The Bloomfield Cimes. Drugs!

We invite communications from all persons who are interested in matters properly belonging to this department.

Tuesday, August 29, 1871.

FARM AND HOUSEHOLD ITEMS

Necessary Rules for Sleep.

There is no fact more clearly established in the physiology of man than this, that the brain expends its energies and itself during the hours of wakefulness, and that these are re-cuperated during sleep. If the recuperation does not equal the expenditure, the brain withers—this is insanity Thus it is that, in early English history, persons who were con-demned to death by being prevented from sleeping, always died raving maniacs, and those who are starved to death become insane; the brain is not nourished, and

they can not sleep.

The practical inferences are three: 1st. Those who think most, who do the most brain work, require the most sleep. 2d. The time 'saved' from the necessary sleep is infallibly destructive to mind body, and estate. 3d. Give yourself, your children, your servants, give all that are under you, the fullest amount of sleep they will take, by compelling them

At Duncannon, Penn'a. to go to bed at some regular early hour, and to rise in the morning the moment they wake; and within a fortnight, Nature, with almost the regularity of the rising sun, will unloose the bonds of sleep the moment enough repose has been secured for the wants of the system. This is the only safe and efficient rule.

Plowing. It should be a rule that the traces to the gears of a team should be as short as possible, without impeding the freedom of the step of the horses, for the nearer they are to the point of the draft, the less force will be required to draw the plow. The tallest horse should walk in the furrow to keep the double-trees as level as possible, and the team must be kept going at as regular and smart a gait as the nature of the work will admit; they are thus better managed, and the draft will be lighter than if walking slow, and by due attention to this particular, heavy soil will cling less to the plow, and the operation will seem pleasant and free. There is a certain taste in plowing as well as many other things, a sort of tact acquired by instinct, a slight movement of the hands will keep the plow right, while a swerving, clumsy plowman, without perception will be constantly letting the plow, with every unsteady movement of the horses, run out, and into land, and make bad work.

Removing Rocks. On many farms there are large rocks, both unsightly and troublesome. Where too heavy for handling, blasting with powder or bursting by water in winter are common means used, but a writer in the American Farm Journal gives anoth-

er and safer method. He says:

If the rock is buried in the ground, dig around it so as to expose the greater part of it, then build a wood fire around and over it, so as to heat it hot. The expansion caused by the heat usually causes the rock to burst in small pieces, but if it does not, draw the fire-brands quickly from the top and dash on a pail or two of cold water. This seldom if ever fails, as the sudden contraction of the outer surface causes it to break. I saw one broken in this way, which contained three wagon loads. A few trials will show about the amount of fire that is required.

Salt for Oats.

At a meeting of the Farmer's Insti-tute of Eastern Pennsylvania recently, P. Morris exhibited a sample of oats grown by H. Ingersoll, of the Philadelphia Society for Promoting Agriculture. This was of extraordinary size and early maturity, produced by the application of six bushels of salt to the acre. The stalks were much larger than usually seen, the leaves broader, and in every way superior to other samples exhibited. Mr. Ingersoll stated that the advanced condition of his oats as well as the unusual size of the stalks, was owing to the fact that he had sowed broadcast upon the tield six bushels of salt to the acre after sowing the oats. A larger quantity of salt could be used, but never greater than forty bushels. Salt, to be efficacious on oats, wheat or corn, should be put on sandy soil, and not on stiff clay lands. Mr. Ingersoll had been using salt for a num-ber of years, and found that not only the grain crops were benefitted but the after crops, particularly clover.

Flavor and Color of Eggs.

There is a vast difference in the flavor of eggs. Hens fed on clean, sound grain and kept on clean grass run, give much finer flavored eggs than hens do that have access to stable and manure heaps and eat all kinds of filthy food. Hens feeding on fish and onions flavor their eggs accordingly—the same as cows, eating ontons, or cabbage, or drinking offensive water, imparts a bad taste to milk and butter. The richer the food the higher the color of the eggs. Wheat and corn give the best color, while feeding on buckwheat makes the eggs colorless, rendering them unfit for some confectionary purperes.

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GEORGE DERRUCK

GEORGE DERRICK. Bloomfield, March 9, 1869.

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THOMAS SUTCH.

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