Homan Pat.

Human fat is composed of seventynine per cent. carbon, a little over eleven per cent, hydrogen and a little over nine per cont. oxygen. Of course this fat cannot be accumulated unless its ingredients are taken into the body in food. The food which has a preponderance of these ingredi-ents can be worked off by open-air exercise, because the oxygen of the air uniting with the carbon goes out of the lungs in the form of carbonic gas and relieves the system of so much This is the reason why people who lead an out-door life or who live in the country or on mountains and breath a great deal of fresh air are less liable to be corpulent than business mon, shopkeepers and others who are habitually in an atmosphere with less oxygen and who take less exercise. Open-air exercise is one of the best ways to work off fat. - Chicago Her-

Delitware No Longer Made.

Delftware is a kind of pottery which was manufactured in Delft, Holland, from the Sixtcenth to the Eighteenth Century. The industry is now prac-tically extinct in Holland. It closely resembles porcelean in appearance. It was brought to this country by the early Dutch and English settlers. In those days it was not considered particularly valuable. Descendants of the colonial families prize the rare speci-mens of the ware which still remain in their hands very highly, and it is difficult to purchase any genuine specimens. -- New York Sun.

An ordinary piano contains a mile of wire string.

To Cleanse the System

Effectually yet gently, when costive or billous, or when the blood is impure or sluggish, to permanently cure habitual constipation, to awaken the kidneys and liver to a healthy activity. out irritating or weakening them, to dis pel headaches, colds or fevers, use Syrup of

We Cure Rupture.

No matter of how long standing. Write for free treaties, iestimoniale, etc., to S. J. Hollensworth & Co., Owega, Tiega Co., N. Y. Price SI: by mail, \$1.15.

S. K. Coburn, Mgr., Clarle Scott, writes : "I find Hall's Catarrb Cure a valuable remedy." Druggiats sell B, 75c.

Inventors of anything made of wood assisted financially or otherwise to patent or place on market. Wm. Mattison, Box 3179, New York.

Beecham's Pills with a drink of water morn-ngs, Beecham's-no others, 25 cents a box, Hatch's Universal Cough Syrup, most rompt, pleasant and effectual. 25 cents,

If afflicted with sore eyes use Dr. Isaac Thomp-nn's Kye-water, Druggists soil at 25c per bottle.

HOOD'S CURES "Fourteen years ago I had an attack of the gravel, and since have been very seriously troubled with my liver and kidneys. I had no appetite and afe nothing but gruct. Had no more color than a marble statue. At ter I had taken thre bottles of Mr. D. M. Jorda

HOOD'S SARSAPARILLA I could eat anything without distress. I have now fully recovered. I feel well and am well." D. M. JORDAN, Edmeston, N. Y. Houd's Pills cure ali Liver Ills, Bilioust Jaundtee, Indigestion, Sick Hendache.





me that if the person adopting such a method would Every farmer should own a few carpenter's tools, not necessarily an ex. work, and think how he would like to nsive outfit, but at least a common see a mother using her infant child in hand saw and possibly a rip saw, a brace and a full set of bits, a one-inch and a two-inch auger, one smoothing she were to use all the animal force at plane, one jack plane, a jointer plane, a good steel square, a drawing knife and a claw hammer. There should be a work bench and a substantial iron her command to make it drink, he

vise. With these any farmer can save same effect, was to get astride the the cost every year. -American Agri- animal, exercise a little persuasion to bring the calf to the milk bucket, then, taking hold of its head gently, WHEAT FOR YOUNG CHICKENS. place two fingers in its mouth, turning

pause a little

in his

It is surprising that so much soft them slightly upwards, and leaving an open space between them. If the calf will not bend its head, draw the pail feed is given to young chickens, and that, too, by those who ought to know towards the calf, let it taste the milk, better. Whole wheat will be readily and it will commence sucking. Now gradually remove the fingers, and the oatcu by chicks old, and before that time the grains pounded or cracked are better than anything clse. Because young animal will continue drinking for a moment, until it suddenly rethe chicks are little it does not follow members that it ought to have somethat their digestion is weak. The first thing in its mouth besides the milk, twenty-four hours they live on the reand will follow your hand until these mains of the yolk of egg, which is ex-tremely hard to digest. Unless their improvised substitutes are again secured. By and by it will get accustomed to sip without any extra help, and the work is satisfactorily account plished. I have had a young calf drink alone the first time I tried it, by adopting the above method; and, to show how the animal nature will be come inured to anything, after the

begin egg production before the chicks are old enough to care for themselves. --Boston Cultivator. RUSTY FLOWS.

dian Agriculturist.

culturist.

legs and sipped his daily rations. Sometimes this was not agreeable, when he would give me a slight nudge chase small quantity of sulphuric acid. which may be had from any drug store with his head, indicating that he was for a small sum. Pour five onnces into not getting his food fast enough. Speaking of this reminder in the shape of a gentle butt with his head, it seems a pint of water, slowly and carefully as not to come in contact with the hands or clothing, as it will eat into to me as though the mother cow often the flesh worse than fire. Apply this times rebuked ' the little one for this to the plow or any other iron or steel conduct. I have heard her give a implement with a paint brush. As on as one application of the acid is peculiar cry when this was being continned too strongly, as if to say "be-have yourself," when it immediately dry apply another; usually three or four coats will be enough. Then wash censed off with clear water.

As to the milk to be given to a suck If any spots remain paint them over ing calf: For about a week after the again and rub with brick dust. After the iron work is cleaned paint it over animal had been taken from its mother, I gave it new milk ; after that with a little coal oil or linseed oil; I mixed a little of this milk with about this will keep it free from rust. Set the implement in a dry place and on a brought back from the creamery, and wooden floor. All implements when kept free from rust and bright will scour readily in the soil, will do better work, and with little extra force. A when no milk was necessary and grain food was given-American Agriculbadly rusted plow is very worrying to turist. work with both to the team and plowman. The plow cannot be made to

FARM AND GARDEN NOTES. clean, causing frequent stoppages, and the furrow cannot be turned completely Breed only to pure bred sires. over, making very poor work .- Cana-Aluminum horse shoes are coming to the fore.

Cabbage plants for late planting may be started in the open air. ERINGING UP A COLT AS HE SHOULD GO. If you have ever seen a little colt Prices for thoroughbred stock have running after his mother in the evidently fallen off several points.

meadows, you know how very funny he looks. He has long legs that seem Feed work horses oats, bran, hay and other forage and not so much very crooked and uncertain, for they corn point in all four directions at once. He The culture of fruit may be simple has no mane to speak of, and only a stubby little tail. His coat is very and easy, but it must be done thor-

rough, for he has never been rubbed oughly. down with a brush, and though you Just as well have two crops from

might look at him a great many times, most of the garden. It helps to make you would never believe that he could the garden pay. grow into such a big, strong, hand- Plant corn, pess, beans, as well as

HOUSEHOLD AFFAIRS.

TO PREPARE SALIT MACKEREL. Cut off the bead and soak over night

in a stone jar of cold water. In the morning wash and scrape clean, rinse in fresh water, then place it in a pan of water over the fire until the water comes to a boil, take out and lay on a baking tin in oven until it dries off, then remove to a platter, pour over it a few spoonfuls of melted butter and one-fourth cupful of hot cream : garnish with paraley.-New York Ob-BUTYUL

DARED TOMATOES.

To prepare baked tomstoes select those which are smooth and medium sized. Make a small aperture at the stalk end, remove the pulp and seeds with a spoon and put into a sieve to Chop equal parts of cold drain. chicken and veal and one green pepper ; add a well beaten egg, half a of grated bread crumbs, a piece of but-ter, pepper, salt, sage and a suspicion of onion; mix well together, moisten with some of the juice and stuff into the tomatoes. Bake half an hour in a moderate oven. Serve each tomato on a lettuce leaf. This makes a protty as well as a savory entree .- New York World.

RECIPE FOR PEACH SHORTCARE.

Use canned peaches and prepared flour for this dish. Chop quarter of a pound of butter into a quart of prepared flour; quickly stir into it ough sweet milk to make a soft dough; pat this into two round cakes upon buttered tin pie-plates and bake them in a hot oven. Meantime open a can of peaches; reserve the finest for the two top layers and cut the rest in small quarters. When the shortcakes in the oven are done and cool enough to handle tear them open with the aid of a fork, butter the inside, divide the cut peaches upon the two bottom layers and arrange the fine ones on the others, thickly dust all with sifted powdered sugar, lay the tops upon both under pieces and serve the shortcakes with more sifted sugar and sweet cream. The juice of the canned peaches, well sweetened with powered sugar, can be used instead of cream .- New York Commercial Advertiser.

CINNAMON BUNS.

Put a pint of milk in double kettle and scald; remove from the fire and add two heaping tablespoonfuls of butter, cut in two small pieces, two cups of sugar and when cool enough add half a yeast cake dissolved in warm water, or half cup of soft yeast, then add two well-beaten eggs, flour enough for a thin batter, mix well and beat three minutes; set in a warm place over night. In the morning add more flour to make a soft dough; knead a little in the bowl; it should be soft, sticky and clastic; now set it to rise again, until it is very light, or twice the quantity you had, then put it on the board and roll thin; spread with butter and sprinkle sugar over it, about three-fourths of a cup; sprinkle with cinnamon; roll the sheet tightly into a roll, then cut off pieces about two inches long; stand them with one end down in a well-greased tin closely together; when light bake in a quick oven half an hour; turn them out bottom side up.-Household.

HOUSEHOLD HINTS.

Always broil beefsteak over a char-

Never roll a glove. Smooth out the fingers and lay them straight in a box or drawer.

Canned fruit that has been left over should be carefully watched at this season of the year.

TEMPERANCE.

rel."

CAN'T AFFORD IT.

REGLISH LAW AND DRUNKARDS.

The British Parliament has before it the report of a committee recommending a nucl-more drastic method of dealing with drank-ards than British law now permits. This committee was appointed under the Salist-ury government, and has among its members several uninent physicians and the Superia-tendont of the Broadmore Criminal Insane Asylum. Under an act passed in 1879 there wore established some retreats or reform-atories for the treatment and eare of drank-ards who choose to go to them voluntarity. This committee, according to the Springfield Republican, finds that a considerable portion of the drunkards who enter these reform-atories are enred, and that more would be if they would remain longer. Therefore, they precommend that Parliament give magistrates the power to send these dipsomaniaes to these retreats for a period not exceeding two parts. This commitment may be made on putition of the relatives of the insbriate or at the discretion of the magistrate, and it sub-jects the drunkard to a rigorous discipline and close confinement if necessary. A drunk-ard may still be admitted to these retreats sor there will dischared as used. If the may set The British Parliament has before it the and close confinement if necessary. A dronk-ard may still be admitted to these retreats on his own petition, but once in he must stay there until discharged as cured. He may se-lect his own retreat, whether sentenced or voluntarily going there, and such property as he has would be liable for his and his fam-ily's maintenance during his confinement. The peorer classes are to be provided for out of the public treasury or in public asylums. The semi-criminal class of habitual drunk-ards, with whom the police have to deal, are to be subject to an indeterminate sentence, which shall not be less than a year, upon the third conviction for drunkenness within twelve months, or on being proved guilty of ill-treatment or neglect of their families. It is also proposed to give the police in the large towns and clifes the power to arrest without a warrant all persons found drunk on the public streets or in public places and lock them up until they can be tried before a magistrate. These last suggestions of the committee are regarded as hold and almost revolutionary, for the right of the Briton to be drunk on the streets has been regarded as an inallenable one. Public sentiment is said, however, to approve the recommendations of this committee, which are largely based on the logislation in force in several of our States, and they are likely to be canceled by the Commons and probably by the Lords also.

ECONOMIC ASPECTS OF THE DRINE TRAFFIC. From whatever standpoint we look on this evil of intemperate we are annaod at its hideousness. Consider simply the conomic aspects of it. We meet in congresses of la-bor. The labor question has become the great question of the day. The millions of tellers demand that they have some part in the privileges and happiness of this world, and the labor question is a great and a mighty one. We need to give to every child of God some rays of the sunshine which is intended for all, and we need to give to every child of God a sufficiency of the fruits of the earth which the Creator gave to the children of men at large and not to a few. From whatever standpoint we look on this

shild of God a sufficiency of the fruits of the sarth which the Creator gave to the children of mean large and not to a few.
But at the very threshold of this labor presion comes this temperance question. It is fearful to think of it, but in this Nation of the United States over \$1,000,000,000 annually is spent in the direct traffic of intoxicating liquors, besides its being the direct cause of the waste of much more money. Men are unable to work because of liqury done to their appetites by drink. Time is absorbed in drinking, the country's resources are scattered to the wind. It would be much better if the money given to drink were taken and case to the direct one wind. It would be much better the direct one of the the lake. At least it would then leave bechind it no harm.
But here, in this beginning of the Twenstich Century in divilization, we are taking the so that our families will be domolished, so that the very social fabric be still. We look on - we Christians, we who have an interest in the country and using them and a diagrace that in any civilized Christian community laws are made and guarded sact of the very Nation. Is it not a shame and a diagrace that in any civilized Christian continuers through the books, and yet the liquor interests forming in series rank delying of the very Nation. Is it not a shame and a diagrace that is have to soorn and to say to other interests. "Observe these laws as you will. We, the liquor dealers, are above law."—Bishop Ireland.

A Sad Story of Real Life, A pitiful story in real life is that of

dead, sitting at one window with un touched meal beside him, and the old Frederick Walters, an old Gorman lens polisher of Philadelphia, and his old wife sitting at the other window, gan ing out wistfully for the back coming of her dead daughter.-Philadelphia crazy wife. The old man, after suffering tortures from cancer of the atomach, died two weeks ago while sitting in a chair near a window. From the Nows.

have been that of the old husband

Honoy in a Petrified Tree.

moment of his death until the discov-The hollow trunk of a petrified tree, ery was made a few days ago that he which contained a quantity of honey, had died, the demented wife had placed the same plate of victuals on the table was found by workmen digging a well at Live Oak, Fla., it is said. The tree before him day after day. When in the end she was told that her husband was about ten feet below the surface of the ground. The petrifaction was was dead, she replied "Get the ashonly on the outside, the vein being about two inches thick. The honey was soft and sticky and tasted like the man to take him away in the ash bar-The old woman's mind became impaired a few years ago, at the death fresh product of the hive .- New York of her only daughter, and she spent Sun.

her time sitting at an open window There are said to be 1,000,000 square waiting for her child to come back. A rewsome and pathetic picture must miles of unexplored territory in Canada.



naturally strong digestion has something to work on, the chick soon be-comes sickly, "crop bound," and dies. Wheat is at all times the best feed for making hens lay. In spring if fed to young chickens the hens will thrive so on their wheat that they will often calf had commenced to help himself, no sooner did he see me come into the barn where he was, than he at once placed himself in position between my To remove rust from plows: Pur-

fliat instantily stops the most excruciating pains, all ays inflamination and curves. Concestions, whether it the Lungs, Stomach, Roweis or other glands or

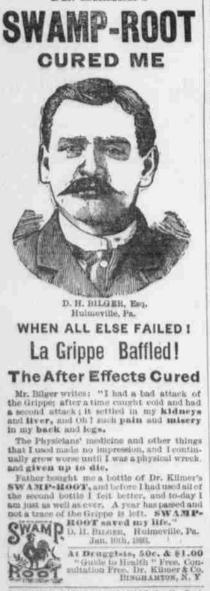
argans, TATERNALLY, from 3040 00 drops in half a tune bler of water will in a few minutes cure Gramps Spasms, Sour Stomach, Nausea, Coniting, Heartburn, Colle are will in a few minutes cure Gramp, are Stomach, Neusea, Vonling, Hearthurn w, Sleeplesences, Sick Heatlache, Cohe and all Internal Voltes

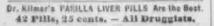


CHOLERA MORBUS.

placed over it net auturated with Ready Relief, nach and Lowels, will afford im-Maced over the standards and howels, will afford im-mediate relate and some effect a use. Decrements not a remedial agent to the world that will cure bytes and agen and all other maintenes, allows and other reversabled by HAD & AYS PHLES, a guestic as HAD & AYS HADY HELLEY. Price, 50c, a Bottle. Sold by Draggints.







some horse as his owner tells you that radishes and lettuce, at intervals for a he will become some day. The most important day in a colt's succession of crops.

The harder and barer the surface life is when he first learns to carry a sround a bearing plum tree the better a burden upon his back. A small lap it is, as the tree needs but little cultirobe is strapped upon him, and he is vation. then let loose to tear up and down the

Wherever the stock does not hold fields and shake it off if he can. Then, the cion firmly the place should be a double blanket is strapped across wrapped with cord covered with grafthim like a saddle, and after a while he ing wax. can bear the weight of the saddle it-

he often refuses to walk after it, and will roll around on his back holding his feet up in the air in the ful way, as if he did not know what to

Western fruit growers are irrigating do with his new shoes. Teaching him their orchards with the aid of the to "back" is accomplished by hitching water-wheel. It is expected that fruit a team to the back of the wagon to which Mr. Colt is harnessed. At the growing on the dry lands along the rivers will be revolutionized by the word "back," some one starts up the use of the water-wheel.

team from behind and Mr. Colt is A proper selection of food, prepared "backed" until he learns the use of in a proper manner, has much to do the word. His training is not very pleasant for him. But if he is a bright, with keeping fowls in the pink of condition, stimulating the egg organs to intelligent horse, he will learn all greater activity, and sustaining the there is to learn within a year after he strain on the function of egg produchas got his growth or by the time he is tion.

three years old. He will then be very frisky and inclined to be scared at Some people like to help chickens out of the shell when they hatch with trifles. But if he is shown just what difficulty. It is not safe to do much in they are, he usually changes his mind this direction; break the shell enough and behaves in a sensible way. Training a colt is easier than training any for the chick to get his head out where he can breathe, and leave the rest to other animal, because the horse is natnature. urally the most intelligent of all dumb Joseph Arch, the English labor leadanimals, -- New York Ledger. er, looks for prosperity to farmers in

TEACHING A YOUNG CALF TO DRINK.

a reversion to old ways-farms to be broken into small holdings, while farm-It is an old saying that "one man ers and their families give personal atmay lead a horse to water, but twenty cannot make him drink." The same tention to the details which turn loss into profit.

might be applied with equal force to a For the planter who looks after his calf, substituting milk for water, writes trees and cultivates them carefully a Alexander Wallace. Gentleness is one of the most important requisites on a small tree will bear just as early and farm, in so far as the treatment of all prove as valuable as the largest. But animals found there is concerned, if the trees are to be planted in sod-There are some farm hands who, apland, without cultivation or attention, big trees will stand the best chance of parently possessing less sense than the nimals themselves, try to accomplish living.

by brute force what a little persuasion Chickens, when first hatched, need would do far more effectively. I have no food for twenty-four hours and will not suffer even for thirty-six hours teaching a calf to drink than in any- without it; moreover, there are often thing else. The mehod of a hired man some that hatch a day later than the I have in mind was to seize the animal in both his arms, straddle his body, holding the head of the creature between his legs as if it were in a vise, hatch. and with two fingers thrust as far

Turkeys are good farm property if down the calf's throat as he possibly the stock is vigorous and the birds would get them, and the forefinger and heavy. Some of us breed them so long humb pushed up its nostrils to their without changing the male that they all length, endcavor, by all the brute become delicate and difficult to rear, trength that he possessed, to force as well as of light weight. Send away the animal's head into the milk pail, intil the perspiration was pouring hown his bronzed checks, and in this

ray try to compel the creature to irink. Naturally, any animal would resent such treatment. The calf will act be coerced into doing anything there are eight men whose united against its will. It often occurred to weight is 2000 pounds,

Silk handkerchiefs and ribbons should be washed in salt and water and ironed wet to obtain the best results.

All traces of mud can easily be removed from black clothing by rubbing the spots with a raw potato cut in half.

A sack of the best salt standing where there is a smell of fish or other objectionable odor will absorb the flavor.

Never wear a woolen gown in the kitchen. It retains odors and smoke and soon becomes offensive as well as shabby.

A poultice made of Indian meal, covered with Young Hyson tea, moistened with hot water and laid on a burn will relieve the pain in five minutes.

Molasses rubbed on grass stains on white dresses or undergarments will bring out the stains when the clothing is washed. Soaking in sweet milk will also remove grass stains.

There is nothing like hot water and the rubber bandage for a sprain. The hot water soothes lacerated ligaments; the bandage prevents swelling, Liniments are worse than useless.

For polishing furniture, stained floors and picture frames, melt beeswax, turpentine and sweet oil together and rub it on with a piece of soft cloth.

To make boots waterproof, boil one quart of linseed oil with half a pound of Venice turpentine. While the mixture is still warm, but not hot, paint the leather until it will absorb no more.

A blotter can be made that will remove ink spots from paper. Take a thick blotting paper and steep it sev-eral times in a solution of oxalic acid. While the ink is moist apply the blotter, and the ink will be entirely removed.

To clean ostrich plumes dissolve four ances of white soap in four pints of hot water. Make a lather and plunge the feathers into it, rubbing them well with the hands for five or six minutes. Wash out in clear, hot water and shake until dry.

Buttermlik has several summeruses. It is a cooling beverage. It is an excellent wash for sunburned hands and faces. And it will bleach clothes. Soak them for several days in buttermilk, then wash, boil and blue in the usual way. After the boiling the clothes will be of the traditional snowy whiteness.

Anniston, Ala., possibly has the coungest girl in the United States who is actually engaged to be married. She is only seven years old, and herself, her mother and the young man have entered into the compact, which is to be ratified when she is fourteen.

STRONG DRINK & FAILURE.

Even with the present large per capita consumption of intoxicants, about sixteen galoos annually, the popular verdict against strong drink is steadily forming and in due time will be effectively proclatmed. The Washington Evening News in a recent

Washington Evening News in a recent thoughtful article cays: "The sad truth must be coming home to the man who drinks that his place in the world is an uncertain and disagreeable one. Not many years ago a moderate indulgence in the flowing bowl was not considered as a disqualification when a man of good abilities applied for a situation, but times have changed, and to-day the individual who goes for h to seek a position with his breath im-pregnated with the essential oil of barley is cangaged in a hopeless errand. "The business man must necessarily place a good deal of reliance in his assistants, and he can only do that when they are distin-guished for sobriety rather than as natural absorbeats. No ambitious merchant likes to conduct an incobriste asylum in the guise of a

onduct an inebriate asylum in the guise of a conduct as incorrate asymm in the guine of a trade emportum. The newspaper publisher desires to maintain the reputation and dig-nity of his journal, and hence will not have it represented by gentlemen who have regis-tered a yow to consume the products of sev-cent distibutions.

It represented by genitomen who have regis-tered a vow to consume the products of sev-eral distilleries. "The same spirit prevails in every branch of business, and even in the political world it is growing stronger year after year ; time was, within the memory of men who are still young, when the ability of an offles-holder to do 'his share of the drinking' was consid-ered highly creditable to himself and bis constituents, but if he endeavored to demon-strate his espacity in that direction no wa-days 'n- would be pained to notice that he ex-cited disgust rather than admiration. "The feeling against drinking as as insti-tution is growing and will be permanent and should be the best sort of a temperance lec-ture to the young man who hopes to accom-plish scything in the world'. he can do nothine that will more hopelessly handleap him than to swear alleghance to the cup that induriates, but does not cheer."

TEMPERANCE NEWS AND NOTES.

The devil knows too much to waste his in trying to make a drunkard out of a tingy man.

Consider the enormous amount of valuable time wasted in and around saloons, fully one half as much as is spent in useful effort.

You can generally tell by a man's tracks which way he is going. If they point to-ward the saloon he is not on his way to heaven.

Consider that nine-tenths of all the money spent for drink comes from the pockets of the laboring men, and that this is a large part of all the money they earn.

M. Pasteur states that, when bitten by a mad dog, a man who habitually uses intox-feating spirits is more difficult to cure than a temperate man. Yes, and when bitten by any other disease,

General Booth has 380 men, mostly brokendown drunkards at one time, working on his farm a few miles out of London ; and they are described as a decent, industrious, uneful and enthusiastic lot of people now.

The midnight attempt to to people new. The midnight attempt to blow up, by dyna-mite, the houses of citizens of Muscatine, Iowa, who had tried to enforce the laws against liquor-selling, reveals a milgnity such as no legitimate business could evoke. The liquor traffic not only destroys men, but it tends to make those who conduct it dan-gerous to society.—Independent.