

It is wise not to be too dogmatic in regard to conditions of health. In view of the omnipresent microbe and the prevalence of food and drink adulterants and of inescapable foul air and poisonous gases, it is too much to say that any man may have good health if he is willing to pay the price for it. Yet there is a broad basis of truth in the proposition. Dr. Lorenz, in one of his many pregnant talks, answered a question as to his own superb vitality by saying: "I order my life from hour to hour. I know how much nature can do, and meet her demands." His regimen, according to the New York World, includes a cold bath every morning, followed by vigorous exercise, and deep breathing of fresh air, a "steaming cup of coffee and several crisp, hot rolls," succeeded after dressing by a second breakfast—a substantial meal of soft-boiled eggs, chops or ham and tea. After this breakfast, at eight o'clock, he walks briskly in the open air for half an hour. He eats a hearty luncheon and a substantial dinner "at strictly regular intervals," takes three or four hours of recreation in the evening, and sleeps soundly for seven hours, which he finds more refreshing than 12 hours of broken repose. He does not drink wine or spirits. This regimen might not suit everyone or be possible to all. But by adhering to what he finds requisite to keep him in condition the eminent bloodless surgeon shows that he is willing to pay nature's price for health. Lord Bacon embodied the same wisdom in his saying that "a man's own observation of what he finds good and of what he finds hurt is the best physic to preserve health." What is commonly lacking is the sense and the moral courage to stick to habits and rules that make for health.

Superstition is widespread, and probably more general among criminals than any other class of persons. Alluding to this fact the Philadelphia Record quotes a detective: "Nearly every criminal," said a detective, "carries some sort of lucky piece in his pocket, and will venture on no undertakings of moment if he has left this piece at home. Holmes, the murderer, carried a dime which he had found on a country lane in his boyhood. Mme. Humbert, the French swindler, has a lucky stone from Mount Vesuvius, one of the French detectives told me, and there is made in all her dresses a special pocket for this stone. Bredell, the counterfeiter, used to carry an Egyptian scarab. I know a pickpocket who carries a tooth of a cat that bit him and that he afterward killed, and it's a fact that this pickpocket hasn't come to grief since he took up the tooth. One of the most proficient card sharps in Philadelphia carries a lock of hair from the head of his divorced wife—not from sentiment or regret as he will explain if you ask him, but because the lock of hair brings him luck. I don't believe, as a matter of fact, that I ever met a crook who didn't have some sort of pocket-piece to rely on."

A western man visiting in New York recently was more than ever amused at the assumption of superiority which he found among natives of the eastern city. In connection with this all-prevailing conceit he mentions a circumstance which came under his observation. While in New York he was invited to the studio of a couple who have the only literary salon on Manhattan island. The couple, by the way, are both from the middle west. One celebrity after another was pointed out to him, but not one of them was a native of Gotham. "Where are the born-and-bred New Yorkers?" he asked. His friend replied: "Among this kind of people—the ones who do things—there are no Yorkers."

A Chicago policeman arrested a young woman who had a bad attack of hysterics and charged her with disorderly conduct. But, of course, you can't expect a Chicago policeman to diagnose every case that comes before him.

A St. Louis paper notes that a resident has sailed for "Paris, France." This will help those who might fall into the error of believing he had sailed for Paris, Ky., or Paris, Tex., or Paris, Mo.

A Chicago professor tells his pupils that yawning is "uplifting," and tends toward the "higher life." This disposes of the old-fashioned theory that the yawn is a sign of bedtime.

In sending candy through the mails, inclose your card and a chemist's certificate, if you don't want it carried gingerly downstairs and thrown into the furnace.

As one of the incidents of the coronation in India, Lord Curzon released 16,130 persons from jail. We never want to see a durbar in this country.

Nothing can prevent "Marconigram" from becoming "conigram." But who wants to prevent it?

MANAGING MILK COWS.

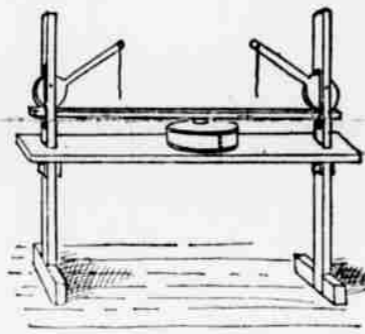
Much of the Dairyman's Success with His Stock Depends on Careful, Regular Milking.

I wish to give you a few hints on milking cows. The farm hand who knows how to milk properly is more valuable to the careful dairyman than any other help. To milk a cow requires time and patience. The milk should be drawn slowly and steadily. Some cows have very tender teats, and if you want a well-disposed cow, be gentle in your treatment toward her, as she is naturally impatient and does not like rough handling. With constant irritation she will fail in quantity of milk. As the udder becomes filled with milk she is anxious to be relieved of its contents and will seldom offer resistance without a cause. When a patient cow becomes fractious we can always trace it to the milker. Note this: We should not allow them to stand a long time waiting to be milked. When cows give a large quantity of milk it is very painful when the udder has filled to the utmost therefore causing them to become very nervous and restless. To delay milking at the proper time will do more to cause a cow to go dry before her period than anything else. She should also be milked to the last drop, if possible, for the last portion of milk is said to be the richest. Still another point: There are many ways of conducting a dairy. Among these are: Wholesome food, such as wheat bran, cottonseed meal. Always be careful to keep the cows well salted, protected from bad weather, giving kind handling, careful milking, regular feeding, clean stabling, good ventilation and plenty of pure water. In some sections we have what is called bitter weed, which cows are fond of, causing the milk to become so much affected that it is hardly fit for use. I find that by giving the cow about two tablespoonfuls of sugar at each meal for two or three days the milk is entirely relieved of the bitter taste.—Barnum's Midland Farmer.

SIMPLE CHEESE PRESS.

It Can Be Made at Home at a Trifling Cost and Will Be Found to Be Very Useful.

Here is a sketch of a cheese press that we have found to be very useful to us and hope that your readers will profit by it; it can be made at a trifling cost. The uprights are 2x4 inch scantling, four or five feet long, with pieces of the same fastened to the bottom for bases; 30 inches from the floor stout cleats are nailed firmly to the uprights, upon which rests a two-inch plank, which serves



FARM CHEESE PRESS.

as a table; upon this plank is a cheese hoop with a cheese inside to be pressed; above this is a stout strip (2x4) with ends resting in mortises cut in the uprights; this strip should be five or six feet in length; under it, in the center, is a block which rests upon a round follower the exact size of the cheese to be pressed. The power is furnished by the eccentrics, or arms, which are merely levers with unequal circular ends; these work on a bolt which pierces the circle near the top; to the ends of the arms fasten strings, which are tied to the side of the table to maintain the pressure. When the cheese is placed in the hoop, the follower and block adjusted, by pulling down on the eccentrics a pressure of any required degree is applied upon the cheese. Both the board and strip being elastic, the pressure is maintained as long as required.—Jacob Harper, in Epitome.

The Coloring of Butter.

Since butterine is sold under its natural color the makers of winter butter have found the lack of color in their product somewhat detrimental to its sale or imagine they have so found. Some are advocating coloring all the butter to resemble June butter and thus distinguish it from butterine. This is a point of not so much value as some might suppose. There is not the same reason for coloring butter uniformly as there was to color butterine to resemble butter. Yellow butterine was sold for butter. White butterine is not sold for butter, and is not likely to be. Even the whitest of butter does not look like butterine. We do not attach much importance to the question of coloring butter, and believe the less color used the better.—Farmers' Review.

Cleaning Dairy Utensils.

To clean tin utensils properly rinse them in lukewarm water. Never allow the milk adhering to the vessel to dry, as it is hard to remove it then. Scrub the vessels in hot water with some cleaning material, such as soda or soap, added to it, rinse in clean hot water, and finally expose utensils to live steam, if possible, or put into boiling water for a somewhat longer time. If vessels are treated to live steam, they will dry quicker. After washing, remove to a place where the atmosphere is pure, and which is exposed to sunshine.—Robert Weidig, in Farm and Home.

Science at the Table.

"I see," said the landlady's husband, "that one of the scientific papers says carp live for hundreds of years, and that pike also may become centenarians if they are left alone by the fishermen."

"Is that so?" returned the starboarder, making another effort to bite a piece from the wing in his possession. "I wonder if anybody has ever really found out how long it takes a chicken to die of old age?"—Chicago Record-Herald.

The Railroad of Life.
There is a little railroad known as the Memory route.
It runs from Now, through Yesterday, past Happiness and Woe.
Its stations are the ups and downs that we have known about.
And we travel it on trains of thought, into the long ago.
—Jay Kittredge, in Four-Track News.

FAR BE IT FROM NORA.



Mr. Timidous—Nora, we've going to have the Johnstons for dinner to-night—
Nora—Faith, thin, ye'll have to cook 'em yerself. O'f' have no part in such cannibal proceedin's.—N. Y. Sun.

Holiday Wares.
Upon the merchant's face a frown
Doth, 'mid the quietude, appear;
He murmurs: "Shall I mark 'em down
Or save 'em for another year?"
—Washington Star.

No Danger of a Shortage.
"He throws a kiss to me every morning as he goes by."
"What a waste of good material."
"Oh, dear, no; it's not a waste. They're just the superfluous ones that he can't deliver in person owing to the shortness of the evenings."—Chicago Post.

"As in a Mirror."
"I see the scoundrel in your face!" exclaimed the angry man.
"That," replied the other calmly, "is a personal reflection."
When the angry man had figured this out he was even angrier.—Chicago Post.

Unprejudiced.
"But, judge, you were asleep when the testimony was presented. How can you give a decision?"
"Easily, sir, easily; for no one can accuse me of having been prejudiced by the arguments of either side."—N. Y. Times.

How It Looked.
Mrs. Hayrake—Our son Josh writes from the Philippines that he's tired of fighting and wants to come home.
Mr. Hayrake—Gosh! I'll bet the gosh-durned chump's been gettin' married!—Puck.

No Option.
"Deacon Skinflynt put er nickel with er hole in it in ther collection plate last Sunday."
"Yep. Yer see, he realized he could not put in ther hole without ther nickel."—Chicago American.

The Usual Kind.
"The true philanthropist shrinks from making his generosity known."
"Most of 'em go a step further and shrink from the generosity."—Washington Times.

How Foolish.
Willie's Ma—Here, Willie, why don't you come back when I call you?
Willie—Gee! It takes de women ter ask fool questions.—N. Y. Journal.

Misconstrued.
"Well, Bridget, I think I will have to get another girl."
Bridget—Yes, ma'am, I wish ye would; there's plenty of work for two of us here.—Chicago American.

Home, Sweet Home.
"Hadt' you better go home, old man? Your wife will be expecting you."
"That's just what's worrying me."
—N. Y. Journal.

A Pleasant Little Attention.
Margaret—Have you any plan or system for being an agreeable guest?
Katherine—Yes, indeed! I always go home a day or two before my hostess expects me to leave.—Puck.

No Sympathy.
"Too bad about Dr. Killum falling into the well, wasn't it?"
"Bad, nothing. He should have attended to the sick and left the well alone."—Chicago American.

Impervious.
"What did you send your son to college for?"
"Well, he wuz so worthless dat I thought it couldn't hurt him."—N. Y. Journal.

Young America's Excuse.
"You shouldn't make faces, my son."
"That's all right, pa; I'm going to be a dermatologist some day."—N. Y. Times.

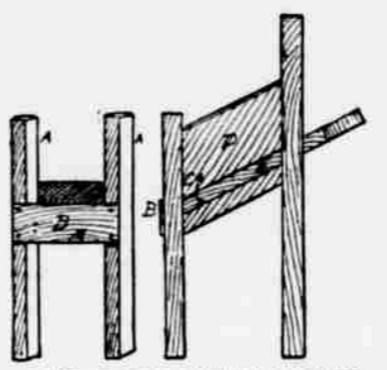
Entirely Self-Made.
Maude—What an awful figure Mrs. Dashaway has!
Madge—Evidently she is a self-made woman.—Town Topics.



A VEGETABLE CUTTER.

The Handy Man Who Invented It Is Convinced That It is Very Close to Perfection.

I made a vegetable cutter that is about perfect. The four posts are 2x3 inches. Side boards are nailed on inside. A pin runs across bottom, sticking through each side, making a leverage with ends of pin as fulcrum to which bottom board is fastened. A knife is screwed on the inside of front legs (a) and a board (b) on the outside to come even with bottom edge of knife. The bottom should stand at one-half pitch. The



DEVICE FOR CUTTING ROOTS.

front legs are three feet and hind legs four feet in length. Nail front piece (b), which is six inches wide, on outside of front legs (a) 13 inches from floor. Fasten knife (c) with screws on inside of front legs, the lower edge of knife to come flush with top edge of front piece. The length of box is two feet, inside width ten inches. Length of bottom board (e) with handle three and one-half feet, width ten inches.
A piece of old saw blade makes a good knife. The thickness of slice may be regulated by putting pieces of board between front piece and knife. Lower end of bottom should raise just to the edge of knife and drop below sufficient to catch a slice.
The cutter is operated by pushing the handle downward, thus forcing the roots on the end of bottom board up against the knife.—F. F. George, in Farm and Home.

COST OF MAKING MILK.

New Jersey Experiment Station Presents Some Figures Which Are Worth Studying.

The New Jersey experiment station kept strict account of the cost of feeding a large herd of cows for five years, and the product, with a view to ascertaining the cost of making milk. The average production per year for five years was 173,000 pounds, or 6,479 pounds per cow. The cost per cow per day for roughage was 6.21 cents, and for grain fed 6.11 cents. The average cost per quart of milk for five years, including feed, labor and interest and decrease in the value of the herd, was 2.38 cents. The highest average was 2.49 cents per quart in 1896, and the lowest 2.28 cents per quart in 1898.

During the year ended April 1, 1901, there was an average of 30 cows kept, and the food cost per day was 12.65 cents—7.3 cents for grain and 5.35 cents for roughage. The average yield of milk per cow per day was 8.26 quarts, and the cost of food per quart, 1.54 cents. To this must be added 8 cent per quart, for labor and interest, making total cost of milk per quart, 2.34 cents. The average weight of milk per quart was 2.18 pounds, making the cost per 100 pounds \$1.07. In calculating the cost of farm-grown foods, these were charged at the actual cost of labor, seed and manure, the farm being charged with manure at the rate of \$1.50 per ton. The herd made during the year 330 tons.

Paying Rent in Butter Fat.

An unusual method of paying rent for land, which is to be tried in the irrigated alfalfa district of California may be found in the prospectus of a land company, which advertises to rent its land to dairy tenants for one-third of the butter fat produced by the cows running on this irrigated land. The tenant then gets for his share two-thirds of all the butter fat in addition to the calves and pigs produced on the place. The tenant must furnish his own cattle, so that he ought to take as much pride in keeping the herd up to a high standard as if he owned the land. It is expected that the land company's interest will be equal to a fair rate of interest on a valuation of \$100 per acre. A thrifty tenant with good cows should be able to make a handsome profit besides supporting his family in comfort.

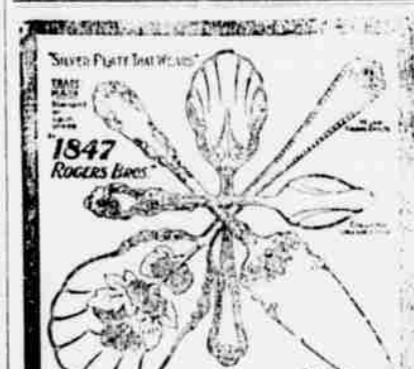
Money in Feeding Calves.

"I can take three calves," says T. F. B. Sotham, the noted Hereford breeder, "and make them gain two pounds apiece per day on the same amount of feed which is needed to make one mature steer gain two pounds, that is, six pounds of gain on calves for two on a steer. Double the money can be made by feeding calves that can be made on two-year-olds. A man must feed stock with good blood, and then he will not be in financial troubles. Let him buy calves and fatten them. It is by far a better system than putting two-year or three-year-old steers into the feed lot."

Close To Border Line of Life and Death.

Neuralgia of Heart, Weak Stomach. Dr. Miles' Heart Cure Cured Her.

Neuralgia of the heart causes sudden death. It is an acute affection of the cardiac nerve, just as neuralgia is of the face, usually, and sciatica is of the nerve trunk of the thigh. One of its most frequent symptoms is derangement of the stomach and liver. Strengthen the heart's action and enrich the blood with Dr. Miles' Heart Cure; tone up the nerves with Restorative Nervine and you will soon be cured.
"Nervous exhaustion and liver trouble so affected my wife's health that she was greatly run down; neuralgia of the heart set in and for a long time she was very close to the border line of life and death. She was attended by two good physicians, who did all they could for her, but in spite of everything she grew worse right along. One day I saw an advertisement of Dr. Miles' Nervine and New Heart Cure, and the doctor's explanation of the effects of nervous trouble upon the heart seemed so logical that I decided to give the remedies a trial. We now know that the stomach and liver troubles were part of the heart weakness. She improved wonderfully at once. Her appetite picked up, she slept well at night and the pain around her heart rapidly disappeared. Thanks to Dr. Miles' Heart Cure in a few weeks she was able to be up and attend to her household duties, and in a few months every sign of nervous and heart trouble had vanished."
—JAMES B. SIDLEY, Torrington, Conn.
All druggists sell and guarantee first bottle Dr. Miles' Remedies. Send for free book on Nervous and Heart Diseases. Address Dr. Miles Medical Co., Elkhart, Ind.



Correct Silverware

Correct in character, design and workmanship—is as necessary as dainty china or fine linen if you would have everything in good taste and harmony. Forks, spoons and knives presented in table use will be correct if selected from goods stamped
"1847 Rogers"
Remember "1847 Rogers" in your selections.
"Rogers" for exportation.
Address the makers,
International Silver Co., Meriden, Conn.

SANITARY COW TIE.

It is Made of Chain and Thoroughly Clean, and for the Latter Reason Highly Recommended.
The cleanest possible way to fasten a cow in the stall is by the chain tie. Dirt and microbes do not adhere readily to a chain that is in motion. An-

MARSH Reading Stand and Revolving Book-Case

ADJUSTABLE TOP.
Is 14x18 inches; large and strong enough to hold your DICTIONARY, DIRECTORY, DUN, BRADSTREET BIBLE, ATLAS, or any heavy volume, at any desired angle. It can be revolved and adjusted when reading so as to always throw the strongest light on the page. You can thus avoid the strain on your eyes inevitable when holding a book in your hand or on a level table. It is made of Oak, and has on one edge a Revolving Case.

REVOLVING CASE.
This CASE is 15x15x12 inches. The shelves are Oak or Ash, finished on both sides and on all edges and have 9 inches of book space on four sides, or 3 feet in all, room enough for reference books of daily use. Many books may be placed on the upper shelf. In all twenty to thirty volumes, size, can be put in it.

CASTINGS connecting the top and CASE are finished in black enamel and of sufficient strength to last a life-time.

Pipe, Post and Legs.

The 3 legs are attached by round-headed screws to the turned pipe. Into this post is forced an iron pipe, which runs up through the case and to which the castings at the top are attached. Around this pipe the CASE revolves.
AS A HOME, OFFICE or LIBRARY article we claim its equal does not exist. The accuracy of this statement can be confirmed by unsolicited letters of the highest commendation from thousands of Ministers, Attorneys, Physicians, Government, State and County Officials, Bankers and Business Men. Over 50,000 have been sold in the United States and orders now come for large lots from England and other foreign countries.

HOW FINISHED.—It is handsomely finished in Antique Oak and an ornament to any Office, Library or Parlor.
AS A GIFT.—Nothing made is more suitable to present to a friend or as a Wedding or Birthday Gift than this Stand.
HOW SHIPPED.—This Stand is sent knocked down, wrapped in heavy paper making a package of 20 lbs. By Freight it goes second-class and at about half what it would cost if sent express. Plain directions for putting together accompany each Stand.
While the regular price of this Stand is \$7.00, for a short time, are allowed to sell them at the wholesale rate of Three Dollars, F. O. B., Chicago. Or we will send the Post one year prepaid and have Stand shipped F. O. B., Chicago, for \$3.50.

The POST, Middleburg, Pa.

He Knew Willie.
"You say you saw my Willie an hour ago?" asked Willie's mother. "Where did he say he was going?"
"He didn't say, ma'am," replied Tommy Stout.
"Didn't he tell you I had sent him on an errand to the corner grocery?"
"Oh yes, ma'am, but he didn't tell where he was going."—Philadelphia Press.

Both Were Ambitious.
Some time ago a lady who was well known advocate of women's rights was tackled by a pretentious young duffer on her favorite subject. Finally her opponent wound up an attack on the pretensions of aspiring ladies by saying:
"In fact, madam, I think you would like to be a man!"
To which she softly replied:
"And wouldn't you?"—Tit-Bits.

Perfection.
"Can you tell me anything about Blank, Mr. Richard Blank?" asked a visitor of a resident in Tidewater. "I mean, of course, about his status and financial responsibility."
"Mr. Blank, sub, is a perfect gentleman, sub, a perfect gentleman, and here he paused, until he had whispered, "but short of cash."—Chicago Record-Herald.

Had the Full Service.
"Did you have the full or the abbreviated service when you were married?" asked Mrs. Oldcastle.
"Oh, ours was the full service," hostess replied. "The square was tipsy Josiah had to kind of hold it with one hand while the wedding went on. I'd never go to anybody's a preacher if I had to do again."—Chicago Record-Herald.

Not Always Possible.
John—It's an easy matter for a man to get married. All he has to do is find a bigger fool than he is.
Kate—Yes, but it is rather difficult for some men to do that, I imagine. Tit-Bits.

Very.
"William," asked the regular justice, "is this real pumpkin pie?"
"It's de punkest we got, sah," replied the austere writer.—Chicago Tribune.

72 PIECES OF NEWSHEET MUSIC FREE

Chance to Join a Club That Will Make and Save Money for You.
Everybody should join the Mutual Lumber Club of America. There is nothing else like it. It costs almost nothing to join and benefits it gives are wonderful. It allows you purchase books and periodicals, music and instruments at special cut prices. It secures reduced rates at many hotels. It arranges excursions of charge. It offers scholarships and makes every member receive the gift of a magazine. It gives a public dinner in a city every month, including a special high-class evening meal. It makes a full story each month for you to read.
GET ALL OF THESE BENEFITS FOR ONLY 10 CENTS!
The full yearly membership fee is 10 cents which you get all above, and you may want to do so and get your dollar back. If you don't care to spend \$1.00, send 25 cents for 25 months membership. Nobody can afford to miss this offer by. You will get your money back value many times over. Full particulars will be sent free of charge, but if you are wise you should send in your request for membership with proper fee at once. The 25 cents three months membership. Write to:
MUTUAL LUMBER CLUB OF AMERICA
No. 150 Nassau St., N. Y. C.