here, too, is a city which knows no favor, no friendship, no politics, in the choice of its servants. "Wanted a Town Clerk. The Corporation of Glasgow," so the newspaper advertisement runs, "invites applications for the office of Town Clerk, which is about to become vacant. The salary will be \$10,000 a year." Here was the most important salaried office within the gift of the council, an office which combines the duties of the city solicitor as well as all the clerical duties of the city, hunting for the man, much as a German city looks for a lord mayor, or an American college or church searches for a president or a minister. The corporation was offering its most influential post to the candidate from all Great Britain best qualified to fill it.

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The Sahara Once Densely Populated

By Cyrus C. Adams.

In studying the geological history of this region, Gautier found evidence that it was once rainless and was truly a desert, the gradual desiccation advancing from the Sudan. Then the era of permanent drought and complete desert conditions gradually came to an end. Today a rain belt is creeping up from the Sudan and is extending farther and farther north into the desert. This new epoch may continue for hundreds of years.

But the most startling testimony which Gautier found was absolute proof that long before the present age of rainfall, in what is known as the Neolithic or later Stone Age, a very large population inhabited this part of the Sahara. He found there graves scattered over the grassy plain; he found many hundreds of their drawings on the rocks, where they had pictured animal forms and other objects. He discovered the flattened stones which they had used for grinding grain. These millstones show that agriculture was then developed in that region, and that the grinding of grain into flour indicates considerable advance of civilization. Here and there were many arrow points, axes of polished stone, and other implements. It was many hundreds of years ago that human beings inhabited this region, but, as time is reckoned in geological epochs, thousands of farmers were tilling this part of the Sahara at a comparatively recent period. They were finally driven back into the Sudan by the increasing drought, and the world forgot that this region had ever been inhabited by man.—From "Three Unarmed Men Cross the Sahara," in the American Monthly Review of Reviews.

The Japanization of China.

By Charles Chaille-Long.

JAPAN'S victory in her war with China in 1894-5 procured for her indemnity in money, the cession of Formosa, and the prestige of success, which was immense. From that time on Japan has been strengthening her army and navy against Russia with the object which has been achieved. Whilst at the same time China has been cultivated with a keen appreciation of the fact that without the moral, if not the material control of that country, Japan could not alone accomplish the task she had assumed of directing the destinies of the Orient.

Japan has undertaken the Japanization of China methodically by the establishment in China and Japan of schools—military, industrial and agricultural. Recently twenty-two primary schools were opened in the Chinese provinces, with 3,364 scholars. Four of these schools are military, at Paoching, Outchao, Nanking and Canton, and are modeled after St. Cyr in France. The instructors are Japanese or Chinese educated in Japan. The school at Canton is administered by Japanese entirely. Every year 700 young Chinese, graduates of the schools in Japan, are assigned with rank to the provincial army. The student graduates are all exalted and imbued with new Japanese leas. Actually there are 2,500 Chinese students in the schools and universities of Japan. The military mandarin, once a low grade and despised office, is now elevated and honored. The literary class, heretofore the special guardians of the honor and dignity of China, now recognize the importance, even necessity, of organizing a national army, solid and united, capable of compelling respect for the interests and dignity of the empire.

Nursing Bottle Barred.

Regensburg, following the example of several French communities, will offer premiums to mothers who agree to suckle their own children. This will be done to reduce the awful mortality among infants, which may be traced, in part, to artificial nourishment. The chief of the municipality passing upon the bill, said, "Now nursing mothers may be divided in three categories: Those that do not want to nurse their babies, those that are physically unable to, and those whom their duties prevent from suckling their children. The premiums are for the latter class of women; mothers shall be enabled to give up their employment for a time in order to devote themselves entirely to their babies."

A twenty-year-old number of Spurgeon's magazine, Sword and Trowel,

NEWS AND NOTES FOR WOMEN

PRACTICAL FANCY WORK.

Linen tops for cushions are dainty and easy to make and should be so arranged that they can be easily slipped off and put into the tub whenever necessary.

Some of these covers are squares or oblongs of fine linen hemstitched or with a more or less elaborate border of drawn work, and some are finished with a ruffle of Swiss embroidery.

Still others are made in two parts and laced together over a puffing of silk around the foundation, while a small sheer handkerchief edged with insertion and a frill of lace makes the daintiest top possible.

Washable covers for coat hangers that may be removed are made by wrapping the frame with cotton batting, narrow towards the center and with quite a bulge on the outer edges, then making little covers of colored chambray to neatly fit the padded frames. These are fastened on with drawstrings and easily removed.

Fancy towelling makes one of the nicest coverings for bureau tops, and it can be ornamented with as much or as little embroidery as one likes.

Huckback towelling that is finished with hemstitched ends is often embroidered with mercerized cotton, the design being one or two rows of disks about the size of a nickel. If lace is used as trimming the cotton matches it exactly in shade.

This damask towelling is also much used for bureau and table covers. The ends are finished with a deep fringe of linen thread in the natural color, with a design worked in a delicate shade of colored cotton at the head of the fringe, and strips of lace in criss-cross patterns forming an insertion above the embroidery.

FAME OF THE BAY LEAF.

"Two thirds of modern recipes seem to call for 'a bay leaf,'" said a young housekeeper the other day, "and somehow it is always the one thing in the whole formula that a housekeeper will omit. One never has a bay leaf, probably for the reason that they are so elusive. Other necessities confront you on market stalls and shop counters, but the bay leaf rarely does."

"When I finally obtained mine (a small glass jar of them) a short time ago I had not the faintest idea of a connection between the little withered looking things in the glass and the laurel leaves of the poets. To my surprise I now find that they are one and the same. I believe most sister housekeepers would be amazed to find that when they send a bay leaf fluttering into the pot of soup or stew they are really consigning to it the historic 'bays' which wreath the brows of Homer and the Bard of Avon. The scientific name is *laurus nobilis*, and it belongs, according to my encyclopedia, to the laurel family, which includes the familiar sassafras. It is the 'green bay tree,' to which the wicked man is likened in the Scripture.

"My delvings into this subject have revealed amid much laurel lore the fact that Bacon and other celebrities appreciated (gastronomically) its spicy flavor."

FASHION NOTES.

Five pointed bands fastening with buttons across the waist of white lace are a neat touch upon a new summer blouse.

A gray duck sailor shape with black ribbon band and bows is particularly neat with a gray walking suit having velvet collar and buttons.

The thin lingerie parasols are as useless as they are pretty, for white batiste certainly does not protect the eyes from the glare of the sun, and the numerous lace insets render the parasol nearly transparent.

The black sailor is the hat which all the young ladies are wearing for the moment, and the coarser weaves are considered the most stylish. Some are replacing the black bands on them with ribbon in their favorite college color.

The double brim is noted upon a new raffia hat, but anyone who is subject to headache at any time will be wise in avoiding this fashion, for the braided raffia hat is heavy at its best, and the double brim increases the weight perceptibly.

We hear a great deal about the head hand bags, but see comparatively few of them. Perhaps this is because they are so costly, or necessitate the expenditure of so much time and close labor; nevertheless they are delightfully quaint, and many of them are artistic, and the possessor of one either ancient or modern is most fortunate.

Leghorn straw is one of the most satisfactory of foundations for summer millinery, and its adaptability, wearing qualities, and graceful suppleness make it an especially good investment for her whose purse is not over full, but who would be stylishly bonneted.

CHILDREN'S FEET NOT TORTURED.

If any mother, or elder sister, or other feminine lover of her kind, has been disheartened by the utterance of a Western critic, who says our little girls are being tortured out of early naturalness for the sake of making fashion plates out of them eventually (not a new outcry, by the way), let those who can find comfort in the

views of a New York physician, who has so much prominence that he ought to have some ability. "Thanks to woman's good sense, the next generation is going to have as well-shaped and beautiful feet as those of the Grecian maidens," says he. The sandals for children which sprang into popularity a year or so ago, and which, it is predicted, will be worn more than ever this year, are a great help in bringing about this condition, as they leave a child's foot unconfined. Of course, remarks the New York Press, they let in bits of gravel and stone bruises result, but the mother who has a fad for hygiene pays no attention to that, especially as the bruises are not on her own feet. As a fact, most children of well-to-do parents in New York wear shoes shaped for the foot, and the result is that the feet of the modern city girl are well-formed.

EVENING REST AND CALM.

If you do not keep a servant and your family is small, don't jump up and begin washing up dishes in the kitchen as soon as the high tea or early supper is over. Leave them till the morning, scraping them a bit more thoroughly than you would if they were to be washed at once. Pack the things away in the scullery or a corner of the kitchen and sit down with "him." He will probably pick up his paper pretty soon, but by the time the babies are put to bed he will usually have finished it, and if the finishing of the paper coincides with your re-entry he will probably lose his impulse to go out if he had it. Let an atmosphere of quiet and pleasure prevail after supper. It will lead to pleasant things in the way of closer friendship and rozier sentiment. You can wear a daintier frock simply to get supper than you can if the work afterwards is to be done, says Woman's Life. And the gown counts. Sometimes it will seem to be fruitless for a time, sometimes it simply cannot be done for a while, but try it, try it, do it when you can.

CRYSTAL WEDDING CELEBRATIONS.

The "crystal wedding" commemorates the 15th anniversary. Write your invitations with a very pointed stick wet with mucilage, then sprinkle "diamond powder," which is pulverized mica, over the paper and let it stand until the mucilage is dry. Dust it off carefully, and you will find that the "diamond powder" has stuck to the letters. Have as much glass on your table as possible. Very pretty dishes of pressed glass can be bought for a small amount. Make a horseshoe of white glass beads and hang it over the table and run long strings of white glass beads from the chandelier to the edge of the dining table. Buy small white paper heart-shaped boxes and fill them with candy. On the lid of each box write your husband's and your initials and the year of your wedding—1890 to 1906—and sprinkle this over with pulverized mica, says the Philadelphia Press. You could give one of these boxes to each of your guests as souvenirs of the occasion.

COMBS FOR BLONDES AND BRUNETTES.

Let only the golden-haired or black haired girl risk the gold and ivory combs, and the silver one is for the brunette alone. No shade of hair was ever born or invented which could not wear tortoise shell. Its tints and lights are universally becoming. These combs are all expensive, for only the genuine materials or the best imitations are worth buying. The handsomest ones are jeweled, which brings them to a fabulous price.

In selecting any comb, be careful to choose one with long teeth curved so that the comb fits firm in the hair. It is both dangerous to the comb and embarrassing to the wearer to have to have it fall. If you are within reach of any Chinese importer, he is the best one to furnish you an ivory comb says Woman's Life. The Chinese have been quick to learn our desires and they have adapted their handiwork accordingly. Some of their shops display combs carved in exquisite designs.

HOW ONE WOMAN KEEPS YOUNG.

She eats three warm meals a day at regular hours.

She sleeps eight hours, and as often as possible two of them before midnight.

She takes 15 quiet minutes in a darkened room after luncheon.

She begins each day with a cold bath, followed by a glass of hot water.

She is careful to spend at least half an hour every day in the open air.

She never rides when she can walk the distance comfortably.

She doesn't waste her vitality in superfluous and energetic talking.

She is neither self-centered nor family centered, but has a few fresh outside interests to keep her "alive" and thoughtful.

She never lets herself moan over the past nor worry about the future, but makes the best of the present and keeps sweet and cheerful.