

What Has Your Codfish Eaten?

More people know of the virtues of cod liver oil than know in what that virtue consists.

The virtue of cod liver oil, it is declared, depends wholly on the food which the codfish has eaten, and if the cod has not fed on the right food, his liver will not yield oil of any more benefit to the victim of consumption or anemia than any other fish oil.

The best cod liver oil is obtained from cod that have fed on kelp, a seaweed that is not found on soft or muddy bottoms. It is a rock weed and does not grow near the shore on the American coast.

Every one knows how much better milk is given by cows that have fed on rich pastures than by those whose feed has been stale hay; and the cod that has lived in deep water and feasted on the rich, juicy and aromatic kelp is altogether a different fish from the one that has lived near shore and eaten clams and mussels, a diet that on self-respecting fish will touch at all when it can have anything else.

Thus the oil from cod caught near the shore is practically worthless, while that made from deep sea cod is one of the most nourishing and health-giving of foods. The best cod liver oil comes from Norway, where all the cod are rock-bottom fish and live exclusively on kelp and similar sea weed.

New York Mail and Express.



APPLES FOR STOCK.

European authorities consider the money value of fodder constituents in ordinary varieties of apples and pears as somewhat higher than those contained in an equal weight of turnips, and those of the apple pomace as about one-third higher in feeding value than the whole apple.

DEHORNING YOUNG CALVES.

Prevention of horns is preferable to dehorning. If a stick of caustic potash is applied to the spots on the skull of a young calf where the horns are about to break through, it will destroy the horn and cause only a slight sore, that will give the animal no serious inconvenience.

TEMPERATURE OF WATER FOR STOCK.

There is nothing better for all farm animals than pure well water. The temperature of it is the best possible. Warm water is nauseous to an animal, as to a person; the refreshing effect of a cool draught of water we know.

BLIND STAGGERS.

The hog when plethoric and well fed is liable to congestion of the brain, which may pass into actual effusion or apoplexy. In congestion only, which is properly termed "stagers," the animal is dull and stupid, the eyes are red, the bowels are constipated, and the pulse is hard and quick.

Why Put On?

Why put on? You can keep a box of Ripans Tablets in the house and at the first signs of a headache or bilious attack a single tablet will relieve you.

Good Words for Hood's

"I have taken Hood's Sarsaparilla for three years with good results. I can truly recommend it for rheumatism, indigestion, constipation, and all the other ailments of the system."

Hood's Sarsaparilla Cures

It will always have a good word for Hood's Sarsaparilla. Mrs. HARRISON PHILLIPS, Plymouth, N. H. Get only Hood's.

What's there?

Things For the Cook, sir! Methinks it is some Hecker's Buckwheat For the morrow's breakfast.

HECKERS' BUCKWHEAT

For the morrow's breakfast. It is a good food for the family, and is especially adapted for the sick and convalescent.

CARE OF BEES.

In order to have any reasonable prospect of a good honey season, bees must be carefully attended to during the winter and so secured that they will not only have plenty of warmth but an abundance of food to carry them through in good condition.

There are many theories on the wintering of bees, each bee-keeper probably favoring his own better than any other; but there is one rule that applies to all, and that is to keep the bees in good condition.

CONDENSING MILK

CONDENSING MILK. It is a good food for the family, and is especially adapted for the sick and convalescent.

HOUSEHOLD AFFAIRS.

WATERPROOF CELLARS. A cellar can be so constructed as to be waterproof, if the bottom of the floor is first covered with cement, the walls built thereon laid in cement and the exterior of the walls covered with well-burnt brick.

THE OVEN.

For sponge cake and pound cake have heat that will in five minutes turn a piece of white paper yellow.

IN HOT COUNTRY.

In answer to the question whether it is necessary to use alcohol in tropical climates, as is often claimed, Mrs. Mary Clement Leavitt writes.

HOME OUT OF A HOUSEHOLD.

The living room is the one room in the house which, above all others, should be bright and cheerful.

PARM AND GARDEN NOTES.

Be sure your hives have a tight roof over them. Injudicious feeding is the ruin of many hives.

RECIPIES.

German Rice Padding—Mix boiled rice with a well-beaten egg and a little milk. Pour the mixture into a pan until it is about one inch thick, and bake till a delicate brown.

TEMPERANCE.

Highest of all in Leavening Power.—Latest U. S. Gov't Report. Royal Baking Powder. ABSOLUTELY PURE.

THE ALGERIAN DESERT.

We were jogging along gently through the sand of the Sahara, and the black tents of El Hadj Ahmed Abd el Kader ben el Hadj Mohammed. This is a long name; but then we were a long time getting there, and my memory needed exercise.

PROGRESS.

People who get the greatest degree of comfort and real enjoyment out of life, are those who make the most out of their opportunities.

THE SALES LADY.

Often in the morning there comes a feeling of weariness, indifference, listlessness, and a desire to go to the store, to get a little rest.

KNOWLEDGE.

Brings comfort and improvement and tends to personal enjoyment when rightly used. The many who live better than others and enjoy life more, with less expenditure, by more promptly adapting the world's best products to the needs of physical being, will attest the value to health of the pure liquid laxative principles embraced in the remedy, Syrup of Figs.

HALMS Anti-Rheumatic Chewing Gum.

It has given satisfaction to millions and met with the approval of the medical profession, because it acts on the Kidneys, Liver and Bowels without weakening them and it is perfectly free from every objectionable substance.

It's a cold day.

for the housekeeper when Pearlina gets left. Take Pearlina from washing and cleaning and nothing remains but hard work. It shows in the things that are washed; it tells on the woman who washes. Pearlina saves work, and works safely. It leaves nothing undone that you want done well; what it leaves undone, it ought not to do.

Beware.

Peddlers and some unscrupulous grocers will tell you it is as good as "or" the same as Pearlina. IT'S FAIR TO SAY that Pearlina is never peddled, and if your grocer says anything in place of Pearlina, it's the honest thing to check on JAMES F. WEBSTER'S INTERNATIONAL DICTIONARY.

Webster's International Dictionary.

The Best Christmas Gift. A Dictionary of English, Geography, Biography, Fiction, Etc. Standard of the U. S. Supreme Court, the U. S. Government, and the Office of the Library of Congress. Recommended by every State in the Union.

Do You Know That There is Science in Business?

Be Wise and Use SAROL.

TEMPERANCE.

Highest of all in Leavening Power.—Latest U. S. Gov't Report. Royal Baking Powder. ABSOLUTELY PURE.

THE ALGERIAN DESERT.

We were jogging along gently through the sand of the Sahara, and the black tents of El Hadj Ahmed Abd el Kader ben el Hadj Mohammed. This is a long name; but then we were a long time getting there, and my memory needed exercise.

PROGRESS.

People who get the greatest degree of comfort and real enjoyment out of life, are those who make the most out of their opportunities.

THE SALES LADY.

Often in the morning there comes a feeling of weariness, indifference, listlessness, and a desire to go to the store, to get a little rest.

KNOWLEDGE.

Brings comfort and improvement and tends to personal enjoyment when rightly used. The many who live better than others and enjoy life more, with less expenditure, by more promptly adapting the world's best products to the needs of physical being, will attest the value to health of the pure liquid laxative principles embraced in the remedy, Syrup of Figs.

HALMS Anti-Rheumatic Chewing Gum.

It has given satisfaction to millions and met with the approval of the medical profession, because it acts on the Kidneys, Liver and Bowels without weakening them and it is perfectly free from every objectionable substance.

It's a cold day.

for the housekeeper when Pearlina gets left. Take Pearlina from washing and cleaning and nothing remains but hard work. It shows in the things that are washed; it tells on the woman who washes. Pearlina saves work, and works safely. It leaves nothing undone that you want done well; what it leaves undone, it ought not to do.

Beware.

Peddlers and some unscrupulous grocers will tell you it is as good as "or" the same as Pearlina. IT'S FAIR TO SAY that Pearlina is never peddled, and if your grocer says anything in place of Pearlina, it's the honest thing to check on JAMES F. WEBSTER'S INTERNATIONAL DICTIONARY.

Webster's International Dictionary.

The Best Christmas Gift. A Dictionary of English, Geography, Biography, Fiction, Etc. Standard of the U. S. Supreme Court, the U. S. Government, and the Office of the Library of Congress. Recommended by every State in the Union.

Do You Know That There is Science in Business?

Be Wise and Use SAROL.

TEMPERANCE.

Highest of all in Leavening Power.—Latest U. S. Gov't Report. Royal Baking Powder. ABSOLUTELY PURE.

THE ALGERIAN DESERT.

We were jogging along gently through the sand of the Sahara, and the black tents of El Hadj Ahmed Abd el Kader ben el Hadj Mohammed. This is a long name; but then we were a long time getting there, and my memory needed exercise.

PROGRESS.

People who get the greatest degree of comfort and real enjoyment out of life, are those who make the most out of their opportunities.

THE SALES LADY.

Often in the morning there comes a feeling of weariness, indifference, listlessness, and a desire to go to the store, to get a little rest.

KNOWLEDGE.

Brings comfort and improvement and tends to personal enjoyment when rightly used. The many who live better than others and enjoy life more, with less expenditure, by more promptly adapting the world's best products to the needs of physical being, will attest the value to health of the pure liquid laxative principles embraced in the remedy, Syrup of Figs.

HALMS Anti-Rheumatic Chewing Gum.

It has given satisfaction to millions and met with the approval of the medical profession, because it acts on the Kidneys, Liver and Bowels without weakening them and it is perfectly free from every objectionable substance.

It's a cold day.

for the housekeeper when Pearlina gets left. Take Pearlina from washing and cleaning and nothing remains but hard work. It shows in the things that are washed; it tells on the woman who washes. Pearlina saves work, and works safely. It leaves nothing undone that you want done well; what it leaves undone, it ought not to do.

Beware.

Peddlers and some unscrupulous grocers will tell you it is as good as "or" the same as Pearlina. IT'S FAIR TO SAY that Pearlina is never peddled, and if your grocer says anything in place of Pearlina, it's the honest thing to check on JAMES F. WEBSTER'S INTERNATIONAL DICTIONARY.

Webster's International Dictionary.

The Best Christmas Gift. A Dictionary of English, Geography, Biography, Fiction, Etc. Standard of the U. S. Supreme Court, the U. S. Government, and the Office of the Library of Congress. Recommended by every State in the Union.

Do You Know That There is Science in Business?

Be Wise and Use SAROL.

TEMPERANCE.

Highest of all in Leavening Power.—Latest U. S. Gov't Report. Royal Baking Powder. ABSOLUTELY PURE.

THE ALGERIAN DESERT.

We were jogging along gently through the sand of the Sahara, and the black tents of El Hadj Ahmed Abd el Kader ben el Hadj Mohammed. This is a long name; but then we were a long time getting there, and my memory needed exercise.

PROGRESS.

People who get the greatest degree of comfort and real enjoyment out of life, are those who make the most out of their opportunities.

THE SALES LADY.

Often in the morning there comes a feeling of weariness, indifference, listlessness, and a desire to go to the store, to get a little rest.

KNOWLEDGE.

Brings comfort and improvement and tends to personal enjoyment when rightly used. The many who live better than others and enjoy life more, with less expenditure, by more promptly adapting the world's best products to the needs of physical being, will attest the value to health of the pure liquid laxative principles embraced in the remedy, Syrup of Figs.

HALMS Anti-Rheumatic Chewing Gum.

It has given satisfaction to millions and met with the approval of the medical profession, because it acts on the Kidneys, Liver and Bowels without weakening them and it is perfectly free from every objectionable substance.

It's a cold day.

for the housekeeper when Pearlina gets left. Take Pearlina from washing and cleaning and nothing remains but hard work. It shows in the things that are washed; it tells on the woman who washes. Pearlina saves work, and works safely. It leaves nothing undone that you want done well; what it leaves undone, it ought not to do.

Beware.

Peddlers and some unscrupulous grocers will tell you it is as good as "or" the same as Pearlina. IT'S FAIR TO SAY that Pearlina is never peddled, and if your grocer says anything in place of Pearlina, it's the honest thing to check on JAMES F. WEBSTER'S INTERNATIONAL DICTIONARY.

Webster's International Dictionary.

The Best Christmas Gift. A Dictionary of English, Geography, Biography, Fiction, Etc. Standard of the U. S. Supreme Court, the U. S. Government, and the Office of the Library of Congress. Recommended by every State in the Union.

Do You Know That There is Science in Business?

Be Wise and Use SAROL.

TEMPERANCE.

Highest of all in Leavening Power.—Latest U. S. Gov't Report. Royal Baking Powder. ABSOLUTELY PURE.

THE ALGERIAN DESERT.

We were jogging along gently through the sand of the Sahara, and the black tents of El Hadj Ahmed Abd el Kader ben el Hadj Mohammed. This is a long name; but then we were a long time getting there, and my memory needed exercise.

PROGRESS.

People who get the greatest degree of comfort and real enjoyment out of life, are those who make the most out of their opportunities.

THE SALES LADY.

Often in the morning there comes a feeling of weariness, indifference, listlessness, and a desire to go to the store, to get a little rest.

KNOWLEDGE.

Brings comfort and improvement and tends to personal enjoyment when rightly used. The many who live better than others and enjoy life more, with less expenditure, by more promptly adapting the world's best products to the needs of physical being, will attest the value to health of the pure liquid laxative principles embraced in the remedy, Syrup of Figs.

HALMS Anti-Rheumatic Chewing Gum.

It has given satisfaction to millions and met with the approval of the medical profession, because it acts on the Kidneys, Liver and Bowels without weakening them and it is perfectly free from every objectionable substance.

It's a cold day.

for the housekeeper when Pearlina gets left. Take Pearlina from washing and cleaning and nothing remains but hard work. It shows in the things that are washed; it tells on the woman who washes. Pearlina saves work, and works safely. It leaves nothing undone that you want done well; what it leaves undone, it ought not to do.

Beware.

Peddlers and some unscrupulous grocers will tell you it is as good as "or" the same as Pearlina. IT'S FAIR TO SAY that Pearlina is never peddled, and if your grocer says anything in place of Pearlina, it's the honest thing to check on JAMES F. WEBSTER'S INTERNATIONAL DICTIONARY.

Webster's International Dictionary.

The Best Christmas Gift. A Dictionary of English, Geography, Biography, Fiction, Etc. Standard of the U. S. Supreme Court, the U. S. Government, and the Office of the Library of Congress. Recommended by every State in the Union.

Do You Know That There is Science in Business?

Be Wise and Use SAROL.