

# The Somerset Herald.

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### THE BRAIN IN SLEEP.

INTERNAL AND EXTERNAL CAUSES THAT PRODUCE DREAMS.

The influence on the Nerve by the Stomach and the Food That It Contains—Events That Occur in a Condition of a Second.

Dreams are generally a repetition of thoughts unguided by reason. Those caused by internal causes are brought about by action within the body are due entirely to the action and state of the stomach, which in turn is affected by the quantity and quality of food consumed.

The first ends or feelers of the nerves are located in the walls of the stomach, and as the food is digested they draw up the nourishment and distribute it throughout the nervous system to replace the waste that has taken place during the day. If the stomach be overburdened with an abundance of heating food, too much nourishment is drawn up, the brain receives an abnormal filling of the channels, thereby expanding them, bringing them in touch with others and causing the matter from the stomach to be sent to the brain with the fluid of neighboring channels. Whenever the fluid traverses a channel more or less forcibly the thought which originated that passage is reproduced more or less distinctly in the brain. The general mixing up of thoughts which originally had no connection with each other.

An overfilled stomach also causes a flow of blood to the brain, sent there by nature to assist in assimilating the extra nourishment, and the overcharged blood vessels, pressing upon the nerve channels near the brain, cause even more marked reactions. This accounts for the advice of so many medical men that a considerable quantity, especially of animal food, should be taken immediately before bedtime, and that a good night's rest, touching of these thought channels brought about in this way produce the absurd mixtures of fancies that often come to us when we sleep.

The stomach, too, is a mill which keeps on forever grinding the walls acting as the grindstones. When, therefore, there is nothing between them, or in other words, when the stomach is empty, the grinding goes on, causing an irritation of the nerves which produces that peculiar sensation of falling from some great height.

To understand how external action will affect the dream of a sleeper it must be borne in mind that those dreams which seem to take hours, and even days, in passing really occupy but a minute or two of the waking life. Therefore, we are awakened by some loud, strident noise, say by the cracking of a whip, then between the time that the sound strikes us and the time that we are fully awake to realize what has caused the sound a few moments only have elapsed, but those few moments were so full of the sense of a dream of apparently several hours' duration.

As an example: A milkman, driving up beneath an open bedroom window, cracks his whip smartly. Immediately the thought of the sense of a dream causes a dream. The sleeper imagines himself a soldier who has fallen into the hands of the enemy. He is led out to be shot. He sits stiffly, blindfold, with his hands behind his back, and he hears the rattle of the rifles as they are cocked. He hears the word given, and the noise of the volley rings out on his ears. Then he awakes with a start, and finds that the milkman's wagon as he cracked his whip and drove off over some rough cobblestones.

A blow, a cut or a sensation of pain will operate in the same way and awaken certain channels of thought connected with pain just as the noise awakes those connected with sound.

For instance, a sleeper dreams that he is climbing a ladder to reach a carriage and is being driven rapidly off in an unknown direction by a man who has designs upon his purse and life. He tries to shout, in vain he struggles to get free, but the man drives an arm through the glass window of the carriage. The hand is cut and bleeding. It smartly fearfully, and he awakes to find that in his sleep he had nearly thrown himself out of the window and had smashed some fine medicine glass on a stand by the bedside. The whole dream passed between the time that the first stroke of pain was felt, creating the sensation of pain, and the moment that the sleeper awoke to realize the fact.—Chicago Record.

**A Woman's Complaint.**

"After you had been at my house the other day," said one woman to another, "my little maid said she thought you were such a pretty woman. I don't think she ever before had the courage to say an interest in the man in the house who calls to see me. The first time Miss Blank called she thought she ought to say something, so she said, 'I am glad to see you, my lady; she's so quiet.' And you know she isn't that either."

And silence reigned while the other woman digested it.—New York Sun.

**Useful Moments.**

Hanson—he assured me he was very sorry that I made myself appear so ridiculous.

McVelle—That's all right. There are a great many persons who are never happier than when they are feeling sorry for somebody else.—Boston Transcript.

**AN ENGLISH "TREAT."**

I was constantly struck, says Colonel T. W. Higginson in The Atlantic, with the genuine spirit of hospitality which Englishmen toward Americans, as such, ever show to whom they pursue their night with almost nothing in common, and for whom they had not the slightest reason to feel any interest. I was struck the more the less for its having its definite limitations as to pecuniary obligations, and the like, including everything in the nature of "treating," all this being in my opinion a weak point in our more gushing or more self-conscious habit.

I remember to have once been taken by a gentleman, on whom I had but the slightest acquaintance, to the country house of another, on whom I had no claim whatever. The latter was not at all literary, and had not even the usual acquaintance of English literature, but he liked the more the less for its having its definite limitations as to pecuniary obligations, and the like, including everything in the nature of "treating," all this being in my opinion a weak point in our more gushing or more self-conscious habit.

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## How To Gain Flesh

Persons have been known to gain a pound a day by taking an ounce of SCOTT'S EMULSION. It is strange, but it often happens.

Somehow the ounce produces the pound; it seems to start the digestive machinery going properly, so that the patient is able to digest and absorb his ordinary food, which he could not do before, and that is the way the gain is made.

A certain amount of flesh is necessary for health; if you have not got it you can get it by taking

### Scott's Emulsion

You will find it just as useful in summer as in winter, and if you are thriving upon it don't stop because the weather is warm.

SCOTT'S EMULSION, CHAS. F. SMITH, N. Y.

### THE First National Bank

Somerset, Penn'a.

Capital, \$50,000.

Surplus, \$40,000.

UNDIVIDED PROFITS \$4,000.

### Jacob D Swank,

Watchmaker and Jeweler,

Next Door West of Lutheran Church, Somerset, Pa.

### REPAIRING A SPECIALTY.

All work guaranteed. Look at my stock before making your purchases.

J. D. SWANK.

### KEFFER'S NEW SHOE STORE!

Men's Boys, Women's, Girls' and Children's Shoes, Oxford and Slippers.

Black and Tan. Latest Styles and Shapes at lowest prices.

CASH PRICES.

Adjoining Mrs. A. E. Uhl, South-east corner of square.

### WAX CANDLES

Blend most softly and play most effectively over the light than any other wax candles.

STANDARD OIL CO.

### Get an Education

at the

CENTRAL STATE NORMAL SCHOOL

LOCK HAVEN (Chesaco, Pa.)

### TRADE MARKS

60 YEARS EXPERIENCE

## PATENTS

Scientific American.

## A THANKSGIVING SURPRISE.

It was the night before Thanksgiving, and Alexander Williams was putting the last touches to his sermon. It was rather an important occasion with him, for he had been but a few months ordained, and this was the first time that he had been called on to prepare a discourse for the great New England festival.

During the preceding week of study, his observance had deepened and strengthened. Looking back to the foundation of the practice, he was struck anew with the solemn beauty of its idea. How scant were the privileges, how imminent the deliverances on which our forefathers founded their first giving of thanks. How immense the national growth has been; what material prosperity, what development of resources, what success and triumphs had been granted since then to the American people. What thanks could be adequate to such mighty mercies! "Let the people praise thee, O Lord. Yes, let all the people praise thee" was the text he had chosen, and the spirit of the words filled his soul as he carefully wrote the date at the bottom of the last unrolled page of his manuscript.

Then he rose and went to the window. The sun was setting, and the early dusk of autumn was drawing on. Already the stars were stealing out in the clear, windless sky. Lights twinkled up and down the street. From across the little wooded valley in which the small milltown was built, stood a large mansion more brilliantly lighted than the rest. It was the house of Squire Eldridge, for long years deacon in the church to which Mr. Williams had been called, and it was there that on the morrow he was to eat his Thanksgiving dinner.

It was a week since he came to Black-brook, and as all his flock had called on him with a rush, after the cordial custom of country parishes, he had but a confused idea as yet as to who was who. There was Mrs. Eldridge; yes, he was sure of it, when he came to think; he remembered her quite well; a brisk little lady with a pleasant, motherly manner. Daughters? He thought so, but for the life of him he could not disentangle them from the many other girls, daughters of other people to whom he had been presented. Then there was that niece from the city, of whom Mrs. Eldridge, wife of the other deacon, had spoken. He did not like the idea of her at all.

"A frivolous, fashionable girl is quite out of place at a simple, hearty, cordial festival like a country Thanksgiving," he reflected. "She will be a false note, like a bar of dance music in the middle of a figure note. I wish she were not of a figure note."

Alex. Williams, the son of a Scotch farmer living on the Canadian border of Maine, educated at the Bangor Seminary, and with just six months' experience in the ministry, had been very little in cities, and knew almost nothing of the ways and ideas of the dwellers therein. His opinions about them had been received at second hand from his quiet, unworldly mother and thrifty father, who often had that grave, hot-broth look that was evil, and that the fruits of the spirit grew on rural boughs exclusively. Keen-witted, tender-hearted, with really brilliant powers, Alex. was still very young, very uninformed in certain ways; narrow-minded from lack of opportunity, and prejudiced by virtue of his environment. The city girl, whom his imagination had constructed, was a funny, unreal creature, given up to amusing herself, whose mind ran to waste while she devoted her time to novels and candy, and spent her nights at theaters and balls. All city young ladies were like this, he believed, very, per contra, all country girls were just the other way, simple, religious, duty-loving, free from vanity and affectation, and content to serve their God and their generation, with out the dissipated craving for amusement, which was one of the evil signs of the times.

Presently she came in, dressed as it seemed to his unpracticed eyes, with the most perfect simplicity, but just right. In reality, the gown of pale heliotrope crepe, an emanation from one of the famous modistes of the day, together with the single jewel which fastened it at the throat, had cost more than all the three gayer gowns put together. But what do men know of such things?

"Here's my good girl who has been lending a hand to everybody," said the Squire, putting his hands about her, fondly. "Milly, here is Mr. Williams, and you can tell him how much you liked his sermon this morning."

"Indeed I did," said Milly, putting out a cordial little hand. Her smile, and the frank look in her eyes delighted Alexander. He had never seen such eyes in a girl's head before, so honest, so sweet and intelligent, with such long black lashes to shade her gray. "One unspoken," he said to himself as he gave his arm to escort Mrs. Eldridge to the dining-room. "What kindly influence has kept her so in the midst of such a family? Oh, that cousin!"

The dinner-table looked gay and pretty with its ivy-wreathed centerpiece of fruit, crimson, yellow and translucent white; its old candlesticks filled with lighted candles, and low dishes banked with rose-colored and white chrysanthemums. There was a delicate touch of finish in the whole arrangement, and Marcia's cooking was beyond praise. It was truly a delightful Thanksgiving dinner, with one heart especially light and gay.

"This is the best salad I've eaten for years," declared the Squire. "Marcia, you've outdone yourself this time."

"It was Miss Milly that fixed the dressing," replied Marcia, speaking with the privileged familiarity of an old servant. "I got kind of driven and flustered and she saw it and said she knew how to make mary-on-ale, and she'd help me."

The Reverend Mr. Williams took a second helping of the "mary-on-ale" and ate it with fervid rapture. What a paragon this country girl was, so capable, so modest, so superior in all ways! How he should like to show her to some city people he knew about. What a lesson it would be for them!

## FORGET ME NOT.

What was that the Squire was saying? Were the skies about to fall? He paused, transfixed, with a mouthful of salad suspended on his fork.

"Girls, you should take a lesson from your cousin," this was what the Squire said. "She has lived in the city all her life, and knows ten times more about cooking and housekeeping than all of you put together. Milly, I wish you'd teach them this salad-fixing before you go."

Yes, he said that. And all the three dressed damsels who were thus entrusted fixed their dismayed eyes on the Squire, and with one voice protested—"Oh, Papa! Marcia dressed the salad very well. I'm sure, and we do so hate cooking!"

The Reverend Mr. Williams, I fear, scarcely realized the perfect flavor of the pumpkin pie, made after a recipe bequeathed to Mrs. Eldridge by a departed grandmother. He listened to its history, and to other family traditions, as in a dream. His mind seemed to have received a great shock. All his preconceived notions were jostled and confuted. This sweet, simple, helpful creature—a city girl!

Presently, still in a dream, as it were, he found himself sitting beside her in the parlor, and gradually moving into such a real conversation as he had never before had with a young woman. It was not necessary to select topics to make talk for the things which interested him were equally interesting to her. He discovered gradually that she was a member of one of the hardest-working parishes in New York, of whose methods and successes he had heard a great deal. She knew all about guilds and missions and charity organizations and industrial schools, and the best ways of getting at the poor, a great deal more, in fact, than he did. She was a busy helper in these things, and yet so bright and merry!

"Mr. Dudley works pretty hard," she admitted, "but I think we enjoy it. There is something delightful in being made to do our best, don't you think so?"

"I don't know, I never have done half my best yet," replied Alexander Williams, with a laugh. "I've only just begun, you know." Then straightening himself, with a look of determination, he added, "But I mean to get it in time. I wish you would give me some lessons, Miss Eldridge."

"Oh, I couldn't give lessons to anybody. I'm too busy in taking them. But I wish you could know my dear Mr. Dudley; he could help you a great deal. He's so strong and kind and Mr. Dudley is just like him."

"It was a relief, somehow, to know that there was a Mrs. Dudley. The Eldridge girls, who had yawned furtively during this discussion, decided that night, at hair-brushing time, that they would give lessons to anybody who would listen to them. The puffs of their sleeves rose, as if they were in a hurry, and they seemed to Mr. Williams, to the levels of their ears. The heels of their slippers were an inch high; the toes glittered with beads; bows that did not tie, but that did not fasten, predominated in their costumes, the bangles about their wrists clicked like miniature castanets as they moved. Their talk was like their dress—noisy, artificial. Did not Mr. Williams think so? Or, perhaps it was only so in the country, where there was nothing going on, but in the city, where there was a great deal of life, it was different, of course. Oh, didn't he adore the city! Mr. Williams gravely dissented, and again he thought of the pernicious influence of one bad example."

"Where is Milly?" demanded the Squire, suddenly.

"She was a little belated," explained Sophy. "She didn't go up to dress quite soon enough. She'll be down in a minute."

"She was keeping everybody till the last moment, as usual," added Mrs. Eldridge. "I never saw such a girl."

Alexander Williams listened to these observations with interest. "Milly," then, "as the name of his intelligent listener in the simple attire. How different she was from the rest of her sisters."

Presently she came in, dressed as it seemed to his unpracticed eyes, with the most perfect simplicity, but just right. In reality, the gown of pale heliotrope crepe, an emanation from one of the famous modistes of the day, together with the single jewel which fastened it at the throat, had cost more than all the three gayer gowns put together. But what do men know of such things?

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## ASTRINGENT FOOD LAW.

Prohibits the Use of Arsenic or Alum in all Articles of Diet.

The law enacted by the Missouri legislature, and which prohibits the manufacture or sale of any article intended for food or to be used in the preparation of food, which contains alum, arsenic, ammonia, etc., places that state in the lead in the matter of sanitary legislation.

Laws restricting the use of alum in bread have been in force in England, Germany and France for many years. In this country, in Minnesota, Wisconsin, Michigan, Ohio, Kentucky and several other States, direct legislation in reference to the sale of alum baking powders has also been effected. In several of these States their sale is prohibited unless they are branded to show that they contain alum, and in the District of Columbia, under the laws of Congress, the sale of bread containing alum has been made illegal.

Following are the names of some of the brands of baking powder sold in this vicinity which are shown by recent analysis to contain alum. Housekeepers and grocers should out this list out and keep it for reference:

**Baking Powders Containing Alum:**

DAVIS O. K. . . . Contains Alum. R. B. Davis & Co., New York.

THE COOKS . . . Contains Alum. Cooks Baking Powder Co., Pittsburg.

CROWN . . . Contains Alum. J. M. Patterson & Co., Chicago.

CALUMET . . . Contains Alum. Calumet Baking Powder Co., Chicago.

L. C. . . . Contains Alum. J. C. Hughes & Co., Chicago.

PESPIN . . . Contains Alum. Geo. Hubbard & Co., Pittsburg.

BON BON . . . Contains Alum. Great Chemical Co., Chicago.

LENTON . . . Contains Alum. Potter-Parlin Co., New York.

JOHN'S . . . Contains Alum. John's Baking Powder Co., Cleveland.

SUNFLOWER . . . Contains Alum. J. M. Patterson & Co., Chicago.

The housekeeper should bear in mind that alum makes a cheap baking powder. It costs but two cents a pound while cream of tartar costs thirty. The quality of the powder is therefore usually indicated by the price.

## ASURE CURE FOR CROUP.

Twenty-five Years' Constant Use Without a Failure.

The first indication of croup is hoarseness, and in a child subject to this disease it may be taken as a sure sign of the approach of an attack. Following this hoarseness is a peculiar rough cough. If Chamberlain's Cough Remedy is given as soon as the child becomes hoarse, or even after the croupy cough appears, it will prevent the attack. It is used in many thousands of homes in this broad land and never disappoints the anxious mother. We have yet to learn of a single instance in which it has not proved effectual. No other preparation can show such a record—twenty-five years' constant use without a failure. For sale by all druggists.

**Chamberlain's Pain Balm.**

The nice young enigm was showing her over the battlements.

"This," said he, "is the quarrier deck."

"Oh, really, now," she giggled. "I know I'm stupid, but please don't make fun of me."

"Because I know the difference between a warship and a 20-cent excursion boat."—Catholic Standard and Times.

**Relief Tramp (in the road)—**Why don't you go in? The dog's all right. Don't you see him wagging his tail?

**Second Tramp—**Yes, and he's growling at the same time. I dunno which end to believe.

**Announcement.**

To accommodate those who are partial to the use of atomizers in applying liquids into the nasal passages for catarrhal troubles, the proprietors prepare Cream Balm in liquid form, which will be known as Ely's Liquid Cream Balm. Price including the spraying tube is 75 cts. Druggists or by mail.

The liquid form embodies the medicinal properties of the solid preparation. Cream Balm is quickly absorbed by the membranes and does not dry up the secretions but changes them to a natural and healthy character. Ely Brothers, 50 Warren St., New York.

**N. B. Bradley, Mayor of Ithaca, Mich., says:** "I cannot say too much in favor of your Wheeler's Nerve Vitalizer which cured me of rheumatism, and a serious heart trouble. I always recommend it to my friends."

**Mr. R. C. Flint, Stewart, Ill., says:** "Bran's Balm is the best cough cure I ever used." Warranted—25 cts.

For sale at Garman's Drug Store, Berlin, Pa., and Mountain & Son's Drug Store, Conococheague, Pa.

**An Elephant on His Hands.**

Her Father—Do you think, sir, that you can support a woman of such extravagant tastes as my daughter?

Her Father—I do.

Her Mother—Then take her and be happy. I can't.

Ready to Receive It—"I shall kiss you good by when I go," he said.

"Leave me instantly," she replied.

**Mrs. Youngwife—**I want to get some salad.

**Dealer—**Yes, ma'am. How many heads?

**Mrs. Youngwife—**Oh, goodness! I thought you took the heads off. I just want plain chicken salad.

## DEMAND FOR THE FULL CREAM CHEESE.

From the Philadelphia Record.

There is more poor cheese on the market than can be sold, yet the demand for a full-cream cheese is greater than the supply. If any one wishes to know how cheap reliable merchant, and it will be noticed that there is a wide difference between good and inferior cheese so far as the prices are concerned. Filled cheese has greatly injured the cheese industry, but there are excellent openings for farmers to operate in making cheese of the best quality. The milk must not be skimmed from one milking, the next milking to be left untouched, but the whole milk from all milkings should be used. Taking time to properly curdle the cheese is another point. The desire to hurry cheese to market is one of the causes of lack of quality. The European fancy cheeses brought to this market owe their excellence to being well cured, and they bring high prices. Much of the cheap cheese is unfit for consumption, being indigestible because lacking in fat and also being too "green." Cheese is salable every month in the year, and it is sometimes difficult to get a first class article.

All fertilizer materials possess a value outside of the use of such for fertilizing purposes, and will not be sold to farmers unless their actual value, for which reason there can be no "cheap" fertilizers. It matters not what the proportion of plant food may be, the farmer who knows how to buy will pay only what he receives. The guarantee on the bags should be carefully observed and noted, which will enable most buyers to estimate the value. The main object when buying fertilizer is to procure only the elements most in demand as plant food. If this is done there will be no lack of any kind in the soil. A study of the soil, so as to learn what it requires, will save many dollars to farmers who buy by fertilizers.

Any farmer can by digging up the plants see for himself the work of the microbes on the roots of plants. It is impossible to discover the work of their work will be plainly visible. This refers to clover, beans, early peas, cow peas and other leguminous plants; but one must allow such plants to be as close together as possible in order to derive the full benefit of the microbes. They are capable of deriving nitrogen from the atmosphere and fixing it within the plant, which is a clear gain to the farmer.

Dairymen who desire cows to remain in flow of milk begin with tameness. It is claimed that a cow with her first and second calves should be milked up to within the third calf. After that she will be a persistent milker. All habits of cows are fixed when they are young. The kind treatment of the heifer influences her disposition when she becomes a cow and the surroundings also affect the animal in many respects. Some cows when removed to another locality become discontented and do not fulfill expectations or prove as valuable as before.

Nature restores soil to fertility by covering them. The barn soil will in time support some kind of plant life, and each year will witness more plants and greater growth. The leaves of trees fall to the ground and serve to cover the soil, and in every case where growth can be secured there is no bare soil. It is when the ground is covered that the formation of humus occurs and the covering protects the soil from loss of plant food from rains, while the roots convert the mineral substances of the subsoil into soluble matter.

The cow will pay for what she receives, but she will not give anything for nothing. She may be well bred and capable of producing an unusual quantity of milk and butter, but she will not do so unless she is liberally supplied with the raw materials suitable for her purpose.

It is said that while the sheep is timid, yet it is the only animal that is made vicious by kindness. This may not be true, but it is well known that it is the pet ram lamb that is ready to give battle to intruders in the pasture. If a young ewe lamb is petted and taught to come when called she becomes servicable, as the other members of the flock will follow her to the barnyard. Some farmers raise a young ewe lamb at the house, turning it out with the flock when she is matured, and the practice saves labor.

Ammonia is much lighter than the air and rises. It contains a large proportion of hydrogen, the lightest of all substances, and it is very nitrogenous. Ammonia results from the decay or fermentation of the substances in the manure, and it is seldom that it is not present in the heap. Cold water absorbs it, and when the odor of ammonia is easily noticed it will not be a mistake to force a crowbar into a heap in several places and pour cold water into the pile, or the heap should be overlaid with a quantity of absorbent material added.

Careful stacking saves much loss of hay and straw. But few farmers stack their hay, preferring to put it away in the mow, but straw is usually left outside. There is some skill required in stacking straw so as to protect it, and it is more valuable if bright and clean. Cattle will pick over the straw even when well supplied with hay, and they will eat a large proportion of clean straw when they will not touch that which has become wet and mouldy.

Grain and vegetable foods are nourishing and contain more of the elements to supply wants of humans than does animal food. The mineral matter, protein, fat, sugar and starch can be found in all vegetable substances, while meat is sometimes deficient in both the fat, starch and mineral substances. Horses perform heavy labor on corn, oats, hay and grass, and even the steers are produced from vegetable substances.

The admonition frequently given to clean the fence corners from weeds and rubbish may be repeated at this

## FARM NEWS AND VIEWS.

**Season, as the weeds have been touched by frost and are dead and dry. They should be cleared out and burned. Sometimes the work can be done with a rake. Later in the season, when the snow covers the ground, it may be more difficult to collect rubbish and burn it. All material on the farm that has no value should be consumed, as by consigning such to the fumes many insects will be destroyed. Rubbish and dead weeds make excellent harboring places for field mice.**

Corn cobs are not valued by farmers as they should be, yet they are exceedingly rich in potash, and it will pay an enterprising farmer to buy them for fuel, the ashes to be saved. Corn husks are used in the manufacture of beds, being sent to market in bales. They must be clean and bright, and must be harvested before they are damaged by wet weather. Corn stalks are shredded and sold in bales in some sections, where hay or bedding is scarce.

**It Was All the Same.**

Across the right of the road running across the prairie was a cow and a mule hitched together to a plow and a woman was holding the handles and driving a furrow as straight as a bird. I waited to watch her, and as she caught sight of me she stopped her team and came striding across the furrows to say:

"Hello, stranger! Did you stop at the shanty?"

"Yes; stopped for a drink."

"Was the children all right?"

"I was over on right playing on the grass and having a good time. Where's the old man?"

"Pugged out last fall."

"Do you mean he died?"

"Didn't do nothing' else far about three months, and finally got that. Yes; he's gone to a better land, and I'm working to pay up his debts."

"Then you are a widow, of course?"

"Surely, 'Gude' to settle over here."

"Possibly."

"Married?"

"No."

"Want me?"

"No."

"Stranger, shake!" she exclaimed, as she came nearer and extended her hand. "You ar' a critter as knows your gal, you ar' and it does me good to meet you. Landa alive, but the man who come along here don't know 'nuff to pound sand, and I wash three days a week on 'em! I want a critter to say yes or no right off the handle and hev done with it. So you don't want me and the young uns and the mule and the cow and the claim?"

"No, ma'am."

"No! said—so long—see up there, you critters, and git around the field afore another feller comes along!"

**Value of Grain in Pork-Making.**

In summing up the different values of food for swine the director of the Montana agricultural experiment station says:

By a combination of grain and leguminous pastures pigs can be grown to a weight of 150 pounds at a cost of 20 cents. Alfalfa, clover, peas, wheat and barley make the best of pig food. Alfalfa or clover pasture, with a little grain in summer, affords conditions for the cheapest growth and the greatest profit.

The pea, combined with grain, is well adapted to the wants of the growing animal, and will give the greatest gains on the smallest amount of feed.

The lot, fed equal parts of barley, wheat, peas, made a gain of 1 pound in weight for 4.55 pounds of food when the pigs were matured. The weights of 117.8 and 226.8 pounds.

Pigs fed on barley or barley and wheat at present market prices will pay for all food consumed when pork is 12 cents a pound.

Pigs make the greatest gains and at a less cost of grain before they reach 200 to 250 pounds in weight.

The quality of pork produced from wheat, barley and peas in the various combinations used is firm and well adapted for the production of hams and bacon, the fat and lean of the meat being well distributed.

**Virginia Folk Lore.**

From the Philadelphia Record.

To prevent hawks from catching chickens, then take in the fire until it is red hot, then take it out and make a young lady whisper to it the name of her lover. The hawks will have.

To put your left foot on the ground first when getting out of bed in the morning will surely bring bad luck.

Avoid meeting a tailor; to encounter one is an omen of ill.

If a cat runs across your path start over again or bad luck will follow.

To turn back after having started on an errand or a trip will bring bad luck.

Let a snake, particularly a blacksnake, and hang in a fence or on a limb of a tree, rain will come.

A snake never dies till sundown.

Witches tangle your horse's names at night.

Carry a buckeye in your pocket and you will never have rheumatism.

Always plant bulbous plants, such as potatoes, when the moon is on the wane, but plant other products between the new and the full moon.

The bottom rails of a fence built after the full moon will sink into the ground.

If the moon shines upon a sleeping person mental aberration will ensue.

Dogs bark at the sound of a bell or of music, in order to scare away the witches and spooks which the bell and the music attract.

If you cut your finger nails on Sunday had luck will come; cut them on Saturday, you will see your sweetheart on Sunday; cut them on Monday, and you will have good luck.

If your hand itches you will receive money. The itching of the left ear denotes that somebody in speaking evil of you, but the itching of the right ear implies you are being praised.

A dream of a snake means that an enemy is trying to harm you.

If you kill a lizard in the spring the spring will go dry.

If a child cries on its birth day it will cease growing for a year.

season, as the weeds have been touched by frost and are dead and dry. They should be cleared out and burned. Sometimes the work can be done with a rake. Later in the season, when the snow covers the ground, it may be more difficult to collect rubbish and burn it. All material on the farm that has no value should be consumed, as by consigning such to the fumes many insects will be destroyed. Rubbish and dead weeds make excellent harboring places for field mice.

Corn cobs are not valued by farmers as they should be, yet they are exceedingly rich in potash, and it will pay an enterprising farmer to buy them for fuel, the ashes to be saved. Corn husks are used in the manufacture of beds, being sent to market in bales. They must be clean and bright, and must be harvested before they are damaged by wet weather. Corn stalks are shredded and sold in bales in some sections, where hay or bedding is scarce.

**It Was All the Same.**

Across the right of the road running across the prairie was a cow and a mule hitched together to a plow and a woman was holding the handles and driving a furrow as straight as a bird. I waited to watch her, and as she caught sight of me she stopped her team and came striding across the furrows to say:

"Hello, stranger! Did you stop at the shanty?"

"Yes; stopped for a drink."

"Was the children all right?"

"I was over on right playing on the grass and having a good time. Where's the old man?"

"Pugged out last fall."

"Do you mean he died?"

"Didn't do nothing' else far about three months, and finally got that. Yes; he's gone to a better land, and I'm working to pay up his debts."

"Then you are a widow, of course?"

"Surely, 'Gude' to settle over here."

"Possibly."

"Married?"

"No."

"Want me?"

"No."

"Stranger, shake!" she exclaimed, as she came nearer and extended her hand. "You ar' a critter as knows your gal, you ar' and it does me good to meet you. Landa alive, but the man who come along here don't know 'nuff to pound sand, and I wash three days a week on 'em! I want a critter to say yes or no right off the handle and hev done with it. So you don't want me and the young uns and the mule and the cow and the claim?"

"No, ma'am."

"No! said—so long—see up there, you critters, and git around the field afore another feller comes along!"

**Value of Grain in Pork-Making.**

In summing up the different values of food for swine the director of the Montana agricultural experiment station says:

By a combination of grain and leguminous pastures pigs can be grown to a weight of 150 pounds at a cost of 20 cents. Alfalfa, clover, peas, wheat and barley make the best of pig food. Alfalfa or clover pasture, with a little grain in summer, affords conditions for the cheapest growth and the greatest profit.

The pea, combined with grain, is well adapted to the wants of the growing animal, and will give the greatest gains on the smallest amount of feed.

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