

RURAL TOPICS

SHOEING COLTS.

The first shoeing of the colt is the most important of all. Many a good horse has his speed injured by wrong judgment being used in doing the first job of shoeing. We have heard much on shoeing being an evil necessity, but the greatest of all evils comes when the shoeing of the colt has not been followed along sane lines. In the hands of a qualified trainer trouble rarely starts with the first shoeing, because experience tells the trainer what kind of a shoe should be used on the colt for the first time. At the age of two years is not too young for the first shoes to be put on, but at this age when the breaking-in process has just been started the bones and muscles of the colt have not yet received their full portion of growth or strength, and in order to avoid breakage to the hoof and other damage to the foot it is advisable when colts are being worked at that age to apply hoof wear. The unfortunate thing about horse shoeing is that some people look to save expenses in shoeing by applying more weight on the feet than the animal is able to carry and do himself justice. A colt two years old that is a speed prospect should not be asked to carry more than three or four ounces, and it is not out of place to have the same weight attached to each hoof.

The proper gaiting of colts is best accomplished by them being driven barefooted, but where this is impossible the least of the evil necessity should be attached to him. As time goes on the weight of the shoes may be increased at each shoeing, but the wise trainer will adhere to the minimum rather than experimenting, with other weights of an increased order. At four years of age, after being worked one or two years, the colt should be able to carry any weight that may be deemed necessary for him to wear during his life time. But how many times do we find after this period of his life has arrived that a horse is experimented with by a chance of weights being applied to the hoof, also a change in the designs of shoe. A speed animal should have his shoeing career settled within one year after his working life starts, and if this is impossible, provided, of course, the trainer knows his business, then there is something radically wrong that will require something more than shoeing to correct.—Horseshoer's Journal.

THIN MILK OFTEN THE BEST.

The rather general opinion that the food value of milk depends upon the percentage of butter fat it contains is certainly an erroneous one. Often for infants, invalids and those of weak digestive powers the truth might be stated that the more cream or butter fat in the milk the less suitable it is to be taken uncooked as a part of the food. The albuminoids, the sugar and other elements that make up usually about 19 per cent. of the total solids in a normal milk are easily digested and assimilated into the system, furnishing the protein that goes to building up the muscles and their power. These elements are about the same percentage in milk that is rich in cream, and in what would be called a thin milk. Even in separator milk or skim-milk they have not been greatly reduced by removing the cream, and their percentage goes along with those which gave milk much less rich in cream, have learned that they could raise better calves upon the milk of what were called the poorer cows. Others have found that a gradual change from all new milk after the calf was three days old to all skim-milk or separator milk by the time they were two weeks old kept the calf growing better and was less liable to result in excessive scouring than was the feeding of whole milk all the time, if other conditions of cleanliness, sweetness and temperature were the same with each feed, as they should be. Of course sour milk, cold milk, or the use of feeding pans foul with the partly decomposed food of a previous day or several previous days cannot be expected to be wholesome for young calves, nor is it for young pigs. After either have reached the proper age for weaning their stomachs may be strong enough to digest even the worst of these, or they may not always be so.

When a few generations ago the farmers, and their families took all the cream from their milk to make butter, and drank skim-milk, they might have been doing so from motives of economy, but they were "building wiser than they knew." They were building up for themselves and their children the strong frame, the powerful muscles and the good digestion that enabled them to work "from sun to sun," and perform tasks that few today, excepting the trained athlete, would care to attempt, and which even they might not be able to endure for as many hours a day, and day after day, as did those men and women of the olden days, even though the latter failed in many other particulars to conform to the rules of right living.—M. F. Ames, in the American Cultivator.

FARM NOTES.

Grit must be sharp.
Feed before you water.
Do not feed grass for grit.
Feed a mash the year round.
Clean out the feed troughs daily.
Oyster shells are too soft for grit.
Never throw soft feed on the ground.
Round pebbles will not answer for grit.
In feeding grain in the runs broadcast it.
Do not feed corn during the hot weather.
Millet seed is a great egg-dropping grain.
Always feed the mash crumbly, not sloppy.
The noon meal is not necessary during the summer.
Do not allow the mash to sour in the troughs.
Beans are excellent food being highly nitrogenous.
A quart of feed for twelve hens is a good measure.
Milk can be fed in any form—sweet, sour or buttermilk.
Buckwheat is an egg-producer food, but a steady diet of it is apt to be over-fatening.
Regulate the number of hens to the size of the yard and house. Don't keep too many, but keep good ones, and then give them good care. That is the secret of success in poultry raising.
On the farm where it can be cheaply obtained the best use of skim-milk is to feed it to poultry. The farmer who can grow corn and alfalfa and has skim-milk has a very good ration for his hens, all produced on the farms.—From a Few Hens.

GREAT SHEEP DEMAND.

The wonderful demand so far in the year 1909 for pure bred rams, is referred to by the American Sheep Breeder as follows: The big western ram breeders who usually have 1000 to 2000 and 4000 rams to spare are more than half sold out already, with a certainty of being closed out clean before midsummer. The big Hampshire, Cotswold and Lincoln breeders who raise from 800 to 2,000 and 3,000 ram lambs for the trade, have orders in hand or in sight for every last good ram in their pens, barns and corrals and warm weather is sure to bring troops of ram buyers for everything good in the middle states fields and barns. The enormous buying of "wool on the sheep's back" in the range states, now fully aggregate 50,000,000 at 18 to 22 cents per pound, will accentuate ram buying in the high bred eastern flocks beyond any ram movement seen in a dozen years. Every indication stands for a sweeping purchase of all the wool well bred and well grown rams in the eastern country that have behind them a live advertising owner. We are looking for the biggest ram trade on record.

FALSE ECONOMY.

One of the biggest mistakes any person can make in the poultry business is to try to do twice as much with poultry as could be expected from any other business.
The temptation to put 150 eggs in an incubator intended to contain no more than 125, is an error a good many beginners fall into, and it always results in dissatisfaction. Other persons who desire too much will put 20 eggs under a hen that could not comfortably cover more than a few over half that number, only to lose all, or at the best nearly all, of the eggs. Still others try to have one male bird fertilize all the eggs laid by 25 hens, when a dozen females is usually large enough a number for best results.
And so it goes all along the line. Economy in its true sense is all right, but the kind mentioned above is really extravagance and always fails to secure the desired result.—R. B. Sando, in the Epitomist.

POULTRY ON THE FARM.

It is generally conceded that poultry and their product form a large percentage of the world's food supply. It cannot be questioned that the poultry business is becoming more and more an important branch of industry in the world, especially in this country. The figures that tell the amount of eggs consumed annually seem fabulous. If poultry and their product occupy such a high position among the world's industries, how should the farmer regard the poultry department of his farm? For the money invested no other branch of the farm gives greater profits.—Farmers' Home Journal.

MOISTURE TESTS.

Moisture tests at the Oregon Station were made in which incubators were operated according to the directions of makers with the exception that moisture was used in different amounts. In the moisture machines a tray of dry sand was kept under the eggs. The sand in the maximum moisture machines was kept wet all the time, or as wet as it could be kept without water standing on the sand. The final results showed an increase in number of chicks hatched of 22.6 per cent. by using moisture in incubators.

WOMAN

THE TOKEN OF GENEROSITY.

The girl who gives is a very graceful figure in most of our lives. She is no gentle, so thoughtful, so unhesitatingly kind. If we are tired she sees to it that we get rested; if we are sad she comforts us; if we are sick she comes to us with all the sweet ministrations she knows so well; she finds a real joy, that we ourselves understood, in meeting the needs of other folk, even in sacrificing herself, constantly, for those whom she may help.

And we who have found the world sweeter because she lived in it, have loved the little services she did us, have interpreted them, perhaps, in the terms of a personal friendship and have longed in simple fashion to do something for her, too—not as a matter of payment, of course, but just because we want to.

So it is that when the girl who gives is herself tired or worried or ill, when we see that she needs something that we have for her; we are eager—almost childishly eager, sometimes—to give and give and give—to "do something" for the gracious lady whom we love so well. And upon our keen, yet withal humble desire for service falls the clear, kind, mercifully altruistic voice of the girl who gives, stinging in its sweetness, hurting like the cut of a whip across our face—"Oh, thank you, my dear; I'm all right. There isn't a thing I need. Why, I wouldn't have you put yourself out for worlds! Oh, you know, I simply couldn't let you!"

The girl who gives has drawn herself up, away from us, ever so little, yet perceptibly. Her voice has in it the delicate detachment of self-sufficiency. To us it sounds almost contemptuous. She is the Lady Bountiful. She has never learned the grace of acceptance. She is mistress of all the gracious arts of "philanthropy," but of actual literal sympathy she has little. We understand now, understand that her sweetness was only a formal generosity, but a step removed from patronage. It seems to us to have its root less in loving-kindness than in conscious superiority. And there are few quick wounds that hurt quite so much.

To receive gracefully and understandingly another's gift, to accept a favor—it is perhaps the surest token of real generosity of spirit. It is hard, this, far harder than the untinged scattering of largess. It is a "giving of ourselves." It requires humility as well as tact, comradeship as well as gentleness. It is impossible without love. And without love charity, too, is impossible.—New Haven Register.

MAKE EXCELLENT FARMERS.

Mrs. George Crin, who operates a farm in England, has just completed the inspection of many farms owned and managed by women in Canada. She went to Canada on the invitation of the Canadian Government and found that women are more than holding their own with men as tillers of the soil. Her report will be spread by the Canadian Government over this country and England in the hope it will lead many women to enter the country with the object of engaging in active farming. "To be a successful farmer in Canada," says Mrs. Crin, "a girl must possess, first, an absolutely open mind. She must not mind a certain amount of loneliness, and she must be prepared to give several years to her work before she can become what one really may call prosperous. Given application and patience, however, and the woman farmer will win a competence. I found that women did best on dairy farms, and that many women successfully combine dairy farming and market gardening. A typical farm I visited consisted of 600 acres. The woman owning it was 30 years old, and had a small fortune in the bank in addition to owning her 600 acre outright. She had many offers of marriage, but was independent and had rejected them all. This year she has sixteen acres under corn, she has six acres under alfalfa, and she raises oats and barley. She markets melons, celery and asparagus and the honey from fifty hives of bees. She has seventy-five cows, and when she gained control of the farm, six years ago, it was a comparative wilderness." Mrs. Crin believes there is a great future ahead of "healthy, hard-working young women" in Canadian farming. An interesting statement she makes is that the majority of young women who have taken up farms in Canada have married in a short time.—New York Press.

BRING HUMANE LAWS.

Dr. Margaret Long, daughter of former Secretary John D. Long of the Navy, has become a convert to equal suffrage as a result of observing it in actual operation in Colorado. She went West a few years ago and settled in Denver. "Colorado women have accomplished a material amount of good in the brief time they have had the ballot," she writes. "It seems impossible to me that any one can live in Colorado long enough to get into touch with the life here and not realize that women count for more in all the affairs of this State than they do where they have not the power which the suffrage gives. More atten-

tion is paid to their wishes and much greater weight is given to their opinions and judgment. In actual legislation their greatest influence is seen in the advance along humane lines. The humane laws of Colorado surpass those of any other State or country, and they have only risen to that since women got the ballot."—New York Press.

THE KNOWING GIRL.

There is no one so trying to live with as the girl who knows it all. She is as persistent as the mosquito and more hopeless to extinguish. The knowing girl can give pointers to an expert. She counts herself competent to run the world. Her conceit is as colossal as her obtuseness to snubs.

If she would be content with her force it might not be so unbearable, but the girl who knows it all is never so happy as when thrusting her views on those who do not want them.

The knowing girl is always right, and such is her self-esteem that even those who know her to be wrong cannot muster up courage to convince her.

The knowing girl could stir a Quaker to contumacy, and set a Trappist to arguing. Even when you know her to be right she goads you to taking opposite sides.

Being incurable, the knowing girl must be endured as circumstances control. If she be one of your family, better treat her to silence in the interest of peace. She will have the last word, however stiff a fight you put up. If an outsider, escape her. Life is too short to spend hours in arguing.

Spare missionary efforts in her behalf and waste not pity on her unpopularity. As a monument of self-satisfaction and self-appreciation, the girl who knows it all is as impregnable to others' opinions as a pyramid to storms.—New Haven Register.

CONVERSATION OF FANNY KEMBLE.

Fanny Kemble, actress, was one of the first suffragists. Even in girlhood she insisted women should have equal voting rights with men. As in the early days of the movement talk of votes for women was ridiculed generally, Miss Kemble got herself into many controversies. She liked nothing better than an argument, and the hotter it grew the more satisfied was she. Usually she vanquished those who opposed her, but once she met her match in "Poodle" Byng, in his day one of the brightest of London men-about-town. They were seated together at dinner and Miss Kemble turned to her favorite subject. She worked herself into a fine state of indignation, and finally, as she ended a brilliant tirade against men for not permitting women to vote, she turned to her neighbor and requested his opinion. All this time "Poodle" Byng had been silent. At the question he turned and met Miss Kemble's expectant look squarely. "I don't agree with you," he said; and not a word more. Miss Kemble often told the story with keen satisfaction, and she always ended it was the strongest argument she ever had heard against equal suffrage.—New York Press.

SPINNERS.

Massachusetts has long held the record of possessing the greatest proportional surplus of women of any State in the Union. There are said to be no less than 100,000 spinners and widows in the Bay State who must look out for themselves, and there has been much discussion of schemes for their benefit and relief. Recently prominent business and professional women of Boston have organized for the purpose of getting the State to aid in purchasing small tracts of land, on which lone women can engage in agricultural pursuits. The Women's Massachusetts Homestead Association intends to have its beneficiaries cultivate small plots and raise flowers, herbs, mushrooms, strawberries, vegetables, squabs, chickens, bees and pigs. Cheap comfortable homes will be built on these plots and necessary implements also will be supplied. A wealthy New York woman stands ready to contribute \$300,000 to the project, and a Brookline (Mass.) philanthropist has offered to lend his big farm for experiments along this line.—Leslie's Weekly.

SUSTAINING LIFE.

Mrs. Andrew Crosse in her reminiscences describes an old nurse, born at Broomfield, who lived to be nearly a hundred. "All her life she had eaten a dew bit and breakfast, a stay bit and dinner, a mornmet and crummet and a bit after supper," eight meals in all. Besides this it was her invariable custom to mix together all the doctors' stuff left after any illness in the house and swallow it, on the principle that what had cost money should not be wasted.—London Chronicle.

HOUSEHOLD LECTURES.

Mrs. Ellen M. Richards, instructor in the department of chemistry at the Massachusetts Institute of Technology, has accepted a call to lecture in the University of California. She will give a course of lectures on household economics.—New York Sun.

Household Notes

CHICKEN WITH OLIVES.

Stewed chicken with olives is delicious. Cut the chicken into neat joints and fry them in butter or sweet olive oil in a saute pan; pour off the oil, and add a finely minced shallot. Cook for a little time, and then moisten with rich brown stock or gravy. Cover the pan, and stew gently for about thirty-five minutes. About fifteen minutes before taking up the chicken, add twenty stuffed olives. Dish up on a crouton of fried bread and garnish with croutons. Pour the sauce (strained) round the fowl, and serve.—New York Globe.

ORANGE SHORTCAKE.

Remove the skin and bitter white covering of three oranges, slice lengthwise, rejecting seed and tough centre. Add the juice of one-half lemon and sweeten to taste, then set aside. About one-half hour before serving sift two cupfuls of flour, two tablespoonfuls of sugar, one tablespoonful of baking powder. Work in one-quarter cupful of butter, two-thirds cupful of milk, mix to a soft dough. Spread on a well-buttered cakepan and bake. Add one-quarter cupful of sugar, flavor with vanilla. When the shortcake is done turn into a pudding-dish, cover with the orange and pile on whipped cream.—Weekly Witness.

GRAPE FRUIT SALAD.

If the grape fruit is used with white grapes, use a cream mayonnaise instead of a French dressing. A very nice sauce is made by taking the same quantities of white wine and sugar, mix well together and pour over fruit. Grape fruit on lettuce is very good served with the following boiled dressing: Heat up two eggs, add one cup vinegar, seasoning of salt, pepper and sugar and quarter cup butter. Cook in double boiler. Stir constantly till dressing has thickened. Cool and serve.—New York Press.

VIENNA BREAD.

Sift one pound flour into a warm basin, add two teaspoonfuls salt. Put one yeast cake and two teaspoonfuls sugar in a bowl, work together till the yeast is liquid, melt one tablespoonful butter, add half pint milk, which should be heated till tepid, add one egg well beaten; stir them into flour. Knead well; place the dough in a buttered bowl, cover with clean cloth, set in warm place to rise for one hour, then knead a little, roll out in a long piece, cut in four strips and form these into plaits. Put on a floured oven shelf to rise for fifteen minutes, bake in a hot oven.—New York Press.

TOAD IN A HOLE.

Quarter pound of flour, pinch of salt, half a pound of sausages, one egg, three-quarters of a pint of milk. Put into a basin the flour and salt; beat the egg well, and after mixing it with the milk, pour gradually among the flour, beating it with a wooden spoon. When quite smooth, pour it into a greased pudding dish; put the sausages in among the batter and bake in the oven for three-quarters of an hour. Pieces of apples, some gooseberries, rhubarb or pieces of cold meat or fish may be substituted for the sausage and all make a good dish. The fruit requires a little sugar, and sugar must also be used with the pudding.—New York Press.

HOUSEHOLD HINTS.

The woman who scowls over her sewing, her writing—all her work, is the woman whose face will look old almost no matter how much pains she takes in creaming and massaging it. When overdone, try a day off in bed. There is little danger of bad breakdowns for the person who makes it a habit to have occasional letups. Combs soon warp and break if washed with water. A good stiff nailbrush cleans them well. When using thread, to prevent it from knotting during the process of sewing, thread the needle with the end of the cotton you start to unwind from the spool, then make a knot on the end of the thread you cut from the spool. This done, there will surely be no danger of inconvenient knots.

When you buy a head of lettuce cut the root off and wash each leaf thoroughly. Wring out a cheese cloth in cold water and wrap the lettuce up in it. Put in a pan in a cool place, and the lettuce will keep fresh and crisp for several days. In boiling rice be sure that there is enough water so the rice will "swim," that is, so the grains will not adhere to one another and become sticky. If your wax has given out and the starch sticks to the irons try kerosene. Put a little of the oil on a cloth and rub the hot iron over it a few times.

Hot sunshine will remove scorch. Hot tartaric acid will take ink stains out of white cloth. A package or envelope sealed with white of egg can not be steamed open. Even delicate glass can be safely washed in very hot water if slipped in edgewise.

All Who Would Enjoy

good health, with its blessings, must understand, quite clearly, that it involves the question of right living with all the term implies. With proper knowledge of what is best, each hour of recreation, of enjoyment, of contemplation and of effort may be made to contribute to living aright. Then the use of medicines may be dispensed with to advantage, but under ordinary conditions in many instances a simple, wholesome remedy may be invaluable if taken at the proper time and the California Fig Syrup Co. holds that it is alike important to present the subject truthfully and to supply the one perfect laxative to those desiring it.

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Seven of a dozen samples of gluten feed recently analyzed at the New York experiment station were found to be artificially colored with dyes dangerous to stock.

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Rare Gift.

A friend of the late Lord Granville, noted for his baldness and avarice, was speaking one day about a mutual friend who was going to be married. "I would like to give him, my lord," said he, "something rare, but not expensive." "Present him with a lock of your hair," Granville whispered, sweetly.—Argonaut.

Same Locality.

Aboard the stage coach in the Virginia mountains an old man and an old woman were fellow-passengers. The old woman kept staring at him as if trying to remember. At last she said: "Stranger, 'pears to me I seen you somewhar." The old man eyed her reflectively and scratched his head. "Spec' you have," said he. "Ah been thar."—Pittsburg Dispatch.

He Knew.

"Do you know how to use a chafing-dish?" "Yes," answered Mr. Sirius Barker. "I have some novel ideas on the subject." "What are they?" "The best way I know of to use a chafing-dish is to punch a hole in the bottom of it, paint it green, and plant flowers in it."—Washington Star.

A Poor Memory.

"Have you forgotten that you owe me seven dollars?" "Dear me, I have forgotten. My memory is miserable—but wasn't it only \$5.33?"—Fliegende Blaetter.

OVER THE FENCE.

Neighbor Says Something. The front yard fence is a famous council place on pleasant days. Maybe to chat with some one along the street, or for friendly gossip with next door neighbor. Sometimes it is only small talk, but other times neighbor has something really good to offer.

An old resident of Baird, Texas, got some mighty good advice this way once.

He says: "Drinking coffee left me nearly dead with dyspepsia, kidney disease and bowel trouble, with constant pains in my stomach, back and side, and so weak I could scarcely walk."

"One day I was chatting with one of my neighbors about my trouble and told her I believed coffee hurt me. Neighbor said she knew lots of people to whom coffee was poison and she pleaded with me to quit it and give Postum a trial. I did not take her advice right away, but tried a change of climate, which did not do me any good. Then I dropped coffee and took up Postum.

"My improvement began immediately and I got better every day I used Postum.

"My bowels became regular and in two weeks all my pains were gone. Now I am well and strong and can eat anything I want to without distress. All of this is due to my having quit coffee, and to the use of Postum regularly.

"My son, who was troubled with indigestion, thought that if Postum helped me so, it might help him. It did, too, and he is now well and strong again.

"We like Postum as well as we ever liked the coffee and use it altogether in my family in place of coffee and all keep well." "There's a Reason." Read "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.