# He Let His Reputation Go.

He Let His Reputation Go. It isn't often that one finds among the mountaineers of the Southwest s here of the highest type, but they do exist, and a year or so ago I met one. I had been in his neighborhood for three months and I knew that he had killed a man or two and had the reputation of being the gamest man in the moun-tains. He was extremely handy with a gun, too, and everybody gave him a wide berth whenever there was a pros-pect of a row. One day, however, he got into a difficulty with a man from an adjoining county, and when the shooting began he cut and run like a white head, leaving the field in pos-session of the other party. Two days afterward I met him on the road and we talked about the late disturbance. "I was rather surprised at the way

"I was rather surprised at the way you acted," I said, as mildly as I could, for even then I had no wish to American Farmer.

could, for even then I had no wish to stir him up. "I reekon most folks wuz," he re-plied briefly. "I know they were, and they don't understand it; neither do I." "Well," he said, half apologotically, "I reckon I jist run, and that wuz all thar wuz to hit." "There was more than that; you lost your reputation by it."

lost your reputation by it." "Mebbe I did, colonel," and he

Mebbe 1 did, colonel, and he swallowed a lump in his throat; "but that thar feller had seven little chil-dren dependin' on him, an' I kinder had an idea jist afore I pulled trigger that mebbe I could git along better

without ther dould git along better without ther daddy, so I run." He stopped as if uncertain what to say next, and I took him by the hand and shook it with a vigor that I knew he appreciated by the look that came into his eyes.—Detroit Free Press.

In certain districts of Sicily the industry of gathering the thread-like substance secreted by mussels is car-ried on. The fiber thus obtained is used in the manufacture of silk.

#### Never Idle.

"A million people out of work," says a newspaper writing of these hard times. Added to this misfortune are the physical infirmlities with which thousands have to bear. But there is one thing that is never idle ; always at work, unceasingly in search of those thus deterred, it seeks to cure such and help them to grasp a chance when it comes. This is the mission of St. Jacobs Oil, Among the millions there are thousands suffering with neuralgia. For this it is a positive cure. Use it and there will be a thousand sufferers less and a thousand chances more to get work and hold it. Bet-ing like the great remedy for pain to help you out of painful troubles and into place again. natural World.

The French levy a tax on coffee to the mount of \$300 a ton.

Dr. Kilmer's SWAMP-ROOT cure all Kidney and Bladder troubles, Pamphlet and Consultation free. Laboratory Binghamton, N. Y.

New York State appropriates \$400,000 and nually to its militia.

STATE OF OHIO, CITY OF TOLEDO, LUCAS GOUNTY. FRANK J. CHENKY makes onth that he is th senior partner of the firm of F. J. CHENKY & Go., doing business in the City of Toledo County and State aforesaid, and that said firm yill pay the sum of ONE HUNDRED DOL ay the sum of ONE HUNDRED DOL for each and every case of Charth that the cured by the use of Hatt's CATAING the cured by the use of Hatt's CATAING FLANK J, CHAREY, in to before me and subscribed in my nee, this 6th day of December, A. D. 1886 A. W. GLEASON, LARS f CURE.

Notary Public Hall's Catarrh Cure istaken internally and act. directly on the blood and mucous surfaces o. the system. Send for testimonials, free. F, J. CHENEY & Co., Toledo. O.

Mrs. Winslow's Soothing Syrup for children teething, softens the gums, reduces inflamma tion, allays pain, cures wind colic. 25c. a bottl

LIKE Oil Upon Troubled Waters is Hale's Boney of Horehound and Tar upon a cold. Pike's Toothache Drops Cure in one minute

Karl's Clover Root, the great blood purifier, gives freshness and clearness to the complex ion and cures constipation, 25 ets., 50 ets., \$1

# Whole Family Helped



Hood's Sarsaparilla completely cured him. Our son was all run down and Hood's Sarsaparilla built him up, and he gained 15 Our little boy Leon has also been given leitie, weight and strength by the medicine. od's Sarsaparilla cured me of Erysipe-to, which have had for 15 years and which how entirely driven out of my system. Since





the morning, then feeding. The food for the cows consists of twenty-five pounds of good silage, two pounds of wheat "seconds," and usually a pound of oat dust; if not the latter some CARE OF THE MEADOWS CARE OF THE MEADOWS. It will pay well to run the mower over the meadows and cut down the weeds before they seed. There are daisies, ragweed, goldenrod, and other flowers that are not in their proper place among the grass, and all now maturing seed for seven years' weed-ing in the future, as the proverb goes. These should be destroyed at once, and it will be a small job to do it.— American Farmer.

### FEED, IF YOU WANT EGG

wheat "seconds," and usually a pound of oat dust; if not the latter some other grain to the amount, making a total of three pounds for each of the best milkers, and a little less to the others. As soon as the silage is eaten, a lock of hay, two or three pounds for each, is put into the mangers, and needed time given to eat it. About two hours after the morning feed, the cows are watered. The water is in their mangers, and the troughs are fitted with covers, so that they cannot lift them up at will, as it is not well for the cows to take seventy-five pounds of water into their systems immedi-ately after eating, as they would do. The cows immediately after eating lie down and chew their cuds for an hour or more. Then they are watered and the troughs left open for the day, so that any cow can drink as she may like after the "first drink." The stables are cleaned in the morning, and the trenches sprinkled with road dust and then partially filled with the freesh, long manure from the horse stalls. This combination makes a good ab-sorbeat and deodrizer. At night af-FEED, IF YOU WANT EGGS. Do not be afraid of the feed if you want eggs. A poor feeder is never a good layer. Again, not what is eaten, but what is digested and assimilated is what tells in the egg basket, so that everything which tends to better diges-tion tends toward better returns in eggs, and indicates that plonty of shells and grit should be furnished, and if possible charcoal, which absorbs the gases, sweetens the crop, and many times prevents an attack of indiges-tion.—American Acticulturist. tion.-American Agriculturist.

## SHOEING HORSES.

long manure from the horse stalls. This combination makes a good ab-sorbeat and deodorizer. At night af-ter milking, the feeding is repeated, and when the cows are looked after towards bedtime, the water troughs are again opened for the night, some dry sawdust is thrown along the heel planks, and the stables are shut up for the night The greatest care is necessary to so shoe the horse that the relative posi-tion of the leg to the foot in the nor-mal state should be maintained, says mai state should be maintained, says an English veterinarian. The bearing of the shoe should be level all around. If heel or toe, the inside or the out-side of the foot, were too high or low, the relationship of the limb or leg was disturbed—in fact, the whole mechan-ism of the limb, was thrown out of

planks, and the stables are shut up for the night. In building the stable, while very economical in cost, the idea was to give each cow plenty of space, and so each cow has 640 enbic feet of stable. the relationship of the barbor barbor barbor disturbed—in fact, the whole mechan-ism of the limb was thrown out of gear. Unequal pressure, however slightly occasioned, would surely end in serions damage to the limb, and among the frequent results of such treatment is permanent injury to the coffin bone. Contraction of the heel, he maintained, was not an active dis-ease, but a passive condition due to the horse easing his feet so as to mini-mize the pain felt at his heels from bad shoeing. He had little faith in mechanical arrangements for widening contracted heels. "Shoe the horse," he remarked, "so that the bearing surface is properly maintained at the Another thing was the avoidance of what might be termed "hothouse" conditions, and so sunshine was sought. It comes in on three sides of the stable during the day. The tem-perature of the stable is maintained as nearly as possible at forty-five degrees nearly as possible at forty-five degrees. The water is not warmed, but is kept in a close iron tank in the stable and in a close iron tank in the stable and pumped every day from a deep rock well, and so does not vary much as it runs into the troughs from fifty de-grees. Of course the cows have good beds of straw and are carded now and then, but they are given enough free-dom so that they can perform their own toilets fairly well. I am not a believer in the high feeding of con-centrated grains. The individuality of the cow is a thing that is born with her to do a certain performance. and surface is properly maintained at the heel, and expansion will follow as a consequence."-New York

# CELERY CULTIVATION.

Celery planted in beds or rows will read frequent cultivation. The culti-vator run between the rows and the use of the pronged hose between the plants will be all the cultivation needed. This work should be done once a week. Do not allow the ground to crust our when the weather is

of the cow is a thing that is born with her to do a certain performance, and feeding to create a production beyond born individual capacity has never been accomplished except in a limited way, and then has cost more than the way, and then has cost more that the returns from it were worth. The great horse Directum eats no more oats than a "plug," and no amount of oats will get speed out of the latter. It is the same way with cows. once a week. Do not allow the ground to crust over. When the weather is hot and dry it will form a thick, hard crust, which willstop all growth. Celery planted in beds will require still greater care. The narrow steel hoe or the narrow celery rake will do rapid and first-class work in the hands of the constant products of the requires

FARM AND GARDEN NOTES. of a competent man. Celery requires a large amount of moisture, and one Nothing truer than that hogs like

'roots.' way to get it is by frequent cultiva-tion; the next is by giving the beds a generous watering. When the plants need water give an abundance. Water in the cool of the evening. A hose attached to a barrel drawn by a horse will mighty mut it on without much Don't forget to save the best field and garden seeds.

If you have no orchard set out at least a few fruit trees.

Commercial prosperity has much to do with the horse market.

will quickly put it on without much loss of water. When the small beds are to be watered, a watering can will be all that is needed. In the editor's experience watering once a week is enough The sow should be left quiet a day or two after she has been served. Now get rid of all poor scrub ani-mals before they eat their heads off.

A very large litter of pigs is gener-ally to their detriment in quality or size.

It is suggested that sweet potatoes may be dried in the same manner as fruit.

experience watering once a week is enough. The long, green celery-worm that feeds on the leaves should be cut in two with a pair of clippers. In the dry seasons they become very numer-ous, and will seriously injure the plants if not taken in time. The cel-ery should not be earthed up during hot weather. Keep the soil loose and the plants growing. The middle of September is plenty early enough to give the first earthing up. The self-blanching celery will need the earth drawn up to the plants about the 10th of September. This celery comes It is not well to raise colts and mules together, because the mules lord it over the former. Exercise will do the very little pigs

good; give them range as soon as they are able to toddle. of September. This celery comes into market in the early tall. It is quite delicate, and is hard to keep af-

As long as she will prove serviceable keep the sow which has proved herself to be a good mother. Extra fat sows will not breed so ter it is once blanched.-Baltimore

surely as when their systems are in a less feverish condition.

# HOUSEHOLD AFFAIRS,

CLEAN BLACK RT Black ribbors can be cleaned with coffee to look fresh and nice. Lay them on the bare table or a board; dip a black cloth in clear coffee and wet the ribbor thoroughly until it will stick to the table; press every crease out and let it dry there.—New York Journel

# TO PREVENT FLANNEL SHRINKING.

TO PREVENT FLANNEL SHRINKING. A good old Scotch housewife says that her flannels never shrink, and it is because she washes them in cold water. She puts them in clean, cold soapsuds and washes them directly; then she puts them through a second suds, and rinses them in cold water and hangs them out to dry without wringing them at all. She never washes flannels on a rainy or cloudy day, but always waits for sunshine.— New York Advertiser.

#### LEFT-OVER STEWED TOMATOES.

If, as often happens, you have a lit-tle stowed tomatoes left over from din-ner this is a nice way of using them: Boil two-thirds of a cup of rice in two Boil two-thirds of a cup of rice in two cups of water (or steam it in the double boiler) adding half a teaspoon of salt at the time you pour the boiling water on to the rice. Cook until soft, which will be in a half or three-quarters of an hour. Remove the cover and stir the rice carefully with a fork to let the steam escape and dry off the rice. Heat the tomatoes which were left, season them quite highly with salt and pepper, using a little cayenne to highten the taste, add to the rice a tablespoonful of butter, stir carefully in, and when melted pour over the tomatoes and stir that also into the rice. Serve at once as a vegetable and rice. Serve at once as a vogetable and you will be surprised to find it so good. -New York Advertiser.

## COOKING BANANAS

COOKING BANANAS. Cooked bananas make delicious des-serts. As fritters, they are excellent. Sliced, fried and sprinkled with pow-dered sugar they are good. Made into a pudding by slicing them, plac-ing in a pudding dish with alternate slices of sponge cake, the whole being soaked with beaten egg and baked, they are not to be despised. Pre-served bananas are also delicious. Boil together a pound of sugar, a half pint of water and the juice of ono lemon and one orange. Skim this lemon and one orange. Skim this and when it is syrup-like put in six peeled bananas sliced in two. Cook for about forty minutes and serve

To bake bananas loosen the skin so that the fruit may be slipped out, but do not take it out until after the baking. Bake for half an hour. Then remove the loosened skins and cover with a sauce made by boiling half a cup of sugar and half a cup of water for minutes and adding a tanganoon of hive minutes and adding a teaspoon of butter and the juice of half a lemon. — New York World.

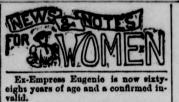
#### THE SERVANT OF SMALL THINGS.

The BERVANT OF SMALL THNOS. There is a prospect that, before we are much older, nearly all our house-keeping will be done by machinery. Not only by special machines for spe-cial purposes, but by great co-opera-tive machinery for the whole house-keeping.

kceping. But the faithful housekceper is But the faithful housekeeper is quite sure that there is one servant who will never be supplanted—the servant of small things. The servant, paid or unpaid, who picks up the trifles every one else drops, and puts away the articles every one else for-gets. The servant who carries up and down stairs odd cups and glasses and subtributed to the servation of the ser down stairs odd cups and glasses and spoons; who finds overshoes and slates and schoolbooks and hats; who gathers the scattered playthings and discovers the misplaced book or sew-ing; who makes ready the chair and the footstool for the coming occu-pant, and who takes up all the dropped stitches, moral and material, in the family life.

There may arise housekeeping ma There may arise housekeeping ma-chines, big and little, working with marvelous skill and accuracy. But until a method is discovered of put ting a heart as well as hands into them, of giving them a soul as well as a body, it is certain that the sphero of the servant of small things cau never be perfectly filled by such con-trivances. Harmor's Bazer. trivances. -Harper's Bazar.

HOUSEHOLD HINTS. After washing never wring worstell Soak mildewed clothes in buttermilk and spread on the grass in the



There are between 300 and 400 edu cated female pharmacists in the Unite States.

Miss Anna P. Church, of Toledo, Ohio, has lately engaged in the under-taking business.

Mrs. Cleveland's daily mail fre-quently includes 100 letters, and rare-ly less than sixty. There's a hospital in Soo Chow, China, in charge of Dr. Anne Walter, Mississing some

a Mississippi woman.

Advanced society women have prac-tically banished all punctuation points from their letter writin .

Fifty thousand per annum is the marringe dower of the young women of the Vanderbilt families.

A new fad of society girls is to col-leat the little bows from the hatbands of their gentlemen friends. The quickest cure for red hands is

loose sleeves and gloves, easy fitting shoes and good circulation.

It is now declared that short stock-ings injure the feet by pressing the knuckles of the toes upward. A tournament of washerwomen is to

be held at Conway, Wales, for the benefit of a Wesleyan bazar.

This question of whether women shall ride on a bicycle is a question for women to settle themselves.

Mrs. J. E. B. Stuart, widow of the Confederate cavalryman, is now the Principal of a girl's school in Missouri.

The charge is made that the American woman is more indiscreet in tell-ing secrets than any of her European

A Chicago woman carries a business card, which reads: "General Commis-sion Merchant, Dealer in Poultry, Eggs, and Calves."

It is a good plan to make covers for trunks when they are exposed to view in the room. For this purpose dark blue duck is serviceable and sightly.

Lawn tennis certainly holds first place in the hearts of American wo-men, if one may judge from its uni-versality, though it is hard pressed by riding.

The only known woman trainer of thoroughbreds is Mrs. Chalmer, of England, whose five sons are all either trainers or jockeys. She trained them herself.

"Fee-jee" is "chum" in the Bryn Mawr (Pennsylvania) dialect. This peculiar form of linguistic eccentricity is not used at any other college so far

Next to singing Mme. Alboni liked nothing so well as darning woolen stockings. It was her custom to sup-ply all the poor of the neighborhood with them.

Only three of the twelve brides maids at Queen Victoria's wedding are alive—the Dowager Duchess of Bed-ford, the Duchess of Cleveland and Lady Jane Ellice.

In the sixteenth century the faces of ladies were covered with a sort of enamel. It was brittle, and wearers were obliged to preserve a fixed ex-pression of countenance.

If you don't think we are going to have a rush of color to the head this season, you've only to step into a bon-net shop to be convinced and at once set right on the subject.

Miss Elizabeth Floming has been appointed crier of the United States Circuit and District Courts at Portland, Me. Miss Fleming was previ-ously the court stenographer.

Mrs. Rider Haggard, it is said, is the "congenial inspiration" of the noted author. What Mr. Haggard writes is read and criticised by his wife before it is sent to the publisher.

Some Boston clubwomen are talking a "winter flower mission" which shall give to the costly and beautiful flowers of teas, luncheons and balls a second service, gladdening the sick and deprived.

Mrs. Louise Chandler Moulton has a London home at Weymouth street, Portland place, and she is accredited with being one of the half-dozen wo-men in London able to create and hold a salon.



Strange Home for Figs.

A naval clergyman gets \$2500 a year then he is at sea and \$2000 ashore.

Spent Hundreds of Dollars with no Benefit

COLEMAN of 33 So writes : "After

ical Discovery and isant Pellets' for one h, I was entirely and from that day is I do not know, God, what even headachai

one day (1 only,) the su with \$3.50 f and derived

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M. J. COLEMAN

DOUCLAS

45. CORDOVAN

S3 SHOE NO SQUEAKING

hour from

TO PUT ON

needed flesh, no mat-ter how you've lost it, take Dr. Pierce's Golden Medical Dis-

when he is at

3

Q

Age of Niagara Falls.

Professor J. W. Spencer says that the first conjecture as to the age of Niagara Falls was made by Andrew Ellicott in 1790. Ellicott believed the falls to be 55,000 years oil. About 1841 Lyell estimated the age of the falls as 35,000 years. All of these esti-mates were nume conjectures, but they Strange Home for Figs. The editor of this paper was favored Monday morning by the receipt of samples of figs grown by Miss Mamie Antram on the farm of her father, James W. Antram, who lives three miles north of this place. The fruit was delicious, and proves that with the proper care almost anything, even tropical fruit, can be grown in grand old Missouri.—Lewis County (Mo.) Journal.

1841 Lyell estimated the age of the falls as 35,000 years. All of these esti-mates were pure conjectures, but they were correct in assuming that the gorge had been excavated by the river. Professor Spencer, in out-lining the progress of the falls, says that a little stream draining the Erie Basin once fell about 200 feet from the brow of the Niagara escarpment. This stream was not over one-fourth the volume of the present cataract, and consequently excavated the gorge at a much slower rate than at present. During the early history of the river the waters of the three upper lakes emptied through the Huron Basin by way of the Ottawa River. The height of the falls has increased several times. The first episode, represented by a small river falling 200 feet, lasted 11,000 years. Then the height of the falls was increased to 400 feet, and took the drainage of all the upper great lakes. At the same time there was a series of cascades, three in all, the lower gaining on the upper until finally they were all united in one great cataract, much higher than that of to-day. Subsequently the waters it, take for Pierce's Golden Medical Dis-Covery. It works wonders. By restor-ing the mormal ac-tion of the deranged organs and functions, it builds the flesh up to a safe and healthy standard-promptly. pleasantly and nat-urally. The weak, it builds the flesh up to a safe and healthy standard-promptly. pleasantly and nat-urally. The weak, it will be the safe and healthy stored the safe and healthy flesh not the fat foods in the blood foot the food y to ac-sivity, purifies, enriches and vitalizes the blood so that the body feels refreshed and strengthened. If you are too thin, too weak, too nervous, it may be that the food assimilation is at fault. A certain amount of ble is necessary for the reception of the bloods in the blood. Too often the liver holds back this element which would help Discovery stimulates, tones up and invig-porates the liver, nourishes the blood, and the muscles, stomach and nerves get the sich blood they require. of to-day. Subsequently the waters were raised at the head of Lake On-tario, and the falls approximated to the present conditions after a lapse of 1000 years, and another 1000 years was probably occupied by transitorial changes of a very gradual character. It is now 8000 years since Lake Huron emptied into Lake Eric for the first time. The land has risen about the time. The land has risen about the outlet of Lake Erie, and if the present

outer of Lake Erie, and if the present rate of change continues, in 5000 or 6000 years the waters of the four lakes will be turned into the Mississippi River drainage at Chicago.—New Or-leans Picayune. M. J. COLEMAN OF 31 Mais., writes: "After suffering from dyspepsia and constipation with un-told agony for at least 18 months, I am more than pleased to say that after using Dr. Pierce's Golden Medical Discovery and

## Restoring Historical Paintings.

Restoring Historical Faintings, The eight great paintings in the ro-tunda of the Capitol at Washington, representing famous events in Ameri-can history, are undergoing treatment to restore their colors. The painting of the "Baptism of Pocohontas" has just been replaced in its niche in the wall, after being subjected to a reju-venation, which causes its companion pieces to appear exceedingly tarnished by contrast. The other pictures are by contrast. The other pictures are to undergo the same attention. Trum-bull's famous representation of the signing of the Declaration of Inde-pendence has been removed for re-newal. Architect Clark of the Capi-tol was given phares of the work and tol was given charge of the work, and placed it in the hands of a specialist in Baltimore. A preparation is used which removes the dust and varnish and brings out the original colors in some thing like their first distinctness, no new paint is applied. - New York

Post. Twenty years ago Southern planters paid men to haul away cotton seed and burn it.

FRENCHA ENAMELLED CALT. 4,4530 FINECALF&KANBARDE 43,50 FOLICE, 35 OLES. 52532. WORKINGMENS 42,91,25 BortSchoolShoes. 1,2,91,25 BortSchoolShoes. 1,2,90 FOLICE. 5322-52. 5322-500 Stores. Send For Catalogue W.L. DOUGLAS, BROCKTON, MASS. BROCKTON, MASS. BROCKION, MU Fou can: save money by wearing W. L. Douglas 53.00 Shoe. Becanse, we are the largest manufact is grade of shoes in the world, and guarant lue by stamping the name and price toom, which protect you against high pri-e middleman's profits. Our shoes equal ork in style, easy fitting and wearing qu-larse them sold everywhere as ilower ps-e value given than any other make. Take tute. If your dealor rannot supply you, w



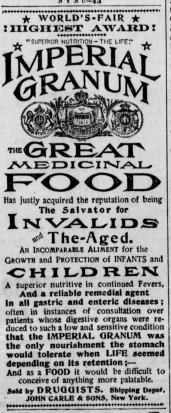
Cents. A Sample Collar and Pair of Cuffs by mail for Sig Cents. Name style and size. Address REVERSIBLE COLLAR COMPANY, 17 Franklin St., New York. 27 Kilby St., Boston.

KNOW LEDUCE Brings comfort and improvement and tends to personal enjoyment when rightly used. The many, who live bet for 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 the value to health of the pure liquid

HALMSAnti-ChewingGum

taking Hood's I am better in every way. MRS. H. K. JOHNSON, Lyme Centre, N. H. Hood's Pills are a mild cathartic. 25 cents.

#### NYNU-43



WINTER DAIRYING. The chief aim in winter dairying, writes John Gould, of Ohio, in the American Agriculturist, is to get all the milk possible between the last of October and the first of the following June, and for that purpose the cows calve as nearly as may be in Septem-ber and up to the first of November. ber and up to the first of November. I have unusual opportunities for selecting choice cows from the "springer" droves that are centered here for shipment to New York and Philadelphia, so if a cow goes wrong her place is supplied at once with a promising cow selected from hun-dreds. The aim is to have the dairy of somewhat uniform size, and all must answer in full to the dairy form and true when the cows come into the dairy

American.

they are given a little grain with soil they are given a little grain with soli-ing crops, like sweet corn and millet, or oats and peas. I begin to stable the cows early, by the tenth of Oc-tober certainly, and if there is cold and disagreeable weather, such as is frequent "right off from the lake," they are kent in for two days or mothey are kept in for two days, or un-til the weather is warm. A cow must not be allowed to shrink in the fall, from either lack of feed or chilling rains. By the tenth of November the cows are practically in winter quarters. About the twentieth the silos are About the twentieth the silos are opened, and, as a rule, from Thanks-giving Day the cows are left in the stalls until Easter Sunday, often three or four weeks later, according to the weather. The stable is light, very dry, well ventilated, never freezes, and the cows are tied in pairs with halters in half box stalls, and in every way made as comfortable as



Darkening the rooms where nests are placed tends to prevent the fowls from eating their eggs. A little honey heated and dropped on bread is said to restore voice and strength to sick canaries.

Destroy all poor and worthless fruit as soon as it falls from the trees, or it will furnish a harbor for many insect

Pick off the faded flowers and dead leaves from your plants, if for no other reason than that they injure the appearance of the plant.

Much seed is wasted by letting it remain where grown after it is ripe by falling into the ground. And it is al-ways the first and best that falls.

When only enough food is given to support life there can be no profit, as profit only comes from what is con-sumed and appropriated above the life sustaining point.

Do not water newly-potted plants too freely. It is best to give a liberal quantity of water at the time of trans-planting, and then not water again until new growth starts.

Seed of the nasturtium may be sown at intervals throughout the en-tire year, thus giving new plants at all times. They make a very pretty plant for the windows.

D) not allow withered flowers to re-main on the plants unless you wish the seed. They should be picked as soon as they show signs of withering, as they are a great drain on the vi-tality of the plant.

very dry, well ventilated, never freezes, and the cows are tied in pairs with halters in half box stalls, and in to every way made as comfortable as possible.
pot. As soon as the habit of eating in the fields can be changed to stable life, the cows are put upon two feeds a day, all that they will est up clean, and the rest of the day or night is given to fool digestion and assimilation. This is found by far the best method. Milking is the first thing in
to the very dry, well ventilated, never the text the strawberry beds clean, cultivate well that a good vigorous provent may be made before the ground freezes. Then be ready to cover lightly with marsh hay or other life, the cows are put upon two feeds a day, all that they will est up clean, and the rest of the day or night is method. Milking is the first thing in

sun. Acid phosphate will remove ink stains from the hands when every-

thing else fails. Milk, applied once a week with a soft cloth, freshens and preserves soft cloth, freshens and preserves boots and shoes.

Canned sardines carefully browned on a double-wire gridiron and served with lemon are appetizing.

One of the easiest ways of "taking old" is to drop asleep without an excold" is to drop asleep withou tra wrap over the shoulders.

No receptacle for soiled clothing, even if handsomely decorated, should be kept in a sleeping apartment.

These are days when extra cara should be taken to keep the feet par-fectly dry. A fresh pair of stockings should be used every day.

Canned tomatoes are more delicious baked than stewed. About ten minutes before removing from the oven spread buttered bread-crumbs over the

top. Whiten yellow linen by boiling half an hour in one pound of fine soap meited in one gallon of milk. Then wash in suds, then in two cold waters with a little blueing.

Calicoes, ginghams and chambrays cannot be properly washed with the white clothes. They need a much quicker process, and the long delays of an ordinary washday would ruin them.

Two uses of eggs are not generally known or appreciated. A fresh egg beaten and thickened with sugar, freely eaten, will relieve hoarseness, and the skin of a boiled egg, wet and ap-plied to a boil, will draw out soreness.

The compiler of the most curious statistical table of the century shows that the average life of a physician in the sixteenth century was 36.5 years; in the seventeenth century, 45.8; in the eighteenth century, 49.8, and at the present time is 56.7.

Dr. Helen Baldwin, a graduate of Wellesley, obtained first honor at a recent competitive examination for the post of Resident Physician in the Philadelphia Hospital. She had eighty-three rivals.

eighty-three rivals. Cracked wheat, with milk, honey or stewed fruit, is the best kind of break-fast or supper for girls who wish to grow strong and beautiful. The lime-like material in the grain is very strengthening and healthful.

One objection that has been urged by those who are unwilling that women should have the right to vote is that the greatest political excitement generally comes each year just about the time when she is busy putting up tomatoes

Miss Annie Reynolds, of North Haven, Conn., who is to be the first World's Scoretary of the Young Women's Christian Association, is a graduate of Wellesley and has been a special student at Yale, Her head-quarters will be in London.

Mrs. S. F. Grubb, superintendent Mrs. S. F. Grubb, superintendent of work among foreigners, keeps a missionary at the port of New York and distributes monthly to the incom-ing immigrants 20,000 pages of tracts on topics related to good citizenship. She has published these tracts in seventeen different languages.

seventeen different languages. Mrs. Dunlap Hopkins, founder of the School of Technical Design in New York, has been invited by Princess Christian to a conference with reference to establishing a sim-ilar school in London. Mrs. Hopkins has also been invited by the French Government to give it the benefit of her experience. her experience.

her experience. Mrs. E. B. Lelend is the basso trombonist of the First Baptist Sun-day-3chool of Baltimore. She began the study of the instrument some timo ago, partially for the benefit of her health, and she has not only made a success of it musically, but has ex-panded her lungs and improved her health generally.

KNOWLEDGE

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. Its excellence is due to its presenting in the form most acceptable and pleas-ant to the tasts, the refreshing and truly beneficial properties of a perfect lax-ative; effectually cleansing the system, dispelling colds, headaches and fevers and permanently curing constipation. It has given satisfaction to millions and met with the approval of the medical profession, because it acts on the Kid-neys, Liver and Bowels without weak ening them and it is perfectly free from every objectionable substance. Syrup of Figs is for sale by all drug-gists in 50c and \$1 bottles, but it is man-ufactured by the California Fig Syrup Co. only, whose name is printed on every package, also the name, Syrup of Figs, and being well informed, you will not accept any substitute if offered.

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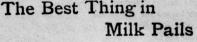
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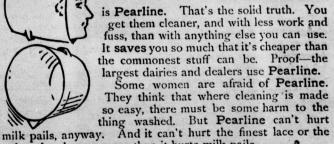
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# "The Kore You Say the Less People Remember." One Word With You, SAPOLIO