

dam until it is from two to four days the physical conditions that are necesold. It is then removed to a separate sary to plant growth. The farmer pen, which is well bedded with clean, does not wish his soil to become sodand is given from five to seven quarts wet, nor to wash during the heavy of its mother's milk per day in three rains, and he must be careful not to feeds. This amount is increased as exhaust the humas in his soil .- Walfast as the calf will take it,

We keep constantly in reach of the young calf some nice, soft hay, and it is also allowed to eat at will a mixture of oats, bran and oilmeal. The feed paila, mangers, etc., are kept sweet and clean.

When the calf is from five to six weeks old, if it is doing well, skim milk is substituted for whole milk, and the calf is removed to a larger pen with others of the same size, Here they are given what hay they will eat and enough grain to keep them in good growing condition. In connection with these pens, which

face the south, we have large yards in best for the eyes of the animals when which the calves run during the day, thus insuring an abundance of pure air and plenty of exercise, two very essential things to the growth and development of young animals. When the calves reach the age of eight months or thereabouts the skim milk is taken away from them and they are removed to the heifer barn, where they are fed principally on hay, corn, clover, silage and roots, with enough grain to keep them growing.

We believe that judicious feeding and handling, coupled with plenty of pure air, sunlight and exercise, will produce what we are seeking in our Gazette,

Quack Grass.

In a damp climate and on some soils it is next to impossible entirely to eradicate "witch," "couch," "quitch," or "quack" grass (Triticum repens). Thorough tillage and thick seeding when the land is used for growing wheat, oats and like crops, and clover and timothy, will keep it in check, but will not destroy it. If it is simply kept in check in time the roots will be carried to those portions of the field, and even to other fields, not now infested. If the land be plowed deeply, using a jointer or skim plow attach ment, about the last of May, and the land thereafter be so perfectly and frequently surface tilled that the plants do not appear above ground for the entire summer, it can be cradicated, but usually when the attempt is made to destroy it by keeping it from "breathing" an entire summer the tillage is not thorough enough, and some plants get opportunity to breathe between the tillage operations, and hence are not killed. The roots may be raked, dug out and removed after

the ground is plowed, but so many roots escape that the object sought is not entirely secured. On lightish lands, if the plowing is performed as described above and the land be thoroughly surface tilled for four to six

We allow the calf to remain with its the relief because they do not restore dry straw. Here it is taught to drink, den nor to bake when ploughed when lace's Farmer.

#### Farm and Garden Notes.

Always select the largest and most growthy sows for breeders. Unless a cow is a good breeder she

hould not be kept on the farm. To meet low prices lessen the cost of production as much as possible. Mixed farming and stock raising is best adapted to the average farmer. It is poor economy to stack the hay or straw where the stock can run to it all summer.

Lights in the rear of the horses is in the stables.

A good dairy cow will turn the extra feed into milk, while the poor one will convert it into fat.

A healthy, well-developed animal, male or female, may be expected to produce growthy stock.

It is not advisable with the average farmer to risk his whole dependence upon one kind of crop.

The largest profits and quickest returns come from keeping stock in a marketable condition at all times. To secure the best results from green manuring, turn the growth under when the plants are in fall bloom.

With improved machinery hay can

be harvested and mowed at a comparatively low cost, and it makes a good winter feed.

Cows that are giving milk may be greatly injured by being driven rapidly or chased by dogs in going to or from the pastures.

Are the vines nicely distributed on the trellises and well secured? Looks bad to have them otherwise, and is bad as it looks.

Given the run of a good pasture supplying pure water and keeping the quarters clean, are good preventives of hog cholera.

In hot weather the hen house can not be kept in good sanitary condition unless it is cleaned every day. Occasionally will not do.

It is better in most cases to lighten the load than to prop the branches. The better quality of the fruit will more than compensate for the loss in numbers; besides, overwork is bad for the tree.

Blue-grass will make a fine lawn, but it is often quite difficult to secure a nice even stand. One of the most successful methods of seeding is to manure the ground well with fine manure, then cut a lot of blue-grass that has matured seed and use it as a mulch.

An experienced horseman says he has started 500 balky horses by this method. He goes to the animal, pats weeks, and then seeled thickly to him on the head a moment, and then buckwheat, which in turn should be takes up each front foot, gives each

### HOUSEHOLD AFFAIRS. To Remove Dust From Linen.

Stains of dust may be removed from

fine linen and similar fabrics without injury to the material. The articles must be first well soaped, as if they were to be washed in the ordinary way. An iron is heated and on this laid a wet cloth. When the heat makes the cloth steam the rust stain is laid on it and a little oxalic acid is rubbed on with the finger. The heat and the moisture hasten the effect of the acid on the rust, and when this has disappeared the soaping and washing may be continued.

## Getting Sunday Dinners in Summer.

There are any number of things which may be prepared on Saturday. Usually the baking is done then, and ere is fresh bread, with biscuits and cakes. A pot of beaus is prepared on Saturday afternoon and warmed for Sunday breakfast. The desserts for Sunday may also be made on Saturday, and a few are easily prepared and are good cold. When fresh frait is to be obtained, nothing makes nicer dessert and is more quickly prepared. Served with rich cream and sugar, any of the berries, peaches or bananas are delicious. Potatoes may be served in a number of ways which only take a short time if partially prepared on Saturday. It is customary to have a roast of some kind for Sunday, but this requires hours of attention. 11 cold meat is not relished, some kind which may be fried will only take a short time to prepare. Chickens may be partially fried on Saturday, so that ten or fifteen minutes on Sunday will finish them. Saturday roast may be sliced cold for Sunday evening, and the chicken or turkey for a salad may be chopped on Saturday, ready for the dressing on Sunday. There are canned lobsters and salmon, which may also be enjoyed on Sunday, and which are always ready. Soups may be cooked on Saturday also and reheated for dinner on Sunday. As for fresh vegetables, nothing is so easily prepared as a lettuce salad. The lettuce may be washed and picked; over in the morning and left in cold water to keep crisp until needed. Most canned vegetables require only ten or fifteen minutes to cook. Fresh aspara-

gus, if tender, requires but fifteen minutes, and radishes may be cleaned the day before or in the morning .-Good Honsekeeping. Becipes.

Watercress Garnish-Pick and well wash a quart of cress; dry in a towel and dip lightly in French dressing; drain and lay in a feathery wreath around edge of platter.

Italian Sauce-Put a tablespoonful of butter in a pan with one shallet (minced), a tablespoonful of chopped parsley and a tablespoonful of vinegar. Stir over the fire until the vinegar has quite evaporated. then add a tablespoonful of flour, a breakfast cupful of good broth, a saltspoonful of salt, and a half saltspoonful of pepper. Stir while it simmers and let it boil slowly for five minutes. This is very nice.

Breaded Tomatoes-Roll six sliced tomatoes in grated cracker or cornmeal, dredge with a tablespoonful of salt and fry in hot butter and suet, half and half. Take up carefully on a heated dish. Stir a tablespoonful of flour into four tablespoonfuls of the fat

remaining in the pan, add half a cup of milk, stir until smooth, season with a half teaspoonful each of salt and pepper, and pour over the tomatoes. Sauce Verte-Take a pint of goose

berries just before they commence to ripen, add a half-cupful of water, boil until quite tender, mash them and through a sieve; put the pulp

# A TEMPERANCE COLUMN.

THE DRINK EVIL MADE MANIFEST IN MANY WAYS.

Turn It Down, Boys-Sketch of the Career of Father Mathew, the Great Irish Advocate of Total Abstinence-His Triumphal Visit to United States.

If urged to lift the giass that tempts, In city grand or humble town, But he that tempts the king or tsar, Quick, turn your giass and set it dewnf.

If those that ask you yex or tease Perhaps condemn you with a frown, te firm; mind not the laugh and sneer; Quick, turn your ginss and set it down!

If health you crave and strength of arm, Would keep your hardy hus of brown, Nor have the scarlet flush of sin, Quick, turn your glass and set it down!

If in your troubles others say, "In sea of drink your sorrows drown," Look out lest drowned the drinker be! Quick, turn your glass and set it down!

Cold water, boys, hurratil hurratil Will help to health, wealth and renown. If urged to give these treasures up, Quick, turn your glass and set it down!

## Theobald Mathew.

Theobald Mathew. A young correspondent, who has no per-sonal recollection of Father Mathew, aska temperance advocate's public career. The following account gives briefly the princi-and reformer. Father Mathew's heroite work in Cork, during the cholera epidemie of 1832, first attracted attention, and at that time he was appointed one of the gov-rrors of the Cork House of Industry. It work in Cork during the cholera epidemie of 1832, first attracted attention, and at that time he was appointed one of the gov-governor, an old Quaker, locally famed as the "teetotal mau" of that city. It was the priest undertook his temperance society. Mathematical the Mathematical Applied the society of the Cork Martin and asked his as-istance in forming a "temperance society, was been the Mathematical on April 10, and the Cork Total Abstinence Society was out even the form afterward adopted and which is found on the media. The advented is found on the media. The advented is found on the media. The advented is found on the medial the found of the temperance addition of the society was the order the found on the medial. The advented is found on the medial. The

and which is found on the mean. The Cork pledge read: "I promise to abstain from all intoxicat-ing drinks, etc., except used medicinally and by the order of a medical man, and to discountenance the cause and practice of perance.

and by the order of a model man, and to discountenance the cause and practice of intemperance." Thus was born one of the greatest temperance movements that the world has perance movements that the world has even seen. By the close of the year 10,000 had signed the pledge. The next year the crussile became an epidemic. On December 1, Father Mathew was advertised to preach a charty sermon in Linercick. A tremendous crowd filled the city. All day long, all night, and most of the next day, did Father Mathew stand administering the pledge: 17,000 names were recorded, though it is estimated that more than 100,000 signed the pledge at that time. In two days at Waterford 80,000 signers were secured. I no ne day at Clonnel 30,000 signed. During the first year of the crusade the Government excise roturns showed a failing off in the consumption of spirits of 1,480,633 galions. At the beginning of 1842, about 5,000,000 persons in Tro-Jand, more than laif the entire population, had signed the pledge, and the consumption of Father Mathew visited this country. His tour was a continuous ovation. He was banqueted at the White House by President Taylor. The United States Senate voted to admit him to the bar of the Senate Chamber, a distinction which no foreigner had ever received except General Lafayette. About 600,000 persons signed the pledge in this country as a result of Father Mathew your of the Mathew state of the Senate Chamber, a distinction which no foreigner had ever received except General Lafayette. About 600,000 persons signed the pledge in this country as a result of Father Mathew state of the senate Chamber, a distinction which he to relage the state that the senate chamber, a distinction which he to relage the did the senate chamber, a distinction which he to relage that ever sective of the senate Chamber as the senate the pledge in this country as a result of Father Mathew senate the pledge th five years longer.

## The Bleycle Said to Produce Temperance

The semi-annual reports of the two large The sould-annual reports of the two large brawing and maliting companies of Chicago and Milwaukee have just been published, and they furnish food for reflection on the part of the public as well as the stockhold-ers. The reports state that there has been a decrease in the sales of beer by the two companies amounting to 47,427 barrels. The officials attribute this failing of in con-sumption to the depression in commercial

#### The Oldest Bailway Servant.

Jeseph Smith, a native of Liverpool, but now residing in Washington, D. C., and who has just celebrated his ninety-sixth birthday, claims to be the oldest railway servant in the world. He was in the employment of the Liverpool Railway in 1830, and was an eye-witness of the fatal accident to Mr. Huskisson at the opening ceremony. He has also a distinct re membrance of the excitement exhibited by the Duke of Wellington, who was present.

#### A Fast Colt.

Several men gathered about a horse near the western market in Detroit, says the Free Press, commenting upon the prominence of the beast's ribs and general lean and lankiness. The ani-mal belonged to a farmer living near Ypsilanti, and, it was said, never permitted grass to grow under its feet on the road. The farmer was not pleased with the remarks and the strong inferences that the poor thing had never realized the sensation of corn and oats. "What do you call your horse?" was asked.

"Cyclone; and don't he look it?" replied the man from the rural districts. "Cyclone! What a name. He certainly looks as if one had struck him." "That's what happened to him, my friend. It was just like this. You remember the awful breeze we had out to Ypsilanti about three years ago? This feller was a sucking colt at the time, and was in the barn with two horses. The cyclone, regular old hummer, came along and thrashed the barn on its legs and dropped it nigh onto 100 yards away. After the twister had raised all the hob, fences and sheds it could we went out to look things up. The two horses were stone dead, and the colt, would you believe it, was nowhere to be found.

"Next day I turned over the hen boop, which lay in the field half a mile away. Right in that coop and lying on the door, which faced down, was the colt. He commenced kicking when he heard us, and we took him out in a hurry. He wasn't scared a bit, I tell you, and was cool as a cucumber. The neighbors say they saw the coop goin' through the air and the colt after it. The little feller caught the scop and got inside of it to save him-self, that's what he did. That's the plain truth, and if you don't believe it ask the colt. Good-day, strangers."

#### Size of Genluses.

Most men of genius have been giants or dwarfs, or at least have been tall or short, according to Havelock Ellis. He does not say, however, that all giants and dwarfs are geniuses. Mr. Ellis has looked up the dimensions of over 300 gifted men, and he finds that 142 were tall, 125 short and seventyfour of middle height, which he places at between five feet four and five feet uine.

Any one can follow out this line of comparison. To take a few familiar names-Washington and Wellington were tall, so were Sherman and Custer. Napoleon, Grant and Sheridan were short. Lincoln was the tallest of our Presidents, except the first. Grant probably was as short as any. General Roberts is so short as to be called Little Bobs. And McClellan was called Little Mac.

Another fruitful subject of inquiry would be the size of heads of noted men. General Miles has one of the largest and finest shaped heads ever known, ranking with the celebrated granium of Daniel Webster. On the other hand. Emerson had one of the smallest of heads .- New York Press.

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## Without Tires or Handle Bars,

Joe Henley, the Kansas City wheelman, who has performed some during cycling feats on the high bridge of the Chicago, Milwaukee and St. Paul railway over the Missouri River, set all his former efforts at naught Sunday afternoon. He rode the eastern outer edge of the structure on a racing wheel which had been stripped of its tires and handle bars. As an appetizer for this perilous feat he rode the lofty bridge and trestle without pedals. A. N. Davis, H. D. Spellman, Martin Brother-

Fits permanently cured. No fits or nervous-ness after first day's use of Dr. Kline's Great Nerve Restorer. Stirial bottle and treatise free DR. R. H. KLINE, Ltd., '61 Arch St. Phila.Pa. son, James Cummings, C. E. Morri-son and C. F. Starr were with Henley and are ready to make affidavit to the Mrs. Winslow's Sootling Syrup for children lecthing, softens the gums, reducing inflamma-tion, allays pain, cures wind colle, 20c.a bottle. performance.-Kansas City Star.

The cost of running a first-class

food, etc.

I can recommend Piso's Cure for Consump-tion to sufferers from Asthma.-E. D. Town-send, Ft. Howard, Wis., May 4, 1801. ocean steamer between this country and Europe, for a round trip, is about \$30,000. This includes wages, coal,

Freshness and purity are communicated to the complexion by Glenn's Sulphur Soap. Hill's Hair & Whisker Dye, black or brown, 50c.



#### How's This?

How's This? We after One Hundred Dollars, Reward for any as e of Catarri that cannot be oursed by Hall's Cestarri Curs. F. J. Cursers & Co., Props., Tolefin, O. We, the undarnighted, have known F. J. Che-ney for the In the years, and believe him per-fer dy homer the in all business transactions and financially able to carry out any obliga-tion in de by their drm. Wast & Tutax, Wholesale Druggiste, Toledo, Ob c. WEST & THUAX, Wholesale Druggins, London, Ob.c. WALDING, KINNAN & MAHVIN, Wholesale Druggists, Toledo, Ohlo. Hall's Catarrh Cone is taken in ernally, sot-ing directly upon the blood and mucous sur-faces of the system, Prior, 76c, per buttle. Sold by all D. unglets. Testimonials free, Hall's Family Pills are the best.

plowed under when in bloom, but lit- nail in the shoe a light tap and the tle of the grass will survive. This frog a smart tap. Drop the foot "quack" grass is one of the plants quickly and start the horse, having

which is a good friend, but a bad mas- the driver to hold the lines taut. ter. On steep hillsides and in poor pastures it forms a most excellent pasture grass, but the cattle are sure to carry the root stalks from the hills to the lowlands devoted to other crops. and it then becomes a great pest. The only advice that can be given is either to conduct a long and thorough summer fallow or keep the land under the plow and in crops by plowing early in cight years and they measure ten feet the spring, sowing to oats and peas arly and thickly, then remove for high and their measurement from tip hay or for soiling, replow immediate-ly, sow to Hungarian, remove and re-There is not a difference of ten pounds plow and sow thickly to rye. In the spring plow this under and repeat the together tip the scales at 7500 pounds. operation. There are very few weeds,

Humaw in the Soil.

-Country Gentleman.

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When land is first broken up it is full of humas in the shape of roots voted to them, one man spending sev-that have been accumulated through eral hours every day in grooming and all the centuries. The land usually produces fine crops. It does not wash much even in heavy rains. It dries out quickly in wet times, and it holds moisture in dry times. This difference limit; they have gained in weight some seven hundred pounds the past is due almost wholly to the fact that year and are capable of carrying anthe humus has become exhausted in the old soil. Cultivation favors the decomposition of this vegetable matter, and it disappears. It takes about twelve years of faraling to exhaust the humus in ordinary rolling lands, and

a longer period in flat or bottom lands but when the humus is gone the laud is said to be worn out, skinned. Chemical analysis will show that these The conditions are such, however, on plant cannot get hold of the elements is to restore the humas in the land, and that is not always au easy matter. pounds.

Where there is available potash and phosphoric acid, and even a small amount of nitrogen left, these lands can be restored ensiest by sowing clover, cutting a crop of hay, and turning under the haulm; or by sowing clover and timothy and pasturing it to twelve quarts of corn and oats for a term of years until humus ac- ground together, two quarts of flax cumulates, or they may be permanently rendered barren by sowing clover, taking a crep of hay, a crop of seed, change, to suit th then turning under and taking about Philadelphia Times.

two or three crops of coru, a crop of spring grain, and repeating the operation, until the last state of that land is

BIGGEST YOKE OF OXEN.

#### Stand Seventeen Hands High and Together Weigh 7300 Pounds.

The greatest yoke of cattle over seen in this country is owned by J. D. Avery, of Buckland, Mass. They are named Joe and Jerry. Their age is They hold the world's record for one and "quack" grass is not one, which pull, having drawn 11,061 pounds of can withstand these "hot plowshares." stone, loaded on a dray, on a level, just eight feet in one draw. They are models of symmetry in build, are ex-tremely kind and docile and beautifully colored. The best of care is de-

cleaning them.

In speaking of his handsome yoke of oxen Mr. Avery said: "The oxen have not by any means reached their some seven hundred pounds the past other thousand pounds. Unlike other large cattle, their flesh is dismy Sychny Which Bills Very much to their looks, and they stand on their limbs as straight as a pair of culves. "They are remarkably intelligent

and well trained. They are very ac tive and sran easily walk a mile in thirty minutes. They are colored, apparently worn out lauds have not like all pure Holsteins, black and greatly decreased in actual fertility. white. Their coats are as fine and glossy as a thoroughbred racer's. account of the lack of humus, that the They are still worked moderately when at home. Their yoke was made of fertility that are really in the soil, to order, and probably is the largest The only way of restoring these lands yoke ever worn by any team. It is seven feet in length and weighs 200

"Their crowning glory is their magcombined their equal does not exist in the world. It may be of interest to know that their feed consists of eight meal and from six to eight quarts of bran each day, with an occasional change, to suit their appetites."-

A Novel Industry.

The hand-knitting industry which worse than the first. Of course the was organized by Lady Arran in humus can be restored by the contin- County Mayo, Ireland, to give emnous and abundant application of ployment to her husband's tenants, manure. This, however, is necessarily has proved a success financially. a slow process on account of the lim-ited supply on hand. Where land is were knitted last year and \$3000 spent exhausted of humus, the application | in wages.

into a saucepan with two teaspoonfuls of sorrel juice (this may be omitted), two teaspoonfuls of sugar and a tablespoonful of butter; simmer for about four minutes. This is a famous English sauce, and is very appetizing when served with roast goose or duckling.

Tatti-Frutti Jelly-Soak one-half box of gelatine in one-half pint of water (cold). Dissolve with one pint of boiling water, add juice of three emons, one and one-half cups of sugar. Strain. When beginning to stiffen put a layer of jelly in a dish, then a layer of ripe stemmed currants, another of jelly, one of ripe raspberries, jelly again, alternating with sliced oranges and grated cocoanut, fluishing with jelly. Set on ice until perfectly firm. Red Raspberry Blanc Mange-One pint of red raspberry juice, one quart of milk, two-thirds of a cupfal of sugar, four heaping tablespoonfuls of cornstarch, blended in one cupful of the milk, one dash of salt. Heat the milk to the boiling point, stir in the blended cornstarch, add salt, sugar and last raspberry juice. Boil up and pour into a wet mold. Set in ice to cool. Turn out and serve with whipped cream around the same. This is delicious.

Veal and Tomato Scallop-Slice enough cooked cold veal, rather coarse, to make three cupfuls. Also slice one-fourth of an inch thick one pound of skinned fresh tomatoes. Butter a baking dish and spread alternate layers of fine bread crumbs (one cupful is required), yeal, then tomatoes, seasoning with one heaping teaspoonful of salt and one saltspoonful of pepper in all. Finish the top with bread crumbs and pour over one ful of Italian sauce. Bake for thirty minutes

White Velvet Sherbet-The juice of four lemons and the thinly shaved peel of one scaked in the juice half an hour. Then strain the juice and add enough sugar to make a thick batter. It usually requires three-quarters of a cupful to each lemon. Add one quart of milk, and turn at once into a freezer packed with three parts broken ice and one part rock salt. Turn slowly at first, and when it begins to thicken turn rapidly until stiff. Add more ice and salt, and let it ripen for at least two hours before serving

#### Migration of Canadians

The migration of the French-speaking people of Canada to the New Eng-land States has assumed enormous proportions in recent years, and shows no signs of diminution. The French population of the Province of Quebea is 1,200,000, while, according to the census of 1890, the number of French Canadiaus and of persons of Canadian extraction in the United States was 840,000. The late M. Moreier pre-dicted that by 1910 there would be more French Canadians by birth and descent in the United States than in Canadia — Boaton Horald population of the Province of Quebec Canada - Boston Herald.

The Oncen's Physician

The officials attribute this failing off in con-sumption to the depression in commercial and industrial enterprise. The total out-put of all the breweries in the Chicago in-ternal revenue district decreased 129,751 bushels for the six months, and although the hot weather has increased the consum-tion somewhat, it is still below that bf the corresponding period of previous years. Although the official reports Felating to the liquor business do not refer to the ef-fects of the bicycle on trade, it unquestion-ably has an important influence. All the world's awheel, and as everybody knows, a wheelman cannot serve two masters. Hence he has parted company with Gam-brinus, and the numerous sheriff sales of saloons and embarrassment of vincus liquor dealers indicate that the bike is even greater than Eacchus. As a temperance worker than Bacchus. As a temperance worker the wheel has no equal.-Evansville (III.) Journal.

Total Abstainers in the White House.

Total Abstainers in the White House, It is not as well known among temper-ance people as it ought to be that Mrs. General Grant male the first move against intoxicating liquor at the White House, she having secured its banishment from the New Yoar reception of the President. Mrs. Grant was succeeded by Mrs. Hayes, who was an Ohio woman, and a warm sympathizer with the woman's crusade. A life-long tecto-taler, she never offered wine while at the White House. Next came Mrs. Garneld, Mrs. Harrison and Mrs. Cleveland, all total abstainers and none furnishing wine to their own guests, thongh, lacking the co-operation of their husbands, they could not prevent its use at State dinners as could Mrs. Hayes, because the President's views and practices coincided with her own. Mrs. McKinley is well known to be a total abstainer. abstainer.

#### "That Beats the Devil."

A Christian woman in Illinois recently followed a drinker, in whom she was deep-ily interested\_into a saloon. Just as he was about to take a glass she tapped him gently on the shoulder and requested him to go with her. He complied, and as they marched toward the door the saloon keeper recovered sufficiently from his anazement to ejaculate: "That beats the devill" The lady turned and emphatically reforted: "Yes, sir; it was my intention to heat the devil." If it is the intention of the church to beat the devil, his Gibraitar of intem-perance must not be ignored. A Christian woman in Illinois recently

#### Most Degrading of All.

Most Degrading of All. What is more degrading, more shameful, more despicable in the eye of God and man than intoxication? It destroys the temple of God and turns it into that of a demon Shakespeare, in "Othello," refers to Intern-perance in the following words: "Oh, thou invisible spirit of wine, if thou hast no name to be known by, let us call these devil." That invisible spirit is alcohol, which the great enemy of mankind has so long em-ployed as a decoy to ruin such vast num-bers of the human race.

Temperance News and Notes. Impure words and blows are often the scompaniments of drunkenness,

Australia has ruled out barmaids. Those how in service may be registered and li-censed, but no more can be engaged. But a landlord's wife will be allowed in the bar. A liquor merchant and expert swore re-ceatly that fine cogine could be made from roasted aimond shells and essential clis. This drink, he said, would fool the average drinker.

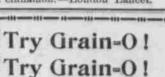
Dr. James Reid is to Queen Victoria what Dr. Schweniger has been to Prince Bismarck. And the keeper of the monarch's health has even a more important duty than the keeper of the monarch's conscience. At the same time Sir James Reid has always had a much easier patient in the Queen than his brother physician has had in the ex-Chancellor of Germany. A patient who, like Prince Bismarck, would swallow vast quantities of porter and champague, sometimes needed careful doctoring. The Queen has been endowed by nature with a first rate constitution, of which she has taken good care.

#### Try Allen's Foot-Ease.

Try Allen's Foot-Ease. A powder to be shaken into the shoes. At this season your foot feel swollen and hot, and get tired casily. If you have smarting feet or tight shoes try Allen's Foot-Ease. It cods the feet and makes walking casy. Cures and prevents swollen and sweating feet, bilisters and callous spots. Relieves corns and bunches of all pain and gives ret and comfort. Try it today, Sold ity all drug itst and shoe stores for 50 cont. Trial package FIREE. Address, ALLEN S. OLMETRD, LeROY, N.Y.

#### Cinnamon for Dysenfery,

A surgeon in the British army in India writes that he has for several years employed with success in the treatment of dysentery a very simple remedy, consisting of one drachm of cinnamon bark reduced to a fine powder and made into a ball with a few drops of water, this to be taken every morning and evening. He has found this remedy a very successful one. He had learned of it from a Persian medical work, the remedy being very popular in Persia. The virtues of this remedy may be due to the anti-septic or germicidal properties of oil of cinnamon.—London Lancet.



Ask your Grocer to-day to show you a package of GRAIN-O, the new food drink that takes the place of coffee.

The children may drink it without injury as well as the adult. All who try it, like it. GRAIN-O has that rich seal brown of Mocha or Java, but it is made from pure grains, and the most delicate stomach receives it without distress. 1 the price of coffee.

15 cents and 25 cents per package, Sold By all grocers.

Tastes like Coffee Looks like Coffee



says: "I couldn't recommend this remedy as heartily as I do if I didn't believe in it. I am not much of a medicine taker. I am opposed to medicine, on principle. There ought to be no needs of medicine—just as there ought to be no poverty—but there is. If people lived right they would be well. Sunsitive, air exercise, fun, good food—plenty and not too much—are the best medicines, the natural ones; but men are field to their desks, and women to their home cares, and both are right to food. Their desks, and women to their home cares, and both are right to finthto their desks, and women to their home cares, and both are their to tran-ion. Civilized existence is artificial and needs artificial regulators. I recommend Ripans Tabules—and take them myself. I know they are hold harmless and effective. (I know what they are made of.) They are the best remedy I know anything about for headaches, or indigestion, or tilliousness, or any sort of sluggishness in the system. And they are in the handlest possible shape to carry in the pocket."

